

भानुजयन्ती: एक सम्भरणा

WE HAVE PROVED

A-Level

सन् २०१४ मे/जुन र अक्टोबर/नोभेम्बरमा
संचालित ए-लेभलको वार्षिक परीक्षामा
नेपालबाट सबैभन्दा बढी ६ वटा अवार्ड लिन सफल

कारोबार

चेल्सी इन्टरनेसनल अगाडि

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अव्वपूर्ण

चेल्सीलाई ए
लेभलमा नौ अवार्ड

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नागरिक

क्याम्ब्रिजको
९ अवार्ड चेल्सीलाई

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नेपाल
समाचारपत्र

ए लेभलमा चेल्सी उत्कृष्ट

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This Year
**WORLD
TOPPER**
in Sociology

Sanskriti Timseena

WE WILL PROVE

+2

चेल्सी इन्टरनेसनल एकेडेमी
प्रा.लि. द्वारा सञ्चालित

विद्या संस्कार

उच्च माध्यमिक विद्यालयले

२०७२/०७३ सालबाट

उच्च माध्यमिक शिक्षा

परिषद्बाट सम्बन्धन लिई

विज्ञान र व्यवस्थापन

सङ्कायको पठन पाठन



गराई रहेको छ ।

विद्या संस्कार उ.मा.वि

चेल्सी इन्टरनेसनल एकेडेमी प्रा. लि.

लाखेचौर मार्ग, बानेश्वर, काठमाडौं, फोन नं. ०१-४४९९६६२, ४४७२९०२

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Sudhir K. Jha

Principal/Founder Director
Vidhya Sanskar H.S. School
Chelsea International Academy

Greetings to you all.

First of all, my heartiest congratulations to the students of SLC Batch of 2072 B.S. for the remarkable results. I would also like to congratulate all the A-Levels students who have completed their A-Levels Final Examination in October-November 2015. My special congratulations to Sanskriti Timseena – World Topper in Sociology, Roshan Poudel – Top in Nepal in Physics and Ruchit Shrestha – Top in Nepal in Computing Science. My best wishes to all of you for your higher studies and your career.

It is believed that one of the most important decisions that any family makes is the school they choose for their child's education. We believe we offer the very best of teaching and learning in our institution especially designed to meet the needs of all. This has surely contributed to the high level of academic success achieved by our students till date. Here, we challenge and channel students to set high expectations for themselves and support them to achieve at the highest level. Therefore, I would like to welcome our new students, parents and guardians to our institution for the current Academic Session. Thank you all for choosing our institution.

Each issue of "Chelsea Wavelength" has unfolded our students' imaginations, and given life to their thoughts and aspirations. It has unleashed a wide range of students' creative skills ranging from writing to editing and even in designing the magazine. I congratulate the entire editorial team for their hard-work and dedication in making the magazine reach a milestone.

Our motto "Vision through Virtue" not only goes with rigorous academic programs but also, we seek to develop and nurture the different aspects of a child.

I invite you to explore our website and find out more about what we have to offer.

I look forward to working with you and your child during this Academic Session and many more.

With sincere and warm regards.

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Self-love? Absolutely.

Priyanka Sangroula
Secondary Teacher

In the past, like many others, I used to be intrigued by the idea of self-sacrifice. I heard stories that glorified the very concept. Self-love's connotation with selfishness is not new. Especially in Eastern societies, one is programmed to carry the nauseous guilt if he doesn't father the feelings of sacrifice. This is dangerous. And I am not being negative about eastern societies at all. There are great things that have emerged from eastern societies such as yoga; ayurveda; hymns etc. However, a few flaws happen to sustain.

Everybody deserves to be happy and oozing with love. Therefore, it is our sole responsibility to be our own emotional rider. With conscious efforts we need to be in charge of our feelings. And trust me, it is not about feeling drowned with pressure. It is not about feeling irritated about having to do so much. On the other hand, it is more about being empowered. What an amazing voyage it is to be in charge of self! When one doesn't pin up his happiness or confidence on the sleeves of this or that and him or her, he truly succeeds. Also, it is very important to understand that only when you have something to give, you can actually give it. Otherwise, you would merely be a bluffer. It is high time that every soul follows the culture of self-love. When you are rich with good thoughts, you can give more of them in abundance. When you invest in yourself, then only you will be able to do something for a fellow being. It is as simple as that.

If you lack self-love, how will you love your work? How will you take care of that beautiful temple that

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

- Buddha

you call your physical form or your body with zero self-love? How will you respect anyone if you don't have self-respect? Will you feel the need to take care of your responsibilities when you are lurking with self-hatred? Emptiness and lack of love that fosters in deadly forms inside your subconscious will rip you of love; of empathy; of kindness; of life. Don't stress out!!! Thank God, we have the power to choose! Let's choose love. What an intelligent choice, right? We need people who live an abundant life so that they can give more. The world needs more of warm, kind and compassionate beings. That would make a whole lot of difference, wouldn't it?

The culture of giving would officially, spiritually start once one recognizes the fact that she needs to invest in her spiritual bank so that both her inner and outer reality can make a dazzling difference in her life and gradually in the lives of other beautiful souls. Investment in spiritual growth is often taken as something that can be ignored. People do that with very many excuses such as I'm busy ; I am not into deep stuff; I don't have time and such. And in doing so, these people live a mediocre and monotonous life with absolutely no idea of where they went wrong. And they are seated comfortably with an uncomfortable mind-set with all sorts of problems and victim stories. And the joke about all of this is that these people are too busy to take care of themselves but have all the time to complain and feel down. Quite a satire, isn't it? Therefore, every time you are aware, ask yourself- "Some Self-Love?" A wise mind would answer- "Absolutely!"





A VISIT TO GODAWARI

Students of Class II, III and IV were taken for their educational tour to Godawari Botanical Garden, Godawari, Lalitpur district on 31st Baisakh, 4th and 9th Jestha respectively.

The students had the opportunity to know and learn more about the plants and their values. The visit was definitely informative and the students enjoyed a lot. The trip also gave the students a welcome break away from their regular school environment.

VISIT TO THE CENTRAL ZOO



The kids of Pre-primary and Class I visited the Central Zoo, Jawalakhel for their educational trip on Baisakh 22nd, 2073,

The objective of the field trip or excursion was to make the children understand the importance of the environment; how the birds and animals are taken care of in the zoo. The trip also taught the students about the importance of conservation and animal welfare. During the trip, the students loved witnessing the beautiful birds and animals.

While exploring the zoo, the students also learnt to be aware. They learnt the sounds that different birds and animals make and about their food habit. It was a pleasant experience for all the students and teachers.

AN ADVENTUROUS SCOUT HIKING

On 8th July, 2016, a scout hiking was organized for the students of Class VI at Tokha, Kathmandu. This batch of students along with the new students of Class VII and VIII and teachers as well received the "Scout Dikchya" on the same day. The event was attended by the C.A.A.O. - Mr. Pranai Moktan, Discipline Incharge - Mr. Rajan Neupane, teachers and the scout instructors. Students were divided in different groups with a teacher as its group leader. They visited Sapana Tirtha temple and Kali Mata temple while hiking. The beautiful scenery was very mesmerizing.

SWIMMING SESSION

As in every year, this year also, students of Class I to VIII were given a time to beat the summer heat as they attended the swimming session from 23rd Jestha to 10th Ashar, 2073 at Dhumbarahi Swimming Pool. Our pre-primary students enjoyed their swimming session in rubber tubs in their respective premise.



A VERY ADVENTUROUS AND MEMORABLE SCOUT CAMPING

The students of Class VIII and IX along with the school teachers attended a scout camping in Kakani, Nuwakot district from 28th to 30th Jestha, 2073. The students took part in different adventurous and exciting activities under the supervision of the scout volunteers and rover rangers. Students also helped to prepare meals for all. The camping made the children aware regarding different life skills. Meditation classes were conducted for the students every morning which helped the students maintain their inner peace. The two days and three night camping was a moment to cherish for all.

A VISIT TO TIGER LILY PARK

The students of Class V and VI along with their respective teachers visited 'Tiger Lily Park' at Tiger Lily Park, Sirutar, Bhaktapur district for an educational tour on 12th and on 24th Jestha, 2073, respectively. It is a newly built park. It is not only a park but also a museum.



The visit to the park was very informative and exciting for the students. They became familiar with different traditional things and its uses like "Theki-Madani", "Halo", 'Dhiki', 'Jato', 'Mana', 'Pathi' and even the hydro electricity production. The students also enjoyed feeding pet animals and birds. The students had fun playing with sand. The most exciting part was riding a horse and also a hay tractor. The students were even able to gain knowledge about different types of seeds as there was a 'seed bank' in the park.

The visit was very fruitful and entertaining.



Bullying

Bidushi Pyakurel, A2 Level

Bullying, in its literal sense means acting superior to others. We're all familiar with the word and most probably the action itself and that, people, are the problem. About 160,000 kids stay at home from school every day because of fear of being bullied and that alone isn't the form of bullying that's eating up the society. Many kids and also adults go behind their computer screens to hide themselves and find solace in this otherwise cruel world and what they get is as bad if not worse than what they had imagined. They get bullied by people they do not know for reasons they are hardly responsible for or that are not even reasonable. These are some of the very few torments that exist as the single word "bullying" in this world. Bullying ranges from physical abuse in school by someone "stronger", verbal abuse by someone who deems themselves better than and above everyone else, dominating and undermining someone in the work place or even harassing someone in their own homes, by people of any gender, race and origin. Basically, the possibilities and limits are endless, the diversification unimaginable, but what all these acts have in common is the reality that there are a lot of people in this world with a sick mentality that try to inflict harm and pain upon others and for what? To feel superior? Powerful? To boost their ego? Expand their hollow chests?

The problem isn't only the fact that bad people with bad intentions exist, the problem is that despite knowing that they do exist, instead of doing our level best to shoo them away, we as a society, accept it. We accept it by saying things such as "everyone goes through it", "it teaches you a lesson,

helps you grow"; what I fail to see is how the words that are synonymous to words like 'domineer, persecute, oppress and torment 'teach us a lesson, let alone "HELP" us in any way, whatsoever. What it'll do is make people miserable, cause them never ending pain, make them feel worthless and self-doubt in ever course of their lives.

You know there's a problem in the system that's supposed to make us responsible, when people get away with public posts stating "real friends don't get angry when you say something offensive to them, they smile and say



back something that's more offensive" I'm sorry but who in their right mind says and believes something like this. If you're the only one who finds offending someone funny and the one you're making fun of doesn't laugh with you then you're supposed to apologize, not get away with it by quoting stupid quote and asking them to CHILL. The biggest problem, however, is the fact that we know such horrible things happen and we say it shouldn't happen and that's all we do, say it shouldn't happen.

"I would rather be a little NOBODY,
than to be an evil SOMEBODY."

-Abraham Lincoln

We, as aware and responsible students, should not just state the obvious facts but do whatever's in our might to change the fact so that when we can mean it when we say "we do not tolerate bullying and any other offense". So, the next time we see someone picking on someone else, we do not laugh it off or say it isn't our problem to deal with, but take charge and try to make the offender understand that what they're doing is wrong. The biggest challenge when we do so is to make sure that we don't bully them ourselves instead.

So, where do we draw the line? Well, that's up to the people involved themselves, teasing each other a little isn't always that bad per se but when the one that's being teased says it's enough then IT IS ENOUGH. This here seems to be the inevitable conclusion when it comes to bullying. How much is too much? What is acceptable? I believe that as long as you don't harm or hurt someone (if they admit it or if you wouldn't enjoy, if they did the same to you), pulling each other's legs' is fine, I mean it does bring out the LOLs but we should always remember never to cross that fine line or overdo it because let's face it, there's a huge difference between wrestling and beating someone up where one refers to the parties involved being somewhat content and okay with what's happening and have equal power and the latter one is basically one trying to hurt the other when they have the upper hand

Let us all say this time and again,

"WE'D RATHER BE WOOLLY THAN BE A BULLY".



COC : The New Youth Magnet

Raunak Bhattarai, 10 'C'

Clash of clans is the new fermium (free+ premium) mobile MMO strategy video game, developed & published by Super Cell, a Finnish video game making company. It is basically an online multiplayer game in which players build a community, train troops, attack other players to earn gold and make defences to protect oneself from other player's attacks. It was released for : OS on August 2, 2012 and for Android on October 7, 2013 and is swapping over the entire world.

Clash of clans, abbreviated as COC has received both commercial and critical success. It has received 80% score on game ranking . Similarly, COC became an App store top 5 download between December 2012 and May 2013, and has started a new era in gaming world. In 2013, COC was the third highest game in revenue on the App store & no. 1 in Google play. In 2015, the game was the top grossing app on both the App store and Google with an estimated revenue of 1.5 million dollars per day.

Though few, there are some positive benefits of playing the COC. Due to use of strategies, it helps to strengthen and develop mental process better than ludo, dice or cards. It is basically a multiplayer game. So, it also develops friendship and social-adjustability. The players understand the importance of teamwork and learn from the mistakes. They also learn to get over a negative event and recover from it.

But there are huge number of negative effects of playing this game. This is highly addictive game so, is nearly impossible to stop playing once you get dragged into it. The game's main objective is to attack other's village so it promotes violence. It is app-in-purchase game. So, many people use their money in order to play game with extra comfort. Due to 'chat' feature, cyber crimes are fairly common. If the players report, the offender gets banned for 24 hours that also if it's the 7th time, which is less than a punishment. There has been an incident that two 7 year old - twins from Canada charged \$ 3,000 worth of in- app purchases while playing the COC on ipod.

I know that its virtually impossible for players to quit the game, but there are few steps that one should follow to play this game safe and sound. They are as follows:

- Turn on restrictions on your device so that you won't even have accidental pays.
- Only chat with the people you know and turn off filters in chat setting.
- Only join the clan when you actually know the members.
- Always follow basic rules of online safety.
- The game is just a virtual world. Always remember your failure at the game is not the end of the world.
- In order to keep up with the studies, always maintain time limits while playing.

If the given steps are followed properly the addicting COC can be beneficial or else its going to be a curse. So, better stay away from this new youth magnet.



The Unsung Hero, Busquets



16

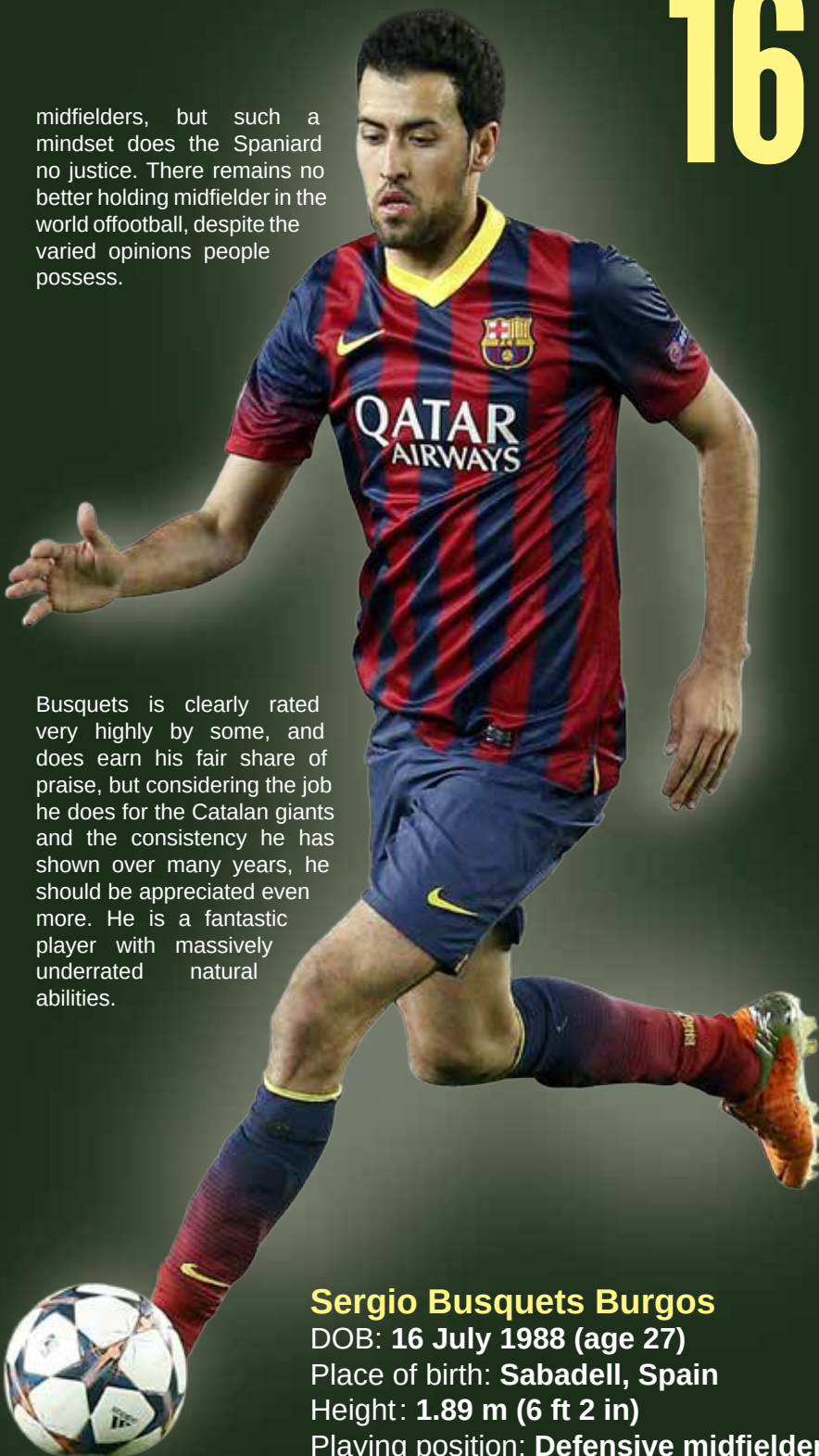
Bipin Parajuli, A2

Midfield is the most climacteric position in football; the engine of a team. We have been witnessing the greatness of this game and this prominence would be unpolished without the existence of great midfielders. When we talk about the best midfielders of this decade, people mention Iniesta, Xavi, Lampard, Alonso, Gerrard and the likes but you rarely hear people say 'Sergio Busquets'. One amongst the thousands of underappreciated and underrated football players is Busquets, a midfield genius.

Barcelona's unbelievable success over the last 8 years has been understandably dominated by the genius of Lionel Messi, Xavi and Andres Iniesta, but their incredible dominance would have been infeasible without Busquets. The 28-year-old has an unbelievably understated presence at the heart of Barca's midfield; this applies to his role with Spain too. While the creative maestros have always been allowed the freedom to strut their stuff in attack without having to worry too much about their defensive duties, Busquets has always done the indecent work admirably. He has superb discipline, brilliant use of the ball, peerless technical abilities and a wonderful reading of the game. People say that anyone could be effective in the role of a defensive midfielder when surrounded by talented attacking

midfielders, but such a mindset does the Spaniard no justice. There remains no better holding midfielder in the world of football, despite the varied opinions people possess.

Busquets is clearly rated very highly by some, and does earn his fair share of praise, but considering the job he does for the Catalan giants and the consistency he has shown over many years, he should be appreciated even more. He is a fantastic player with massively underrated natural abilities.



Mastermind Sergio Busquets

Sergio Busquets Burgos

DOB: 16 July 1988 (age 27)

Place of birth: Sabadell, Spain

Height: 1.89 m (6 ft 2 in)

Playing position: Defensive midfielder

The Perils of Populism

“Success in November could well mean the failure of the global movement”

Bishrut Bhattarai, A2

“Make America great again”; this is the slogan that has formed the backbone of controversial presidential candidate Donald Trump's campaign in the United States. As the nation inches closer to selecting a new head of state, one man has dominated the headlines like no other; Donald Trump is well and truly the star of the show this time around. Many have been left baffled by his success in the polls given his tendency to make rather controversial and discriminatory remarks on a regular basis, however the billionaire from New York isn't just riding his luck; he's comfortably seated atop the dangerous dragon that is populism and is soaring to new heights as a result. Riding atop a dragon comes with its perils, of course; a fire-breathing beast just wants to consume everything in its path if it so feels like it.

the people should have complete and total control over the government, and that the government is obligated to acquiesce to every demand that is made by its people. Trump has made the most of his experience in the corporate world to shake up the ever-changing political landscape in the United States in a major way by recognising that the widespread distrust of foreigners that is spreading among middle-class Americans can be exploited to catapult someone who has never held office into the hot seat of the Oval Office. Building a wall, restricting the inflow of Muslims into the nation;



president to have never held office before. Many are afraid about the hardline policies Trump might look to implement if he does somehow come out on top this November, but what people ought to be most afraid of is the precedent that his ascension will inevitably set; that the people's demands are always right, that the government should not dare try to question the will of the majority even if that means building a wall to keep out those from neighbouring nations, even if that means barring people of a certain religion from entering the country.

The seeds of populism have already been sown in Europe too, where parties such as Poland's right-wing Law and Justice Party have proposed hardline policies similar to Trump's when it comes to immigration and rights offered to immigrants, and Trump's success may set in motion a tectonic shift in the global political landscape as populism finally tightens its grip on arguably the most influential country in the world. Trump himself may not realise this yet, but his success in November could well mean the failure of the global movement towards greater acceptance and harmony. If there is one thing a dragon is able to sniff out better than others, it's fear, and there is an abundance of that in today's world. All we can do now is hope that fear does not lead to the dawn of an era where political ideology grounded in exploiting people's paranoia is the new norm.

Populism is a political ideology that has not seen much light in recent years, but the formation of a modern society driven by fear and distrust has meant that it has been able to creep out from the shadows and stand tall in the spotlight. In its most basic form, populism involves rebelling against 'the establishment'; it is the belief that

unfortunately, such notions are not just the ideas of a delusional conservative but rather a representation of general fears shared by many Americans.

Donald Trump became the presidential candidate for the Republican Party, and is now just one step away from making history by being the first

AMAZING FACTS

Riona Singh Maharjan, 3 'E'

1



Kangaroo

Do you know that Kangaroos cannot walk backwards?

2



Rabbit and Parrot

Do you know that Rabbits and Parrots can see what is behind them without turning their heads?

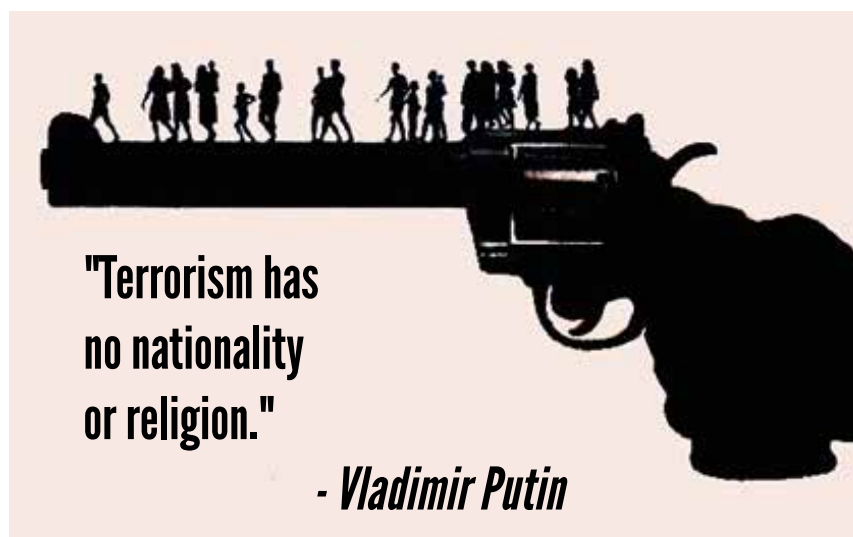
Terrorism

Nilam Dangi, AS Level

Have you ever imagined a group of people wearing black clothes and masks enter your classroom suddenly when you are studying and point the guns at you? And you get to know that your school is surrounded by the terrorists and you have no way to get out. What you can just do is pray for the safety of your life. How would you feel at that moment?

hijacked by ten terrorists affiliated with Al-Qaeda. Around 2,800 innocent people had to lose their lives on that day.

The world is terrified by the term "terrorism". Thousands of people are losing their lives every year due to terrorism. Countries like Iraq, Syria, Nigeria, Afghanistan and Pakistan are highly influenced by terrorism. People are forced to live in an environment



Today in many parts of the world, people are facing such dreadful situations due to terrorism. When defined, terrorism is the deliberate act of killing innocent people in order to achieve political or social goals. Similarly, the terrorism that occurs throughout the world is global terrorism. The terrorist groups target ethnic or religious groups, governments, political parties and media enterprises. Al-Qaeda, ISIS and Taliban are some of the famous terrorist groups who commit terror in the name of their religion. In order to get their demands fulfilled, they kidnap and kill the innocent people. By killing people, they deliver their aggression and anger to the government. 11th September, 2001 is marked as the black day in the history of U.S.A. On this day, the twin towers of the world trade centre collapsed, as the result of being struck by two jet airliners

where there is fear. When people go out of their houses, they aren't sure if they will return home safely or not. Terrorism creates bad impact on economic, political and social aspects. Due to bombardments, infrastructures and resources are destructed. Along with capital, there is huge loss of manpower. The results of terrorism are always catastrophic.

Terrorism is stated as one of the main challenges to global security. It is like a huge tree with branches all over. To kill this tree, we should stop supplying nutrients to it which is black money. Black money gives power to buy weapons, vehicles and other stuffs. Poverty and hunger also compels people to take wrong steps. If we could remove black money from this world and reduce poverty, terrorism would surely disappear.

Vidhya Sanskar the Best

Medhashree Bhattarai, 3 'A'

Vidhya Sanskar is the best
To the pupil,
To brighten their future,
To develop a good career.



Vidhya Sanskar is the best,
To enjoy learning,
To learn the ways to face problems.
To know the differences between good and bad.

Vidhya Sanskar is the best,
To have perfect teachers,
To have wonderful friends,
To have awesome people.

Vidhya Sanskar is the best,
With pride I say, "Dear Vidhya Sanskar, I love you."

School as Vidhya Sanskar has never existed,
or- never can it exist,
It is my home, My dream garden
"I love you"

No matter how much I say it is not enough
But I'll go on
"I love you"

BIRDS



Yogesh Gupta, 6 'D'

Birds are the wonderful creatures,
Having beautiful wings and feathers.

I think they are the ones,
More intelligent than us.

They are of many kinds
But having same kind of thoughts in their mind.
Life cannot exist without birds
That is why they are important to us.

We like to have a chance,
To see them sing and dance.
We should admire them,
Because they give full entertainment.

They give us pleasure,
When we see them.
They are very good,
So, we should learn to love them.

Lepchas of Eastern Nepal: A Vanishing Tribe

Dr. Sita Sharma
Faculty member, A Level

While growing up in the foot-hills of Kanchanjunga in Eastern Nepal, my grand-parents used to tell us the legends and folk-tales of the Lepcha people. One of the folk tales is about "stairway to heaven". This story begins with the construction of stairway up to the heaven. The Lepchas, of course, did not have sophisticated technology like in modern times. So, they decided to make earthen pots. First, they shaped them and baked them to make strong. They started to construct huge structure by stacking up earthen pots. They made hundreds and thousands of pots needed for the construction. It was a very laborious job. Their stairway went higher and higher, stacking up the earthen pots. They were pretty sure that the stairway would reach heaven. Workers at the base supplied whatever was needed by those climbing up. When the climbers reached the sky, they needed a pointed stick to pierce the sky. They asked for a stick to be sent up but the distance was great. The builders were at such height that it

was difficult for those on the ground to hear and to understand the command from the top. So, the workers on the ground shouted to those high up to repeat what they were asking for. The shouting from the top and the ground workers went on for a while. Then one worker on the ground had a bright idea and told his colleagues probably their leaders had already reached the heaven and the stairway was no longer needed. The workers tried several times to confirm if the order was to cut down the stairway or not. Those at the top heard them and repeated their request for a pointed stick to be sent up. The shouting from the ground and from the top of the stairway continued for some time until one man at the top got so irritated that he shouted back 'yes' to what the ground level workers were repeating. So they started striking down the stacked up pots. The stairway collapsed and those at the top naturally died. The people in some Lepcha villages still believe that the remnants of the clay pots used to build the stairway by their ancestors to the heaven are still found scattered in some places.

“ Lepcha marriage is endogamous. They prefer to marry within their own clan. ”

Lepchas are considered to be the original inhabitants of Eastern Nepal, Sikkim and South Western part of Bhutan. The Lepcha Land in ancient time covered the area from Panchthar, Ilam and Taplejung of Mechi Zone, Kalimpong, Darjeeling, Dooars, Sikkim and South Western part of Bhutan. In Ilam district, there is a village called Namsaling which was named after a Lepcha named "Namsa" who was the prominent figure in the village. Namsa was the name of a Lepcha and "ling" means abode or home in Lepcha language. So the village was his home.

Anthropologists suggest that they might have migrated from Tibet, Mongolia, Myanmar, Thailand, Japan and Korea. They show some similarities with Khasi, Garo and Naga people of Assam. However, Lepchas deny this and consider themselves to be the indigenous people inhabiting the foothills of Kanchenjunga from primordial time. Lepche is the word used by Nepalese and the British called them Lepchas. In the past, land was abundant and the forest was thick and rich. They are considered to be the forest dwellers. In fact, they did not migrate as traders like the Tibetans. Rather, they existed in Eastern Nepal along with the Kiratis, Tamangs and other ethnic groups such as Brahmins, Chhetris, Gurungs, Magars and other Hill groups. Lepchas used to cultivate land and Prithivi Narayan Shah let them hold the land which came under "Kipat" system. This kind of privilege was prevalent during those times. Like Kiratis, Lepchas, Tamangs, Sunuwars, Danuwars, Kumal and other ethnic groups were also allowed to hold land under Kipat system. According to Mahesh Chandra Regmi, a leading researcher, Kipat system was a communal land tenure system which divided land into small individual plots



for cultivation. They had the right to use land and Prithivi Narayan Shah did not impose tax on Kipat system. During the Rana regime, Kipat system was abolished and was brought under state control and taxes were imposed. Whoever bought the land from the Lepchas had to pay "koseli" or gift every year during Dashain festival to the original owner.

Living side by side with Limbus, the Lepchas had developed affine ties with the Limbus. In the past, they practiced slash and burn agriculture. In the higher regions, they led nomadic life. Lepchas are of Mongoloid stock. The language they speak comes under Tibeto-Burman family. They use the Tibetan script. They also have borrowed some scripts and vocabularies from Kiratis. They are divided into many clan groups. Each clan has mythical connection with a particular mountain peak which they worship as deity.

Lepcha marriage is endogamous. They prefer to marry within their own clan. They avoid marrying up to ninth generation on father's side and fourth generation on mother's side. Marriage as a rule is not always monogamous. They practice polyandry. If the eldest brother marries, other brothers can share a common wife. But they are free to choose their own wives. They practice junior levirate, i.e. marrying widow of elder deceased brother. Sororal polygamy, marrying sister of one's wife is also permitted.

Sometimes, they maintain territorial restrictions and approve marrying within their own village only. There is no dowry system but price must be paid before marriage. If boy's side is unable to pay the price, groom has to work for bride's parents for some time. The age of bride or bride groom does not matter. They could be of same age; little older or younger. Divorced, widow marriage, remarriage are permitted. There is no gender discrimination. Women enjoy greater freedom. Both men and women work side by side without rigid division of labor.

Lamas play important role during birth, marriage and death.

The rule of residence is patriarchal, wife joins husband's family or house after marriage. Both maternal and paternal uncles play important role in the marriage. They practice polyandry to avoid further subdivision and fragmentation of land. Marriage is considered to be sacred or holy like any other group. They trace descent patrilineal bonds and property is transmitted through male line. In case of no male, property will be transferred to paternal uncle's son.

Previously, social organization of village was based on chieftainship. In each village, there used to be a local chief called Subba or Kaji, the title given by the Shah Rulers. These

chiefs settled disputes, maintained social order and collected taxes.

The Lepchas of the Eastern Nepal practice Buddhism. In India, many were converted to Christianity during the British rule. Many still adhere to shamanistic beliefs or animistic religion "mun". They sacrifice animals to appease ancestors and to ward off evil spirits. Lamas play important role during birth, marriage and death. Mourning period covers from one to forty nine days. The naming ceremony for a new born is performed on the third day. They bury the dead and erect stone on the tomb.

As mentioned earlier, Lepchas of Eastern Nepal do not consider themselves as outsiders like other ethnic groups. They claim to be there from time immemorial. However, living along with other ethnic groups they acculturate borrowing their customs. In the process of sanskritization, they have not totally converted themselves to Hinduism but being part of the community they have adapted to the mainstream culture. They are considered to be the vanishing group. Their number right now estimated is supposed to be 60,000 including Nepal as well as India and Bhutan. In Nepal alone their population is only 4,000. They are now on the verge of disappearance. This indigenous group needs to be protected to preserve Nepal's culture and heritage.

POEM

MY MOTHER

Nitesh Kumar Gupta, 6 'F'

Oh ! my mother,
I am your dear,
When I cry in fear,
You are always there to wipe my tear.

Oh ! my mother
You are my first teacher,
You taught me to walk,
And to talk.

Oh my mother!
I love you so much,
Thank you for everything,
You did for my bright future.



PLEASE PAY ATTENTION !

Abhishek Chataut, 6 'B'

Dear friends, please pay attention
For I have something to mention,
Be sure to never be late
When you enter school gate,

Know that everyday must start
with a prayer from pure heart
Increase your knowledge day by day
By listening to what your teachers say.

If you have a habit of shouting or fighting
stop it at once.
Obey your teachers
Be friendly with others,
Thank you for your time and attention
These are the things, I wanted to mention.

Hope

Aditya Khadka, X 'A'

It was April the 25th, 2015 when I lost everything. My house was reduced to huge chunks of rubble. All property vanished away in a moment. I could do nothing at all. Adding fuel to the fire, I lost the most valuable asset of my family; my father. He was the only source of income for my family. He got trampled under the house and took his last breath there. His death was my biggest loss. That earthquake was the turning point of me and my mom's life. We used to live as a happy middle class family. But after that, we had to struggle. We rented a room and started living there. My mom then worked as a housemaid and made six thousand rupees every month. We lost our self-dignity that we had. The house owner treated us very insanely and made us do disgusting works like cleaning a terribly dirty toilet or cleaning up some abominable mess. My mom and I used to feel nostalgic remembering the old days. And sinking into that nostalgic remembrance, she used to sob all night with heart full of woes, I used to dream of a better tomorrow.

The Principal agreed to provide me a good scholarship. I was an average academic performer. We had an agreement that if I was able to score good grades in the coming examinations, the school would provide me the scholarship which meant that my mother would have to pay the school twenty-five hundred rupees every month. Otherwise my mom had to pay ten thousand rupees every month which was not possible. Therefore, I needed to concentrate on scoring better grades and nothing else.

The examination was just round the corner and it could turn my life upside-down. All the labour that my mom had done would turn into a waste if I didn't score good grades. I only thought about scoring good grades every time. I always kept my eyeballs stuck to textbooks and notebooks. I laboured hard from my side. But, I could never give my hundred percent concentration to my academics. The sight of my mom's tears rolling down her cheeks; the tragic death of my father; the haunting memories of the earthquake and my house always

hovered around my memories. It kept my concentration diverted off my academics and sunk me into the ocean of gloom.

It was the day I was about to know my grades. It was a day that could decide the future of my small heartbroken family. My mom and I went to school desperate to know the grades. As we walked into the Principal's office, our heart started beating faster. I was pretty sure that I did my exams very well. But I was wrong. I had scored B+ and that did not meet the Principal's expectation which meant that the scholarship provided to me was dismissed. And my mom had to pay ten thousand rupees a month. She was very disappointed with me. She did not talk to me for days. She used to sob sometimes. That gave me a lot of heartaches. I wanted education. I wanted to earn everything I had lost. I wanted to earn myself the life I had lived in the past. I wanted to earn myself a position in the society. I wanted to be someone very important. But, that required quality education. And that only came with money. I couldn't afford to study. So, I made a

“

"Does anybody
thank themselves?"

I answered with a

NO.

”



decision. A decision that would wash away all my agony and free me from the distressful life I was living.

I went up to the roof with a short note in my hand. In the note it was written "My name is Rachit. I used to live a happy life. But now, all my happiness seems to be gone away. After the earthquake, my house got destroyed; my father's dead; my family (me and my mom) is poor, homeless and hopeless. Now, my mom can't even afford to educate me. I have no hopes left behind. I am a very heartbroken person. I have no future ahead. If I live more, I will cause more pain to myself and to my mom. So, I want to set myself free from the desolated life of mine." I was about to jump from the five storey building. But suddenly, I heard someone call me from behind. I turned around. And surprisingly, the person behind me looked like me. Yes, it was me. I was shocked and cowered in fear. With horror in my heart I asked him who he was? He said to me,

"Hope is a good thing". And in a blink of an eye, he disappeared. I could not figure out what just happened and I was reaching out. I was on the roof because I was about to commit suicide. The whole day I stayed on the roof trying to kill myself. But, I couldn't manage to do so.

I thank him
for his small
piece of
advice that
changed my life.

Somehow, my mom managed to convince the Principal again. He gave me one last chance to prove that I was worthy of the scholarship we had talked about. It was the day that

mattered to me. It was the results day of my examination and the Principal was very impressed to see my score, yes an A+!. Since then, my mom has never spent a penny on my education.

I thank him for his small piece of advice that changed my life. He laughed and told me that I was acting funny. He asked, "Does anybody thank themselves?" I answered with a no. He gave me another piece of advice again. "Life is a beautiful thing. Its beauty is enhanced by both happiness and sorrow. One has to walk their journey of life by being joyous at the time of happiness and overcoming sorrow and grief. We always have options in life. We need to believe in ourselves. We need to hope for a new dawn that can change our lives forever. Till then, we need to struggle. We need to dream and hope that our dreams come true. We don't die until we have hopes left within us. Hope is a good thing."
(Based on a true story)

BIOGRAPHY

Phupu Lhamu Khatri

12th
SOUTH ASIAN
GAMES 2016

Gold Medallist

Phupu Lhamu Khatri

Aayushma Rai, 7 'D'

Phupu Lhamu Khatri is a judo player. Her father Dorje Khatri was a mountaineer. He climbed Mt. Everest for nine times. Unfortunately, he was killed in an avalanche two years ago. Khatri created history with her first ever gold medal in women's judo at the 12th South Asian Games at the Jawaharlal Nehru Sports complex. Phupu Lhamu Khatri is the second gold medallist of Nepal in the field of Judo at the South Asian Games 2016 in India. The 12th SAG gold medallist Phupu Lhamu Khatri made the country proud by winning a gold medal in the 'Open Junior Judo Championship' held in Budapest, the capital of Hungary. She had won the second gold medal after winning over Bangladesh, Sri Lanka, Pakistan.

It was her coach, Devi Thapa who had trained her in a perfect and skilful way. If it was not for her coach, she wouldn't have been able to reach to this level. She had taken a month long training in Hungary before she had left for the SAG games. She is a BBS student at the People's College in Kathmandu. Following her father's death, she lives with her mother, elder sister and a brother at Vanasthali, Kathmandu. She has been in this field for about eight years.

After she had won the medal, her happiness had no limits. Her coach also said that she had the potential to reach to the next level.



Gravity

“ Gravity or gravitation is a natural phenomenon by which all things are brought towards one another, including stars, plants, galaxies and even light. ”

Saiman Adhikari, 9 'A'

1. 'Gravity' is a term we hear everyday. We study it in science, read it in fiction and hear about it in television channels, radios, etc..... But what really is it? What is the scale of it? What is its range? What truly is it? We are unknown, either because we don't know or we don't get the simple understanding of it. So, over here, I will give a simple and brief explanation on gravity and also the effects of it in space-time.
2. Gravity or gravitation is a natural phenomenon by which all things are brought towards one another, including stars, plants, galaxies and even light. Although gravity has almost no effect on microscopic scale, it has huge effects on the macroscopic scale. It has an infinite range but becomes increasingly weaker on farther objects.
3. Now, to explain gravity, we must take help from some noted theories of the present time. Among those theories, the most accepted theory of gravity was proposed by Einstein in his general theory of relativity in 1915. According to a fact that space-time is curved or 'warped' by the distribution of mass though to be flat, is actually curved around a mass. For example: if we take a piece of cloth, hold it from all sides and drop an object, let's say, a ball, the cloth is curved or appears to be sloping towards the ball from all direction. That is what exactly happens in space, if we take the cloth as space-time and the ball as a star. Now, if I start explaining about how a planet revolves around, not just collide with the stars, then it will

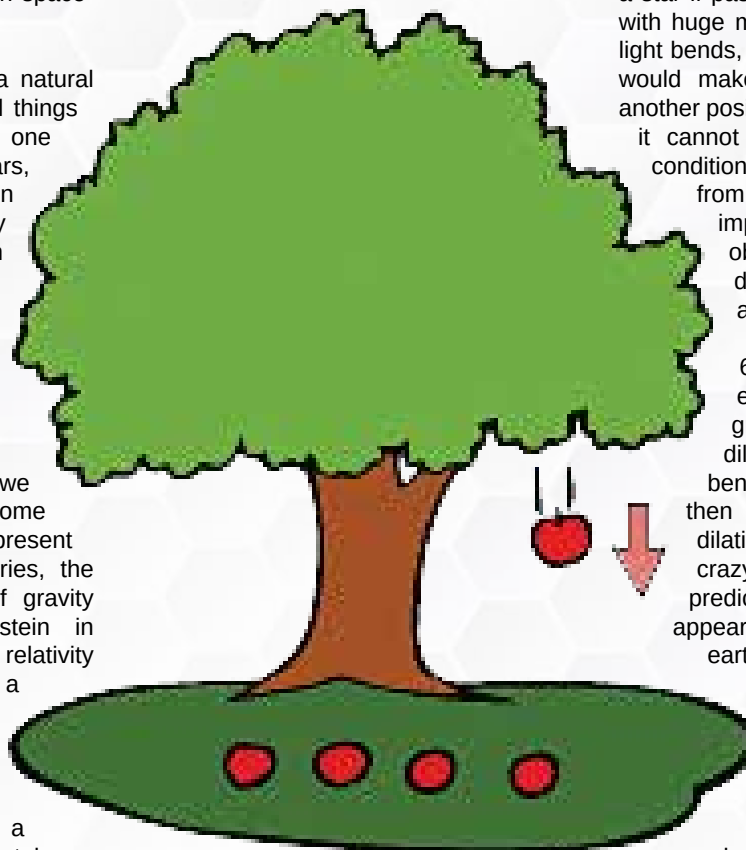
take me a lot of time (and you too).

4. Before 1915, the Nestorian theory of gravity was accepted. This theory gave really accurate result, too! In fact, it had predicted all the orbits of the planets to a high degree of accuracy! But then, why is the general theory more preferred? Because, a flaw was found in the orbit of Mercury, the nearest planet to the sun, and the planet that feels the strongest

However, Newton's law very accurately approximates gravity in common applications. So it is used for common purposes, rather than Einstein's very complicated equations.

5. There is an effect of gravity, called the 'light deflection'. As the space-time is curved, the light rays must follow that curved path (called geodesic), i.e. light rays are bent. It can also be said that light rays from a star if passes close to an object with huge mass, say our sun, the light bends, slightly inwards, which would make the star appear in another position in space. Although it cannot be tested in normal conditions (because the light from the sun makes it impossible), it has been observed many times during solar eclipse, and proved true.

6. There is another effect, called 'the gravitational time dilation'. If you think the bending of light is crazy, then let me warn you, this dilation thing is ever more crazy! Theory of relativity predicts that time should appear to run slower near the earth. This means that time should run slower near the powerful gravitational fields. This is because, as light moves upwards (away from gravity), it loses some energy. So the frequency goes down. This suggests that for a person high up, it would look like everything is appearing slower below! Amazing! Isn't it? Now, if you think what light or speed of light has to do with space-time, well, according to general theory of relativity, it has everything to do with it. It's even on the equation: $E=mc^2$ W of light!



gravitational effects. According to general theory of relativity as it has a long elongated orbit, the axis of an orbit must rotate at about the sun at the rate of one degree in ten thousand years. Small although the effect is, it was observed before 1915 and served as one of the first confirmations of Einstein's theory.

This also states that everyone has their own measure of time! This theory also gives rise to the 'twins paradox'.

7. Gravity is the weakest of the four fundamental attractions. It is 10^{-38} times stronger than the strong force i.e. 10^{-38} times weaker. It is 10^{-36} times the strength of electromagnetic force and 10^{-29} times the strength of the weak force. Although gravity has a great influence on huge objects and large ranges, it has negligible influence on the behaviour of sub-atom particles.
8. Getting crazy? Stop! Because gravity is only a part of physics and is just the starting of crazy things. There is much more related to gravity (General theory of relativity) and Quantum Mechanics, that has yet to be discovered. Now, as the pursuit for theory of everything continues, Physicists and scientists are looking forward towards the combination of general relativity and quantum Mechanics that has yet to be discovered. Now, as the pursuit for Theory of Everything continues, physicists and scientists are looking forward towards the combination of general relativity and quantum mechanism, which is the new area of research. So, friends, physics is crazy, and the more deeper you go, the crazier it becomes. There are so many things to be discovered. And the more they are discovered, the crazier it becomes! Best of Luck for that.

DID YOU KNOW?

Suyasa Karki, 3 'C'

1. In Iceland, everyone has to learn to swim by law.
2. In Russia, it is illegal to brush your teeth more than twice a day.
3. In London, it is against the law to jump the queue in a tube station.
4. In Samoa, it is illegal for a man to forget his wife's birthday.
5. In Oklahoma, USA, it is illegal to pull faces at a dog.
6. In UK, it is illegal to enter the House of parliament wearing a suit of armour.

ARTICLE

Travelling Experience



Prarup Tiwari, 10 'A'

Travelling simply means to go from one place to another, as on a trip or a journey. Travelling has various advantages. Firstly, when we travel, we enjoy. More than enjoying, we get to know about different places, people, their lifestyle and their culture. Travelling helps to broaden our mind. We get relaxed. Travelling plays a vital role to make us creative.

Talking about travelling, there are many people who love travelling. I also love travelling. Recently, I travelled to Nepalgunj which is located in the Mid- Western part of our country. It is situated in Banke district. Nepalgunj is located in Terai Region. Nepalgunj is considered as the hottest place of Nepal. It's temperature during summer rises over 44°C . Nepalgunj is famous for Bageshwori Temple, Temple of Lord Shiva. It is regarded as a good place for worshipping. Nepalgunj is also famous for Lassi, Samosas and Chaat. I had all of these food during my trip to Nepalgunj. 10 km far away from Nepalgunj, lies a place called Kohalpur. It is one of the fastest developing places in Nepal. The environment in Kohalpur is very neat and clean. People living there are very polite, helpful and educated.

About 100 km far from Nepalgunj lies Bardia National Park. Its area is 968 m^2 . The main attraction of the Bardia National Park is tiger. There are about 200 tigers in Bardia National Park. The most common of all of the wild animals are the spotted deer. There are 1,000 of them in Bardia. Bardia National Park is also protecting various animals. They have

created different breeding centres for different animals. The people of Bardia act very good for conserving and protecting animals. They are equally helpful for the conservation of the national park.

More than 15 kms far from Bardiya, lies a place called Chisapani. The longest suspension bridge of Nepal lies here. Chisapani is famous for the wind that blows during the afternoon. The wind is so strong that it can move a person. I lost my cap due to the wind when I was clicking some photos. Rafting in Karnali river is also very famous. I also did rafting. I saw a dolphin too. Chisapani is also famous for fish of the Karnali river. Many people visit Chisapani to eat the fish as I did.

Nepalgunj is famous for Bageshwori Temple, Temple of Lord Shiva.

After few days, I went to Surkhet. Surkhet is about 100 kms far away from Nepalgunj. I went there by air. Surkhet is famous for Bulbul Tal and Kakre Bihar. These places can help to develop tourism industry. If we are able to maintain these places in a good way, then these places can help our country in the development of tourism industry. The people here are very helpful. I had a great fun during my trip to Surkhet.

I had an amazing travelling experience. I will never forget this journey in my whole life. This journey helped me to know about Nepalgunj, Surkhet, Bardia and about the lifestyle and the culture of the people living in those places.

Career in Medicine

“ Number of medical council
registered doctors has jumped
from 3000 to 13000 ”



Dr. Navin K Sharma, MBBS (IOM)
Parent of Sabdhi Khanal, VII

Study of medicine remains the number one dream and reality for top ranked students of Nepal for the last four decades. Past 8 out of 10 SLC board toppers in the country joined MBBS after completing plus two in bio. With the start of private medical colleges in 1997 and once the intake started in self finance scheme entry is not limited for extremely laborious top notch students and hundreds of average students started joining medicine with the hope of making life comfortable and improving social dignity.

The only field which gives you a separate identity by adding Dr as prefix before your name right after Bachelor Degree are MBBS and BDS. Number of medical council registered doctors has jumped from 3,000 in 2000 AD to 13,000 at the end of 2015 AD with estimated 10,000 active doctors working currently in Nepal and some 2,000 abroad. We still need 12,000 more doctors in shortest span of time to meet WHO criteria of Doctor Population ratio. Nearly 300 young graduates of MBBS go to USA, UK and Australia every year for further education (commonly MD) with added

intention of settling there. In United States, doctors known popularly as physicians are among the highest end earners with annual average salary of USD 2,50,000 left behind only by some reputed company CEOs and Governors.

About the course and related fields

Medical degree in bachelor level is known as MBBS in UK dominated education system and is directly recognized as MD in United States, Russia, Philippines etc. It is a minimum of five and half years intensive study course including one year of compulsory internship at the end. In the US one can join medicine as MD only after 4 years of undergraduate in premedical after 12 years of schooling (+2 or A Level). In SAARC countries including Nepal, students join MBBS after +2 or A Level in bio group science with minimum of 50% marks in aggregate and in each subject of physics, Chemistry and Biology separately also. A Level needs minimum of grade C in all three subjects. Omission of any of the three subjects in both years of +2 or A Level makes the entry strictly invalid. Students have to sit for entrance exam that comprises objective questions of Phys, Chem and Bio of roughly equal

proportion and for the first time in Nepal, there will be a single National Common Medical Entrance starting soon. In the new system, there will be some questions from ethics, social science and communication skills, fate of English is undecided so far.

Bachelor of Dental Science known as BDS is another highly sought subject that takes one year less for completion, frees you from frequent night duties and less stressful job duty. Eligibility criteria and entrance exam are almost the same. Contrary to the popular belief, BDS is not limited to teeth only but includes the whole of oral cavity and lower part of facial surgery also. One can shift from dental to basic science subjects like anatomy, physiology, pharmacology, biochemistry etc in master degree.

B. Sc. Nursing is another fast growing subject with roughly 1,300 nurses being produced every year from Nepal and India. Some students have gone to States and Australia for Bachelor level where job is almost guaranteed with monthly salary of 5,000-8,000 USD. Nurses graduated from Nepal and India cannot go directly for job in any of the western country. They will have to study at least 2 years there, maximum of half credit can be transferred. Proficiency in English and communication skill has been the biggest barrier so far. If you have a slightest chance of going abroad for career in Nursing please start building basics of English from today. Few months TOEFL or IELTS or SAT-I course will not improve the English to the required level. Number of scholarship seats are around 70, under self finance it costs roughly 9-12 lacs for the total duration of 4 years.

Bachelor in Public Health (BPH) is a course of 4 years that will prepare you for administration and research in health with emphasis on improving health status of the community or the whole country and not an individual patient. Entrance or entry is easier,

seats are plenty (about 600) and even in donation it costs less than 5 lakhs for 4 years.

B Pharm is related to production, distribution and dispensing of drugs with a lot of emphasis on research in new drugs. Entry criteria and cost are similar to BPH. Nepal graduate need further course to become eligible to work abroad.

BMLT is related to medical lab technology, graduate can work in health lab or can set up new lab with self-investment. Master degree can expand into many divergent newly developing fields like serology, immunology etc. BMIT is related to imaging technology that is the core part of X-Ray, CT scan or MRI.

Entry into MBBS

As a student of A Level or plus two, you must know a few facts that are not discussed commonly and many of your seniors did not notice.

1. Competitiveness of entrance:

It's not you who competes in reality, in fact it is your marks that is the level in MCQs of Phy, Chem and Bio. Your job is to secure around 90 percent marks objective questions and that will be enough to secure seats by beating others. You cannot jump to 90 from current level within 3-4 months of preparation but gradually crawl to it in a year or two. There is no need and no definite advantage in being selected in first chance. More than 75% of doctors who studied in scholarship got the seat in second or subsequent attempt. Your MCQ (multiple choice question) or objective level in PCB is almost fixed with 5% chance of stretch

in either side and it can be improved slowly and definitely towards the 90 marks.

**No part of your
inside-college
study with deep
understanding will
go in vain.**

2. Success in entrance needs ABC and hates DE.

Your study must be deeply absorbing and not with nervous temptation of turning the page, emphasizing and repeating the basics and not in complicating details, with focus and concentration the key not merely the hour of study. Dependency upon teachers aid has been the commonest cause of failure in entrances of any level or in real life. Exercises in the books are meant for you, don't seek for help until you are exhausted of all possible ways. Stretching of effort expands your mental strength to a new level. E in the last stands for Exam, most students study for getting marks and never get above average mark. One needs to study with a real purpose of understanding and with curiosity, not merely for marks. Your marks in objective questions precisely reflects level of understanding and not the mocked-up facts.

3. Anyone can get 90

You may feel frustrated to think how you can get selected in a competition involving thousands of students.

But your tasks suddenly becomes within-reach once you just focus on getting to the level of 90. Student of any category, with any percentage in SLC or plus 2 can reach 90 by running or walking or crawling but in slight different frame of time. In a life of about 90 years and economically productive career of 40 years, counting of few months spent in finding your dream career is meaningless. Effort of few more months or attempt of one more time may uplift the height of your life to many fold.

4. Preparation in college not after college

All the questions to be asked in the entrances are from your text books. No part of your inside-college study with deep understanding will go in vain. Selection in medical entrance is largely decided within the college. Your job is just to study one topic at a time, repeat it and start solving objective questions from any of the available guides. The cycle is study-understand repeat-practice of question and revolve the cycle till you start getting 90 marks in each topic of PCB of +2 or A Level.

Study in Donation

Cost is around 40-45 lakhs as tuition fee and entry is much easier for any level of students. But just consider one fact. How long does it take to earn that much money for your parents? 5 years, 10 years or 15 years? I know your parent may be ready to invest for improving your future. But is it justified that they are ready to devote 5-15 years in saving that much money just for you and you are not ready to spend one year to enter in scholarship?





Deepak Bista, a number one taekwondo player of South Asia, became the first player to win four consecutive gold medals in South Asian Games (SAG) and represented Nepal in the Olympics. Mr. Bista is currently the President of Nepal National and International Players Association (NNIPA), Vice- President of Nepal Equestrian Association and Executive Member of Nepal Taekwondo Association.

Sir, what inspired you to get into sports? Can you tell us about how and where it began?

Being the son of a school Principal, I had the pressure of academic excellence. However, I was least into academics and more into sports. Growing up, it became clearer to me that I was carved for nothing but sports. A student of nepali-based education system, I.Sc became a humongous pain to me. Everything was in English medium. That furthermore discouraged me from academics but pushed me more into sports. I took the risk, you see. I knew that my parents wouldn't support me in that. I gradually got interested in Martial Art. Taekwondo tempted me because individual victories could be enjoyed more than team games.

That's awesome. Sir, you won gold medal four times in a row besides other achievements. How did it feel? Who would you give credit for your success?

I don't have words to describe how I felt. Victorious would do. And I started from Yellow belt. Yet I won gold medal. That was a turning point of my career. The process went on. I became **'the undefeated player of Nepal'**. Newspapers, magazines, interviews showered up with my news. My parents finally saw what I had seen in me. And it took me so much of hard work to reach there. My seniors, juniors, colleagues, situations, parents

and my determination get credit for my success.

If you hadn't been injured, would you continue in sports?

I got severely injured in semi-finals that was held in Pakistan. But despite that I played in the finals. My right leg was injured. That didn't stop me. I used my left leg and won two South Asian Games. Later, I was medically suggested to retire and I didn't like the idea of ending up in a wheel-chair either. I would have played for two more years if I wasn't injured.

That's great. So, you are married to an equally talented Taekwondo player- Aayasha Shakya ma'am. How does it feel?

Well, we both helped and nurtured each other. It was more than puppy love. We both were compatible. Sports was our priority. That brought us close. And she has been a tremendous support in my life.

How did it feel to be a flag bearer in Olympics of 2008?

To represent my country in an international arena felt great. The Daura-Suruwal and the national anthem was heavenly.

Do you have a favorite game that you took part in?

All are equal. Every game led me to my destiny. It would be wrong to have a personal favorite.

Well, what should be done by government to improve this sector?

Well, government hasn't yet understood sports. Congratulating players after their victory isn't enough. It should invest in the process as well. It should see sports as an important part of economy, pride, health and well-being of a country.

As a professional taekwondo player, what are your suggestions for the new generation? What would you suggest to the parents who think of sports as something that's not worthy of time and dedication?

Well, sports isn't meant for professionals only. Everybody has a right to it. It brings us name, fame, prosperity and happiness. But not everybody can do well in this realm. Sports is something bigger than just a hobby. A lifetime achievement. And sports isn't about degrading yourself. That's ridiculous. It is all about upgrading yourself with self-discipline and dedication. Dear parents, sports will bring out the best and conquer the worst of your child. Let us develop a sports culture. That is what our country needs.

Thank you so much sir. You literally inspired us.

- Interviewed by: Sophiya Shrestha, VIII
Anish Dulal, IX

Why Failure is Good for Success



Neha Bogati, AS Level

To achieve the greatest success, you have to embrace the prospect of failure.
-Pauline Estrem

The sweetest victory is the one that's most difficult. Failure is something that requires you to fight with everything that you've got. It's no secret that our worst fear is often failure. But what if failure was actually a good thing? "Failure is success in progress," Albert Einstein.

It's not a step backward; it's an excellent stepping stone to success. So why do we take failure so hard? Because we forget that success is only achieved through trying, and trying most often ends in failure. Such was the case with Thomas Edison, whose most memorable invention was the light bulb, which approximately took him 10,000 tries before he developed a successful prototype. "How did it feel to fail 10,000 times?" a reporter asked. "I have not failed," Edison responded. "I've just found 10,000 ways that won't work."

Unlike Edison, many of us avoid the prospect of failure. We are so fixated on not failing that we don't aim for success. When we make mistakes, we correct them and move forward in our path rather than backing down. "Failure is not an option" that's what society and majority of the people tend to believe.

Failure and defeat is the life's greatest

teacher. Due to the fear of failure, many people don't try at all. Instead they choose to play it safe, repeating the same safe chance over and over again. They believe that if they make no mistakes or errors, no one will yell at them for failing because of which they never attempt at things that they could actually succeed. Failure helps us to gain experience and perseverance.

Failure helps us in reaching our full potential in all aspects of life. Without facing failure, nothing can be obtained. 'Decide whether or not the goal is worth the risks involved. If it is, stop worrying.' It might seem disheartening at some times but we must always push ourselves to our true potential until and unless we gain success.

One of the biggest secret to success is to operate inside our strength zone but outside our comfort zone. You must always maintain a positive attitude so that, no matter what you encounter, you'll be able to see the lessons of the experience and continue to push forward.

You've got to keep finding better ways to run your life, or someone will take what you've accomplished, improve upon it, and be very pleased with the results. Keep moving forward to success. "When you win you might not be as good as you think you are. When you lose, you might not be as bad as you think you are."

MY STRENGTH

Pallavi Sauden, AS Level

I don't know for what I was born?
Unknown of the things that I still learn!
Since I was born, been chasing
the pre-made rules
useful are inventions of genius!

And harmful the creation of fools!
I'm still worried of part, which I have lost.
I'm still baffled with the platform
to choose, I aimed to be a fashion designer
But I'm dad's doctor!

Mom wants an engineer and
grandma loves instructors!
Whom should I support and whom
to deny?
Choosing this career makes me cry!
Now, I am stuck to my own aim.

Facing the world and playing the game!
Finding the strategy to win again
and again.
Facing the problems and suffering
the pain!
I have lost my part, don't want to
lose my future again.

WOMEN'S RIGHT

Binita Subba, AS Level

Look! Women are there in the
streets again
Fighting for their rights in the pain.
No one even bothers to give a
glance.
Sometimes me, myself also give a
damn.

Never thought of praising their
vows.
But always remembered to curse
their works.
Taught and learnt to worship a
goddess.
But neither taught nor learnt to
respect a feminist.

Why is the world so compact?
No place for women to breathe and
rise.
But enough space for men to
isolate.
Why the women are left all alone in
their fights?
Is it because what they want is
equal rights?

Fight Against the Illegal Trade in Wildlife

Punam Limbu, A2

The world has 7.3 billion people living and there are about 35 billion species of animals found abundantly on the planet Earth, but, now every single day the population of the animals is decreasing whereas human population is increasing at 1.08% growth rate. Why do you think this is happening? Why are animals decreasing by getting killed whereas humans are living in their luxurious lives and making money out of the trade of animals? Why are humans instead of protecting the wildlife are actually deteriorating the wildlife?

Centuries ago, the folklore, the mythology and every superstitious things people believed were always stating that animals are to be protected even though it may attack you, people believed that world actually was made for both humans and animals but now, in the 21st century, where everyone is worried about how to gain access to money has made humans to actually abandon those poor animals which were like our friends ages ago. People have been more selfish in recent times, the trade in wildlife is actually not an issue as all of us, all the humans are consuming it directly or indirectly, we all are consuming the goods and the product produced by trade of wildlife, all the countries play a huge role in the trade of wildlife in the form of goods.

The second main threat to wildlife is the Illegal trade of wildlife which comes right after the destruction of habitats of the animals. Why do you think illegal trade of wildlife is becoming a threat for the existence of the different species? It is happening because the most endangered species like one-horned Rhinoceros, Elephants and Tigers are being traded, the horns of the rhinoceros, the tusks of

the elephants and skin and bones of tigers are traded. Actually, just due to these body items of those endangered animals, they are being killed which is brutal as, this shows that the human kind has actually not even a drop of humanity left for the other animals. They only care about the bundles of money they acquire through the illegal trade. Poaching actually has risen significantly in the countries like Africa where there is presence of these endangered species.

"Extinction of one horned Rhinoceros, now, this species is officially extinct on the planet Earth"

From the year 2007 to 2013, there has been an increase from around 17 rhinoceros being killed to about more than 1500 Rhinoceros, which is actually 3 rhinoceros being killed per day. 30,000 elephants were killed due to the sole reason to acquire tusk for trading it with money. This data shows what the illegal trading has done to wildlife because even though, these species are protected in the reserves from poaching and all those things, the dealers or let's consider them master mind still makes the way through it and actually becomes able to trade those body items of those poor animals with large bundle of money. It's not just those species which are identified above are endangered and being illegally traded by smuggling but, there are other species like leopard, snakes, panda, etc.

Earlier in the essay, I discussed about illegal trade in wildlife due to which there has been an increase in loss of endangered species leading them to extinction and for matter of fact there

has been about 90% of the animals which are already extinct. These endangered species are getting killed in huge number every single day. This can be stopped through the strict government implementation on protection of wildlife.

The government must be able to give a safe and reserved shelter to the endangered species. The promotion of Rhino's horn used to cure cancer in Vietnam has actually increased the number of killings of the Rhinoceros in Africa. It has happened due to false assumption of curing cancer. If this does not stop now, then it might never have an end and the only breaking news of the world would be "Extinction of one horned Rhinoceros, now, this species is officially extinct on the planet Earth", the news is actually bitter to hear but, this might be the future in some years if we don't stop it and take a small step to aware the others around us. Furthermore, the war between saving wildlife and illegal trade in wildlife is hazardous but, it is worth taking a risk because the world should only not just be home of humans but also of those endangered species.

Let's together begin a campaign where we all together fight against the illegal trade in wildlife and try to minimize it to prove the fact that humanity is still present on the Planet Earth and Wildlife is also an important part of the world.



with Ruchit Shrestha

Nepal Topper in Computing (October/November 2015)

Batch: 2013-2015

Why did you choose to go with A-levels over any other form of senior certificate education?

A-levels provide an extensive learning process that comes with many benefits as well as confidence in your own potential. A-levels are certainly superior when it comes to international recognition and the education provided is largely based on practicality and application as opposed to memorization. The only other significant option in Nepal is the ubiquitous 10+2 course, which is more focused on rote learning, so I chose A-levels.

It sounds like you're very much into the analysis and application aspect of A-levels. How were you as a student?

As a student, I would say I was not the teacher's favorite. I basically focused on understanding the concepts and understanding the key points rather than going through past papers. The same key-points would be nevertheless clear or be difficult to understand at the same time. So yes, I was not exceptional but I was focused on my studies.

When you found out that you were the best amongst the people who were appearing for their A-levels exams, what was your initial reaction to becoming the topper in Computing?

After my college education was over, I was supposed to appear in my CIE

examinations during the May/June session. But about a week before the exams, there was a devastating earthquake. So I had to appear for my exams six months later. During that interval, there was a lack of intense or acute preparation. But the result was nevertheless clear to me in a way that I would perform exceptionally well. I was shocked and happy to get the result as I had not initially expected to do as well as I did.

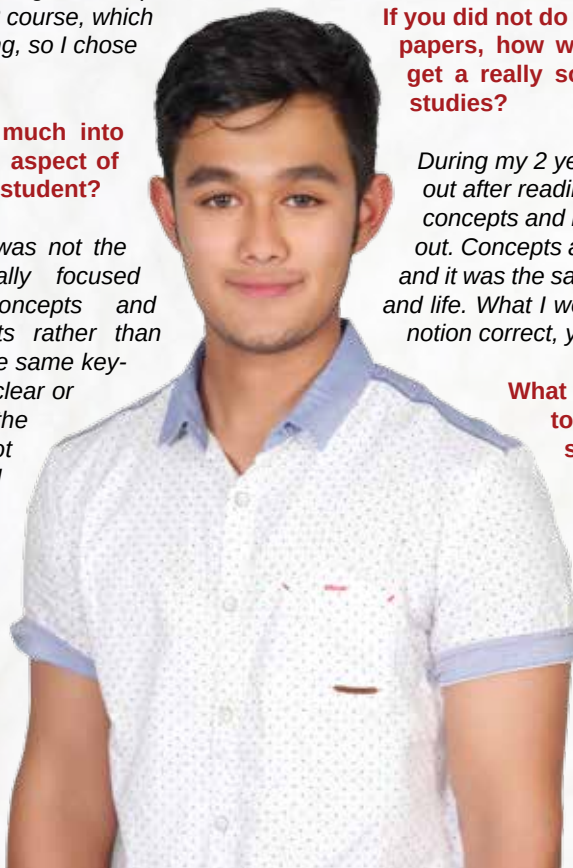
If you did not do much of the exercises and the past papers, how would you recommend that people get a really sound grasp of key points in their studies?

During my 2 years at Chelsea, I never really freaked out after reading any one question. I focused on the concepts and if I got the abstraction, I wouldn't freak out. Concepts are what make actors raise their game and it was the same with me and my role in my studies and life. What I would recommend is that if you get the notion correct, you can answer any type of question.

What suggestions would you like to give to the students who are currently studying A-levels?

The essence of life is that if you make the thing simple, it will be easier and understandable. Never freak out! Hard work and passion will surely reward us and take us towards prosperity.

- Interviewed by: Presna Aryal
- Bishrut Bhattarai
(A2 Level)



AMAZING FACTS

Sayaja Rose Adhikari, A2

- It's physically impossible for pigs to look up to the sky.
- If you keep your eyes open by force when you sneeze, you might pop an eyeball out (don't try this at home!).

- A duck's quack doesn't echo and no one knows why.
- Guinea pigs and rabbits can't sweat.
- Sharks and Rays are the only animals known to man that don't get cancer. Scientists believe this has something with the fact they



- have cartilage instead of bones.
- Your stomach produces a new layer of mucus every two weeks-mucus is what stops your stomach from digesting itself!
- Donald Duck comics were banned from Finland because he doesn't wear any pants.

LETTER

Vidhya Sanskar H.S. School,
New Baneshwor.
27th August, 2016

The Rt. Honourable President,
Shital Niwas,
Kathmandu, Nepal

Your Excellency,

I would like to congratulate you for being appointed as the President of Nepal. It is a matter of pride for every Nepali woman. You are also renowned as the first woman President of Nepal. So, I would like to inform you about some problems going on in our nation.

Our society is a male dominated society. People think men are superior. In this case, women empowerment lacks behind. Men and women are both human beings. So, why are they treated differently? Women are provided with fewer wage in comparison to men for the same work. Likewise, many women are still uneducated. Education is the foundation of development. But, still we find that people provide education to their sons and not to their daughters. What do they want to prove? That women are not capable of doing what men can do? It is absolutely wrong. Women can perform much better if they are provided with equal opportunity.

Next, I would like to ask some questions related to the earthquake victims. On Baisakh 12, 2072 a massive earthquake took place which led to a devastation. People do not have proper food and shelter. Many became homeless. So, for this case government of Nepal should do all the needful to provide them with their basic needs. It should also try to rebuild all the destroyed monuments which reflect our ancient history. Those involved in corruption in the name of earthquake victims must be punished. Not only the government but various INGOs and NGOs can help these victims. Moreover, an individual can also support in rebuilding our country again. It is not the time to feel sad or disappointed for whatever happened but it is the time to prove the whole world that we Nepalese are brave.

Child labour is another serious problem in developing countries. We often see young boys and girls working in factories. Anyone below the age of fourteen is considered to be a child. The wages given to these children are much less compared to the wages of adult labourers. These children are also made to work for long hours. Employing little boys and girls enables the employer not only to save money but also to avoid labour unrest and other work-related demands. Laws of most of the countries forbid the practice of employing child labourers. But, as the number of poor people in our country increases, the exploitation of children through the practice of child labour continues. They are not able to enjoy their childhood and their rights. The abolition of child labour will only be possible if the economic condition of poor families improve to some extent.

So, Government of Nepal should try its best to fulfil the needs of its citizens.

Lastly, I believe our nation will prosper under your guidance.

Thank you,

A Concerned Citizen,
Aarya Sethi, 8 'D'



२०३औं भानुजयन्ती २०७३

यही मिति २०७३ साल असार २९ गते विद्या संस्कार उच्च माध्यमिक विद्यालयले आदिकवि भानुभक्त आर्चायको २०३ औं जन्मजयन्ती मनायो । विद्यालयको प्राङ्गणमा आयोजना गरिएको सो समारोह विद्यालयका संस्थापक प्रधानअध्यापक श्री सुधिर कुमार भाको सभापतित्वमा सम्पन्न भयो । विद्यालयको नेपाली विभागले आयोजना गरेको उक्त कार्यक्रममा विद्यार्थीहरूको अन्तर सदनात्मक छन्दवद्ध एकल कवितावाचन प्रतियोगिता, समूहगत कविता वाचन

प्रतियोगिता, नाटक मञ्चन लगायत नृत्य पनि प्रस्तुत गरिएको थियो ।

दुई चरणमा आयोजना भएको उक्त कार्यक्रममा एकलतर्फ कक्षा ५ देखि ९ सम्मका ३२ जना विद्यार्थीहरूले विभिन्न कविका छन्दवद्ध कविताहरू वाचन गरेका थिए भने समूह गत छन्दवद्ध कविता वाचनमा कक्षा ५ देखि १० सम्मका विद्यार्थीहरू सहभागी थिए । विहान १० बजे आदिकवि भानुभक्त आर्चायको तस्विरमा माल्यार्पण गरी सुरु भएको सो कार्यक्रमको मध्यभागमा 'भानुभक्त र घाँसी

संवाद' र भानुभक्तको काठमाडौं भ्रमण गरी २ वटा छोटा एकाङ्की नाटकहरू मञ्चन गरिएका थिए । नेपाली छन्दवद्ध कवितालाई कसरी नियमवद्ध वाचन गर्ने र भाषिक शुद्धीकरण विषयमा केन्द्रित रहे को सो कार्यक्रमको अन्तमा प्रतिस्पर्धामा विजयी छात्र छात्राहरूलाई पुरस्कार तथा प्रमाणपत्र वितरण गरिएको थियो ।

प्रतिवेदक
भवानी खड्का, विभागीय प्रमुख
(नेपाली विभाग)

**1ST
POSITION**

Nikita Thapa
A2 Level

Bhanu Bhakta

Born in a wealthy family
You led an ordinary life heartily
Not knowing the world around you
Not telling them who you were

Until you met a grass-cutter
Who did not have bread with butter
Still wants to make other's life better
Digging up water well to live forever

Inspired by the grass-cutter
You wrote your thoughts later
Of he being a poor grass-cutter
Had his aim far better

And you a rich boy
Still playing with life as a toy
That was the time when that rich boy
Became "The BhanuBhakta" of today

You finally spread your wings
Translating the great epic "Ramayana"
When Nepali Literature was searching for light
You brought her to public making her bright

Crucial role indeed you played
Others too followed you as you sailed
You sailed in Nepali Literature
Lighting every corner she adored

All her blank pages were filled
By poems, epics you yield
Time do really plays with us
As I cannot see you

Oh! Great Bhanu Bhakta
But I can feel you
In every words
In every lines
In every pages
That you left for us.

**2ND
POSITION**

Sneha Dahal
A2 Level

I will Rise

You may write me down in history,
With your bitter, twisted lies
You may trod me in the very dirt,
But like dust, I will rise.

I take a step forward,
You grab me and pull me back
I reach the top, you push me off
But, like a feather, I will rise.

Just like the moons and suns,
With the certainty of tides,
Just like hopes springing high,
I will rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells,
Pumping in my living room

Do you want to see me broken?
Bowed head and lowered eyes?
Heart heavy like filled with rocks,
Cheap thrills and soulful cries.

Does my arrogance offend you?
Don't take it awful hard,
Cause I laugh like I've got gold mines,
Diggin' in my own backyard.

You may shoot me with our words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still like air, I will rise.

Up from the past that's rooted in pain,
I will rise.
Leaving behind the terrors and fears,
I will rise.

Into a day, that's wondrously clear
I did Rise.
I am Rising and
I WILL ALWAYS RISE.

**3RD
POSITION**

Roji Regmi
A2 Level

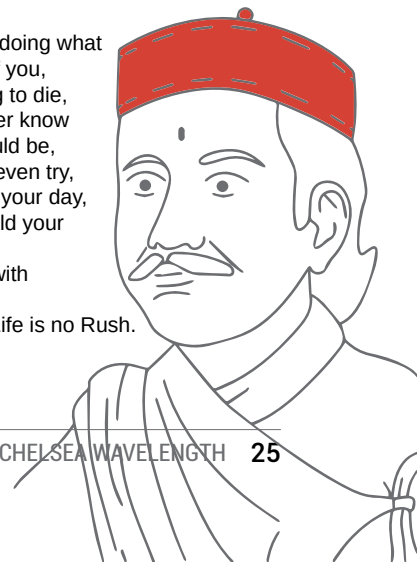
Live for Yourself

When the sun sets and when your life
meets the horizon,
Will you think of what you could've been
and what you could've have done?
Because in this life of ours, we only have
one chance to live and one chance to say
goodbye,
So, Remember to break free and learn
how to fly.

Fear cuts your wings and takes away your
shine,
Just learn to stand up and everything will
be just fine,
There are times when you will submerge
in the crowd,
But, to stand out would be something that
would make you proud.

You start over and be the real you,
The dear ones to you will definitely accept
the real you
You don't have to try to please anyone,
Because you are living for only one person
and that's you.

If you're just doing what
others ask of you,
you are living to die,
You can never know
what you could be,
if you never even try,
Let today be your day,
a day you hold your
own brush,
And paint it with
patience,
Remember Life is no Rush.



INTER SCHOOL OLYMPIC DAY ATHLETIC MEET



To mark the Olympic Day, an Inter School Athletic Meet was conducted on 21st June, 2016 by Sports of All commission and Nepal Olympic Committee and co-organized by EPS School. The following students were able to achieve success in the following events:

1. Master Yogesh Kumar Gupta - Class VI - Gold medal in 50 m race
2. Master Nitesh Kumar Gupta - Class VI - Silver medal in 100 m race
3. Ms. Suphin Tamang - Class VI - Bronze medal in 100 m race
4. Master Anish Dulal - Class IX - Bronze medal in 200 m race.

SWIMMING CHAMPIONSHIP



Ms. Adipsha Vaidya a student of Class VII and who is also a Junior National Swimming player represented school and participated in the 21st National Open and Age group Swimming Championship 2017 and was able to bring accolade in the events mentioned below.. The event was held at Saatdobato Swimming Complex,

SLC SAISHIK SAMMAN KARYAKRAM



On 8th Shrawan, 2073 Samudayik Sewa Samiti and Samyudayik Prahari Sewa Kendra, Baneshwor- 10 jointly organized a programme to honour and award the students who had secured high grades in the SLC Examination of 2072. The chief guest of this programme was reverend Khil Raj Regmi, the former President of Council of Ministers.

The two students who were awarded from our school were Bedant Lohani and Ayushka Khanal. It was an honour for VSHSS to be selected for such program. The organizers and the audience lauded the outstanding students for their effort and achievement.

Lalitpur on 4-5 Shrawan. The school family congratulates her.

- Gold - 50m breaststroke
- Bronze - 200m open breaststroke
- Bronze - 50m backstroke
- Bronze - 50m freestyle
- Bronze - 50m butterfly



INTER SCHOOL NEPALI ORATORY CONTEST

On 7th Asar, Two of our students viz. Presha Mainali and Shreyada Regmi of Class X represented the school in the Inter School Oratory Competition.



A total of 25 schools participated in the competition. The competition was organized by Sports of All commission and Nepal Olympic Committee and co-organized by Everest English School, Bhaktapur to mark the Olympic Day. Ms. Presha Mainali of Class X was declared the 1st Runner-up in the competition. Congratulations.

INTER SCHOOL FUTSAL TOURNAMENT



Our U-14 Futsal Team participated in the 2nd O.W.S. U-14 Inter School Futsal Tournament on 19th June, 2016. The competition was organized by Olympia World H.S. School. Though our boys could not proceed to the 2nd round, they were able to bag the "Fair Play Team Award" of the tournament.

Salute

"The Unstoppable"



Sanskriti Timseena

"Planet 50-50 by 2030, step it up for gender equality". This international theme probably will be super successful as the feminine gender continues to prosper in all the realms. Sanskriti Timseena, an alumni of Chelsea International Academy, Batch 2013-15, through her dedication along with the intellectual nurture provided by the institution itself, evolved to be a Nepal Topper in Economics and Sociology (Oct/Nov 2014) and World Topper in Sociology (Oct/Nov 2015) as per the results published on April, 2016.

Your ability to dream and turn those dreams into reality will grow as long as you grow as a person.

- Jim Stovall

You only live once, but if you do it right, once is enough.

- Mae West

Great things never came from comfort zones.

- Anonymous

More Nepalese returning Home from Afghanistan

Raj Shriwastav, AS Level

Pasa Bhui, AS Level

More than 55 Nepali workers employed by G4S in Afghanistan have returned to their home leaving their hope and dreams in a shot recently.



They were all hired as G4S security guards for the protection of British Aid agency offices in Afghanistan.

The workers decided to return to Nepal after they had a dispute with their employer company over their security and pay hike issues in the wake of Taliban suicide bombings that killed 13 Nepali workers in June

2016. Following the deadly attack, the workers in Afghanistan feared for their security and started demanding better protection and salary.

Aryal, who reached Kabul just a day after the attack, said he has taken up the issue of providing compensation and insurance to the families of the

victims of the suicide bombings with their employing company, Sabre International and other concerned bodies. It is for their need that people from the developing countries seek foreign employment risking their own and family life. The concerned authority and country should take responsibility and provide the security for the needy people.



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Bishrut Bhattarai,
A2 Level
Chief Editor

Change seems to have inadvertently become the theme for Wavelength. This holds especially true for the last issue of the magazine, where many of the main pieces were concerned with progress and change; the article on the globalization of education by Mr. Patrick Kirby and the informative section about social media by Arshiya Shrestha and Arpan Ghimire being the most prominent. Both of these pieces make for an interesting read and really highlight the gravity of the changes that have taken place in the fields of social media and education; two of the most important constituents of a youth's life nowadays!

The submissions made by the junior section also made for good reading, with many of the poems and articles being about the students' attachment to their school and classroom environment. Seeing such pieces always takes me back to my own primary school days, and the many poems about an "unforgettable teacher" really did take me down memory lane!

Of course, change was not the only theme for the first issue of Wavelength in 2016, but is also a theme that can be observed within the editorial team nowadays! Now that the seniors of last year have moved on, we have been tasked with carrying the torch and trying to raise the bar that they have set so high with their wonderful efforts on previous issues of Wavelength. This issue also focuses on changes in different environments, from international politics to Nepal's economy.

I hope all of you enjoy reading the latest issue of Wavelength!

The Rise of Creativity from Debris



Aditya Khadka

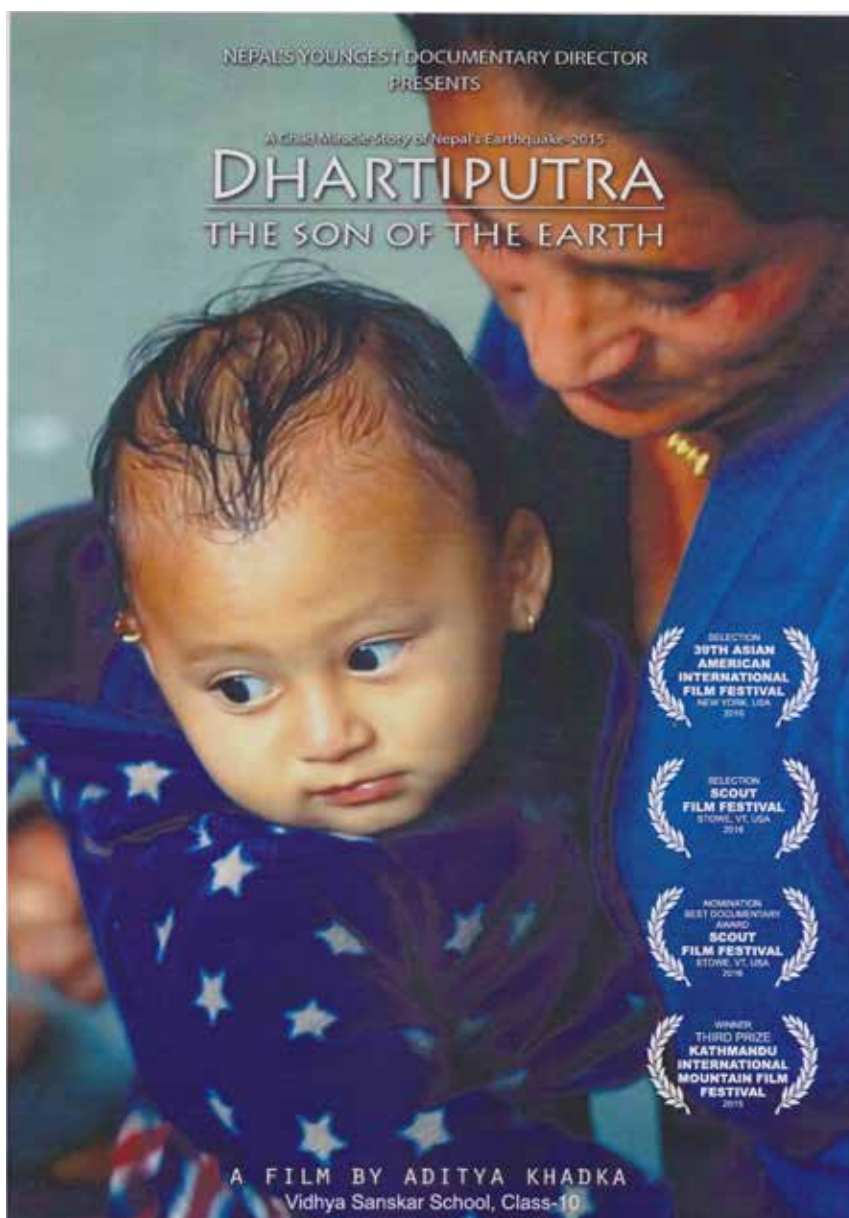
Fifteen years of age might not be much for many. However, this isn't the story of 15 year old Aditya Khadka, who is currently a student of grade X. At such a young age, he has bagged the title of the youngest documentary director of Nepal. Dhartiputra, a short documentary shot by Khadka himself, managed to secure him a career ensuring position nationally and beyond borders. As per the news article published in The Rising Nepal, Dhartiputra was to be screened in two different international film festivals in the U.S. This documentary describes the story of four month old baby Sonis Awal, who was rescued amongst the debris of his house after 22 hours of struggle. The devastating earthquake of 2072 was indeed a dark time for the nation but like they say opportunists do not miss a chance. They create amongst scarcities.

The film Dhartiputra was first shown in the opening session during the Scout Film Festival at Stowe, Vermont on 18th June, 2016. Over 480 films were submitted to the festival from 50 countries and Dhartiputra was selected in the selection round of the Scout Film Festival. The documentary was also nominated for 'Best

Documentary Award' in the festival. It was also put on air in the 39th Asian American International Film Festival (AAIFF) which was held from 21st of July till 30th of July in New York, U.S.A representing the category "For Youth By Youth". Aditya himself couldn't attend both of the programs due to some medical conditions. However, that didn't stop him from getting the fame, he so well earned. The list of

Khadka's achievements go real long as he had also won the 3rd prize under the Seismic Shift Category in Kathmandu International Mountain Film Festival, 2015. It wouldn't be an exaggeration to say that at 13, Khadka had made his first documentary 'A Dream To Be'.

Vidhya Sanskar family wishes him all the very best in his intellectual pursuit.



with Oshin Sitaula



Oshin Sitaula, a broadcaster of M&S Channel is one of the glamorous eminent ladies in Nepal.

She hosts the M&S show and presents the audience the happenings around Kathmandu town and converges talks with inspiring figures.

She is one bright alluring lady in the field of Nepali Media and entertainment who is an alumni of Chelsea, batch of 2011-13.

Why A levels?

I was certainly encouraged by my brother to study A levels in Chelsea. He tempted me with the international recognition and academically rigorous strategies of A levels. I was quite fascinated and really enjoyed my 2 years of student life in Chelsea. I had wonderful experiences joining the A Level.

You've been hosting M&S since 2 years, did you always want to be in the field of Media?

Actually, I wasn't focused to work in media. It was just that I got an opportunity to work with Kantipur television and the show. I readily convinced myself to be the part of the beautiful show and I am working with the immensely talented crews and enduring experiences.

Disclosure and Glamour, it looks so visionary, classy and recognized but it may have some hardships and problem while working with it. What do you think about it?

Working in a media house with enormous crew; empathizing the personal as well as outdoor experience and lifestyle and to work as a woman in such a tremendous field has lots of hardship. But the supportive team of Kantipur is really good to work with.

As you have been hosting M&S since 2 years and knowing the various content about the show, what are your views for your cast and crews and the show?

As the beginner, it was very difficult for me to adjust with the numerous people and involve with the set. But then, now I feel comfortable to work with them and enjoy the moments together and conversing with media and the inspiring figures. The show is really a great place to work.

- Interviewed by: Ursula Shrestha,
AS-Level

Riya Singh, A2

1. Difficult roads often lead to beautiful destinations.
2. Courage doesn't always roar. Sometimes, courage is the little voice at the end of the day that says, "I'll try again tomorrow".
3. A goal without a plan is just a wish.
4. To accomplish great things, we must not only act, but also dream, not only plan but also believe.
5. Shoot for the moon, even if you miss, you'll land among the stars.
6. Efforts and courage are not enough without purpose and direction.
7. Mistakes are proof that you are trying.
8. Life is too short to live the same day twice.
9. Don't tell me the sky is the limit when there are footprints on the moon.
10. To be human is to be broken and to be broken is its own kind of beautiful.
11. Once you have accepted your flaws, no one can use them against you.

RIDDLES



Drishti Maharjan, A2

1. What travels the world without leaving its corner?
2. I weigh nothing, but you can see me, and if you put me in a bucket, I'll make it lighter.
3. Which coat is best put on wet?
4. I can be found in minutes, seconds and centuries but not in days, years or decades.
5. What grows when fed but dies when watered?
6. What has many keys but unlocks no doors?
7. What looks back but cannot see?
8. What is never thirsty but always drinking and alive yet never breathing?
9. If you drop me, I'll crack, but if you smile at me, I'll smile back.
10. What never asks questions but receives a lot of answers?

Answers: 1. Stamp, 2. Hole, 3. Paint, 4. N, 5. Fire, 6. Piano, 7. Reflection, 8. Fish, 9. Mirror, 10. Telephone.

Travelogue :

A Travel to Bandipur and Pokhara

Ashamsa Adhikari, 10 'A'

Finally, the day came. I had already packed my bags a day earlier and even could not sleep properly because of the excitement of going to the trip. My mother told me to take care of everything. Then my mother dropped me at the school's gate nearly at about 6:00 o'clock. Too crazy about the trip, we started talking to each other about the fun that we were going to do during the trip. Pranai Sir ordered us to have breakfast. We had breakfast. Then, we formed a line to move towards the bus. Due to less space in our bus, our group of seven girls was separated.

Then our journey began at 7:30 am. Nothing happened special till we crossed Nagdhunga. I started looking at these beautiful hills, which were covered with trees. Such scene was very hard to see in Kathmandu. I saw people working hard on my way to Bandipur. People were carrying heavy loads, water etc. I was very happy to breathe fresh air, see forests, hills, beauty of my country. Then we stopped at Blue Heaven Restaurant situated on the bank of Trishuli river around 11:00 am. We sat outside the hotel and started having lunch. We travelled from hills to flat places and rivers. At last, we saw a gate where it was written 'Bandipur ma hajurlai swagat chha'. We were very excited. The bus started moving along steep and spiral road. Finally, we reached 'Bandhipur Mountain Resort'. We saw the beautiful place, and started taking pictures.

As per the planning, our teachers

called us for a walk around the village at around 4:00 o'clock. We went to different places of Bandipur. Those places included Tindhara, Notre Dame School etc. We were glad to see the school where our coordinator sir, Mr. Pradyumna Poudel had studied. We drank the water of Tindhara which had a very unique taste of purity. When we came back, it was nearly 6:30 pm. Then, we all sat down to see the dance of Gurung tribe of that place. I was very excited to see it. They gave a brief introduction about the dance. Then they started to perform 'Chutka Naach'. They looked like beautiful angles from the sky. After the beautiful dance, we also got a chance to dance with them. We danced group wise. After the dance, we had dinner.

At 5:00 o'clock in the morning, we woke up. We had to climb a hillock. It was very difficult for us to climb the hillock but afterwards we felt exultant as we observed the beauty of that place. There was also a temple of 'Thanimai' at its peak. We had breakfast, packed our bags and climbed on the bus. I realized it was time to say goodbye to Bandhipur and sadly moved away from that place. After sometime, we stopped at "Ghansi Kuwa". Pradyumna Sir explained about that place. It was a historical place infact. I got to know that it was the place where Aadikavi met the inspiration of his life, Ghansi. We looked at that well and again started our journey.

Later, we stopped in front of the road leading to our destined place, Hotel Central Lake. We were very excited when we were having lunch, it started raining. We were very upset because

we thought that our plan to boat on the Phewa lake might not be possible. We waited for a while. After the rain got mild, we started moving towards the Phewa lake. We wore life jackets and sat on the boats. We were very happy when we saw the sparkling water. We took a round around Talbarahi temple. Then, we got off the boat and worshipped the mighty goddess, Talbarahi Devi. I prayed for my brother as it was his birthday that day. Then we moved towards a park surrounding Phewa lake. Later, we rushed to the hotel room. There we had a surprise awaiting for us. We had a dance party. We danced, and had fun. Later, we had our dinner. We went to our bedrooms to sleep after setting the alarm of 4:00 o'clock.

We got up after the alarm rang 'Bhawani Ma'am knocked at the door and told us to go down. We got ready in a hurried manner to see the sunrise. Then, we lined up at the ground outside the hotel. Most of the boys and some girls were half asleep. Then, we sat on the bus and started moving to our destination 'Sarangkot'. Wow! we were at our destination. Finally, the bus stopped and we climbed the view point. But unfortunately, we could not see the sunrise because of the clouds. I was very sad. Then we went to Bindabasini Temple. The temple was pretty. Later, we moved to Davis falls and returned to our hotel.

Against my will, I sat on the bus and came back to Kathmandu. It was a trip with a lot of things to learn and enjoy. It created memories which I will never forget throughout my life.



A Clash of European Giants



Udghosh Ghimire, A2

The 2015/16 football season is over. It was an entertaining season with a lot of surprises; the Premier League being perhaps the most entertaining as recently promoted Leicester City ended a remarkable season by adding the Premier League trophy to their collection. The season gave the football fans a lot to talk about but there is another event waiting in the shadow, ready to thrill everyone. It's time to see how everyone's favourite European superstars perform with their respective national teams at the UEFA Euro Cup, which will kick off on the 10th of June with host France squaring up against Romania at the Stade de France.

Superstars of the highest calibre, such as Cristiano Ronaldo (Portugal), Zlatan Ibrahimović (Sweden), Gareth Bale (Wales), Jamie Vardy (England), Manuel Neuer (Germany) and many more will clash in an attempt to get

their hands on the coveted piece of silverware and have their names go down in history.

This edition of the tournament is shaping up to be an absolute cracker. Three of the countries from Great Britain have qualified for the tournament with England and Wales being drawn in the same group (B). France goes to the Euros as favourites with a strong squad, having won it the last time they hosted the tournament in 1984 and having won the last tournament they hosted (World Cup 1998). World champion Germany will be looking to repeat the scenes like that of the 2014 World Cup and win their fourth Euro Cup.

With all the 24 squads confirmed and ready for battle, only time will tell who will be champion of this year's edition of the UEFA Euro and lift the Henri Delaunay Cup. The competition has grown in stature from a four team tournament, to eight, to sixteen to finally a twenty-four team format.

One question many football fanatics will be asking is, "Will Zlatan or Ronaldo break Michel Platini's record and go on to score at four finals tournaments?" Both will be competing for the honour with the latter just coming back from Champions League success against Madrid rivals, Atletico.

France will be fabulous host for the expanded competition, even if security fears have overshadowed the build-up. Fans will enjoy the country's culture, food, wine, history; not to mention the famous sights of Paris to the sun-soaked southern cities of Nice and Marseille. For those lucky enough to be heading out there, a brilliant summer awaits.

The tournament is set to be a cracking affair between the best European footballing nations as they all try to battle for the UEFA Euro 2016 crown. In this year's edition, which nation is destined for glory?

ACTIVITIES



Cheerful Moments of Inter House Football Tournament



Martial Arts Demonstration



Students clad in Nepali attire on the occasion of Bhanu Jayanti



Class X students during excursion to Bandipur & Pokhara



Principal with the Prefects during Investiture Ceremony



Memorial Service - The Great Earthquake 2072



Briefing session for students during field trip



Primary block students with the Principal on Annual Prize Distribution Day



Student being awarded by the Principal for Poem Recitation Competition on Bhanu Jayanti



Students learning the process of churning curd



Teachers' Day Celebration, 2016



An outing at Tiger Lily Park, Bhaktapur



Elderly citizens after an interaction program



Scout activity at Kakani



Class X students during excursion to Bandipur & Pokhara

"We can all take pictures but not everyone can capture the beauty that's usually hidden in plain view"

Ursula Shrestha, A2
Bipin Parajuli, A2



जयपृथ्वीबहादुर सिंह

आयुष्मा घिमिरे, ६ 'क'

जयपृथ्वीबहादुर सिंहको जन्म सेती अञ्चल अन्तर्गतको बझाङ जिल्लाकै चैनपुरमा बझाङ्गी राजा विक्रमबहादुर सिंहकी पत्नी रुद्रकुमारी देवीको गर्भबाट वि.स. १९३४ भाद्र ७ गतेका दिन भएको थियो। उनको बाल्यकाल राजसी सुखसयलमा बितेको थियो। उनी सानैदेखि दयालु र उदार स्वभावका थिए। उनले आफ्नो पिताको धार्मिक एवम् आध्यात्मिक चिन्तन र व्यवहारको विकास गरी क्रमशः आफूमा मानवीय गुणहरू बढाउँदै गए।

त्यतिखेर राणाशासन भएकाले नेपालको शैक्षिक स्थिति ज्यादै दयनीय थियो। धनीका छोराहरूले पढ्न पाए पनि सर्वसाधारण जनताका लागि भने शिक्षा प्राप्त गर्नु असम्भव नै थियो। जयपृथ्वीबहादुर सिंहलाई पाँच वर्षको उमेरदेखि घरमै शिक्षा आरम्भ

गराइयो। उनी सानैदेखि प्रतिभाशाली थिए। उनी आठवर्षका भएपछि उनकी आमाको उनलाई पढाउन काठमाडौँ ल्याइन्। उनले काठमाडौँको थापाथली दरबार पाठशालामा प्राथमिक शिक्षा प्राप्त गरे। त्यसपछि उनी दरबार हाइस्कूलमा माध्यमिक शिक्षा प्राप्त गर्नका लागि भर्ना भए। त्यतिखेर नेपालमा प्रवेशिका परीक्षा दिने व्यवस्था थिएन। उनले वि.सं. १९५१ मा कलकत्ताबाट म्याट्रिक परीक्षा उत्तीर्ण गरे। त्यसपछि उनी प्रयाग (इलाहाबाद) को एउटा कलेजमा उच्च शिक्षा अध्ययन गर्नका लागि भर्ना भए। त्यहाँ एक वर्ष पढेपछि उनको औपचारिक शिक्षा रोकियो।

जयपृथ्वीबहादुरले आफ्नो जीवनको धेरै समय ज्ञान लिने र दिने क्रममा व्यतीत गरे, यसका साथै उनले समाजशास्त्र, राजनीतिशास्त्र, विज्ञान, कानून, दर्शन साहित्य आदि धेरै विषयको गहन अध्ययन पनि गरेका थिए। उनले आई. ए. सम्मको अध्ययन गरे पनि उनको ज्ञानको क्षितिज भने निकै फराकिलो थियो। त्यसैले उनी नेपालका एक विशिष्ट बुद्धिजीवीका रूपमा स्थापित भए। आफ्नो जीवन कालमा भारदारी अड्डाको सदस्य, कलकत्तामा नेपालको तर्फबाट वकिल र भारतका लागि कुटनीतिक प्रतिनिधिसमेत भएर उनले आफ्नो राष्ट्रिय व्यक्तित्वको परिचय दिएका थिए। उनको यसै व्यक्तित्वबाट प्रभावित भएर बेलायतकी महारानीले उनलाई कर्णेल पदबाट सम्मानित गरिन्।

जयपृथ्वीबहादुर सिंह आफ्नो मुलुकको भलाइ र उन्नति गर्नु सबै नागरिकको धर्म हो भन्ने विचार राख्थे। असल काम गर्नु सबैको भलो चिन्तनु हो, सत्यबाट सन्तोष पाइन्छ, खराब विचार र घृणाबाट दुःख हुन्छ, राम्रो काम गरे मात्र सन्तोष मिल्छ भन्ने उनका उच्च मानवतावादी विचारहरू आज पनि हाम्रा लागि मार्गदर्शन बनेका छन्। सबै देश तथा विदेशमा रही त्यस्तो विषम परिस्थितिमा पनि मानवसेवा, राष्ट्रसेवा तथा विश्वशान्तिको महायज्ञमा जुट्ने जयपृथ्वीबहादुर सिंहको देहावसान वि.स. १९९७ आश्विन १ गतेको दिन ६३ वर्षको उमेरमा बङ्गोरमा भयो।

सादा जीवन र उच्च विचार सदा आस्था राख्ने मानवजातिको हर्कहितका लागि मरिम्दने र मानवतावादको सिद्धान्तद्वारा विश्वमा शान्ति, समानता र भ्रातृत्वको भावना फैलाउने एक कर्मठ अग्रणी विचारकका रूपमा उनी नेपालको इतिहासमा अमर छन्।

काठमाडौँ सहर

अशिम उलक, ५ 'ग'

हेर्दै लाग्छ रहर
तर मन रुन्छ धरर ।

धारामा पानी जहिले तुपतुप
गाडी चढ्दा मन दुकदुक
बिजुली बत्ती पनि झुपझुप ।

आमा भन्छिन् खाना पकाउन ग्याँस छैन
बाबा भन्छन् गाडी चढ्न पेट्रोल छैन
म भन्छु काठमाडौँ बस्न मलाई मन छैन ।

गाडी चढ्दा ठेलमठेला
पानी पिउँदा मैलैमैला
भयो कि क्याहो गाउँ जाने बेला?

मान्छेले काठमाडौँमा घरहरू बनाए
खोलामा पनि ढलनाला बगाए
त्यसैले हामी भोग्दै छौँ सजाय ।



विद्यार्थी

निष्ठा मानन्धर, ४ 'ख'



किताबकापी बोकेर स्कूल जाने बानी
यो बानीले कसैलाई गर्दैन है हानी ।
खाना खाई भोला बोकी स्कूल बसमा चढ्छु
स्कूल पुगी ज्ञानी बनी पढ्न डेस्कमा बस्छु ।।

स्कूल पुग्छु म साथीसँग मिलेर
शिक्षकलाई प्रणाम गर्छु म निहुरेर ।
शिक्षकले पढाउँदा ध्यान धेरै दिन्छु
लिनुपर्ने ज्ञानगुनका कुरा सबै लिन्छु ।।

नजानेको कुरा सबै खुल्ला भई सोध्छु
जाने जति सबै कुरा आफैं गर्ने गर्छु ।
आफूभन्दा सानालाई आदर गर्ने गर्छु
आफूभन्दा सानालाई माया गर्ने बानी राख्छु ।।

राम्रोसँग पढेर शिक्षकको माया पाउँ
बा आमाले किनिदेका नयाँ नाना लाउँ ।
हाँसी, खेली, रमाएर नाच्ने, गाउँने गर्छु
ठुला ठुला कार्यक्रममा पुरस्कार ल्याउँछु ।।

अहिलेका हामी बालक भोलि ठुलो हुनेछौँ ।
राम्रोसँग पढेर एक महान् व्यक्ति बनेछौँ ।।

भानुजयन्ती: एक सम्मना

सविक्षा अधिकारी, १० 'क'

त्यसो त भानुभक्तका बारेमा सानैदेखि धेरै थोर नबुझेको त होइन। प्रत्येक वर्षको असार २९ गते विद्यालयले गर्ने कार्यक्रमले पनि मलाई भानुभक्तको बारेमा परिचित गराएकै हो। नेपाली भाषा र व्याकरणमा अभिरुचि बढाउने यस्ता कार्यक्रमहरूले जो कसैलाई पनि मुग्ध पार्न सक्छ। विगतका भानुजयन्तीहरू जस्तै यस पटकको भानुजयन्ती पनि विद्यालयको नेपाली विभागको अग्रसरता एवम् मार्गनिर्देशनमा आयोजना भएको भए पनि विगतमा अग्रजहरूले सम्पन्न गर्थे। तर यसपटक हाम्रै सहभागितामा सम्पन्न भएकोले कार्यक्रममा स-साना भाइ बहिनीहरूदेखि सबैको प्रत्यक्ष रूपमा सक्रिय सहभागिता देखिन्थ्यो। कार्यक्रमलाई कसरी उल्लासपूर्ण, रोचक र साहित्यिक धारमा सम्पन्न गर्ने भन्ने विषयमा हामी पनि प्रत्यक्ष रूपमा सरिक हुन पाउँदा अत्यन्त हर्षको अनुभूत भयो। विगतका वर्षमा भन्दा यस वर्षको भानुजयन्ती कार्यक्रम व्यवस्थापन, मञ्च सजावट तथा मौसमको ख्याल गरी टेन्टको व्यवस्था समेत गरिएकाले र प्रस्तुति पनि अत्यन्त रोचक भएकाले हामी सबैका लागि यो वर्षको भानुजयन्ती अत्यन्त अविस्मरणीय रह्यो।

२०३ औं भानुजयन्ती समारोहको मञ्च स्कुल चौरमा भव्य रूपमा तयार भएको थियो। मञ्चको बिचमा भानुभक्तको फोटो तथा त्यस दिनको कार्यक्रमबारे लेखिएका चार्टपेपरहरूले मञ्च सजाइएको थियो। अग्रभाग प्रमुख अतिथि र विशिष्ट व्यक्तिहरूले भरिभराउ थियो। दाँया भागमा कविता वाचनका निर्णायक बन्नुभएका नेपाली विभागका ७ जना गुरु गुरुआमाहरूको व्यवस्थित आसन तथा बाँया भागमा आइ एस् .एस् साउन्ड सिस्टमका दाइहरूको प्राविधिक टोलीले समारोहको भव्यतालाई अझ बढाएको थियो। लाग्थ्यो, यो कुनै परिपक्व कविहरूको कवितावाचन प्रतियोगिता हो। मञ्चको अग्रभागदेखि परसम्म विद्यार्थीहरूको ठुलो उपस्थिति थियो। नेपाली विभागकी प्रमुख गुरुआमा भवानी खड्काले कार्यक्रमको सञ्चालन र प्रस्तुतिको जिम्मा लिनु भएको थियो।

कार्यक्रमको उद्घाटन स्कुलका प्रधानाध्यापक श्री सुधीर कुमार भावाट दीप प्रज्ज्वलन र भानुभक्तको तस्बिरमा माल्यार्पण गरेर सुरु भयो। स्कुल ब्याण्डले राष्ट्रिय गान प्रस्तुत गर्‍यो। लगत्तै कक्षा ८ का भाइबहिनीहरूले नृत्य प्रस्तुत गरे। 'पश्चिम कोही

पूर्व घर' गीतको लयमा, नृत्य अत्यन्त रोचक थियो। त्यसपछिको प्रस्तुति 'भानुभक्त र घाँसीको संवाद' को छोटो नाटक लिएर कक्षा ९ का दुई जना भाइहरू देखा परे। संवादले हामी मानिस भएर जन्मिएपछि अरुको लागि केही गर्नु पर्छ भन्ने सन्देश दिएको थियो। अब सुरु भयो, एकल कविता वाचन प्रतियोगिता। प्रतियोगिताको समाप्तिपछि निर्णायक मण्डलीबाट 'पुतली' शीर्षक कवितामा कक्षा ५ का रिदज गिरी प्रथम भएको नाम घोषणा भयो। हुन पनि पुरस्कृत हुने भाइ 'हुने बिरुवाको चिल्लो पात' भनेजस्तै थियो।

त्यसपछिको कार्यक्रम समूहगत कविता वाचन प्रतियोगिताको थियो। कक्षा ५ देखि कक्षा १० सम्मका विद्यार्थीहरूले भाग लिएको उक्त प्रतियोगितामा सबै कक्षाका विद्यार्थीहरूले सामूहिक रूपमा कविताहरू राम्ररी वाचन गरे। तर खेलको नियम यही हो कि कोही एक मात्र विजेता घोषित हुन्छ। यद्यपि यस वर्ष विजेता हुने सौभाग्य, अब्बल नम्बरले प्रथम कक्षा १० को समूहले पायो। 'गुरु' शीर्षकको उक्त कविताले विद्यार्थीको सफलतामा गुरुवर्गको ठूलो देन रहने भावलाई उजागर गरेको थियो। वास्तवमा गुरु भनेका ज्ञानका देवता हुन्।

**अदिकविलाई
सदैव आदर र सम्मान
गर्ने संस्कार हामीले
बिर्सनु हुँदैन**

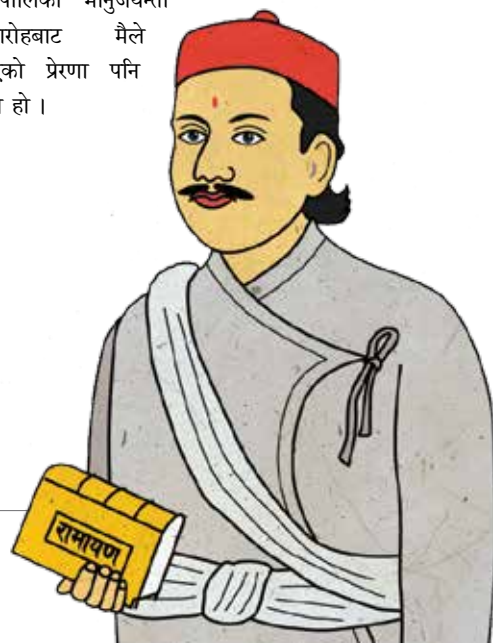
गुरु सदैव पूजनीय रहने छन् भन्ने भावनाले सबै विद्यार्थी ओतप्रोत भएका देखिन्थे। यसपछि केही समय कार्यक्रमलाई विश्राम दिदै, हामी सबैलाई खाना तयार भएको सूचना प्राप्त भयो।

करिब आधा घण्टाको विश्रामपछि पुनः हामी मञ्चतर्फ फर्कियौं। दोस्रो चरणको आरम्भमा कक्षा ९ का विद्यार्थीहरूको 'भानुभक्तको काठमाडौं भ्रमण' शीर्षक नाटक थियो। नाटकमा मरिसकेका भानु आफ्नो कान्तिपुर नगरी फर्कदा भएको परिवर्तन र आफूले रचना गरेको नेपाली भाषाको दुर्गीति भएको देखेर तीनछक्क पर्छन्। तर एउटा ठाउँमा उनकै कृति र कविता वाचन भईरहेको देखेर भानुभक्तले सन्तोषको सास फेरेको अवस्थालाई सजीव रूपमा प्रस्तुत गरिएको थियो। पुनः विभिन्न कविका रचनाको एकल कविता वाचन प्रतियोगिता आरम्भ

भयो। प्रतियोगितामा कक्षा ९ की बहिनी शुभश्री अधिकारीले जित हासिल गरिन्। यसरी एक पछि अर्को सुन्दर प्रस्तुतिले समय कटेको पत्तै भएन।

अब हामी कार्यक्रमको अन्ततिर आइसकेका थियौं। मन्तव्यको लागि मञ्चमा प्रशासकीय प्रमुख प्रणय मोक्तान सरलाई आग्रह गरियो। यसपालिको भानुजयन्ती समारोह विगतको भन्दा भिन्न र रोचक भएको कुरा उल्लेख गर्दै सरले नेपाली भाषा र संस्कृतको जगेर्ना गर्न हामी पछि पर्नु हुँदैन भन्ने कुरामाथि प्रकाश पार्नुभयो। साथै अदिकविलाई सदैव आदर र सम्मान गर्ने संस्कार हामीले बिर्सनु हुँदैन भन्ने भाव व्यक्त गर्नु भयो। अन्तमा, उत्कृष्ट प्रस्तुति गर्ने विद्यार्थीहरूलाई पुरस्कार प्रदान गरियो। यसरी यसपालिको भानुजयन्ती समारोहको आयोजना गरी कार्यक्रम सञ्चालन गर्ने कार्यमा प्रत्यक्ष रूपमा संलग्न हुन पाउँदा भानुभक्तले नेपाली भाषा र साहित्यमा दिएको योगदान निकै ठूलो रहेछ भन्ने अनुभूत भयो।

भानुलाई राष्ट्रभित्र मात्र होइन अन्तर्राष्ट्रिय क्षेत्रमा पनि नेपाली भाषालाई चिनाउने सफल आदिकविको रूपमा मैले बुझेको छु। आदिकवि भानुभक्त आचार्यको पूर्ण कदको सालिक दार्जिलिङको चौरस्तामा पनि राखिएको छ र सधैं सम्मान गरिन्छ। नेपाली भाषाको श्रीवृद्धि गरी एकताको सुत्रमा आवद्ध गर्नमा भानुभक्तको ठूलो जस रहेको छ। हालै दार्जिलिङमा सम्पन्न गरिएको विशाल भानुजयन्ती समारोहमा भारतका राष्ट्रपति तथा पश्चिम बङ्गालकी मुख्य मन्त्री सहभागी हुन आउनुले पनि यो कुराको पुष्टि भएको देखिन्छ। नेपाली भाषा रहेसम्म आदिकवि भानुभक्त प्रत्येक नेपाली ढुकढुकीमा रहिरहने छन्। यसपालिको भानुजयन्ती समारोहबाट मैले पाएको प्रेरणा पनि यही हो।



सगरमाथा आरोहणः एक अद्भूत अनुभूति

राज दुलाल शर्मा

अभिभावक (अनिस दुलाल, कक्षा ९)

सगरमाथा चढ्ने सोच



जीवनका केही सपनाहरू साकार भएका छन् । मेरो मनको अन्तरकुन्तरमा उम्रिएका दुसाहरू फुलेका छन् । एडमण्ड हिलारी र तेन्जिङ नोर्गे शेर्पाले सगरमाथा चढेको पढ्दा, सुन्दा स्कुले जीवनमा म आफू पनि भविष्यमा सगरमाथा चढेको, उनीहरूले जस्तै प्रसिद्धि कमाएको कल्पनामा चुर्लुम्मै डुबें । जनयुद्धमा समाहित हुँदा कतिपय बेला मलाई सहिद बन्ने भूत चढ्थ्यो । त्यस्तो किन हुन्थ्यो मलाई अभैँ थाहा छैन । म पाँच पटक गोली र बम लागेर घाइते भएँ, सहिद भएको भए त मेरा अनुभूति व्यक्त गर्न कहाँ पाउथे र !

समयको अन्तरालमा त्यो सोच फेरि जाग्यो । कमरेड प्रचण्ड प्रधानमन्त्री हुँदा नेपाली सेनाका मेजर सुनिलसिंह राठौर एडिसि भएर आए । उनी नेपाली सेनाको तर्फबाट सगरमाथा चढ्ने पहिलो व्यक्ति

रहेछन् । उनीसँगको आरोहण संवादले मलाई आफू नो सडगठनको प्रतिनिधित्व गर्दै सगरमाथा चढ्ने सोच इच्छा शक्तिमा बदलियो । म दिउँसै सगरमाथा चढेको सपनामा डुब्न थालें । बस्दा, उठ्दा, हिँड्दा, गुड्दा म सगरमाथाको बाटो कल्पना गरिरहेको हुन्थेँ । उकालो, ओरालो भिर, हिउँ नै हिउँ, डोरीहरू कसरी टाँगिएका होलान्, हिउँमा कसरी डोरी अडिन्छ होला ? हिमालमा पानी परे के गर्ने ? यस्तै यस्तै ।

हामीले सगरमाथा आरोहणलाई राजनीतिक उद्देश्य र पर्यटन क्षेत्रको विकासमा राजनीतिज्ञको भूमिकासित जोडेर ‘लुम्बिनी-सगरमाथा युवा नेतृत्व शान्ति आरोहणको रूपमा स्थापित गर्न खोज्यौँ ।

तयारी र अनुभव :

सगरमाथा चढ्न सरकारसँग आरोहण अनुमति लिनुपर्छ । आरोहणको अनुमति लिन शुरूमा विभिन्न तालिम र ६ हजार मिटर वा सो सरहको हिमाल आरोहण पहिला नै गर्नु पर्ने रहेछ । हामीले रसुवाको लाङटाङ हिमालमा तालिम र ५८,०० मिटर अग्लो यालापिक आरोहण गर्यौँ । यालापिक चढ्दा र लाङटाङ ग्लेसियरमा तालिम गर्दा नै मलाई ‘हाइ अल्टिच्युड’ के हो ? भन्ने अनुभव भैसकेको थियो । उचाइतर्फ बढ्दै जाँदा कसरी मानिस शक्तिहीन हुँदै जान्छ भन्ने व्यावहारिक ज्ञान सँगालिसकेको थिएँ ।

यालापिकमा थुप्रै व्यावहारिक र सैद्धान्तिक ज्ञानहरू प्रशिक्षणबाट पाइयो । हिमालहरू कसरी र कसले पत्ता लगायो, कुन नाम कसले किन राख्यो, आरोहण कसरी शुरू भयो, आदि इत्यादि ज्ञानले धेरैलाई सगरमाथा चढ्न प्रेरित गर्दो रहेछ भने थोरैलाई सगरमाथामा र हिमालहरूमा जीवन

गुमाएका घटनाहरू सुन्दा निरुत्साहित पनि गर्दो रहेछ । थालनी गरेको र घोषणा गरेको कार्य सकनै पर्छ भन्नेमा म प्रतिबद्ध थिएँ । हामीलाई तालिम दिने प्रशिक्षक ध्यातिप्राप्त आरोही पेम्बा शेर्पा थिए । उनले के.टु.आरोहणको क्रममा अत्यन्तै दुर्लभ उद्धार गरेर दुई व्यक्तिलाई नयाँ जीवन दिएका थिए ।

हिमाल आरोहण मानव स्वास्थ्य प्रतिकूल कार्य हो । सगरमाथा आरोहणका लागि जीवनको जोखिम मोल्ने मानसिक तयारी पनि गर्नु पर्दछ । अहिले पनि सगरमाथा आरोहीको मृत्युदर ४ प्रतिशतभन्दा माथि नै छ । यति गरेर पनि सबै शिखरमा पुगिन्छ नै भन्ने रहेनछ । प्रतिकूल शारीरिक अवस्था र मौसमी प्रतिकूलताले निम्त्याउने समस्या र दुर्घटनाले आरोहण असफल पनि हुन सक्छ । मानवले गर्ने कार्यमा हिमाल चढ्नु जत्तिको कठिन कार्य सायद केही छैन होला । विश्व साइकल यात्री पुष्कर शाहले सगरमाथा आरोहण पछि भनेका छन् “म बरु पुनः धेरै चोटी संसार परिक्रमा गर्न तयार छु तर सगरमाथा आरोहण सकिदैन ।” पुष्करको यो अनुभूति प्राय आरोहीले गर्छन् होला ।

हाइ अल्टिच्युड, उकालो र सौन्दर्य :

जहाजबाट लुक्ला भरेपछि सुरु भएको पैदलयात्रा सुरुमै कष्टपूर्ण हुन्छ । १३०० मि.को समथर काठमाडौँबाट २७०० मि.को लुक्लामा पुगेर उकालो यात्रागर्नु कठिन किन नहोस् । कसैलाई त लुक्लामा नै हाइ अल्टिच्युडले सताउँछ ।

हिमालमा रोग लाग्नु हाइ अल्टिच्युड र चिसोका कारणले हो । कसैले ‘लेक’ लाग्यो भन्छन् कसैले ‘हाइ’ । समुन्द्री सतहबाट जति उचाइमा गयो हावाको चाप घट्दै जाने र अक्सिजनको कमीका कारण

लाग्ने विभिन्न रोग अति उचाइका कारणले लाग्ने भएकोले यसलाई 'हाइ अल्टिच्युड' भनिदो रहेछ ।

यात्रामा जति उकालो आयो मलाई त्यति नै आनन्द आउँथ्यो । समथर वा ओरालो बाटो भेटिए पट्यार लाग्थ्यो । चढ्नु छ उचाइ । अनि जति हिँडे पनि अल्टिमिटरले उचाइ बढाएन भने पट्यार लाग्थ्यो । उकालो भेटेपछि म प्रत्येक पाइलाले करिब एक फिट उचाइमाथि पुर्याउने हिसाबले हिँड्थेँ र सगरमाथाको चुचुरोमा पुग्न कम उचाइ बाँकी रहेकोमा खुशी हुन्थेँ । उचाइसँगै देखिने प्राकृतिक सौन्दर्यले मन औधी रोमाञ्चित हुन्थ्यो । हिमाली भेगका रंगीचंगी पशुपञ्छी, बनस्पति तथा सेता हिम चुचुराहरू र सेतै भरनाहरूको दृश्य हेर्दा इन्द्रेणीको सुन्दरता पनि कम लाग्दो रहेछ ।

आइल्याण्ड पिक आरोहण :

खुम्बु क्षेत्रमा प्रवेश गरेपछि अभ्यासका लागि आइल्याण्ड पिक, आमादब्लमया ६,००० मिटर उचाइका हिमालहरू चढ्नु पर्दो रहेछ । हाम्रो टिमले आइल्याण्ड पिक चढ्यो । आइल्याण्ड पिक मैले सगरमाथा सम्भेर चढेँ । शक्ति सञ्चित गर्दै र नियमलाई पछ्याउँदै चढेँ । धेरै कठिन थियो आरोहण तैपनि दृढ आत्मविश्वास प्राप्त गरें ।

वार्म अप, फाइनल एटेन्ट, एक्सपिडिसन र रिट्रिट

सगरमाथा आरोहणको अन्तिम तयारी स्वरूप वार्मअप खुम्बु हिमनदीमाथि रहेको बेस क्याम्पबाट गरिन्छ । आरोहणको रिफ्रेशमेण्ट तालिम र एक्लिमेटाइजेसनको प्रक्रियाक्याम्प १, २ र ३ मा क्रमशः आवतजावत गरेर गरियो । यो यात्रा कठिन तर रोमाञ्चकारी हुन्छ । हिमनदीको लुकामारीको दृश्य वर्णनयोग्य लाग्छ । नदी बग्छ, हिमनदी चल्छ । नदी बगेको देखिन्छ तर हिमनदी बगेको देखिदैन, जमिनको बनावट फेरिएपछि मात्र चलेको थाहा हुन्छ । भूमण्डलीय तापमान बृद्धिका कारण बेसक्याम्पमा आएको फेरबदलले भने सबै प्रकृतिप्रेमीको मन अवश्य रुवाउँछ । बेसक्याम्पको त्यो विकृत रुप देखेर मन विक्षिप्त हुन्छ । क्याम्प तीन सम्मको यात्रा करिब दुई हप्ता भित्रमा सकिन्छ, जुन फाइनल एटेन्टको लागि वार्मअप हो । र, त्यसपछि शक्ति सञ्चयको लागि आराम गर्न बेसक्याम्प देखि नाम्चे बजारसम्म भर्ने चलन रहेछ । हामी नाम्चे बजार आएर एक हप्ता बस्थ्यौं ।

मौसम पूर्वानुमान पछि दुईदिनको अनुकूल मौसमको साइट जुटाएपछि अन्तिम प्रयासको तयारी गरियो ।

१३ जेष्ठ, २०६९ मा चुचुरो चुम्ने योजना सहित ९ गते बिहान बेस क्याम्पबाट एटेन्ट शुरु गरियो । लगातार क्याम्प २ मा दुईरात बिताएपछि क्याम्प तीनमा फड्को हानियो । ह्याङ्गिङ टेण्टमा रात बिताएर क्याम्प तीनलाई बेस बनाई फाइनल एटेन्ट बिहान ५ बजे शुरु भयो । मृत क्षेत्रमा रहेको क्याम्प चारमा केही घण्टाको आरामपश्चात अँधेरी रातमा हेड लाईटको सहायताले “अब जो सकछ उही चढ्छ,” भन्ने मान्यतासाथ बाँकी रहेको ८ सय ४८ मिटर लाई एक एक पाइला गर्दै घटाउन थालियो ।



मृत क्षेत्रमा मानव ताँती हिमनदीको चाल भई धिमागतिमा माथि चढ्छ । त्यही ताँतीमा म आफ्नो सहयोगी निमादाइसँगै अगाडि बढेँ । बिस्तारै हाम्रो दशजनाको समूह अगाडि पछाडि हुँदै गयो । मानवलाकाँलाई पछाडि छाड्दै हामी दुई प्राणी बाल्कोनी पुग्दा त्यस रातप्रयास गर्नेमा सबैभन्दा अगाडि पुग्यौं । गर्वले बरफभैँ जमेको छात्ती ठुक्क फुलेको महसुस भयो ।

क्याम्प चारदेखि माथिको क्षेत्रमा साउथकोल, बाल्कोनी, साउथ समिट र हिलारी स्टेप हुँदै समिट पुगिन्छ । यी प्रत्येक स्टेपबाट अगाडि बढ्न नसकेर केही आरोहीहरू समिट चुम्ने योजना त्याग्न विवश

हुन्छन् त कोही जीवन नै त्याग्न । बाल्कोनी उक्लन र हिलारी स्टेप क्रस गर्न धेरैलाई धौ-धौ पर्छ । हिलारी स्टेपमा हिउँ अडिदैन । भयङ्कर डरलाग्दो भीर घोटो परेर मान्छे खान बसेभैँ लाग्ने गरि क्याम्प दुई सम्म नै लम्बिएको छ । आम्मे ; यहाँबाट चिप्लियो भने त....., भने भैँ लाग्ने हिलारी स्टेप क्रस नगरी समिट चुम्न सम्भव छैन ।

धरतीकै उच्च शिखरको काँधमाथि त्यस रात हामी दुई प्राणी नवपाइलाकृत समिट वुटको डोब छोड्दै अगाडि बढ्यौं । शुरुमा निमादाइ अघि हुनुहुन्थ्यो, जब रातको अँधेरीमा पनि सगरमाथाको मधुर दृश्य नजर भयो त्यसपछि भने म अघि र दाइपछि हुँदै अगाडि बढ्यौं । आधा रातमा नै आइपुगियो भनेर निमादाइ चिन्तित हुनुहुन्थ्यो । हिलारी स्टेप पार गरेपछि निमादाइले – शरद सर ! अब समिट पुग्न भो भनेपछि म हर्षले गदगद भएँ । तर मेरो यात्रा जारी छ, आफैँले शिखर नछोड कसरी सफल हुनु भनेर म अघि बढिरहेँ । हिँड्दा हिँड्दै उकालो सकिएछ । के म धरतीकै शिरमा पुगेकै हो त ? यताउति कतै उचाइ भूमि अबैँ बाँकी छ कि भनेर हेरेँ । अहँ छैन, मुटुको धड्कन बढे भैँ लाग्यो, बरफ जमेको मुटुमा रगत उम्ले भैँ लाग्यो । केही तल हेर्नु भएको निमादाइले बेतारे सम्पर्क गर्दै बेसक्याम्पमा खबर गरेको सुनेँ – “सरोद (शरद)सर समिटमा” मन खुशीले गदगद भो ।

सगरमाथाको शिखर चुम्नु मात्र ठूलो कुरा होइन । शिखर चुमेपछि रिट्रिटको चिन्ताले सताउँछ । ज्यान जोगाएर बेस क्याम्पसम्म सकुशल आइपुग्न भनै चुनौतिपूर्ण हुन्छ । शरीर शिथिल भएको हुन्छ । खुट्टाले भनेका स्थानमा टेक्न सक्दैन । ओरालोमा शरीर अडाउनै कठिन हुन्छ । यी विभिन्न समस्याका बाबजुद भोकै प्यासै लखतरान शरीर जब क्याम्प २ मा अवतरण गर्‍यो तब खुम्बु आइसफलको डरलाग्दा हिम खाडलहरूको मार्गले औधी चुनौति खडा गर्‍यो । नभन्दै आइसफलमा चिप्लिएर सानो क्रयाभलसमा मेरो आधा शरीर पस्यो । नजिकै रहेका एक विदेशी आरोहीको सहायताले निस्किएँ र बेस क्याम्पमा अवतरित भएँ । तब मात्र सकुशल सगरमाथाको सफल आरोहण भएकोमा निश्चिन्त भएँ । र, आफन्तजनहरूसँग खुशी साट्न मन हतारियो ।

शिरन र उसको सोच

ओजस्वी दास, ९ 'क'

धेरै पहिलेको कुरा हो। काठमाडौंको न्यू रोडमा एउटा पुरानो होटल थियो। त्यस होटलमा शिरन नामक एक व्यक्ति काम गर्ने गर्थ्यो। शिरन सधैं बिहानै होटलमा आएर काम सुरु गर्थ्यो। ऊ आफ्नो पुरा मिहेनत लगाएर खाना बनाउँथ्यो। यसरी उसले मिहेनत गरेर बनाएको खाना असाध्यै मिठो पनि हुन्थ्यो। शिरनले अरु राम्रा होटलमा पनि सजिलैसँग जागिर पाउन सक्थ्यो। तर उसलाई पैसाको लोभ थिएन। उसलाई आफूले खाना बनाउने पुरानो भान्सा जस्तो राम्रो अरु केही पनि लाग्दैन थियो।

एकदिन, उसको साथी सम्भवले भन्यो, "शिरन तिमीले अब यसरी होटलमा खाना बनाउन छाड्नु पर्छ। तिमी धेरै क्षमता भएको व्यक्ति हो। चाह्यौ भने तिमी अरु धेरै क्षेत्रमा जागिर पाउन सक्छौ। यसरी दिनभरि आइमाई जसरी खाना बनाएर के पाउँछौ हँ तिमीले? तिमीभन्दा धेरै त एउटा दयाक्सी चलाउने मान्छेले नै कमाउँछ।"

शिरनले पसिना पुछ्दै भन्यो, "साथी! के भनेको तिमीले? खाना पकाउने काम त आइमाईको मात्रै होइन, पुरुषको पनि पेसा हुन सक्छ। यस्तो भेदभाव गर्नु गलत हो। अनि मलाई पैसाको लोभ छैन। म खाना बनाउँछु किनभने यो मेरो रुचि हो। मलाई यहाँ खाना बनाउँदा मेरो मनमा आनन्द हुन्छ। म यस्तो राम्रो पेसा किन छोड्ने?"

"तिमीलाई त केही भन्ने हुँदैन। तिम्रै भलोको लागि सुझाव दिएको, तिमीले त मलाई के के भन्न थाल्यौ ल, गर जे गर्ने हो, त्यही गर। म यहीँ बस्छु एकछिन पछि सँगै घर जाऔंला।" सम्भवले अचम्म मान्दै भन्यो।

शिरन फेरि गीत गाउँदै खाना बनाउन व्यस्त भयो। त्यत्तिकैमा होटलको अर्को कामदारले भन्यो, "शिरन दाइ! आज त हाम्रो होटलमा राजा आउँछन् रे नि!" अर्को कामदारले भन्यो, "राजा र उनका केही सैनिकहरू न्यू रोडको भ्रमण गर्न आउँछन्। अनि हाम्रो होटलको चर्चा निकै बढी हुने गरेकाले उनीहरू यहाँको पनि खाना चाख्न आउँछन् रे।"

"हो, ठिक भन्यौ तिमीले", होटलको मालिकले भने। उनी त्यहीँ नजिकै बसेर सबै कुरा सुनिरहेका थिए। उनले थपे, "शिरन! तिमीले बनाएका खानाका परिकारहरू निकै स्वादिष्ट हुन्छन्। अहिले आफ्नो

सबै काम छोडेर तिमी राजा र उनका सैनिकहरूका लागि मिठा मिठा भोजन बनाउन लाग। तिमीले बनाएको परिकारले राजालाई प्रसन्न बनाउन सक्नु पर्नो। उनलाई खुसी पार्ने अब तिम्रो लक्ष्य हो। जाऊ अब, खाना पकाउनमा लाग।"

शिरनलाई अझै अचम्म लागिरहेको थियो। यति बेला ऊ खुसीले गद्गद् थियो। उसले राजाको सामु आफ्नो खाना बनाउने कला प्रस्तुत गर्ने मौका पाएको थियो। होटल बाहिर पनि निकै हल्लाखल्ला भइरहेको थियो। शिरनले बनाएको खाना खाएपछि राजाले के भन्छन् भनेर सबै आ-आफना तर्कहरू दिइरहेका थिए। "राजालाई त शिरनको खाना ठिकठिकै मात्रै लाग्छ होला। सधैं राजदरबारमा मिठा मिठा खाना खाइरहेका राजालाई खुसी बनाउन कहाँ सजिलो हुन्छ र?", एकजनाले भन्यो। त्यसको विपक्षमा अर्कोले भन्यो, "के भनेको तिमीले? शिरनले बनाएको खानाले त राजा मात्रै होइन, भगवान्लाई पनि खुसी बनाउन सक्छ। राजाले त उसलाई राजदरवारको प्रमुख मान्छे नै बनाइदिन्छन् होला।"

होटलभित्र भने शिरन आफूले गर्न सक्ने जति मेहनत गरेर खाना बनाइरहेको थियो। उसले अरुबेला कहिल्यै पनि यस्तो परिश्रम गरेको थिएन। शिरनलाई आफूमाथि पुरा विश्वास थियो कि उसले राजाको मन जित्न सक्छ। उसले बनाएको खाना देखेर ऊ आफै पनि निकै खुसी थियो। उसको साथी सम्भवले पनि उसको हौसला बढाउने गरिरहेको थियो। होटल बाहिरको आवाज अझ ठुलो भयो। राजा र उनका सैनिक आइपुगेका रहेछन्। सबैले राजालाई प्रणाम गरे। राजा भने होटलको चारैतिर हेर्न थाले। उनको अनुहारको गम्भीरता अझै गएको थिएन। शिरनको मुटु अझ तीव्र गतिमा चल्न थाल्यो। उसलाई डर पनि लागिरहेको थियो। खाना खाइसकेपछि राजाले होटलको मालिकलाई सबै कागजात सहित आउन भने।

राजाले ती कागजातहरू शिरनको हातमा राख्दै भने, "तिमीले बनाएको खाना मलाई निकै मनपरेको छ। म तिमीसँग धेरै खुसी छु। फलस्वरूप मैले तिमीलाई यस होटलको मालिक बनाउने निर्णय गरेको छु।" राजाले यति भनेपछि वरिपरिको वातावरण शान्त भयो। शिरन त्यस शान्तिलाई बिगार्ने किसिमले हाँस्यो। उसले भन्यो, "तपाईंलाई मेरो खाना मन परेकोमा म निकै दङ्गा छु। तपाईंलाई खुसी बनाउनु मेरो लक्ष्य थियो र मैले यो लक्ष्यलाई पुरा गर्न



सकेको छु। यही नै मेरो लागि सबैभन्दा ठुलो उपलब्धि हो। मलाई होटलको मालिक नबनाउनु होला। मसँग जति जे छ म त्यतिमै खुसी छु। म पैसाको लागि काम गर्ने मान्छे होइन। खाना बनाउँदा मलाई जति आनन्द मिल्छ, त्यति अरु केही गर्दा पनि मिल्दैन। मैले बनाएको खाना खाँदा अरुको मुखमा जस्तो किसिमको हाँसो आउँछ, त्यही मेरो लागि सबैभन्दा बहुमूल्य चिज हो। मैले काम गर्ने पनि त्यसैको लागि हो। मलाई त्यस बाहेक अरु केही चाहिँदैन। धन्यवाद!"

राजालाई शिरनको यस्तो कुरा सुनेर अचम्म लाग्यो। उनी शिरनको सोच र क्षमताको तारिफ गर्दै त्यहाँबाट निस्के। त्यहाँ उपस्थित सबै मानिसहरू पनि असाध्यै छक्क मानिरहेका थिए। शिरन भने फेरि एउटा गीत गुनगुनाउँदै भान्सातिर लाग्यो।

कविता

विद्यार्थी

आएता भद्रराई, ३ 'च'

विद्यार्थी छौं आज हामी
कोपिला भैं साना
धेरै धेरै पढेपछि
गछौं ठुला काम।

आज हाम्रो पढ्ने काम
दिन धेरै पढ्नुपर्छ
पढेपछि समाजको
सेवा गर्नुपर्छ



मेरी अविस्मरणीय गुरुआमा

आकृति सिंह ओली, ७ 'ड'

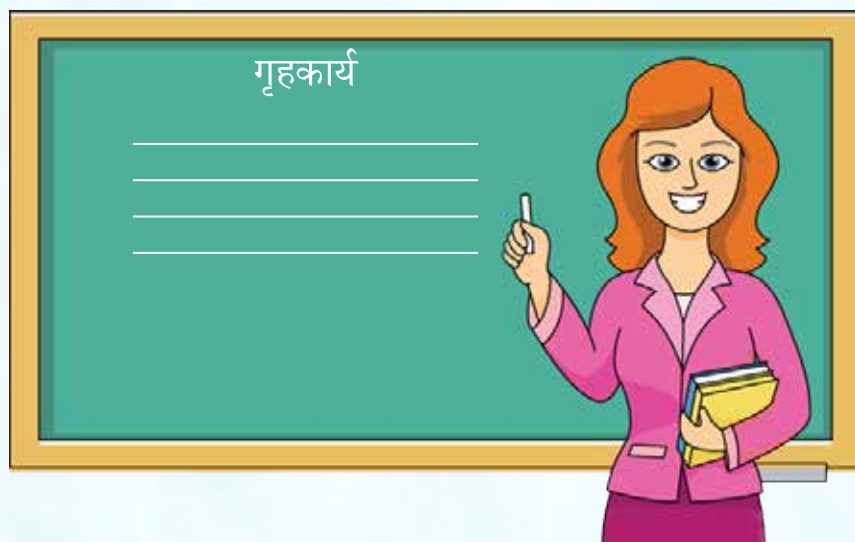
हाम्रो विद्यार्थी जीवन यात्रामा धेरै गुरु र गुरुआमाहरूले हामीलाई ज्ञान, बुद्धि र विवेक दिनुहुन्छ। हाम्रो व्यक्तित्व निर्माणमा उहाँहरूले महत्त्वपूर्ण योगदान पुर्‍याउनु भएको हुन्छ। सबै शिक्षकहरूलाई म आदर गर्दछु तापनि मलाई शिखा शर्मा गुरुआमा मन पर्दछ।

उहाँले हाम्रो बौद्धिक र शारीरिक विकासमा ठूलो सहयोग पुर्‍याउनु भएको छ। हामीलाई आदर्श जीवन कसरी जिउने सिकाउनु हुन्थ्यो। आफूभन्दा ठुलालाई आदर गर्न सिकाउनु हुन्थ्यो। उहाँले हामीलाई सानालाई माया गर्ने र आफू सरहकालाई मित्र समान व्यवहार गर्ने कुराहरू सिकाउनु हुन्थ्यो। उहाँले हामीलाई कसरी असल जीवन बनाउने सिकाउनु हुन्थ्यो। उहाँले हामीलाई राम्रा अक्षर बनाउन सुझावहरू दिनुहुन्थ्यो। हामीहरूलाई विद्यार्थी जीवनमा समयका साथ साथै अनुशासनको महत्त्वका बारेमा पनि सिकाउनु हुन्थ्यो। अनुशासनको विषयमा भने उहाँ ज्यादै कडा हुनुहुन्थ्यो। उहाँ आफू पनि ज्यादै अनुशासित शिक्षिका हुनुहुन्थ्यो। ठीक समयमा कक्षाभित्र प्रवेश गर्ने, रोचक शैलीमा पढाउने, सबैलाई समान व्यवहार गर्ने जस्ता गुणहरू उहाँमा थिए। उहाँले मलाई सधैं एउटा असल

विद्यार्थी बन्न प्रेरणा दिनुभएको छ। फलस्वरूप मैले आफ्ना घरायसी र पढाइ सम्बन्धी कामहरू ठिकठिक समयमा गर्न थालें। यसो गर्दा मैले शिक्षकहरूबाट माया, उत्प्रेरणा र हौसला पाइरहें।

उहाँले कक्षालाई रमणीय बनाउन कहिलेकाहीँ चुट्किलाहरू सुनाउनु हुन्थ्यो। हामी ती चुट्किलाहरू सुनेर मरीमरी हाँस्थ्यौं। उहाँको हाँसी हाँसी पढाउने बानी मलाई ज्यादै मन पर्थ्यो। त्यसैले होला, हामी घरमा भन्दा बढी स्कूलमै रमाउने गर्थौं। गुरुआमाले हामीलाई अत्यधिक गृहकार्यको भारी बोकाउनु भएन। आफ्ना विद्यार्थीले सहज रूपमा भ्याउन सक्ने गृहकार्य मात्र दिनु हुन्थ्यो।

वास्तवमा गुरु गुरुआमा भनेका प्रेरणाका स्रोत हुन्। गुरु गुरुआमाको सही मार्गदर्शनले जीवनमा सकारात्मक परिवर्तन ल्याउँदछ। यो कुरा मैले महसुस गरेकी छु। आज त शिखा गुरुआमाले स्कूल छाडिसक्नु भएको छ तर, सौभाग्यवश मैले उहाँ जस्तै माया गर्ने, प्रेरणा दिने र सही मार्गदर्शन गर्ने योग्य दक्ष एवम् अनुभवी गुरु गुरुआमा पाएकी छु। मलाई विश्वास छ कि उहाँहरूले पनि मलाई मार्गदर्शन दिनु हुनेछ।



साना साना नानी

रिओना सिंह महर्जन, ३ 'ड'

साना साना नानी हामी
खेल्छौ आँगनीमा
तोते बोली बोल्छौ
साँझ बिहानीमा।



स्कूल जान्छौं, राम्रो पढ्छौं
ज्ञानी नानी बनी
सबैको प्यारा बन्छौं हामी
आज्ञाकारी बनी।

साना साना नानी हामी
खेल्छौ आँगनीमा
देशको सेवा गर्छौं हामी
भोलिका दिनहरूमा।



मेरी बहिनी

ओजस्वी अर्याल, ३ 'क'

मेरी सानी बहिनी
कोमल जस्तै नानी
कपाल उसको सुनौलो छ
रङ उसको गोरो।

माया लाग्छ धेरै उसको
साथी हो ऊ मेरो।

माया गर्छे ऊ मलाई
धेरै धेरै धेरै
पछि लाग्छे ऊ मेरो
भन्दै मेरै मेरै।



मेरो स्कूल

निकारा ढकाल, ३ 'ड'



नाम मेरो निकारा थर मेरो ढकाल
स्कूल सानो भए पछि ठुला छन् है पर्खाल।
कक्षा २ मा पढ्छु म सानी सानी नानी
यही स्कूलमा पढेर बन्नेछु म ज्ञानी।

धेरै जना विद्यार्थी र शिक्षकहरू भएको
विद्या संस्कार स्कूल बानेश्वरमा रहेको।
ठुलो मान्छे बन्नलाई धेरै ज्ञान लिनुपर्छ
त्यो ज्ञान मलाई मेरो स्कूलले नै दिनुपर्छ।

सबैभन्दा राम्रो लाग्छ मेरो स्कूल मलाई
राम्रोसँग पढ्ने छु म अज्ञानको पर्खाल हटाई।
देश, समाज, विश्व विकास भविष्यको आधार
सबको गौरव सबको प्यारो
हाम्रो विद्या संस्कार।

दिदी भाइको माया

साकार राउत, ९ 'घ'

एकदेशमा एउटा गाउँ थियो। त्यस गाउँकी निर्मला नाम भएकी एक महिलाको कोखबाट एउटी शिशुको जन्म भयो। उनको नाम रीता राखियो। उनी पाँच वर्षकी हुँदा उनकी आमा निर्मलाको मृत्यु भयो। उनका बुबाले अर्की आमा ल्याए। केही महिनापछि

रीताकी दोस्री आमाले एउटा छोरो पाइन्, जसलाई सबले राम भनी बोलाउँथे। रामले आफ्नी आमाबाट आफूले चाहेको जति माया पाउँथ्यो। रीतालाई रामले पाएको माया देखेर आफ्नी आमाको याद आउँथ्यो। दोस्री आमाले रीतालाई कति पनि माया गर्दिन थिइन्।

दुध र भात लुकाएर रामलाई माया गरीगरी खुवाउँथिन्। रीतालाई भने एक छाक खाना खान पनि दिनबाट काम गर्नुपर्थ्यो। उनको जीवन साह्रै दुःखी भयो। रीताले भने भाइलाई धेरै माया गर्थिन्। दिदी र भाइ हुर्कंदै गए। रीता दिनबाट नभनीकन काम गर्थिन्। त्यो देखेर रामलाई पनि माया लाग्न थाल्यो। ऊ आमाले दिएको केही खानेकुरा लुकाएर रीतालाई दिने गर्थ्यो। भाइले आफूलाई माया गरेको देखेर रीता धुरधुर रुन्थिन्। रामले “आमाले हजुरलाई माया नगरे पनि म हजुरलाई धेरै माया गर्छु” भन्थ्यो



र दिदीलाई फकाउँथ्यो। रीता भाइको मायाले दिनबाट काम गर्थिन् र आमाको गाली सहेर बस्थिन्। केही दिनपछि गाउँमा उनीहरूको एक छिमेकी सहरबाट आए। उनी राम र रीताको माया देखेर खुसी भए र उनीहरूलाई केही सिकाउने मन गरे। राम र रीता पनि खुसी हुँदै दिनदिनै बढ्दै गए तर आमाले रीतालाई रामसँग देखेर डाहा गर्थिन्। राम रीतालाई पनि पढ्न लान चाहन्थ्यो। तर आमाले जान दिइनन्। आमाको नराम्रो व्यवहार

देखेर रामले एकदिन आमालाई चित्त दुख्ने गरी भन्यो, “हजुर दिदीलाई किन माया गर्नु हुन्न ? यदि हजुरले मलाई जस्तो माया दिदीलाई पनि गर्नु भएन भने मलाई पनि माया गर्नुपर्दैन।” छोराको यस्तो कुराले आमाको मन करकै खायो। रीताले रामलाई चुप लगाउन खोजिन्। रामले आमालाई यसरी नै हकारिरहेको थियो। दिदीको मायाले उसले आफ्नै आमालाई नानाथरी भन्यो। रीता धुरधुर रुँदै थिइन्। उनका छिमेकी पनि हल्ला सुनेर घरमै आए। उनीहरू रामकी आमालाई अबदेखि छोरीलाई हेला नगर भनी सम्झाउँदै थिए। सबले गाली गरेको कारण उनी कोठामा गएर रुन थालिन्। राम र रीता दुवै पढ्न गए। छिमेकीहरू पनि घर गए। साँझ राम र रीता घर आउँदा आमाले दुवैलाई मिठा खानेकुरा दिइन्। आमाको माया पाएर दुवै खुसी भए।

आमा



शशीकला उप्रेती, प्राथमिक शिक्षिका

आमा तिमी नै जन्मकी दाता
आमा तिमी नै मायाकी खाता
तिमीले पिलायौ अमृतमय पान
तिमीले नै दिलायौ यो हाम्रो जीवन ।

आमाले नौ महिना गर्भमा सजाइन्
मुटुभरि माया राखी प्राण भराइन्
दुःख कष्ट सागरको पार गराइन्
सारा संसार यो धर्ती देखाइन् ।

आमाले दिएको निस्वार्थ मायालाई
आमाले दिएको शितल छायालाई
हामीले पनि साथ दिनुपर्छ
संसार चिनाउने यो जन्मदातालाई ।

गर्नुपर्छ हामीले आमाको आदर
हुनुपर्छ हामी आमाप्रति इमान्दार
आमालाई गर्नुपर्छ हामीले माया
दिनुपर्छ उहाँलाई शितल छाया ।



जाडो महिना

अर्पना भट्टराई, ३ 'घ'

हिउँदको समयमा सारै जाडो हुन्छ
न्यानो न्यानो लुगा लगाऊँ चिसोले नै हुन्छ ।
तातोतातो सुप खान धेरै मज्जा आउँछ ।
भनभन साथी हो चिसो कति छाउँछ ?

चिसो तातो जे भए नि स्कुल छोड्नु हुन्न
विद्यार्थीको पढ्ने काम हो, पढ्न छाड्नु हुन्न ।

हिउँदको समयमा सारै जाडो हुन्छ,
न्यानो न्यानो लुगा लगाऊँ चिसोले नै हुन्छ ।

विद्यार्थी

लिहाङ्ग लिम्बु, ४ 'ड'

विद्यार्थी हुँ म,
किताब छ मेरो भोलामा ।
कलम छ मेरो हातमा,
किताब मेरो साथी हो ।।

कलम मेरो हात,
धेरै पढ्नु छ मैले ।
पाउनु छ सबैको साथ,
विद्यार्थी हुँ म ।।

ज्ञानका कुरा गर्नु छ,
शिक्षाको ज्ञान फैलाउनु छ ।
ठुलो मान्छे बनी,
संसारमा चिनाउनु छ ।।

शिक्षा मेरो आँखा हो,
शिक्षा नै हो ज्योति ।
विद्यार्थी हुँ म,
पुग्नु छ धेरै माथि ।।



विज्ञान र प्रविधि

प्रतिश सापकोटा, ९ 'घ'

विज्ञान भन्नाले प्रकृतिमा रहेका विभिन्न वस्तु र विषयको प्रयोगका आधारमा प्रतिपादित त्यस्तो सिद्धान्त भन्ने बुझिन्छ, जुन अवलोकन, परीक्षण र प्रयोगको आधारमा प्रतिपादन गरिन्छ। कुनै पनि विषयवस्तुको विशेष ज्ञान नै विज्ञान हो। यस्तो विशेष ज्ञान आर्जन गर्ने र उपयोग गर्ने साधन तथा माध्यम प्रविधि हो। त्यसैले विज्ञान र प्रविधिको माध्यमबाट वर्तमान विश्वमा अनौठा र आश्चर्यजनक उपलब्धि भएका छन्। विज्ञानले मानिसको जीवनशैलीमा अकल्पनीय परिवर्तन ल्याएको छ र मानिसलाई नयाँ ढङ्गले सोच्ने अनि जीवनयापन गर्ने बनाइदिएको छ।

विज्ञान र प्रविधिको कारणबाट ढुङ्गे युगबाट सभ्यताको यात्रा सुरु गरेको मानिस आज डिजिटल सभ्यतासम्म आइपुगेको छ। विज्ञान र प्रविधिले वर्तमान विश्वको परिधिलाई साँघुरो परिदिएको छ। सञ्चार, यातायात, चिकित्सा, शिक्षा, स्वास्थ्य आदि क्षेत्रमा यसले युगान्तकारी परिवर्तन गरिदिएको छ। कम्प्युटरको विकासले मानिसलाई एउटा कोठामा बसी संसारभरिका गतिविधिसँग परिचित गराएको छ भने रेडियो, टेलिफोन, इमेल, फ्याक्स इन्टरनेट, टेलिभिजन आदि वैज्ञानिक उपकरण मानिसका सहयोगी बनेका छन्। आज मानिस चन्द्रमामा पाइला टेक्न सफल भएको छ भने पृथ्वी बाहेक अन्य ग्रह उपग्रहको वस्तुस्थिति अध्ययन गर्न भू-उपग्रह निर्माण गर्न वैज्ञानिकहरू सफल भइसकेका छन्। विज्ञान र प्रविधिले मानिसको

सोचाइ र जीवनशैलीमा चामत्कारिक रूपमा फेरबदल ल्याएको छ। यसले विश्वको आर्थिक औद्योगिक, व्यापारिक सूचना प्रविधि आदि क्षेत्रमा व्यापक प्रभाव पारेको छ।

विज्ञान र प्रविधिले मानिसको सोच्ने र सिर्जना गर्ने क्षमता घटाइदिएको छ। विज्ञानको उपकरणले सुविधाभोगी बनेको मानिस विज्ञानको दास जस्तै बन्न पुगेको छ। संसार ध्वस्त पार्ने शक्तिशाली आणविक हतियारको विकास भएको छ भने एकै सेकेन्डमा संसार खरानी हुने आणविक हतियारको भण्डारणबाट मानव सभ्यता नै भयभीत बनेको छ। शान्ति, अहिंसा, मानवता र विश्ववन्धुत्व जस्ता प्रवृत्तिहरू बिस्तारै बिस्तारै हराउन थालेका छन् भने माया, स्नेह, ममता, सद्भावना जस्ता गुणहरू लोप भइराखेका छन्। विज्ञान तथा प्रविधिको दुरुपयोगले गर्दा मानिसहरू अनाहकमा मृत्युको मुखमा पुग्न बाध्य हुन पुगेका छन् भने विज्ञान वर्तमान विश्वका लागि अभिशाप सावित हुन लागेको आभास पनि भएको छ।

विज्ञान एक साधन हो। विज्ञानको उपलब्धि मानव सभ्यताको विकासको लागि हुनुपर्दछ। यसका गुणहरू आत्मसात् गरी जीवनलाई सरल, सहज र अर्थपूर्ण बनाउन वैज्ञानिक उपलब्धिलाई गलत प्रयोग गर्नु हुँदैन। विज्ञान र प्रविधिको दुरुपयोग गरेर मानव सभ्यताको विनाशतर्फ अग्रसर बनाउनु भन्दा यसका सदुपयोगबाट विश्वको विकास उन्नति र सुख समृद्धियुक्त बनाउनु मानवमात्रको उद्देश्य हुनुपर्छ।



मेरो स्कुल

सुअर्पण भट्टराई, ४ 'क'

हो यो मेरो संस्कार
भविष्यको आधार
यो बिना मेरो जीवन
हुन्छ सधैं अन्धकार।

मुटुको धड्कन मेरो
हर पलको बहार
यो हो मेरो स्कुल
विद्या संस्कार।

अधि बढ्दै छु म
क ख ग घ पढ्दै
हातमा कलम लिई
कविता लेख्दैछु म।

खोज्दैछु भेट्न
जीवनको अन्धकार
हो यो मेरो स्कुल
विद्या संस्कार।

म बालक अज्ञानी
बन्दै छु ज्ञानी
सानालाई गर्छु माया
आदर गर्दै शिक्षकको
बढ्दिलिन्छ मेरो व्यवहार

हो यो मेरो स्कुल विद्या संस्कार।
जानेको छैन केही
सिक्नु छ मैले
राखी धैर्य त्यहीँ

उसैको छायामा रही
गर्नु छ केही
बढ्नु छ अघि
हेर्नु छ संसार
यो हो मेरो प्यारो
विद्या संस्कार।



देशप्रतिको माया

आदित्य कोइराला, १२

अभागी यो पुर्पुरोले डोर्‍याई ल्यायो विदेशमा
सोचेजस्तो हुन्न रैछ पराई विदेशमा
आउँछु भन्थेँ घर आफ्नो दर्शन तिहारमा
सोचेजस्तो हुन्न रैछ पापी विदेशमा।

बाबुआमा सम्झी सम्झी कल्पिन्छ सधैं मन
निष्ठुरी मन भई बस्नु पर्ने रैछ विदेशमा
तड्पिएर एकलै बस्छु यहाँ भेट हुने कहिले ?
सम्झिएर एकलै रुन्छु फेरि विदेशमा अहिले।

भ्रुपडी नै भए पनि स्वर्ग लाग्थ्यो मेरो गाउँ
तर कहाँबाट फस्न आएछु विदेशमा
हातको दश नङ्गा खियाउँछु अब मेरै भूमिमा
फेरि कहिल्यै फर्की आउन्न यस मरुभूमिमा।

मेरो बिदाको भ्रमण

आशुतोष लोहनी, ९ 'ख'

जीवन त्यति बेला सुन्दर हुँदो रहेछ जब यो नदी जस्तै विभिन्न ठाउँहरूको सुन्दरता हेर्दै अविरल अधि बढ्दछ। मानिसको जीवनलाई सुखमय बनाउने एउटा पाटो भ्रमण पनि रहेछ। मलाई पनि सानैदेखि नयाँनयाँ ठाउँमा पुगी त्यहाँको रहनसहन, वातावरण हावापानी र प्राकृतिक अवस्थासँग परिचित हुने धोको थियो। सौभाग्यवश २०६९ सालको दसैं, तिहारको छुट्टीको बेला आफ्नै देश दर्शन गर्ने सौभाग्य मलाई मिल्यो।

आमा, बुवा, दाइ र म सहितको सानो परिवार दसैंको टिका सम्पन्न गरी भोलिपल्ट काठमाडौँबाट त्रिशुलीको किनार किनार हुँदै चितवनतर्फ लाग्यौं। वर्षभरिको पठनपाठनको व्यस्तता, दैनिक रुटिन र नियमित कार्य व्यस्तताबाट उम्किएर हाम्रो परिवार केही दिनको भ्रमणका लागि काठमाडौँबाट बाहिरिएको थियो। यात्राको पहिलो दिन मध्याह्नमा हामी मलेखुबजार आइपुग्यौं र सबै मिलेर नास्ता गर्नुभयो। हरिया पहाड र त्रिशुलीको किनारस्थित मलेखु बजारमा आउने जाने यात्रुहरूको चहलपहल देखिन्थ्यो। केही बेरको बसाइ पछि हामी पुनः चितवनतर्फ अधि बढ्यौं। करिब करिब साँझ पर्न लागेको थियो, चितवनको फाँटबाट घामले बिदा माग्दै थियो, यस्तो बेलामा हामी विशाल नारायणी नदीको किनारमा अवस्थित नारायणगढ बजार पुग्यौं। सहर बजारबाट भर्खरै निस्किएका हामीलाई नारायणगढ सहरले धेरै बेर रोक्न सकेन। हामी त सौराहा अर्थात् चितवन राष्ट्रिय निकुञ्ज पुगे सुरमा त्यहाँबाट पूर्वतर्फ लाग्यौं। भन्डै आधा घन्टाको यात्रापछि रत्ननगर, टाँडी हुँदै दक्षिणतर्फ राप्ती नदीको किनारस्थित सौराहा पुग्यौं। त्यहाँ हामीलाई एकदमै नौलो अनुभूति भयो। राष्ट्रिय निकुञ्जको हरियो जङ्गलको किनारमा विभिन्न देशका पर्यटकहरू प्रकृतिको दृश्यावलोकन गर्न आएका थिए। हामी पनि उनीहरूसँगै हात्ती सवारी, जङ्गल सफारी, डुङ्गा सयर, थारु समुदायको सांस्कृतिक कार्यक्रम अवलोकन गर्दै दुई दिन त्यहीं बितायौं।

त्यसपछि हाम्रो रमाइलो यात्रा चितवनबाट लुम्बिनीतर्फ अधि बढ्यो। शान्तिका अग्रदूत गौतम बुद्धको जन्मस्थान दर्शन गर्ने इच्छा पहिलेदेखि नै लागिरेको थियो। यस भ्रमणले मेरो त्यो अभिलाषा पनि पुरा गरिदियो। दिनभरिको यात्रापछि हामी

साँझमा लुम्बिनी पुग्यौं। लुम्बिनी नेपालको प्रमुख दर्शनीय स्थल हो। यहीँ बौद्धमार्गीहरू तीर्थाटनका लागि आउँछन्। हामी लुम्बिनीको प्रसिद्ध अशोक स्तम्भ, मायादेवी मन्दिर, शान्तिदीप अनि विभिन्न मुलुकले निर्माण गरेका अनुपम गुम्बाहरू हेर्दै अधि बढ्यौं। लुम्बिनी ज्यादै आकर्षक र ऐतिहासिक नेपाल चिनाउने भूमि रहेछ भन्ने कुरा मैले महसुस गरें। शान्तिका अग्रदूतको भावभूमि भएर होला हामीलाई छोटे घुमफिरमा पनि त्यहाँ शान्तिको भावना जागेको महसुस भयो। लुम्बिनीको भ्रमण सकी भोलिपल्ट हामी पोखरातर्फ लाग्यौं।

पोखरा मेरो सपनाको सहर हो। यसको बयान म बारम्बार सुन्ने गर्दछु। यसलाई नजिकबाट हेर्ने रहर पनि मेरो पुरा हुँदै थियो। लुम्बिनीबाट पाल्पा र स्याङ्जा हुँदै हामी मध्यदिनमा पोखरा पुग्यौं। त्यहाँ पुगेर फेवाताल नजिक हामी के उभिएका थियौं, उत्तरपट्टि चाँदी जस्तो चम्किलो माछापुच्छ्रे हिमालले हाम्रो न्यानो स्वागत गर्‍यो। म भित्रैदेखि खुसीले गद्गद् भएँ। साँच्चै, जीवन कहिल्यै नदुइगिने यात्रा रहेछ। यसले जीवनमा नयाँ उर्जा थप्दो रहेछ। यतिका दिनको भ्रमणको थकाइ त पोखराको फेवाताल, तालबाराही मन्दिर, डेभिस् फल (पाताले छाँगे), चमेरे गुफा, बिन्ध्यवासिनी मन्दिर, सराङ्कोट आदिको भ्रमणले कहँ पुर्‍यायो पत्तै भएन। पोखराको प्राकृतिक सौन्दर्य हेरेर कहिल्यै नअघाउने भएर होला गीतकारले पनि "पोखरा त साँच्चिकैको पोखरा नै रहेछ।" भनेका होलान्। त्यसपछि यहाँको तिन दिनको बसाइ पुरा गरी हामी आफ्नै गन्तव्य काठमाडौँ सहरतर्फ लाग्यौं।

करिब एक हप्ताको देश दर्शन सकी हामी आफ्नै कर्मभूमि काठमाडौँ आइपुग्यौं। यो भ्रमणले हामीमा उत्साह, जाँगर अनि नयाँ दृष्टिकोणको विकास गर्‍यो। मानिसलाई गतिशील बनाउन यस्ता भ्रमणहरू ज्यादै उपयोगी हुने रहेछन्। भविष्यमा पनि समय मिलाएर देशको अन्य भूभाग टेक्ने मेरो धोको छँदैछ। समय शक्तिशाली हुनाले पाएको मौका कहिल्यै गुमाउनु हुँदैन। यो भ्रमण मेरो जीवनको अविभरणीय भ्रमण बन्यो। यसको सम्झनाले मात्र पनि मेरो मन त्यसै हर्षित हुन्छ। त्यसैले म त्यो क्षण सम्झिएर आनन्दित हुने गर्दछु।

आमाबुबा

प्रेक्षा पाण्डे, ४ 'ड'



जन्माथौ हुर्काथौ
तिमीले आमा।
पढायौ, सिकायौ
तिमीले बुबा।

हजुरको माया गर्छु बुबा
हजुरलाई खुसी बनाउँछु बुबा।
हजुर नै हो मलाई साथ दिने
मायाममतामा बाँड्ने।

मेरो लागि दुःख गर्छौ
कति कष्ट सही बस्छौ।
सबै कुरामा माया गर्छौ
कति कष्ट सही बस्छौ।

मिठो मिठो खान दिन्छौ
सबै कुरा गर्न दिन्छौ।
बुबा अफिस जानुहुन्छ
घर छिटै आउनुहुन्छ।

म ठुलो मान्छे बन्छु
हजुरलाई माया गर्छु।
धेरै कष्ट गर्छु
र पढ्छु।

इन्जिनियर बन्छु भविष्यमा
हजुरका दिन आउँछन् आमाबुबा।
पाल्छु म हजुरहरूलाई
माया गर्छु म असाध्यै सबैलाई।

मेरो लागि दुःख गर्छौ
कति कष्ट सही बस्छौ।
सबै कुरामा माया गर्छौ
कति कष्ट सही बस्छौ।

जन्माथौ हुर्काथौ
तिमीले आमा।
पढायौ, सिकायौ
तिमीले आमा।

"यो भोटो कसको? प्रमाण देखाएर दावी गर्नुहोस् !"

भवानी खड्का

नेपाली विभाग प्रमुख

‘यो’ हल्लै हल्लाको देश’ भनेर कुनै जमानामा कवि भूपि (भूपेन्द्र मान शेरचन) ले एउटा गद्य कविता रचना गरेका थिए तर म भन्छु, यो हल्लाको देश होइन, ‘जात्राको देश’ हो । हुन पनि आँला गनेरै हेर्ने हो भने पनि गाईजात्रा, रोपाईँजात्रा, इन्द्रजात्रा, कुमारी जात्रा, घोडेजात्रा, गहना खोज्ने जात्रा, बिस्केट जात्रा जस्ता अनगिन्ती जात्रा हाम्रो देशमा नभएका होइनन् । सायद यही बग्रेल्ली जात्राले गर्दा नै होला अधिक जात्रा बुझाउनु पर्दा एउटा नेपाली उखाने बनेको छ “कहाँ नभएको जात्रा हाँडी गाउँमा” किनकि जतिबेला पनि कुनै न कुनै कारणले मानिसको जमघट त्यहाँ भइरहन्छ । केही नपाए मदिरा सेवन नै गरेर भएपनि “यो सडक मेरै हो” भई गर्दै हिड्नेको तमासा हेर्दै पनि मानिसको जात्रा लामो गरेको यदाकदा नदेखिने भने होइन ।

हुन त यस्ता जात्राभित्र हाम्रो आफ्नै नेपालीपन छ, संस्कृति छ, आफ्नै मौलिक परम्परा छ, जुन हाम्रो पहिचान बनेर उभिएको छ । भन्नु उपत्यका त संस्कृति, चाड, पर्व, रीतिरिवाजको कुण्ड नै मानिन्छ । यहाँ हरेक बिहानी एउटा पर्व बोकेर उदाउँछ, अनि हरेक साँझ त्यसको समाप्तिमा थकित हुँदै विश्राम गर्छ । आज म यस्तै जात्रा मध्येकै एक जात्रा, जुन

भर्खरै सम्पन्न भयो ‘रातो मच्छिन्द्रनाथका जात्रा’ को रोचक प्रसङ्ग कोट्याउन चाहन्छु । यस जात्रालाई ‘भोटो जात्रा’ पनि भनिन्छ । काठमाडौँ उपत्यकामा भोटो जात्राका बारेमा एउटा रोचक किंवदन्ती भेटिँदै आएको पाइन्छ, जुन यस प्रकार छ :

परापूर्व कालमा काठमाडौँको दक्षिणपट्टि रहेको टौदहमा कर्कट नागराजको बासस्थान थियो । एक पटक तिनै कर्कट नागकी पत्नीको आँखा पाकेर लामो समयसम्म पनि निको हुन सकेन । पाकेको आँखाले दुःख पाइरहेकी नागिनीको काठमाडौँ उपत्यकाकै एक साधारण किसानले रोग उपचार गरी निको तुल्याइदिएछन् । त्यो देखी अत्यन्त खुशी भएका कर्कट नागराजले उक्त किसानलाई नागको मणिजडित हिरा जवाहरातले भरिपूर्ण बहुमूल्य भोटो उपहार दिएछन् । नागको उपहार पाएर खुशी भई किसान सोही भोटो लगाएर खेतमा काम गर्न गएछन् । काम गर्दा हिलो लाग्ला भनी सो भोटो फुकाली खेतको आलीमा राखेर काममा व्यस्त भएछन् । पछि काम सकी आएर भोटो खोज्दा सो राखेको ठाउँमा भोटो पाएनछन् । भोटो गायब भएपछि ती किसानले जता त्यतै खोजे तर नभेटेपछि हार मानेर निराश भई घर फर्के ।

पछि सोही वर्षको मच्छिन्द्रनाथको रथ तान्ने जात्रा आयो । सबै जना जात्रा हेर्न गए । किसान पनि जात्रामा सम्मिलित भए । त्यही नै बेला सो मणिजडित भोटो लगाएर एउटा भूत पनि जात्रा हेर्न आएछ । किसानले आफ्नो भोटो चिनिहाले ।

ती दुवैमा भोटो मेरो भन्ने विषयमा भगडा हुन थाल्यो । जात्राको भिडमा भोटोको निहुँमा भनाभन, लुछाचुँडी हुँदा होहल्ला भयो । पछि सो भोटोको निहुँमा धेरै भगडा पत्रो र त्यहाँ कसैले पनि त्यो भोटो मेरो हो भन्ने प्रमाण देखाउन नसकाले सो भोटो मच्छिन्द्रनाथको जिम्मा लगाइयो । त्यसपछि प्रत्येक वर्ष मच्छिन्द्रनाथको जात्राको दिन गुठी संस्थानका कर्मचारीहरू रथको माथिल्लो भागमा चढी चारै दिशामा सो भोटो देखाएर “यो भोटो कसको हो ? प्रमाण ल्याएर दावी गर्नुहोस्” भन्दै तीनपटक भोटो देखाउने चलन चली आएको छ । त्यो बेलादेखि अद्यापि भोटो देखाउने चलन चली आएको मानिन्छ ।

मच्छिन्द्रनाथको रथ तान्ने जात्रा वैशाख शुक्ल, प्रतिपदाबाट शुरु हुन्छ । नेपालमै सबैभन्दा लामो समयसम्म चल्ने जात्रा हो, मच्छिन्द्रनाथको जात्रा । भोटो देखाइ सकेपछि सो रथलाई वुङ् मतीमा लगेर सेलाइन्छ । लिच्छवी कालदेखि शुरु भएको यो जात्रामा सो मणिजडित भोटो देखाएपछि फेरि सुरक्षित साथ राखिन्छ र अर्को वर्षको भोटो जात्रामा सो भोटो फेरि देखाइन्छ । हिन्दू र बौद्ध धर्मावलम्बीका देवता मच्छिन्द्रनाथप्रति अद्यापि सबैको धार्मिक आस्था रहेको पाइन्छ । यस दिन सरकारले काठमाडौँ उपत्यकामा सार्वजनिक बिदा दिने पनि प्रचलन छ ।

कविता

आमाको वियोग

स्नेहा पराजुली, १० ‘ख’

बोकेर उदरमा, ल्यायो नजरमा
छाडी एक्लै बिलायो पवनमा ।

बोल्दै तिमी जसै निदायो
नबिउँफिने नशामा तिमी बिलायो ।

यात्रा तय भो आए सवारी
उठाए तिमीलाई भनी बिरामी ।

पुन्याए सगरमा राखे बगरमा
बालेर अग्नि मिलाए पवनमा ।

हेर्दै बसैं आज तिमी जलेको
सोचेर मनमा देव यो के गरेको ?

लिँदैछु नाम तिम्रो धर्तीमा बसेर
हेर्दै छौ कि तिमी माथि तारा बनेर ।

बढायौ, पढायौ, सिकायौ सबै सदाचार
थाप्लोमा बोकेर आफ्नै व्यथभार ।

सद्गुणी, मृदुभाषी थियौ प्रेमकी खानी
आमा तिमी हौ मेरी ब्रह्माण्डकै रानी ।

आज म जे छु, तिम्रै हो योगदान
जो बन्छु भोलि सच्चा देशको
नागरिक महान ।

थियो इच्छा मेरो कर्मले आमालाई हँसाउने
छैनौ तिमी सामू आज देश जो छ
मैले सिँगार्ने ।



सम्माननीय प्रधानमन्त्रीज्यू,
नमस्कार !

मिति: २०७३ १०५ १०७

म विद्या संस्कार उच्च माध्यमिक विद्यालयको कक्षा ७ मा पढ्ने एक छात्रा हुँ । म बिहानै उठ्छु, मुख धुन जान्छु, पानी हुँदैन अनि पानीको मोटर चलाउन स्वीच थिच्दा बत्ती पनि हुँदैन र म रनक्क भइहाल्छु । म नेपालको राजधानीमा बस्छु, जहाँ पानी हुँदैन र पढ्ने बेलामा बिजुली पनि हुँदैन । त्यस्तै प्रधानमन्त्रीज्यू ! यहाँका बाटोघाटो हिलै हिलो हुन्छ र चौबिसै घण्टा ट्राफिक जाम भइरहन्छ । यहाँ चाहिने बेलामा इन्धन पनि हुँदैन । त्यसैले आज म हजुरलाई यो चिठी लेख्दै छु । हुन त यस्तो चिठी हजुरले धेरै नै पाउनु भयो होला तर मेरो चिठी चाहिँ अलि फरक छ ।

हाम्रो देश नेपाल भूपरिवेष्टित राष्ट्र हो । यो प्राचीनकालदेखि नै स्वतन्त्र राष्ट्रको रूपमा परिचित छ । हाम्रा वीर पुरखाहरूले यसलाई कसैको अधिनमा रहन दिएनन् । तर अहिले आएर नेपालमा धेरै समस्या आइपरेको जस्तो मलाई लाग्छ । अझ विषेश गरी त गत सालमा नेपालले धेरै दुःख, कष्ट सहेको थियो । भुईँचालो, बन्द, हडताल, मधेसीहरूको आन्दोलन अनि अन्त्यमा भारतले नेपालविरुद्ध गरेको नाकाबन्दी ।

प्रधानमन्त्रीज्यू ! यी माथिका कुराहरूले नेपाल र नेपाली जनतालाई अभै पनि धेरै असर गरिरहेको छ । गत साल वैशाखमा गएको महाभूकम्पले नेपालीहरूको ठुलो क्षति गर्‍यो । धेरैले ज्यान गुमाए, कतिले घर, परिवार पनि गुमाए । अहिले पनि कति भूकम्पपीडितहरू त खुला आकाशमुनि रात काटिरहेका छन् तापनि यस विषयमा सरकारले ध्यान दिएको छैन । त्यसैगरी लामो समयसम्मको बन्द, हडतालले पनि विद्यार्थीहरूको पढाइमा बाधा पुर्‍याएको थियो । सबै स्कुलहरू बन्द पनि भएका थिए । त्यसैगरी ५,६ महिना लामो नाकाबन्दीले नेपाली जनताको दैनिक जीवन चलाउन गाह्रो पारिरहेको थियो । लामो समयसम्म ग्याँस, तेल र इन्धन नेपालमा नआएपछि नेपालीहरूले सास्ती खेप्नुपर्थ्यो । हजुरले पनि यी सबै कुराहरूलाई देख्नुभएकै होला तर खै त, एउटा प्रधानमन्त्रीको कर्तव्य के हो त देश र जनताप्रति?

हामीजस्ता साना विद्यार्थीहरूले समेत यसको असर भोग्नुपरेको छ । संविधान बन्न त बन्यो तर किताबी पानामा मात्र जमेर बसेको देखिन्छ । खै त, हामी विद्यार्थीहरूका निम्त कस्तो खालको संविधान बन्यो ? नेपाल विश्वका अरु देशहरू जस्तो सम्पन्न हुन सकेन । त्यसैले प्रधानमन्त्रीज्यूले यस विषयमा पनि ध्यान दिनुभए हुन्थ्यो । यति मात्र होइन, हामी विद्यार्थीहरूले पढ्ने बेलामा बत्ती पनि हुँदैन । नेपाल विश्वको दोस्रो जलधनी देश रे ! खोइ त, यसको उपयोग गरेको ? पानीबाट बिजुली निकाली त्यसको सही उपयोग गर्न सके नेपालमा लोडसेडिङ घट् थ्यो । प्रधानमन्त्रीज्यू ! त्यसैले हजुरले यो कुरालाई पनि महत्त्व दिए हुन्थ्यो ।

प्रधानमन्त्रीज्यू ! 'प्रधानमन्त्री' भन्ने पद देशको सबैभन्दा ठुलो कार्यकारी पद भएकोले प्रधानमन्त्रीज्यूले जनताका लागि सही काम गरेर देखाउनु हुन्छ भन्ने आशाका साथ यो पत्र लेख्दै बिदा चाहन्छु ।

धन्यवाद !

राष्ट्रप्रेमी विद्यार्थी
श्रीया पौड्याल, ७ 'च'



Pranju Dhungana, 2 'D'



Utshana Dahal, 2 'F'



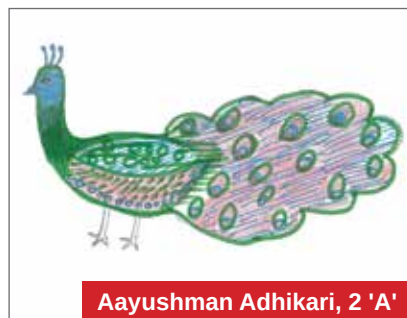
Shreeyans Baral, 2 'B'



Isha Panthi, 2 'C'



Sueellen Bhagami Pun, 2 'C'



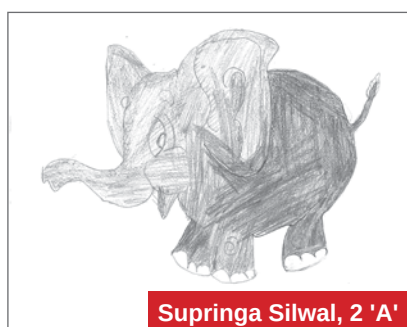
Aayushman Adhikari, 2 'A'



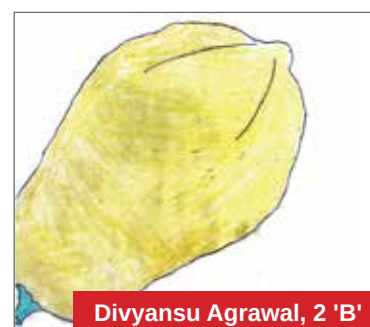
Divyansu Agrawal, 2 'B'



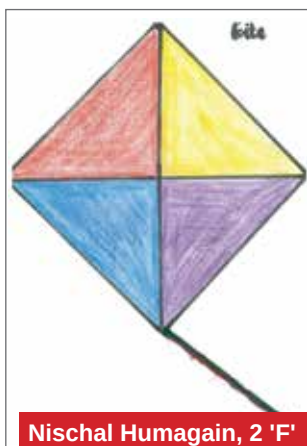
Suyog Pandey, 2 'D'



Supringa Silwal, 2 'A'



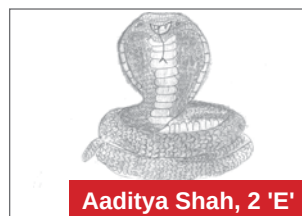
Divyansu Agrawal, 2 'B'



Nischal Humagain, 2 'F'



Aaditya Shah, 2 'E'



Aaditya Shah, 2 'E'



Mijala Maharjan, 2 'D'



Aarshi Regmi, 2 'C'



Aabhya Aryal, 2 'C'



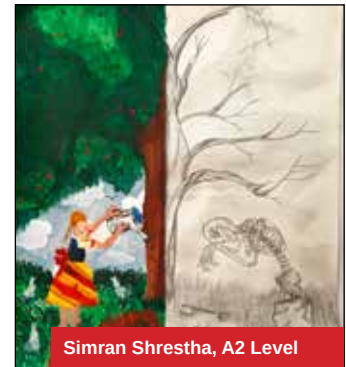
Lakpa Khendo Lama, A2 Level



Lakpa Khendo Lama, A2 Level



Lakpa Khendo Lama, A2 Level



Simran Shrestha, A2 Level



Aayush Chaudhary, A2 Level



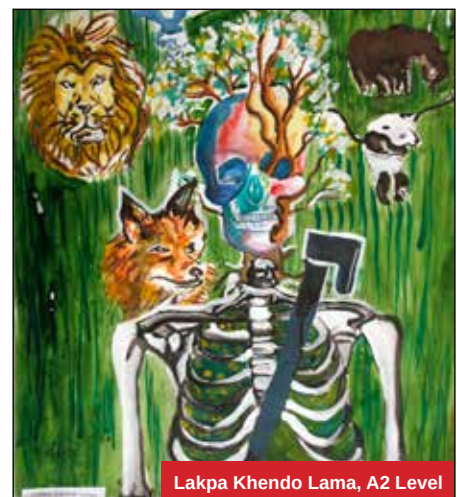
Arjan Thapa, A2 Level



Season Limbu, A2 Level



Dristi Tandukar, A2 Level



Lakpa Khendo Lama, A2 Level

Captain America: Civil War

Sakrit Rijal, A2

The third installment in the Captain America film franchise, *Civil War*, felt more like the third sequel of *The Avengers* than a Captain America movie. The Russo brothers, directors of the movie, are really successful in masterminding the perfectly portrayal of the events that were originally presented in the Marvel comic books. Robert Downey Jr., Chris Evans and Scarlett Johansson, playing Iron Man, Captain America and Black Widow respectively, along with the rest of the cast, put in a splendid performance to really bring the story to life.

Civil War also acted as a medium of introduction to the Marvel Cinematic Universe for the Black Panther (played by Chadwick Boseman) and Spiderman (played by Tom Holland). Spiderman: Homecoming is set to release on July 7, 2017 and Black Panther is set to release on July 6, 2018. Rated 8.4 out of 10 on IMDB

at the time of this review, the movie is truly worth a watch. The war over the accountability of the superhero alliance 'The Avengers' which breaks out between two superhero groups headed by Iron Man and Captain America not only makes for a blockbuster flick, but also challenges viewers' political views regarding the level of control the government should have over societal matters.

The group headed by Iron Man consists of War Machine, Black Widow, The Vision and Spiderman; the group headed by Captain America is made up of Hawkeye, Sharon Carter, Falcon, Bucky Barnes, Ant Man and Scarlet Witch. The war which takes place in the comic books consisted of many other superheroes from the Marvel universe and it is somewhat disappointing to have so few make an appearance in the movie; however, it is understandable as production budgets can only go so far. Despite the small number of heroes making

an appearance, the movie raises a lot more questions than the comics did - why does the Black Panther make an appearance even though he has not previously featured in the Marvel Cinematic Universe? Where is Nick Fury, who played a prominent role in the other Marvel movies? What are the views of the remaining superheroes on the Sokovia accords?

Despite its flaws, the movie was a hit at the box office due to the numerous good reviews and ratings it was able to pull. A loyal Marvel fan base also played a prominent role in propelling the movie towards success. Perhaps a dash of humour could have pushed *Civil War* to greater heights, however this movie may be a sign of what's to come from Marvel in the future; movies that are a little less predictable and underscored by darker themes like the ones that underpinned the plot of *Civil War*. All in all, *Civil War* is a fantastic movie, and is definitely worth a watch.



Taslima Nasrin: Lajja

“Does anybody
thank themselves?”

I answered with a
NO.

”

Description : The Duttas - Sudhamoy, Kironmoyee, and their two children, Suranjan and Maya - have lived in Bangladesh all their lives. Despite being part of the country's small Hindu community that is terrorized at every opportunity by Muslim fundamentalists, they refuse to leave their country as most of their friends and relatives have done. Sudhamoy, an atheist, believes with a naive mix of optimism and idealism that his motherland will not let him down.

And then, on 6 December 1992, the Babri Masjid at Ayodhya in India is demolished by a mob of Hindu fundamentalists. The world condemns the incident but its fallout is felt most acutely in Bangladesh where Muslim mobs begin to seek out and attack the Hindus. The nightmare inevitably arrives at the Duttas' doorstep and their world begins to fall apart.

Lajja is one of the finest creations of Taslima Nasrin, the novel is not at all a flight of fantasy but revolves around the life of a Hindu family in Bangladesh. The author has finely garnished her narratives with furious facts of evidence of riots, one can hardly think of, all relating to demolition of Babri Mosque miles away in India. The anger so emerged from the fire of communal riot in India got spilled across the boundary to the neighbouring country and cast its spell of fury on the religious community residing in there. The stage of the story is all set in Bangladesh and the tale revolves around a patriotic Hindu family, The Duttas —Sudhamoy, Kironmoyee, and their two children, Suranjan and Maya, who have lived in Bangladesh all their life, despite being portion of small Hindu Community. Sudhamoy

had refused to move to Kolkata (India) even amidst the chaos of riots. Being a patriotic, he optimistically held the feeling

doors and his world begins to crumble down. The account is all about a man trapped by circumstances and how these circumstances forces him and

his family to change their perceptions is what the book is all about. The book finely carves out all hues & cries of a war between 'Insanity' and 'Humanity'. The pages of the books are richly ornamented with activities that took place during the riot and are certainly a good-resource-den for those who wanted to know how the Babri Mosque demolition changed the lives of millions of Hindus and Muslims residing in the Indian Subcontinent. The story is gripping enough to keep you turning on the pages of the book but one thing is for sure, you can't be calm after reading the novel and if not millions, a few thoughts would just blaze across your brain asking—did such things really take place?

With due respect and humble submission, I would like to bring this to the past, future and obviously present reader's (who have not yet finished the novel) attention that I am not here to write about how good or bad the book is but as a reader you certainly deserve the right to make your own conclusions about the book. But before wrapping-up, just wonder about the activities that took place during Hindu- Muslim riot that changed millions of lives. Being an educated & civilized human, don't just look up at the things with coloured-glasses.



that
his
mother-land
won't let him down.

But soon his hidden
nightmares come into reality
and his love for his country evaporates
when he feels the heat of the communal
hatred which inevitably knocks at his

WORLD AND NEPAL TOPPERS FROM CAMBRIDGE GCE A-LEVEL

YEAR	NAME OF STUDENTS	AWARD RECEIVED FOR	SUBJECTS
OCTOBER – NOVEMBER 2007	Shobha Limbu	Top in Nepal	General Paper
MAY - JUNE 2008	Abhimanyu Chhetri	World Topper	General Paper
OCTOBER - NOVEMBER 2008	Manish Jung Thapa	Top in Nepal	Biology (AS)
OCTOBER - NOVEMBER 2010	Utkrist Adhikari	Top in Nepal	Computing (AS)
	Ujjwol Paudel	Top in Nepal	Economics (AS) /Accounting (AS) /Mathematics(AS)
	Mukesh Ghimire	Best Across 3 AS Level in Nepal	Science
	Ujjwol Paudel	Best Across 3 AS Level in Nepal	Non- Science
MAY – JUNE 2011	Ujjwol Paudel	Top in Nepal	Accounting (A)/ Mathematics (A)
	Utkrist Adhikari	Top in Nepal	Computing (A)
	Ujjwol Paudel	Best Across 3 A Levels in Nepal	Non- Science
OCTOBER - NOVEMBER 2011	Bardan Bazgain	Top in Nepal	Accounting (AS)
	Krishna Shah	Top in Nepal	Biology (AS)
	Sitamsh Rijal	Top in Nepal	Computing (AS)
	Nisha Suwal	Top in Nepal	Sociology (AS)
	Samip Neupane	Best Across 3 AS Levels in Nepal	Science
	Krishna Shah	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2012	Sandesh Bhandari	Top in Nepal	Mathematics (AS)
	Sandesh Bhandari	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2013	Sandesh Bhandari	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (AS)
	Saurav Bishwokarma	Top in Nepal	Accounting (AS)
	Samriddha M Shrestha	Top in Nepal	Chemistry (AS)
	Sandesh Chapagain	Top in Nepal	Computing (AS)
	Angela Sharma	Top in Nepal	Sociology (AS)
	Kanoon Giri	Top in Nepal	Economics (AS)
	Sandesh Chapagain	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2014	Sandesh Chapagain	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (A)
	Angela Sharma	Top in Nepal	Sociology (A)
	Himal Shrestha	Best Across 3 in A Levels in Nepal	Science (A)
OCTOBER - NOVEMBER 2014	Roshan Poudel	Top in Nepal	Computing (AS) / Physics (AS)
	Sanskriti Timseena	Top in Nepal	Economics (AS) / Sociology (AS)
	Roshan Poudel	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2015	Roshan Poudel	Top in Nepal	Physics (A- Level)
	Sanskriti Timseena	World Top	Sociology (A –Level)
	Ruchit Shrestha	Top in Nepal	Computing Science (A –Level)

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