



ROSEBUD  
SCHOOL

# GAURAVA

# गौरव

2079-80



# The Editorial



|                         |   |
|-------------------------|---|
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## From the Chairman's Desk

Dear Readers,

It brings me immense joy and pride as I extend my warmest greetings to each and every one of you through the pages of this year's edition of our school magazine, GAURAVA. As we progress in this academic year at Rosebud School, it becomes essential for us to take a moment to reflect on the journey we have undertaken so far, and to recommit ourselves to the very essence of our school's vision and mission.

I sincerely acknowledge that our journey has not been without challenges. The global pandemic disrupted the normal course of events, leading to the temporary suspension of our regular GAURAVA editions for past two years. However, as we transition back to a semblance of normality, we are proud to present this edition as a testament to our resilience and unwavering dedication. It portrays the very best that Rosebud School embodies, a symbol of our commitment to delivering excellence even in the face of adversity.

At Rosebud School, our vision is intricately woven with the idea of nurturing an environment that promotes holistic growth, empowering young minds to embrace their roles as responsible global citizens. Our mission goes beyond imparting knowledge; it aims to instill values, foster critical thinking, and ignite an enduring passion for continuous learning. GAURAVA, our annual magazine, serves as a canvas where we paint the picture of this vision. This annual publication goes beyond a simple compilation of articles and artwork; it encapsulates the very core of the creativity, dedication, and hard work that our students and teachers pour into their respective roles. For all their hard work and dedication, I extend my heartfelt gratitude to the editorial board and all individuals who extended a supporting hand in crafting an outstanding collection that mirrors the varied interests and talents of our student body. I'd also like to take this moment to express my sincere appreciation to our esteemed educators and the entire Rosebud School community. Your steadfast support and unwavering guidance



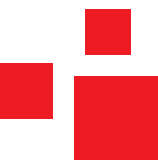
continue to mold our students' minds and lay the very foundation of their future success. Together, we form a harmonious community that champions curiosity and fosters an environment of constant growth and learning.

As you delve into the pages of GAURAVA, I encourage each one of you to not just enjoy the creative contents but also reflect on the ideas and perspectives shared herein. Your constructive feedback matters greatly to us, as it fuels our efforts to continually improve and evolve. Together, let us embrace the spirit of collaboration and strive for excellence, ensuring that Rosebud School thrives and flourishes in the years to come.

May your journey through the vibrant pages of GAURAVA be both enriching and enlightening.

Happy Reading!

**Antoo Shrestha**  
**Chairman**  
**Rosebud School**



## Gaurava: Our Pride

Dear Readers,

Welcome back to another edition of GAURAVA, where we take pride in celebrating the achievements and unity within our school community. As we embark on a new academic year, we find ourselves filled with optimism and excitement for the opportunities that lie ahead. GAURAVA magazine serves as a reflection of our collective efforts, showcasing the values that define us and the milestones we achieve together.

At Rosebud School, excellence is not just an aspiration but a way of life. We take great pride in our students' academic achievements, their commitment to learning, and their dedication to personal growth. The pursuit of knowledge is ingrained in our school's ethos, and we encourage our students to explore diverse fields of study and develop a lifelong passion for learning. GAURAVA magazine is a reflection of our commitment for the same.

We firmly believe that education is not just about academics; it is about nurturing well-rounded individuals with diverse interests, knowledge and talents. GAURAVA magazine is a testament to the vibrant artistic expressions of our students. From captivating artworks to thought-provoking poetry and inspiring essays and stories, we celebrate the creativity that flourishes within our school's walls.

As we flip through the pages of this edition, let us take pride in our achievements and be inspired to continue striving for greatness. GAURAVA magazine is a testament to the spirit of our school community, where excellence, unity, and innovation converge to shape a brighter tomorrow. As the Editor-in-Chief of GAURAVA magazine, I extend my heartfelt gratitude to each one of you for your unwavering support and invaluable contributions in bringing this publication to life. GAURAVA is not just a

magazine; it is a testament to the dedication and collaborative spirit that defines our school community. I want to express my deepest appreciation to all the contributors who poured their hearts and souls into this magazine. Your creativity, talent, and hard work are evident on every page. From your insightful articles and captivating artwork to your inspiring poems and thought-provoking essays, you have added depth and brilliance to GAURAVA. Your unwavering commitment to excellence has set a high standard for future editions, and I commend you for sharing your unique perspectives with our readers. Behind every successful student and every meaningful story lies the dedication of our remarkable teachers. Our tireless efforts in shaping young minds, encouraging creativity, and fostering a love for learning have been instrumental in making GAURAVA what it is today. Your guidance and mentorship have empowered our students to explore their passions and push the boundaries of their abilities.

To the students reading through GAURAVA, I would like to say that this magazine belongs to you. Your enthusiasm, curiosity, and boundless energy are the driving force behind this publication. Your willingness to embrace challenges and strive for excellence inspire us all. You have shown resilience and determination, making the most of every opportunity to learn and grow. The diversity of talents you bring to our school community enriches us all, and we are proud to showcase your achievements in these pages. Your dedication to making a difference in the world gives us hope for a brighter future.

Let us move forward together, supporting and uplifting one another, as we carve a path towards a future filled with promise and possibility.

**Beni Bahadur Karkee**  
Editor-in-Chief





## Rosebud: The Expedition

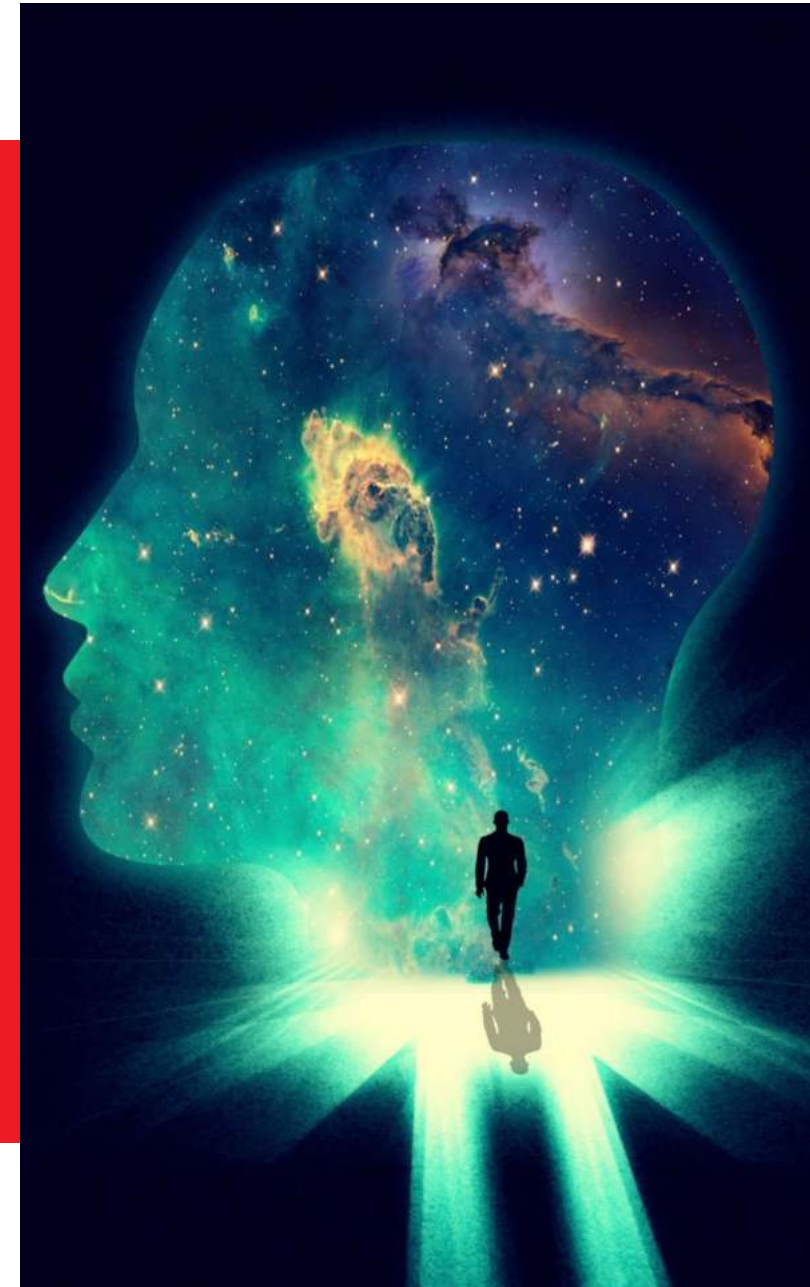
**I**t is rightly said that “Memories are the timeless treasures of the heart.” And today at the door step, I am left with such vivid and heartwarming memories. In 2012, I first stepped into Rosebud. And today after 11 years, I am moving ahead with not just reminiscences but some valuable moral lessons, life skills, learnings, love and grace. Here, I am provided with 3M's i.e. Moments that I created, memories that I made and Morals that I established.

They say life is hard and you have to work rigorously. But rosebud taught that life is a gift and you have to work holding compassion and modesty. Rosebud provides us a child-centered learning environment and assists us to have a healthy, intellectual, physical and emotional growth and prepare ourselves for life in this contemporary world. It has always emphasized on making its students independent, strong, prosperous, and empowered citizens of the nation. Everyone held the hands of their teachers to take their first small steps into the school. To grow and shape a student, students and teachers effort and battle together by the same force. Students become the subject of the teacher's actions, the target of the teacher's thoughts, and compliments of the teacher's endeavors. The greatest triumphs show up as the outcome of such unanswerable efforts. Dear teachers, I express my sincere gratitude for your consistent support, care and love.

It's time to leave my childhood behind as I enter a new world to furnace my paths. However, I cherish the efforts, triumph and experiences gained so far. From learning a new language to making the old one better, it was all about moving ahead. However, I was blessed with the most prestigious opportunity i.e. holding the title of the 'School Captain'. Being a school captain was a big responsibility and a privilege at the same time. I came across the wide range of operations that work for the daily functioning of school. It made me responsible and flourished the leadership capabilities I had within myself. It has unequivocally assisted me in my holistic development which in turn is the motto of Rosebud.

Everything that has a beginning must have an end; a few years back, I started my journey of schooling, which has come to an end. Yet, I say it's a new beginning. It has opened the door of new experiences and better opportunities and I believe all learnings from Rosebud will be my assets throughout this life. This is a journey which is more beautiful than the destination.

**Sukriti Lamichhane**  
School Captain



## A common message

Dear Teachers,  
Thank You!

**T**hank you in playing a significant role in shaping the lives of your students. Thank you for providing guidance, support, and inspiration that can stay with us for a lifetime. In this writing, I would like to express my gratitude and thankfulness on behalf of every Rosebudian to our teachers for their dedication and hard work.

Firstly, teachers inspire passion and ignite curiosity in their students. They have a unique ability to create an environment that encourages learning and exploration. Through their engaging teaching methods and personal anecdotes, teachers can make even the most challenging topics exciting and interesting. I still remember the time during grade 5 when our science teacher demonstrated the composition of solar system. As a result, students develop a love for learning that can last a lifetime.

Teachers provide guidance and support to students. They recognize the unique strengths and weaknesses of each student and work to help them overcome their challenges. Though they can be a bit harsh sometimes, they take the time to listen to their students, understand their concerns, and provide the necessary resources to help them succeed. They offer encouragement, motivation, and a sense of direction that can make all the difference in a student's academic journey. They challenge their students to push themselves to their full potential. They recognize the abilities of their students and set high expectations that inspire students to work hard and achieve their goals. Through their constant encouragement and support, teachers create an environment where students are motivated to strive for excellence.

Thank you for creating a sense of community within the classroom that fosters positive relationships between students and teachers. They embody



the values of hard work, dedication, and perseverance that they instill in their students. Teachers are respected and admired by their students for their knowledge, expertise, and wisdom. They are often remembered fondly by their students long after they have left the classroom.

In conclusion, teachers play a vital role in the lives of their students. Their persistence, commitment, and unwavering support inspire and guide students on their academic journey. I am grateful to all the teachers who have made a positive impact on my life and the lives of countless others. Thank you for all that you do.

**Sampada Thapa**  
Chief Prefect

## Death Ground Strategy: The Art of War

“**Y**ou are your own best friend and your worst enemy”, inspired by Sun Tzu’s ‘The Art of War’, this quote mirrors out how an individual can at times be his best friend as no one knows him better than himself while also being his worst enemy as he is responsible for his own wrong decisions and lack of proper judgement. Moreover, a person tends to only be half-involved in what he does unless it does not seem urgent for him. Over the centuries, great military commanders have used this trait of men to rework their weaknesses and convert them into their biggest strength in order to gain an upper hand in the battlefield using the death ground strategy.

As a matter of fact, we are our own worst enemy. We waste our precious time anticipating the future instead of embarking into the present. Since nothing seems urgent to us, we are partly involved in what we do. The only way to change this is through our own undertakings and external pressure. When we put ourselves in situations where we have too much at stake to waste our time or resources and we cannot afford to lose, we won’t. We must cut our ties to the past, enter unknown territories where we must depend upon our wits and vigour to see ourselves through. This state of desperation is called the ‘death ground’ where people perform three times beyond their caliber as a survival instinct.

Sun Tzu who thrived in the fifth century BC mentions a captivating manoeuvre called ‘Death Ground Strategy’ in his renowned book, ‘The Art of War’. Since the ability to perform significantly better under desperate circumstances is not limited within an individual, the same strategy can be applied on soldiers during a war. When the soldiers in an army are made to believe that they have only two options left; either to achieve the objective or to get completely annihilated by the enemy forces, they will outperform themselves by choosing the first option. Sun Tzu observed the same with his own army. Whenever he would send his army into battle with no possibility of an escape, they would summon up the courage and

the spirit necessary to defeat the enemy because they have no choice but to fight and survive. The execution of this tactical manoeuvre led Sun Tzu into victory over an army of 300,000 soldiers when he had a force of 10,000. When we look into the past, the armies which are placed at their death grounds (either deliberately by the commander or due to ill-fated order of events), have either won great victories or gained an upper hand over their enemies not necessarily with an immediate success. The best example of the death ground strategy being used to give the enemy a pyrrhic victory (a victory where the casualties outweigh the benefit) was at the battle of Thermopylae in 408 BC where the Spartans were successful in breaking the momentum of the 300,000-strong Persian army where all the Greek city states were rallied into a war with Persia as the aftermath of the battle. Although the Greeks were killed to the last man, the Persians also sustained heavy casualties as the Greeks were fighting on their death ground and were well aware about their odds of surviving.

Similarly, Hernan Cortes used the death ground strategy on his own army in Mexico by cutting the supply line and contacts with Cuba by burning his own ships where he left only one option to ensure the survival of this army; to march on Tenochtitlan, the capital of the Aztec empire. This led to the invasion of Mexico in 1521 AD which had a prominent role in the Spanish colonization of America. In June 1944 AD, the British, American and Canadian forces invaded Normandy which was located on the northern coast of France. When thousands of boats arrived at the beachheads in Normandy, as the allied forces opened the doors of their boats, soldiers were gunned down by the Germans before they even got off the boat. Few soldiers who were lucky enough to survive the firing of the Germans were situated in a far more disadvantageous position than their enemies. The soldiers who successfully landed on the beaches had no option but to defeat the enemy. They eventually found a way to fight and survive in spite of the scarce resources and ammunition which led to the victory of the Allied forces. This moment is considered as the turning point in the western front of the Second World War.



Personally, we tend to have many backups in life in case we make a blunder with what we are doing. We feel secure and we are not afraid of making mistakes. However, when we eliminate our backups in life or forget about their existence, we can propel ourselves to give our best in order to achieve our objective as we cannot afford to make a single mistake. All we need to do is create a sense of urgency and desperation to put ourselves on our death ground in order to boost our competence for achieving the unimaginable. When we have no other option than accomplishing our goal, we will be determined in pursuing it with all the strength and courage we are able to muster. We have more power than we realize, but it goes untapped because we feel safe. Sacrificing our comfort pushes us to the extent of utilizing all our strengths because we won't be able to bear the consequences of failure.

The death ground strategy has been used on multiple occasions which had a pivotal role in shaping our history. This strategy helps in converting our weakness into our biggest strength and the best motivation in order to achieve great things in life beyond one's imagination. What Sun Tzu has taught in 'The Art of War' has been used by proficient tacticians in the past which gifted them with great victories in the battlefield. Similar strategies can be applied in our lifestyle which pushes us to be at our finest. What hidden abilities lie within an individual is determined by how willing he is to risk leaving his comfort zone. Thus, a person can perform three times beyond his abilities by giving up his comfort and lessening his reliance on backups in life.

**Prabesh Acharya**  
**Grade IX**  
**School Vice-Captain**





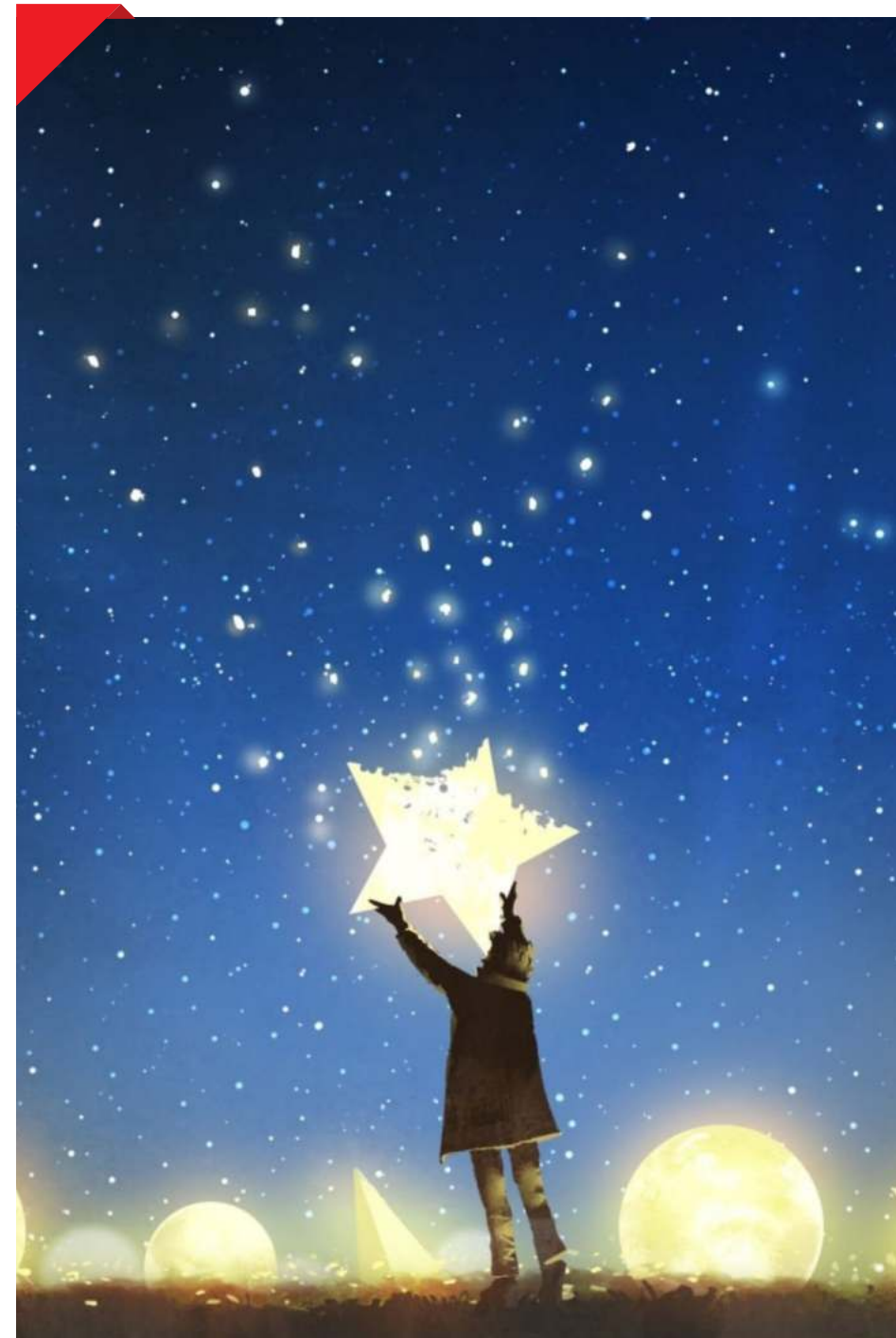
## Dream

**‘I don’t worry about the future as it will come soon’**

**– Albert Einstein**

**H**umans will and never aim for one dream. The dream may change any day and anytime. But at last, you are always good at something that you didn’t think of. If your art is good you want to be an artist, if you are good in mathematics you want to be a mathematician. You see, you will never focus on one dream. Your states of how good you are will always change. Sometimes your art is good, maybe the best in the whole class but there is always someone who you think is better. You will give up as being lower in something than them. You think others are better than you in this and that. That is because we humans just don’t get satisfied. You will try something new and eventually get better but seeing someone doing better than you, you just lose all your hope or get jealous. You will try so hard but after seeing someone else better at it than you... You get jealous, think you can do so much better but after all that you work on a new dream again... You may want to be a teacher now but who knows if you will still aim for that dream? And I am not saying having multiple dreams is troublesome. I want to be a writer. But when I was younger, I wanted to be an artist. You learn something new and think of becoming better at it so, you will be the master at doing it or get a job at doing it in the future but what can I say, maybe you will still chase and aim for that dream or you will try something new and forget about what you ‘wanted’ to be... And again, having said all that, I am not saying to stick to one dream. You can and are allowed to try new things as many as possible. Maybe I will become a well-known writer in the future or maybe I won’t. Maybe I will have a new interest or maybe I won’t. It’s the future, no one knows what is coming. Its better to try new things than stick to one, maybe someday it will be unexpected to be someone who you never thought you would. You will never know what is waiting for you outside the door.

**Shaumya Singh Chhetri**  
**Grade VI**



## The Battlefield

Those perfectly imperfect memories left behind is what makes life  
Life- a battlefield, a battle with one's emotion, with one's scars and  
with one's path

Even within this ambivalent journey of life lies shimmering hope

Hope isn't something that's perceived

It's a reality that's molded

And why shouldn't it be?

Sometimes even the slightest of desire

Can become the biggest reason to keep on going

Life is a never ending loop of battles

Like any other teenager going through puberty

Our battlefield is an overflowing river of emotions and insecurities

Guided by our own inferiority complex.

**Divyamsha Khadka**

**House captain**

**Rugosa**



## The Attack

Life is about facing every obstacle  
And any trial that is obstructing our path.

Be acquainted with your inner self

Even when everything seems unfair,

There is always a ray of hope

HOPE that keeps us going

Moving forward and not quitting.

Life without Hardship is absolutely pointless

Let nothing overcome you.

Do not suppress your life and dreams

Rise up and shine to your fullest!

Your future depends upon you

Shape it accordingly

Be certain at what you choose and where you go

Because nothing is permanent in this life

Even life isn't permanent. However,

At the end

Our life keeps on moving and we just go with the  
flow, always.....

So Attack when needed

In any possible form.

Rise, Roar, Revolt

**Aadhar Bhattarai**

**Grade X**

**House captain**

**Osiana**

## The Triumph

In between the lines of trial  
Our life flows,  
To let which one strikes us, will depend upon us  
This will pass and you will be the better version of yourself.

You feel like your growing is halted  
And your life is reposed under a cold ground.  
But it is just feelings,  
The results will not dissatisfy you  
How you overcome it will justify how you survive.

You may think you are dry heaving but as they say  
Every hardship you endure has a meaning.  
You feel like you can't be spared, like it's crushing your soul.  
You continue until you correlate to life  
You always have an absolute second chance  
Don't waste it!

What died and lived between this will haunt you  
But that's the final step  
To the happiness you've dreamt of  
As it comes without a price  
That's where the satisfaction part is met.  
All the perhaps, mishaps, forlorn  
And mainly the almos'ts  
Finally paid off.

**Gracy Phungma Kunwar**  
**House Captain**  
**Sericia**

## The Light

A gentleman can withstand hardships: it is only the small man who, when submitted to them is swept off his feet. Life is hard and hardship resembles life. The day an individual stepped into this heavenly world, journey of hardship had begun. Empty handed individual yesterday, is running in the relay of effort for their goal today. Journey of effort leads to success and no individual can achieve their ambitions without suffering. We humans including all lifeforms have to bear the burden of hardship in all forms in our lives. No matter in the battlefield, efforts or success no path can be paved without the plan of hardship. We humans are the one who have piled up the hardship itself. No pain no game, like this saying we cannot make our path easy or change the rule of nature. But, we can keep in mind that hardships or efforts today often prepares ordinary people for an extra ordinary destiny.

**Aastha Parajuli**  
**Grade X**  
**House Captain**  
**Europa**





## “The worst that Pandemics could do was simply hinder few schooling processes, but not the child’s opportunities to learn”

I am not of the opinion of making my readers have a long boring experience reading an elaboration of how life was disrupted during the severe out-break of COVID-19 pandemic. We all have a lived experience that requires no detail. Among many worrying voices raised during those unprecedented circumstance, disruption of schooling activities and its possible impact on children’s learning was one among many discussions. With the implementation of the lockdown and students forced to stay indoors, there was a serious growing concern that children’s opportunities to learn would be severely hindered. Educators, parents and students all seemed seriously concerned about the possible lapses it would create in children’s learning achievements. But to a surprise, when we evaluate how children’s learning has been, studies have shown that this hasn’t necessarily made an impact as assumed. It seemed to have to some extent hindered a few schooling processes, but did not harm much in areas of the child’s opportunities to learn.



The pandemic opened the gateways to introduce new innovations by rethinking on our traditional approaches to education, and did highlight the importance of flexible teaching methods. Schools with

closed shutters ventured into homes and reached their kids through online learning tools. This provided the students the opportunity to continue their learning activities despite the challenges posed by the pandemic. The online learning also allowed students to access learning materials and connect with their teachers and classmates from the safety of their homes. Although the pandemic undoubtedly caused a lot of uncertainty and upheaval, it also presented an opportunity for innovation and adaptation in the way that we teach and learn. Schools and educators have had to quickly pivot to remote learning, using digital tools and technologies to deliver lessons and engage with students. This allowed children to continue learning, even in the face of school closures and social distancing measures.



The advent of digitization and technology has brought about several changes in education sector. In the initial days, digital knowledge gap in teachers and students had issues like lack of clear strategy or direction for the digital adoption, incomplete knowledge of the skills which needed to achieve practical adaptation in real-life teaching scenario. The change and a shift in the education sector invited buy this gap played a vital role in knowing the scope of education in the coming years. It played a significant role in helping students and teachers to adapt and enhance their skills in being acquainted to the new era of virtual teaching learning process.

To further examine the impact in detail and explore how the lack of digital knowledge made an impact in the teaching learning process and to bring forth the struggles undergone both by teachers and students, I conducted a survey at Rosebud School among students, teachers and parents in the foundation grades. With a set of questionnaires, I tried unearthing the experiences undergone in their part. Taking the outcome of the survey, I reached a conclusion summing of the viewpoint collected during the research. I was opting to explore the viewpoints of people participating in the digital learning process and examine how the digital disruption in the education sector affected their ongoing teaching learning practices during those days. It was also intended towards studying the adaptability and resilience in both children and teachers to carry on with the pace of virtual teaching and learning activities.

Despite all challenges, the pandemic did highlight the importance of lifelong learning and the need for individuals to be adaptable and resilient in the face of change. As the world becomes more complex and interconnected, the ability to learn new skills and adapt to new circumstances will be crucial for success in work and life. the pandemic has been a wake-up call to the education system.

In conclusion, while the COVID-19 pandemic has brought significant challenges to education systems worldwide, it has also presented an opportunity for innovation and adaptation. Through the use of digital technologies and the development of new skills, teachers and children can continue to learn and thrive, even in the face of school closures and social distancing measures. The final conclusion of my survey with teachers, students and parents on this issue was also directed towards similar findings. Thus, it is time that we break the tradition of old days schooling and embrace the digital boon as one important innovation to the modern teaching learning practices at school.

**Prakriti Sharma**  
**Grade Teacher**  
**Primary School**

**But to a surprise, when we  
evaluate how children's learning  
has been, studies have shown  
that this hasn't necessarily made  
an impact as assumed.**

## Fake it until you Become it

**I**t can be easy to view performance as a one-way street. We often hear about a physically gifted athlete who underperforms on the field or a smart student who pounds in the classroom. The typical narrative about underachievers is that if they could just 'get their head right' and develop the correct 'mental attitude' then they would perform at the top of their game.

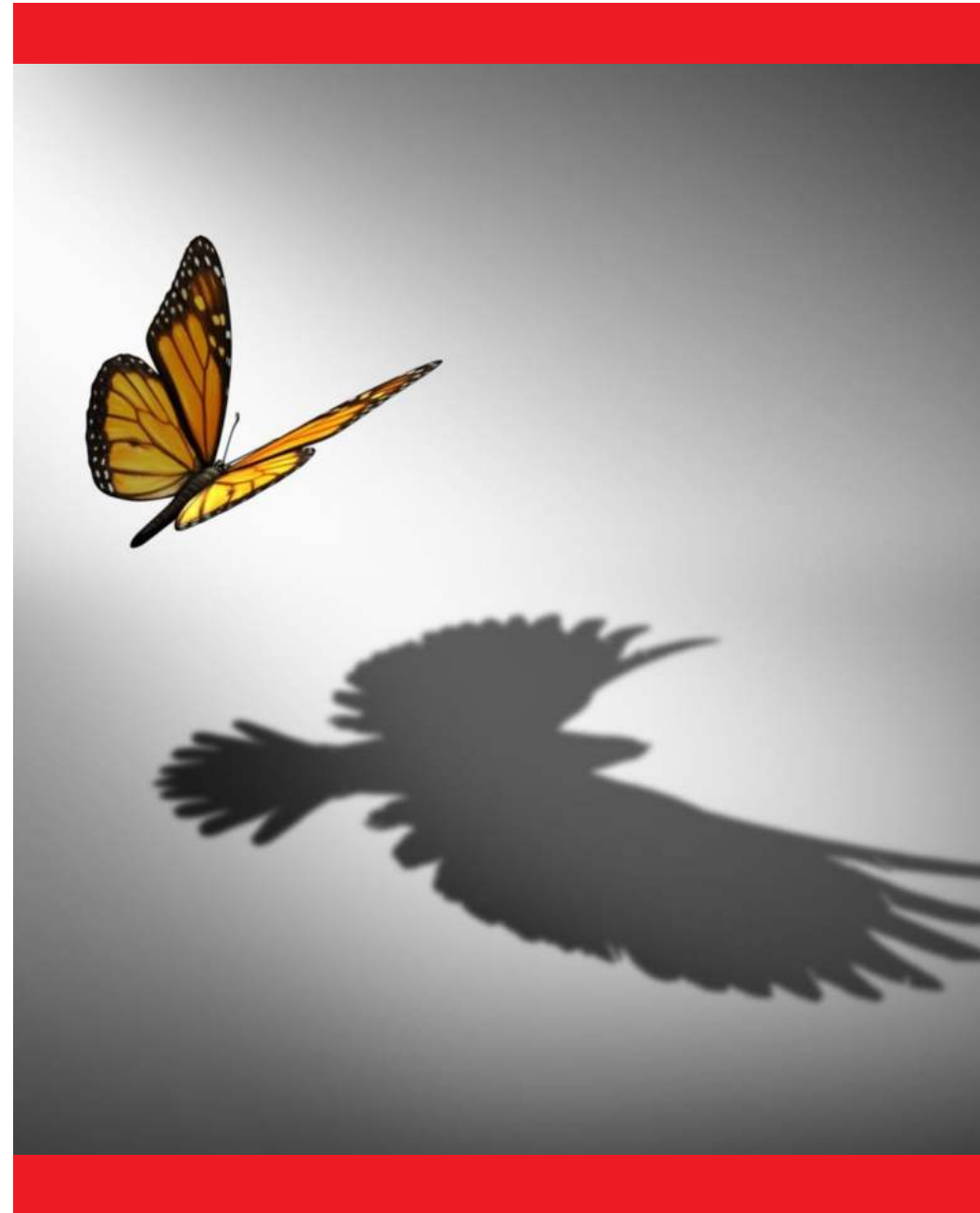
There is no doubt that your mindset and your performance are connected in some way. But this connection works both ways. A confident and positive mindset can be both the cause of your actions and the result of them. The link between physical performance and mental attitude is a two-way street.

Confidence is often the result of displaying your ability. This is why Garry Kasparov's method of playing as if he felt confident could lead to actual confidence. Kasparov was letting his actions inspire his beliefs.

These aren't just feel-good notions or fluffy self-help ideas. There is hard science proving the link between behavior and confidence. Amy Cuddy, a Harvard researcher who studies body language, has shown through her groundbreaking research that simply standing in a confident pose can increase confidence and decrease anxiety.

Cuddy's research subjects experienced actual biological changes in their hormone production including increased testosterone levels (which is linked to confidence) and decreased cortisol levels (which is linked to stress and anxiety). These findings go beyond the popular fake it until you make it philosophy. According to Cuddy, you can 'fake it until you become it.'

**Utsaha Bajracharya**  
**Grade IX**



# नेपाली समाजमा राष्ट्रिय स्वतन्त्र पार्टीको उद्देश्य



टिभी प्रस्तोताबाट राजनीतिज्ञ बनेका रवि लामिछानेको नेतृत्वमा रहेको राष्ट्रिय स्वतन्त्र पार्टी सङ्घीय र प्रादेशिक निर्वाचनपछि नेपाली राजनीतिमा नयाँ राजनीतिक शक्तिका रूपमा उदाएको छ। पार्टीले समानुपातिकमा उल्लेख्य सिट जितेको छ। जसलाई स्थापित राजनीतिक शक्तिहरू विरुद्ध ठुलो असन्तुष्टि भनिएको छ।

नेपालमा असल, इमान्दार, भ्रष्टाचारहीन नेताहरूको कमि छ, भन्नेकुरा समस्त नेपालीहरूलाई ज्ञान छ, तर खराब, निष्ठाहीन नेताहरूको भने यहाँ पहुँच अत्यधिक मात्रामा देखिन्छ। भोट माग्ने समयमा सम्पूर्ण नेताहरू देशको सुधार र उन्नतिको लागि भने असत्य वचनहरूको वर्षा गर्दै जनताहरूको आशा उचाल्ने काम गर्छन्, तर अन्त्यमा भने जनताहरूको उज्यालो भविष्यलाई अन्धकारको सागरमा डुबाई ती अभागी जनताहरूको आशालाई निराशामा परिवर्तन गर्छन्। यस्ता नेताहरूको यस निर्धनी कर्महरूका कारण आज हाम्रो देशले गरिबीको अन्धकारबाट मुक्ति प्राप्त गर्न सकेको छैन। रवि लामिछानेको नेतृत्वमा गठित यस राष्ट्रिय स्वतन्त्र पार्टीले देशको मुहार फेर्न प्रयास गर्ने विश्वास दिलाएको छ।

भ्रष्टाचार गर्ने निकै ठुलो अपराध हो र एउटा राष्ट्रमाथि यसका निकै हानिकारक प्रभावहरू छन्। भ्रष्टाचारीहरूको आतंकका कारण आज नेपाली समाज गरिबीको अन्धकारमा डुब्न बाध्य भएको छ। सन् २०२० मा नेपालको सार्वजनिक ऋण १४ हजार ३२७ मिलियन डलर अर्थात् १८ खर्ब ६६ अर्ब थियो भने सन् २०१९ देखि ३ हजार मिलियन डलर अर्थात् ३ खर्ब ९० अर्ब बढेको छ, भ्रष्टाचारले हाम्रो हितमा काम गर्ने सार्वजनिक क्षेत्रप्रतिको विश्वासलाई घटाएको छ, यसले महत्वपूर्ण सामुदायिक परियोजनाहरूको लागि छुट्याइएको हाम्रो कर वा दरहरू पनि बर्बाद गरेको छ, यहाँ आर्थिक हानि, असक्षमता, गरिबी, असमानता, व्यक्तिगत हानि, डर र असुविधा, सार्वजनिक र निजी क्षेत्रको निष्क्रियता, पूर्वाधारमा असफलता, आर्थिक र राजनीतिक प्रणालीमा धाँधली, दण्डहीनता र आंशिक न्याय आदि जस्ता गम्भीर समस्याहरू हामीले भोगिरहेका छौं। यस्तै जटिल समस्याहरूलाई जराबाट नै उखेलेर फाल्न हामीले रवि लामिछाने जस्ता निष्कपट,

जुभारू युवाहरूलाई देशको हितका लागि लड्न प्रोत्साहित गर्नेपर्छ/मद्दत गर्नुपर्छ। हामीले यस कठिन परिस्थितिबाट मुक्ति प्राप्त गर्नका लागि भ्रष्ट गतिविधिहरू उजागर गर्नुपर्छ। जुन अन्यथा लुकाइन्छ। सार्वजनिक क्षेत्रलाई इमान्दार, पारदर्शी र जवाफदेही बनाएमा गलत अभ्यासहरू रोकन सकिन्छ। सार्वजनिक क्षेत्रका कर्मचारीहरूले सार्वजनिक हितमा काम गर्न सुनिश्चित हुनुपर्छ।

हाम्रो देशमा यस्ता दुर्बोध पचेडाहरूको उन्मूलन गर्न यो धेरै आवश्यक छ र यदि गरियो भने हाम्रो लागि धेरै लाभदायक हुनेछ। एक बलियो भ्रष्टाचार विरोधी अडानले मौकिक जरिवाना, सम्झौताको हानि, आकर्षक बजारबाट प्ररुतबन्ध रोक लगाउन मद्दत गर्दछ। साथै वृद्धि र दिगो उच्च आयको प्रवर्द्धन, शिक्षा, स्वास्थ्य, पूर्वाधार आदि क्षेत्रमा तीव्र गतिमा गुणस्तरीय विकास गर्न सकिने, सन्तोषजनक रोजगारीको बन्दोबस्त गरी दक्ष जनशक्तिलाई खाडिमूलुकमा सड्न र राष्ट्रलाई प्रतिभा पलायन जस्तो गम्भीर पचेडाबाट जोगाउन सकिन्छ।

उनले यस पार्टीलाई संचालन गर्न अधि पनि यस राष्ट्र र यस राष्ट्रका जनताहरूको निक्कै सेवा गरेका छन्। सन् २०१९ सालमा उत्पत्तिभएको महामारी कोभिड-१९ को घातक आक्रमण विश्वका अधिकांश मानिसहरूले भोग्नुपरेको थियो। बालक देखि वृद्ध सम्मका सबै तह - तपकाका, सबैले गृह बाहिर खुट्टा समेत राख्न डराउथे। टाढा-टाढा गएर डिस्कोमा नाच्नेहरू त्यतिबेला नजिकको डेरी जान डराउथे त्यस्तो समयमा रोगीहरूको घर घर कुददै तिनीहरूको औषधी उपचारको व्यवस्था/बन्दो बस्त गर्दै असल नागरिकको भूमिका निर्वाह गरे। तापनि खुट्टा तान्नेहरूको भने मन अहिले पनि सन्तुष्ट छैन। उनको नेपाली जनताहरूप्रतिको अभिभावकत्वको यो ज्वलन्त उदाहरण हो।

**नाम :- ओजोन न्यौपाने**

**कक्षा :- ८**

## Is racism an act of mental illness?

**R**acism is a complicated and multifaceted phenomena that has gained a lot of attention in recent years. Others contend that racism is a result of societal and cultural issues, while some claim that it is a sort of mental illness.

Racism is characterised by irrational and harmful beliefs and attitudes, which is one of the reason people believe that it is a type of mental illness. Racism frequently rests on unfounded assumptions and preconceptions that are not supported by facts or logic. Racist attitudes and behaviours can also result in negative outcomes like discrimination and violence, which can seriously affect both individuals and communities.

However, many specialists contend that racism is a social and cultural phenomenon rather than a mental condition. Racism has its roots in historical and institutional injustices like slavery, inequality, and colonialism. Furthermore, a large number of individuals with racist attitudes and beliefs have not received a mental disease diagnosis.

Therefore suggesting that there is no connection between racism and mental illness because racism is a societal issue, not a medical one. A person's ideas, feelings, and behaviour can be affected by a mental illness, which is a medical condition. On the other hand, racism is a social problem that involves attitudes and ideas regarding various racial and ethnic groups.

To summarise, while some may argue that racism is a mental illness, the majority of experts and researchers believe that it is the result of societal and cultural factors. Understanding the complexities of racism is critical to addressing and combating it. Rather than pathologizing individuals who hold racist beliefs, it is critical to focus on addressing societal and structural inequalities.

**Aditi Pandey**  
Grade IX





## Books are better than Movies

**T**he more you read, the more things you will know, the more that you learn, the more places you'll go. Good afternoon and a warm Namaskar to everyone present out here. It's me Aanshia present in front of you all to deliver a speech on the topic "Books are better than Movies".

Books are the ocean of knowledge. Reading books helps everybody, especially the students, to become smart, knowledgeable, and intelligent. Books are the fundamental, primary and most important asset of our life whereas movies are secondary, mainly for entertainment, satisfaction and pleasure purposes. If we read educational books, we become scientists, doctors and engineers, but if we are addicted to movies, we become a movie addict/tv addict which will impact our life negatively. Spending so much time watching tv can lead to almost forgetting to eat, forgetting to sleep in time, and no time to do homework/ read books. It will decrease the productivity of a person when he/she can be doing so many other productive things instead of watching movies.

History books have helped us learn about the ancient times and about our past civilizations and how we have evolved to the modern civilizations. Whether it's about history, our modern innovations in science and technology, our academic and social life, books have impacted and helped us grow everyday.

In simple words, books provide us with education. Education is a ray of light in darkness and it's a human basic right. Education is extremely important for human development, better employment, communication, development and innovation of technology and to help enable an individual to express their views efficiently.

Importance and right to education is promoted globally. For example: Even the United national development, has listed education the second most important goal after poverty in the millennium development goals.

Recently, in the previous 5-6 months, Nepal has been promoted from an underdeveloped country to a developing country due to it accepting and following the millennium development goals. This shows us how much the government has prioritized education above others. However, movies are not in any way prioritized or given any importance by the government itself.

Books play a standard role in every student's life by introducing them to a world of imagination, providing knowledge of the outside world, improving their writing and speaking skills as well as boosting memory and intelligence. Furthermore, reading has incredible benefits for our mental development, it can make us a better person, more empathetic and a lot wiser. Books help you to improve memory, relieve stress, improve vocabulary, focus, learn different languages and develop analytical skills. Moreover, people who struggle with problems in language or want to improve their vocabulary, nothing but a good book can help you overcome it and help in improving self-love and self-confidence.

If books were more important than movies, then wouldn't the educational institutes be running a movie hall, instead of a school?

In my personal experience, books have given me an unlimited horizon to learn new things, become smart and confident and knowledgeable. Books have helped me to imagine what the character looks like, how they sound, where the action takes place. This has led me to love reading books more than watching movies. Not only this, but reading is a good exercise for our brain cells which will eventually make us intelligent.

Books have proved to be the key to the beautiful treasure of everlasting knowledge. Its importance in our life is magnanimous whereas movies on the other hand are just a source of entertainment to overcome our boredom. Thus, I would like to conclude stating that books are very powerful compared to movies in every aspect.

**Abhik Timilsina**  
**Grade X**

## Modern concept of Feminism

**M**odern concept of feminism is about ensuring equal rights and opportunities for all genders, respecting the diverse experiences, identities, and strengths of women, and empowering them to realise their full rights. It is not just important for women, but for every gender, caste, and creed. In fact, feminism empowers people and society as a whole.

In Nepal, feminism is primarily focused on promoting equity and equal opportunities. The feminist movement in Nepal can be traced back to Yogmaya Neupane's rebellion against the Rana regime in the early 20th century. Nepali society is traditionally patriarchal, with most women being placed below their husbands and fathers in the social hierarchy.

The feminist movement has brought about significant changes in society, such as women's suffrage, greater access to education, the right to initiate divorce proceedings, and the right of women to make individual decisions regarding pregnancy, among others. These changes have given women the confidence and independence they need to navigate society.

A common misunderstanding is that only women can be feminists. However, this is not true, as feminism does not seek to elevate the status of women above that of men. Instead, it aims to address systemic inequalities faced by women and create a more gender-equitable society for all.

**Aanshia Tandukar**  
Grade IX



## Life is a Present

**T**he best gift on earth is life. Everyone has been given a life. We only have one life to live. We must enjoy every bit of it. My name is Eva Paudel. The best gift I've got is a life.

I want to thank my parents because they gave me this life and brought me to this beautiful world. Elon Musk, Bill gates, Lionel Messi, Cristiano Ronaldo, Mark Zuckerberg, Alva Adison, etc. are all successful because they chose the right path in their life. We should always stay positive and never give up.

I really hope that one day I can make great contributions to mankind, and also give you all the confidence to never give up in life and set a meaningful example to all.

**Eva Poudel**  
Grade VI

## A Real Dream

I heard a voice in my dream,  
While I was still sound asleep  
I woke up at once, annoyed and terrified  
Only to realize it was the alarm's beep.

I searched the house all around,  
But found nothing but emptiness  
I assumed my parents had gone somewhere,  
But decided to phone them just in case.

Nobody answered and so I panicked,  
I let out a scream in absolute fear  
And before I could finish it,  
I could feel someone near.

A sudden gust of wind,  
Came blowing through the windows  
A strange aura surrounded me,  
When I heard the door close.

I ran hopelessly, aiming for a place,  
Where I could hide and protect myself  
I tripped over a peculiar object,  
In fear I couldn't even call for help.

And behind the window I saw a figure,  
It had green eyes, unlike mine  
It was indistinguishable dressed in black,  
It sent shivers down my spine.

With a sudden snap, rather unpleasing thrill,  
I woke up from, a frightening dream  
The alarm was still ringing, when I noticed,  
The same peculiar object that had tripped me.

**Adwitiya Shakya**  
Grade 9

## Glimpse of a 10<sup>th</sup> graders' morning

Wake up! Wake up!  
That's the sound you're going to wake up to. It's  
either that or a siren similar to that of a war.  
What?  
Don't want it?  
Well, too bad.  
You somehow wake up and it seems like a middle  
of some dark night  
And the only thing bright is the fluorescent light.  
Dress up in the cold winter morning with your  
freezing toes  
Only for your mom to shout at you, I suppose.

Walking to the bus stop down the tacky road  
With the only energy you had, about to get flowed.  
Waiting for the bus, waiting for the van  
Wanting to just run while you can.

With no choice, you enter the vehicle  
With your mood, just so cynical.

Walking up the long flight of stairs  
You talk about all the affairs.  
Then, you enter the class,  
Which you only want to surpass.

When the teacher approaches  
Off your body dozes.  
As the teacher is departing,  
Your day is just starting.

**Ayushma Rajbhandari**  
Grade X

## Highschoolers should be allowed to choose their own curriculum

**H**igh school is the building block of an individual's personal growth. We all students are in search of knowledge in almost every sector we desire. We all are certainly good in vivid fields of knowledge so our results should not be judged on the basis of a mere exam. Maybe they are the building points for raising motivation and the spirit of wanting to be academically acclaimed but are they actually enough to overthrow one's desire to express their interests through various other fields of knowledge and self-improvement processes? I don't think or agree with the general fact that one's desire or wish to be someone better for their personal reason should be judged by a mass of individuals and certainly count their hard work as not qualified or not reached to a certain expectation.

To start things off, it is crucial to remember that freedom of choice is a thing that is as important as living in the modern world, meaning that in many developed countries it is mandatory for schools to let students pick their desired subjects and gain more concrete knowledge. There is a fair chance of wanting to value the interests of upcoming youths of the world. Surely, the fact that students get a really strong base in all subjects is great, but in most cases that knowledge will not be as deep and concrete for that student to be interested or choose a certain career path whereas, you can easily get a lot of useful knowledge on how to work with something in the future. For example, a computer software programmer will not need the deep and intimate knowledge of chemistry, while they would still need to learn it at school instead of spending this time working on actual programs which will assist them to plan out a brighter and more sophisticated future as a programmer.

The curriculum schools utilize today was formed in the past years, a time when society was not as similar to the present date. Schools have the potential to become enjoyable places for students if they are doing something that will truly help and prepare them for what is to come in their near future. Instead of forcing students to sit in a classroom all day that bores or doesn't quite catch their interest, schools should be encouraging students to pick classes that will resonate with them throughout their life. The classes offered in school should be seen as an option and students should be able to pick which ones they will need or want to learn. As a result, they should be able to experiment and find themselves throughout the creative process. High school can give students a snippet of what is coming ahead of them in the future when they are set out on the fields with bare hand resources, which are to be chosen by their own will and utilized for their own prosperity.

The act of learning anything which will enhance our personality for our own personal benefit is known as academic/educational freedom. Educational freedom really matters to us, students. The youths are brought up and raised in a situation where their results matter the most. We should be given chances to express ourselves through our own creative ideas and thought processes and they should not be validated by people. No one is capable or responsible enough to actually categorize other individuals' skills and knowledge. We all are the necessary funds for the continuous development that our society requires so we all should be prioritized.

This is completely my opinion as a student and I mean no harm or disrespect to any other individual !

**Aarakshya Bam**  
**Grade IX**





## Do video games promote violence?

**Y**ou are just stuck at home with nothing to do. Or you just returned from school, college or work, exhausted and kind of bored. You don't want anything else but something to cure your boredom. Then, apps, especially video games and social media, are like "We are here for your service". It does a great job defeating boredom and tiredness.

For now, we will just focus on video games. There are so many fun games that you can play in your spare time, so many games that if you got 100 rupees for the existence of 1 game, you would literally be the richest person on this planet. There are lots of types of games to choose from; like RPG, building, casual, educational, arcade, strategy, online, rage, and many more. There are so many games that have gained popularity worldwide; like Roblox, Minecraft, PUBG, Fortnite, Among us, and many more.

While all this seems fun, there is a bad side to games. Some video games are based on violence. They hold contents that shouldn't be seen by all. Playing games can also be a huge waste of time, and can cause you to get addicted to playing those games. Playing too many games can also cause lack of concentration.

There is a lot of debate on whether video games promote violence. But for me, they don't exactly cause violence. Before you start ambushing me, let me explain myself.

So, some games are unacceptable and do contain violence. But, there are other games that do not contain violence and can be played by anyone. They are extremely fun. The developers can easily not include violence. Is it that hard to not do that? But, we should also be smart, and not play video games that contain and promote violence. Video games actually have advantages too. Playing video games encourages teamwork. Video games teach you to be a better problem solver. There will be something good in something bad. As Abraham Lincoln once said, "For every selfish politician, there is a dedicated one. For every scoundrel, there is also a hero." It is going to be difficult separating the "good" and "bad" kind of games, but it will be worth it.

If you think video games promote violence, I am not complaining. Who am I to criticize opinions harshly anyways. But if I was asked if video games promote violence or not, my answer would be "not really".

**Anushrut Malla**  
**Grade IX**

## A World without CONFLICTS

**W**e live in a world conquered by human intelligence and advancements. Therefore we are the most dominant creatures in the world capable of shaping the world in our own way. And with such intelligence comes diverse opinions, people with different mindsets, thinking and perspective. When different such mindsets and opinions collide with one another, it can be referred to as “conflict”. In simpler terms, conflict is the condition where an individual or an organization undergo an argument and dispute within oneself or with another individual or organization with different opinions, about a certain topic, usually for obtaining a definite answer. Conflicts are nothing new for the humane society as they have occurred far behind in the past and are still prominent to this day.

In this era of competitiveness, conflicts take place far more often than we can anticipate. From a subtle disagreement within an individual, a small quarrel between family and friends to political disputes and literal warfare, it can occur anywhere, anyhow. Such conflicts can lead to hatred, frustration, disparity, enmity, insecurity, injustice and subsequently death. Conflicts cause violence among people and parties. A person stuck between two minds cannot perform his daily activities smoothly and it hampers his/her efficiency during work. Two political parties clashing against one another hampers the development of the state and the nation. People arguing with one another can harm or seriously injure the other. These few examples suggest us that conflicts are an obstruction in our society and must be eradicated right away. Well, what would a world without conflict look like then?

At first glance, when we think of an idea of a world without conflicts, we may be thinking about the peace and prosperity, the unity, cooperation, respect and improvements it would bring to our society, our lives. The political achievements, the rapid development of business companies and living standard of people, mutual tolerance between religion and education would all be possible in a short period of time. No disputes, no warfare,



no disagreements, only peace and welfare. Correct? Wrong! As we dive deeper into this concept we start to notice its fatal flaws. “A world without conflicts means a world without opinion. A world without opinion is a world without intelligence. A world without intelligence is a world incapable of progressing and adapting, which will suffer from primitiveness. A world without conflict is a world with brainless, inefficient and pessimistic souls deprived of the ability to live a dynamic, progressive and adaptive life that we human beings are living. Therefore human society without conflict is impossible. Our dominance in this world would cease to death.”

So then, how and why are conflicts vital for humans and humanity? Although we are well aware of the destructive potential of conflicts, we must also know that in every bad, there is a good hidden in order to maintain balance, it is the rule of nature. Conflicts too have a handful of benefits and good properties. In fact, conflicts can be considered a major part of the development and superiority of human society. Yes! Conflicts create violence, but in the process of conflicts, involved individuals and parties get to know their flaws in their opinions and it can be improvised, modified and developed. In summary, conflicts grant us humans the

ability to decide what is right and what isn't and perform accordingly. Conflicts promote competition which promotes the urge and desire to motivate oneself to do better and better. Conflicts help society realize its weaknesses and spontaneously encourages development. Conflicts help better understand a topic and extract as much knowledge and information from it as possible. Conflicts provide an opportunity for all people to unite and fight off various social obstructions. So we can clearly admit that "conflict is a major reason for the progress in human society and simultaneously a prominent cause of dispute and violence". Hence we must implement numerous processes and spread awareness to people in order to make conflicts less destructive and disastrous.

For that we have to accept the fact that we aren't the smartest and most knowledgeable person in the world. There is always someone better than you and they are capable of finding flaws in your opinions and ideas. We must keep aside our pride and take our flaws as an opportunity to improve ourselves and our ideas. After all, conflicts are destructive because we make them destructive. Ego and pride shuts down the ability of acceptance and broad thinking. We must respect all peoples and their opinions regardless of their gender, age, religion, physique, mentality and more. We mustn't let our ego get in the way of social, individual and overall development. So instead of dreaming of a world without conflict, why don't we dream of "conflicts without ego and pride" because it definitely is possible. A bit of conscience, understanding, respect, dedication and cooperation can lead us to the creation of an elegant and seemingly flawless world. We must learn to create a better environment for the prosperity of our dominant society. Only then can we move on to a new and better chapter in the fascinating book of reality.

In the end, the future of this human dominant world lies in our hands and conflicts without ego and pride take us a step forward every time, toward the wellbeing of the world and the entirety of mankind.

**Adwitiya Shakya**  
**Grade IX**



## Beauty Pageants: Opportunity or Misfortune

**B**eauty pageants are basically a group of girls competing to be more “beautiful” than the other. The girls participating in beauty pageants must be what the judges label them as “eye pleasing” or in simpler words, meet the beauty standards set by the judges.

To ensure that only “beautiful” girls participate in these pageants, the girls interested are to be involved in a programme to change themselves radically. These girls must talk in a certain way, walk in a certain way, smile and laugh in a certain way, and even express themselves in a certain way. The trainers claim that these things are necessary for these ladies in order to appear “graceful”. The girls participating must have a perfect weight, perfect height, and perfect body measurements (perfect implying the measurements, weight and height set by the judges). To reach the “perfect” weight, these ladies are either forced to eat too much, or too little, which leads to various eating disorders among those participants. They are even given drugs to lose or gain weight. Beauty pageants claim to make the participants feel good about themselves and make them more confident, but these pageants are about fitting a certain beauty standard which just leads to more insecurity.

The girls participating in beauty pageants have been targeted by men. These girls have been asked for sexual favors, and have even been sexually harassed or abused if they decline. The trainers make the girls overwork themselves, and again, give drugs to the girls so that they are able to stay awake/not get tired. Most of the girls who have participated in beauty pageants develop eating disorders and self-esteem issues. At some beauty pageants, the participants bully and degrade each other to make themselves feel superior to the other person. This results in a great decline in the mental health of those participants.

Beauty pageants do provide an opportunity for fame, and to have a platform to speak up. But this is not the case for everyone. The negative effects of beauty pageants are much more than the positive effects, so it is more of a misfortune than an opportunity, and thus, these pageants must come to an end.

**Neeti Pokharel**  
**Grade IX**





## These Illusions

I've come to a conclusion  
That the whole world is an illusion.  
What is the deal?  
These scripts written in our mind,  
All the wonders you'll find,  
Perhaps none of it is real.

The ground, the sky, the entire world  
It all seems like a massive swirl.  
The trees, the sun, the rivers and grass,  
Just a glimmering string,  
It was only a dream,  
Even the birds that you saw pass.

The people; bustling about the streets,  
Only in your dreams do you truly meet.  
Who is this person that you call a friend?  
They too; do not exist,  
It does seem too odd to think like this.  
I wonder if this imagination has an end.

In front of our eyes is the landscape,  
But only in our heads does it actually take shape.  
The mind is strange  
The world; just a figment of our imagination,  
Simply a sonic creation,  
Yet nothing will ever change.

An illusion; the universe may be,  
However  
That does not mean you have to stop the discovery!

**Alora Ghimire**  
**Grade VIII**



## Him

He smiles like sunshine and walks like rain,  
a look at him and my heart beats different.  
He is a flower that blooms after the forest fire with traces of flame in his soul,  
Keep him close and he'll make you blossom in the darkest part of yours.

He is a jewel which makes the world implore,  
a piece of art with the colors we've never seen before.  
He brightens up my day with the sweetest tune,  
I wish for something and he turns out to be the boon.

His eyes when touched by light turn glittery,  
with such an innocence he holds an irresistible serenity.  
He is a bewildered flower that moves gently  
every time these winds of bliss sway gracefully.

His smile is worth a lifetime to see,  
forming the horizon of an enchanting reality.  
He holds the world in his enrapturing eyes,  
actually the only thing that makes optimism arise.

**Ayushma Rajbhandari**  
**Grade X**





## Importance of Sports in Teenage years

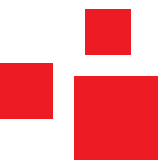
**W**e all love to either play or watch sports. According to google, an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment is known as sports. I personally play cricket in school as well as in academy (Great Himalayan Cricket Academy). It helps me a lot to keep my mind calm and free from all kinds of mental stress and pressure.

All of us are already aware that exercising is beneficial for us. Sports being a form of exercise also has great advantages. Playing sports is important, especially in teenage years. In my opinion sports are often undermined by the parents as well as the students. Nowadays students are more into online games and they devalue the importance of outdoor sports or physical sports. Sports and physical activities are important in every age group but even more so in teenagers because it helps in the proper growth and development of both mental and physical state of

the human body. Sports teaches us the value of discipline, teamwork, leadership and humility. For me personally, sports has taught many useful things such as success and failure are the alternate steps of life. It also has boosted my self-confidence and helps me to keep my stress and anxiety away.

Sports help in personality development and enhance sportsmanship spirit. Teenagers can have a bright career in the sports field too. A good sports person will definitely lead his life with a positive attitude. Participation in sports is helpful for everyone. We must regularly take part in at least one sport to stay fit and fine. Teachers and parents should also encourage children to participate in sports.

**Arbhan Singh**  
**Grade IX**



## Time: A limitation!

**T**ime is a strange concept. It is static yet constant. It itself is uncontrollable yet controls most of our lives. From the moment we are born people chase time. They run in hopes of catching up to it. Students chase homework deadlines, office workers chase project deadlines.

Time is precious. Time is fleeting. Time is ruthless.

Children turn into adults and adults grow old. People are born, they live, they grow old, they die and the cycle continues. Some are lucky, some not so much. Some get to see their grandchildren grow, some don't live past their own childhood. And so people are always anxious, the possibility of their death looms over them. And they become so fixated on it that they forget to live.

Time is infinite. Time is never-ending. Time is limited.

Moments turn into stories as our bones become brittle and our skin gets wrinkly. What was once the most embarrassing thing we've ever done has now become a passing memory. As time flows, we forget, we forgive and we move forward. And one day it all comes to a halt. People love preaching about the equality of time but time isn't equal. Everybody is given a different amount. Time isn't conditional to one's character.

Time is unstoppable. Time is impartial. Time is unfair.

Time can make efforts seem futile, it can grow tiring. But everybody has the option of capturing what little time they have. If moments turn into stories, let's create good stories. Let's live in the present, in the moment and grasp all the happiness we can. Do the things you're scared to do. Do brave things and cherish the little ones. Collect

love. Collect happiness. So that one day when the final chapter of your story ends, you can look back and not regret a thing. Time is exhausting. Time is tiring. Time is an opportunity.

So that in its epilogue you can say that you made the most of all you had.

That time didn't limit you.

**Jagriti Panthi**  
**Grade X**



## Nepal - Unity in Diversity

**T**he word unity refers to wholeness, harmony, solidarity and peace whereas diversity refers to variation or diversification. Nepal is a small and beautiful country situated in South Asia among the Himalayas. It is a landlocked country located between India to the east, west and south and the Tibet of China to the north.



Despite its small size, Nepal is very rich in natural and cultural diversities. It is a multi-cultural, multi-racial, multi-linguistic as well as multi-ethnic country. Overall, it is a country with indigenous

nationality. Our cultural diversity has become our valuable asset and identity. There are more than 125 castes of people living here, about 121 different languages spoken, more than 8 religions followed and approximately more than 50 different festivals are celebrated by different ethnic groups every year in Nepal.

Along with culture and customs, Nepal is also really rich in natural resources as well as diverse in topography. It is topographically divided into three regions: the Himalaya to the north, the middle hills consisting of Mahabharat range and Churia hills, and the terai to the south. It is a home to numerous floras and faunas. World's highest peak Mount Everest is also located here. Many rare species of plants like Spikenard (jatamasi), Golden Michelia (champ), Himalayan yew (lauth salla), Cordyceps (yarsagumba), etc are found in Nepal. Also, many endangered species are also found here like Himalayan monal (danfe), Asian elephant, red panda, one horned rhinoceros, snow leopard etc.

Having such differences in culture heritages, beliefs, lands and other various aspects there is peace and friendship maintained. People of various race, caste, gender and ethnic groups live together establishing peace and harmony. We should develop mutual respect between all components of the Nepalese population, and people should march forward collectively for peace and prosperity of the nation. Maintaining such brotherhood and peace leads to a new stage of development through which many citizens will be benefited.

**Megha Bhatta**  
**Grade VIII**





## Mental Health

**H**ealth can be defined as the state of well-being physically, mentally, socially and spiritually. In the present strenuous world, most of the population has totally neglected the importance of mental health. If we are physically relevant but are mentally weak, we might be indirectly welcoming diseases like depression, anxiety, sleeping disorders and other mental health related diseases.

According to a report, depression affects 121 million people globally and has led to deaths of 850,000 annually. Depression and anxiety has forced many people to put an end to their lives. The reason for a person having mental sickness is social isolation, comparison between themselves and others, stress, negligence from parents and friends, negative and emotional thinking, etc.

The state of well-being mentally is simply being positive in every situation. A positive attitude before accomplishing any difficult task is necessary for an individual to be mentally strong. Similarly, if we believe and respect ourselves, it is the sign for having a good mental setup. We should always have an adequate amount of self confidence and self esteem. Yoga and other forms of exercise not only makes us physically apt but also boosts our mental strength.

A great person quotes “People who talk about their mental health struggles are not attention seekers, they are support seekers.” In conclusion, if we face any kind of mental torture in schools or in any other places, it should be shared to our parents or any trusted authority figure.

**Prisha Bhattra**  
**Grade VIII**





## Nepal's development and some surfacing problems

**I**n our current scenario, there have been several divisions of opinion about where our country may be heading. The most widely held opinion, being about how our culture is gradually weakening and how the current generation are nearly “abandoning” the nation. In response to those ideas, there have also been speculations of how we could work against that. As the younger generation, we are constantly told about how we should work within the nation to develop it.

We have been taught that it is the ideal and noble thing to do. We are told to promote our culture as much as we can. However, just how efficient is it going to be? And is the developed future we imagine of really possible? When we bring up such topics the concept of “westernisation” is not overlooked. Not just our country, but several countries are believed to have been influenced by the western society. Whether it be because of their development rate and how far better their lifestyle is in several aspects or because, in previously said words, our culture is “disappearing”. There have been several views on this. Mostly divided on how westernisation has positively or negatively influenced us. However, in my perspective, the developed future we imagine is not entirely possible. We have been told that if we push our culture and our beliefs, we would achieve development. We talk about progressing our country with our own culture but the progressed future we have in mind is also influenced by westernisation. That's why the development we have in mind is not entirely possible with the existing ideals. If we are to work with our culture for a better lifestyle without relying on western culture, we'd have to change a lot of the current society.

Everything has its positive and negative aspects. Our culture has mostly been portrayed as beautiful and remarkable. However, our current society is heavily influenced by not just western ideas but several other countries. Even some progress we've made might've been possible by relying on others. Therefore, we cannot try to completely eradicate westernisation just by abandoning the current society and returning to the primitive version of our country just to develop with “our culture”. Today, how far we've come is by the help of several other countries. I believe, not just us but almost all the countries have had to rely on each other for survival.

Even after continuously being discussed about, we, or at least I, haven't heard of a solution on how people plan on removing westernisation and developing with just our culture. Migrating to other countries for work is one of the best examples to prove that every thing could have a good or bad view on it. We, as the next generation, are encouraged to work within the country and not go to other nations. However, many people are trying hard to go to countries with “better” opportunities. For the younger ones, we are made to feel guilty about thinking of leaving the country. Being told that it isn't “patriotic”, which might be true to some extent. But in a different perspective, we all live for ourselves. People have families to feed or have to try their best to survive. Even if people work now for the betterment of future generation, working with an average hourly wage rate of Rs. 200-500(\$1.53-\$3.84) in Nepal and with an average hourly wage rate of \$22.50(Rs. 2,925) in USA(one of the countries extremely idealised by the public) varying depending on occupation, has a clear difference of benefit. In today's world it would be hard to find people willing to work by sacrificing their own convenience for a future they might not be a part of.

After discussing so far, a solution from my side might've been expected. However, this article is a "one-person" opinion about surfacing topics, with several flaws and no definite solution. What I can say from the little experience and knowledge I have at my age, would be that it is our own choice whether we live for ourselves even if by relying on other countries or we want to work for the betterment of the upcoming generation. None of the two can be considered wrong by one individual. The good or evil of such choices vary depending on every person. I won't say the current situation of our country is entirely hopeless. There are opportunities but not options. There is progress but with certain restrictions. Not just that but for the development of other fields in Nepal, the development of technology is very essential. Which we are rather behind at, considering the loss of talented manpower we've experienced for a while now. We all either keep mentioning the good or the bad of our country. Not many seem to be trying to weigh them both equally and for those who are, they don't seem to be getting much recognition.

Promotion of our own nation in several aspects is very needed. Literature, culture and natural attractions are few of Nepal's specialities and indeed the existing options should be encouraged to be participated in but with just their promotion there cannot be proper development, and new opportunities and fields cannot be created. Agriculture, being Nepal's major occupation sector, is rather surprisingly looked down upon by many. We first should've learned to promote such fields to the youths and then added other options for them to work in. If we believe the cause of outmigration being the lack of opportunities, low income, and other. We should've started off by learning how to solve them instead of directly trying to influence others with one-sided opinions.

**Sharon Thapa**  
**Grade IX**





## Movies and Its Impacts

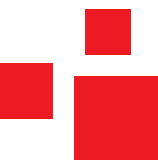
**T**here is a great role and impact of movies in our society. Nowadays, all age groups from young to old watch movies. Some movies have good morals, but some do not. Movies contain audio and video. It can be a great way to learn new things and enjoy your free time. Movies have both benefits, and drawbacks.

There are many advantages to watching movies. When we watch a funny movie, our mood brightens up overall. We laugh at the funny parts, and laughing is beneficial for our health. We can learn a lot about history and historic personalities by watching movies. Movies also create awareness about various problems existing in our society. We can watch the point of view of people whose experiences are very different from our own when watching movies.

Watching movies does not just have benefits, but some drawbacks too. When we watch a movie, and then we start liking the profession of one of the characters, we may want to be like that in the future. So watching movies certainly distracts you from your goals. Movies can be time consuming. Movies also may include contents which are not appropriate for all.

Movies have a huge impact on us. So, in my opinion, movies have both benefits, and drawbacks, but I believe that it can help us in many ways too.

**Sadikshya Thakur**  
**Grade VIII**





## Year 2012

Year 2012, perhaps the best one  
 Which made me enter a new phase  
 Phase that today has become a reason... a reason to live  
 Reason which in turn is my reality  
 And reality that is more thrilling and questionable than my fantasy.  
 Fantasy which evolved from a dream  
 Dream that I dreamt almost 11 years ago  
 Actually a long time back ....

Time which played with my heart  
 Heart which went away without a call  
 And call which could have changed the synopsis of this story  
 This story, which was manipulating me...

Probably, the most beautiful manipulation one could ever feel  
 As it was played with heart, not the mind  
 Mind which was useless in this maze of love  
 And maze which created deep and unnamed relations  
 Relations that can't be defined by this illusion of words  
 Words which turn out to make voices  
 And voices which take only one name.  
 The name which spell bounded this life of mine  
 And all this havoc was created in the year 2012.

Year 2012, perhaps the best one.

**Sukriti Lamichhane**  
**Grade X**



## Winter

The freezing winds flow in such a way,  
 That some creatures lose their wings and prey.  
 I put on my hood and leave my bed,  
 Then wear another cap on my head.

I go outside only to see the fog,  
 Look around curiously at people who jog.  
 Flora and fauna suddenly start shivering,  
 But now the scenes look mesmerizing.

The environment is just so calm and quiet,  
 That it turns me into a poet.  
 But people think winter is cold and tragic  
 Not knowing that this season is full of magic!

**Samagya Sapkota**  
**Grade VIII**



## Is mental illness on the rise?

**O**ver 55 million people are suffering from mental illness today. Being exposed to childhood abuse, trauma, neglect, discrimination or stress can cause mental illness. Mental illness is a mental disorder that affects your mood, behavior and personality. Mental illness is blamable for the death of approximately 8 million people occurring every year. The World Health Organization (WHO) has shared news about mental sickness rising constantly worldwide. A healthy mind develops productivity, good results and control in activities involving work, school, relationships, etc. To possess a healthy state of mind, a positive attitude should be built, a sufficient amount of sleep be acquired and improvement in social life should be accomplished.

After the Covid-19 pandemic, people appear to be lacking social skills. Poor social skills lead to loneliness resulting in depression and anxiety which can affect both physical and mental health pessimistically. Rates of anxiety and depression have increased and use of substances like drugs and alcohol are being used as a coping technique that harms physical health. People are more likely to be antisocial due to social anxiety and depression these days. Learning about your disorder, making your sleep a priority, eating healthy food, contacting a therapist or someone you trust, etc. can help overcome your disorder. After the pandemic, students are more involved in misbehaving and bullying. Bullying, discrimination and verbal abuse include PTSD, intrusive memories, anger issues, suicide, self-harm, difficulty in sleeping and eating, etc.

There is a rapid growth of sexual abuse these days. Sexual abuse refers to sexual behavior that takes place without the consent of the victim. When a person is abused sexually, they build trust issues,



have difficulty in sleeping and eating, are in fear, feel threatened, keep themselves isolated and create trauma. Sexual assault needs to be stopped for the sake of mental health together with physical health.

Teen suicide, self-harm, depression and other disorders are big issues in society. There are teenagers these days having constant feelings of mental abuse. They are being pressured into studying, discovering hate, having excessive use of social media, experiencing trauma, etc. Teenagers get into a lot of violent fights and receive unnecessary insults which damage the mental state of a person. Their anger is multiplied resulting in anger issues, aggressiveness, chaos and intermittent explosive disorder (IED). There are higher chances of getting sexually abused as a teenager and child grooming these days. The attackers are carefree and selfish and want to prove that they are superior and dominant. Attackers have no control over the thoughts of molesting someone, lack education, lack morality and are sexually frustrated.

If a person has an enduring mental illness we can express our concern, offer our support and link them to help if necessary. If you are suffering from any mental disorder you can attempt to engage yourself with social activities, seek personal help, and attract yourself more onto the positive side.

**Shambhavi Kanel**  
**Grade VIII**

## Should Social Sites be Banned?

**T**here are millions of users on social media sites in the 21st century. Social sites have become an excellent option for communication in today's time. Social media is a great platform to provide as well as impart knowledge and information. Nowadays, people have started to build a strong career in social media. Unfortunately, many people are addicted to social media. However, in my opinion, a complete ban on social media sites is not applicable.

In the modern age, there is a rapid increase in the development of infrastructures such as communication and social media sites are some of its products. In the past, communication was very inconvenient. For long distance communication, people used to write letters which took months to be delivered. Social sites have made it possible for us to get in touch with other people living thousands of miles away just in a few seconds. In today's time, people can easily get in contact with their family members and loved ones without physical contact, and free of cost through social media. Thus, social media has become an important tool for communication.

Using social networking sites, we can provide information and knowledge to any person in the world. Similarly, we can also impart information from other people easily since social sites are easily accessible. We can learn great things and implement it in our own life in order to improve it. We can also learn various skills and hold discussions with people.

For many people, social media has become a part of their life. They have used it as a profession and are generating sufficient income for their livelihood. There are many platforms on social media such as youtube, facebook and other websites where people can build a



career. Many people as well as some successful entrepreneurs have used social media for advertisement of their goods and services, and for knowing the reviews of their consumers. Therefore, social sites have become a great platform for people as a career.

Despite having many advantages, social media sites also have some disadvantages. Many people have been strongly addicted to social media while many cases of fraud, threats and cyber bullying have also been reported. Since social media is an open platform, hate and violence can also spread very fast through the circulation of wrong information or provocation. In spite of having many benefits, social sites have some negative aspects.

Social sites may have some disadvantages but they can be avoided, overcome or minimized. Addiction to social media can be overcome whereas frauds can be minimized through proper awareness and security. Despite having some disadvantages, social media sites are not easily replaceable seeing their benefits. Therefore, I strongly argue against the idea of social sites being banned.

**Prabesh Acharya**  
**Grade IX**

## In the future, will human beings start a new civilization on Mars?

**T**he Earth is currently home to billions of species and the population is increasing rapidly. Many have feared the danger of the Earth being overpopulated and the signal of distress is growing day after day. Precautions have also been implemented to minimize this trouble. Some have already thought of expanding human civilization to other places outside of the Earth and Mars has been a credible option. To achieve such success, a small step must be taken on Mars which would be a huge leap for humanity and a certain billionaire is working on it.

This idea has widely been influenced by the world's richest person Elon Musk. The Space X owner has hinted to send humans to Mars by 2050. At an average distance of 140 million miles, Mars is one of Earth's closest habitable neighbors. Since Mars is about half again as far from the Sun as Earth is, it will be a little cold but the CEO of Twitter has promised to warm the planet. The essential gasses such as carbon dioxide and nitrogen are present in the atmosphere of Mars which means plants can definitely grow here. It would take 6 months to reach Mars with the use of a spaceship. The planet consists of 2 moons and 14 orbiting satellites. Mars seems like a perfect place for human beings to further spread their civilization but the mission has to be executed as planned.

Elon has already thought of ridiculous ideas to make sure the road to making humanity multi-planetary does not crumble. The dreams of nuking Mars to melt the planet's ice caps and release water do not seem too far-fetched at all. This would free the carbon dioxide into the atmosphere and Musk believes that a new greenhouse effect would occur on Mars to expedite a version of climate change similar to what we experience on Earth. The big problem with this idea is that there just isn't enough ice on Mars to vaporize and change the temperature of the planet. This is a huge hole in Elon's plans to terraform the planet. Using

nukes would also create radiation which could make Mars inhabitable for human beings.

Aside from those problems, there is still a lot to get through. However, with ambition and courage it is possible for this mission to be a huge success. Many are doubting Elon due to these issues but NASA has also played a significant role to be a step closer to living on Mars. The invention of NASA's Gold Box is a groundbreaking creation for human beings. This box is capable of making oxygen which not only helps humans but also supports life on Mars for many organisms. Day by day the chances of building a city on Mars are growing and growing and everyone is hoping for this mission to be a huge step for human civilization to further develop and even evolve into smarter, faster, and more efficient humankind. It is the chemist, the physician, and the astrologers who have to come together to rescue humankind and bring it back to its glory days. Anything is possible in the universe and it is the science that surprises us every day.

So, in conclusion, we cannot really tell if this mission is going to be a success or failure for humankind. The only thing we can say right now could be possible if it goes as planned and nothing goes wrong. A failure would not mean the end for humanity as we have to learn from our previous mistakes. Success would mean a bright future for humankind and maybe we would even colonize some other planets within decades or centuries of time. The everyday groundbreaking invention of science always makes people worried and excited about what would come next. Religion or Astronomy, Descartes or Deuteronomy, Music and Mythology, Einstein and Astrology, it all started with the big bang.

**Shreeshant Gautam**  
**Grade VIII**



## The world around us: The world is coming to an end

**Y**ou may all wondering why is the topic the world around us the world is coming to an end you may all have hear about rohingya refugee crisis, poverty, Taliban take over in Afghanistan, pollution etc there are a lot of unpleasant things happening these days.

Now, let us get into why you may have heard about food crisis poverty so let's get into that due to the climate change and unusual weather patterns. Zambia is experiencing a record breaking drought. Zambia which is located in south central Africa has one of the highest malnutrition rates in the world. Only 52% of the Zambians eat the minimum amount of calories daily. In the future only 40% can eat. Zambia's malnutrition rates remain the highest in the world. 48% of the population are unable to meet their minimum calories requirements and more than one third of the children under the age of five are stunted. 750,000 people are already facing famine conditions in Ethiopia, Yemen. About 870 million people are hungry

right now. The hungriest countries are Burundi, Eritrea, Comoros, Timor leste, sudan, chad. 65.4% of population in Africa represents more than third of the undernourished. After this let us talk about the recent Taliban takeover in Afghanistan. In the 1990's severely curtailed freedom and since the takeover of power by the Taliban last year several unnecessary rules have been imposed on women in Afghanistan. Government forces under the leadership of president Ghani as well as non-state actors carried out in discrimination attacks with improvised explosive devices and air strikes killing and injuring thousands of civilians. By June 5,183 civilians died or were injured. The Taliban returned to power in Afghanistan in 2021 twenty years after their ouster by US troops under their harsh rule. They have cracked down on women's rights and neglected basic health care and of any semblance of schooling.

**Eva Poudel & Bipasana Karki**  
**Grade VI**





## Tourism in Nepal

**W**e human beings are really unstable and impatient. We are fond of moving from place to place, or exploring them. Tourism is the practice of visiting new places for various purposes such as; research, entertainment, adventure, experience, and even more. We are familiar with two types of tourism: domestic tourism and international tourism. Tourism is of great importance and meaning. Our whole world was discovered by tourism; when the greatest tourists would navigate many places at old times.

In Nepal, the system of the tourism industry is quite large and diverse. Nepal is a beautiful place having diversity and uniqueness in everything. Nepal has natural significance which brings the chances of tourism here. In our country, tourism contributes about 3% of the national economy, which, of course, is an advantage. Lately, due to the COVID-19 pandemic the tourists have certainly decreased, but still the practice has not disappeared.

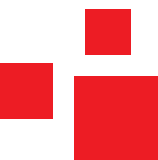
Tourism plays a vital role in globalization as well. It helps people connect and share their thoughts and culture. Not only this but tourism also provides a space for the nation's or the world's economy.

Nepal, though being a landlocked country with no physical capabilities, has been able to be listed among the places where most of the tourists have visited. In our country, tourism is also on the rise because of the beautiful peaks, various idols, diversity of floras and faunas, and the culture here.

Tourism might also be useful to fulfill the history or find archaeological significance at a particular place. It can also be applied professionally into one's life as we know that the tourism industry requires guides, porters, resorts, etc.

Tourism could be one of the best ways to build the economy of the nation and to promote globalization. As we are the citizens of our nation, we must try our best to conquer the tourism industry.

**Samagya Sapkota**  
**Grade VIII**



## Some Words Before Farewell...

**A**s I sit with a pen and a piece of paper, I feel ashamed of myself for not being able to write anything on it. We had been told at the assembly to write an article for the school magazine (GAURAVA). Since this is my last year at school, I knew I had to write something. But that something would not come to my mind and flow on the paper forming any sensible word. I thought of writing about my journey in ROSEBUD.

I can still vividly recall the moment I first stepped on to the grounds of ROSEBUD, lots of curiosity, full of excitement and a little nervousness. A completely new environment with strangers and I was in a dilemma whether I could manage or not.

The kind and loving faces of the teachers and friends made me more comfortable and took no time to realize that I was part of the ROSEBUD family. Days passed, and I was closer to my friends and teachers. I was influenced by the environment and the way students are made to show their inner creativity. Giving a speech in the assembly was a matter of pride for me and the appreciation of the teachers and friends will always remain in my heart.

My school has given me many things, it has helped me excel in my life not only by providing education but also by inculcating several other qualities within me. It has helped me to explore potential inside me.

I am also very thankful to my respected teachers for the time they spent with us, their hard work and deep dedication towards the improvement of students. I can simply say that they deserve our extreme gratitude. I shall cherish the precious memories of each moment spent during my school days.

Now, standing at the end of this journey with a heavy heart, I am compelled to say goodbye to all. I wish the ROSEBUD family a very good time in days to come.

**Abhik Timalsina**  
**Grade X**





## How to be Happy

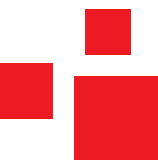
**I**f you don't know what Stoicism is, don't worry, I didn't have a clue either.

At its simplest definition, Stoicism is the endurance of pain and hardships without the display of feelings and without complaint. Stoicism is a practice with many great philosophers and many great ideas and to explain what it is can sometimes be tricky. So let's begin with its origins "Because to fully understand and engage with ideas, we need to understand where they came from", I think this was said by Socrates.

The foundation of Stoicism comes from its own name, which in Latin is 'Stoa'. Unlike Aristotle or Plato, who had their famous grandeur schools, Stoa meant simply, "a painted porch". This is where the first teachings of Stoicism were held.

Stoicism is philosophy more as a way of life, the fundamentals of stoicism is that "there are things in life you can control, and there are things that happen without our control." We should calmly accept when things beyond our control happen but we as individuals can however control our own actions through self discipline. You've probably done this at some point in your life without the self discipline part, when you realised that something was out of your control, suddenly and abruptly, what was seen previously as terrible, becomes unimportant.

**Arsesh Joshi**  
**Grade IX**



## Grace

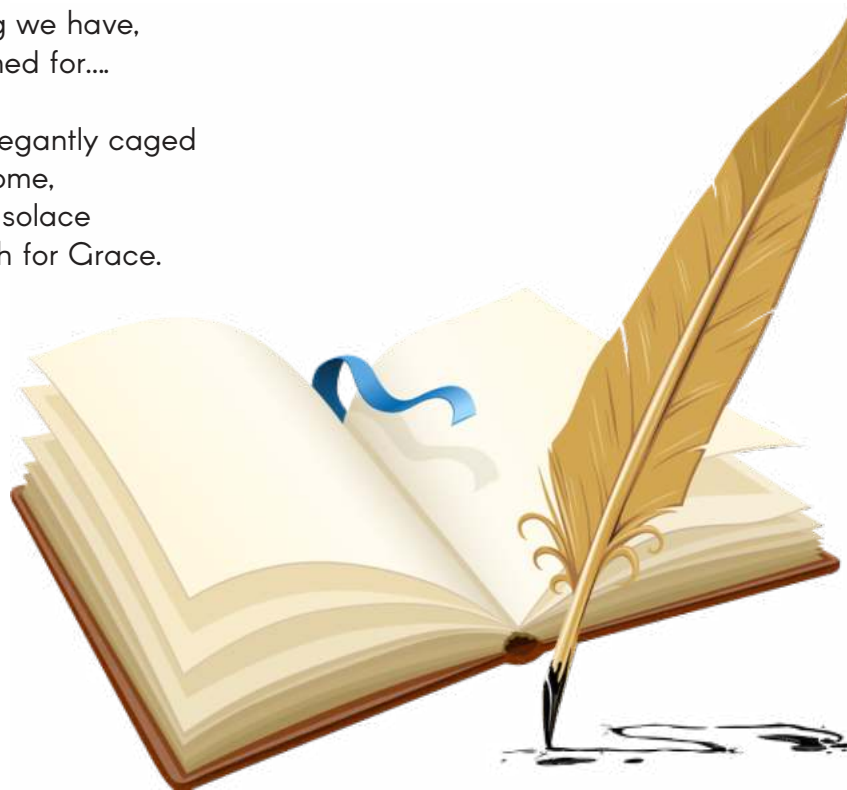
Lucky is an understatement  
In those moments of meetings....

Just a step took my breath away  
And your presence is all I need today.  
With your dreams empowering my reality  
Today, you yourself have become my fantasy.  
Those effulgent eyes stole all my words  
It made me a wanderer and you were my goal

These fragile threads of emotions are  
Strengthened by something we have,  
Something I've always wished for....

Every moment spent are elegantly caged  
Now you've become my home,  
Your smile are where I find solace  
Oh god, thank you so much for Grace.

**Reisson Prajapati**  
Grade X



## Prespective

Instead of saying this is hard  
Say this will take some effort

Instead of saying this is tough  
Say this may be the right path

Instead of giving up  
Remember life is not about giving  
up, life is about growing up

Instead of giving up in dark time  
Remember that after a dark night  
a bright day is yet to come

Instead of being scared of failing  
Be sure that failure is the path to success

Life is full of difficulties and problems  
It's just your perspective which makes life easier

**Aary Adhikari**  
Grade VIII





## मेरो अभिभावक

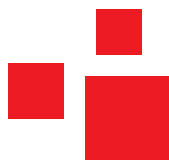
मेरा शक्ति भनिने अभिभावक जीवनको हरेक मोडमा साथ दिनुहुन्छ । मेरो अभिभावक नभए म मेरो जीवन कल्पना पनि गर्न सकिदैनथेँ । मेरो अभिभावक मार्गदर्शक हुनुहुन्छ । म हराएको वेला सही मार्ग देखाउनु हुन्छ । मेरी आमा मैले जानेको सबैभन्दा बलियो महिला हुनुहुन्छ ।

मेरी आमा मलाई मिठो मिठो खानेकुरा खुवाउनु हुन्छ । मेरा अभिभावकहरूले मेरा लागि क्या गर्नुभएको छ तर उहाँहरूले देखाउनु भएको छैन । उहाँहरूले मलाई सधैं अगाडि राख्नुभएको छ । मेरो अभिभावक कहिल्यै न थाकेको मैले देखेको छु । उहाँहरू सधैं छिटो उठ्नुहुन्छ । मलाई सधैं मेरो फाइदाको लागि काम गराउनु हुन्छ । उहाँले मलाई सधैं राम्रो काम गर भन्ने सिकाउनु भएको छ र अझै राम्रो कामहरू भनेर प्रोत्साहित गर्नु भएको छ । मेरो अभिभावक, मेरो आमा र बुवा धेरैजसो कार्यालयमा बस्नुहुन्छ । उहाँ सबैभन्दा मेहनती सदस्य हुनुहुन्छ । मेरो आमा पनि धेरै काम गर्नुहुन्छ । उहाँ पनि कार्यालयमा जानुहुन्छ । घर आएर पनि निकै काम गर्नुहुन्छ ।

म मेरो अभिभावकलाई हृदयदेखि माया गर्छु । म उहाँहरूको लागि जे पनि गर्न सक्छु र म उहाँहरूलाई सहयोग पनि निकै गर्छु मेरो बाबा कार्यालयमा बिहान छ बजे गएर राति आउनुहुन्छ । उहाँ धेरै अध्ययनशील व्यक्ति हुनुहुन्छ । उहाँ विदाको समयमा फूलहरू रोप्ने, फूलहरूमा पानी हाल्ने जस्ता कामहरू गर्नुहुन्छ र आमालाई सहयोग गर्नुहुन्छ । मेरी आमा पनि बिहान छिटो गएर बेलुका छिटो फर्किनुहुन्छ र घर आउना साथ थुप्रै कामहरू गर्नुहुन्छ । अनि म पनि आमालाई बेलुका कार्यहरूमा सहयोग गर्छु र यसरी हाम्रो दिनहरू बित्दै जान्छ ।

धन्यवाद !

हर्षित भुसाल  
कक्षा छ



## नानीको सपना

नापत्याईकन निष्ठुरी समाजले प्वाख काटी दिए,  
सपनाको दरबार बनाउँदै थिइन तर भत्काइदिए ।

सपना त तोड्यो, तोड्यो उसलाई पनि तोडिदियो,  
सामुन्नेमा बार खडा गरी सपनाको संसार फोडिदियो ।

सपना त थियो आकाश छुने तर भुइँमै लात्कारीदियो,  
सिमित बनायो एउटा पिन्जडामा, हत्कडी लगाईदियो ।

पुरूष भएर जन्मेको भए, सपना पछ्याउने थिइन,  
नहुने थियो महिनावारीको भन्कट नहुने थिई ऊ यिनीहरूको कैदी ।

लिङ्ग फरक भएको भए, संसार चुम्ने थिइन  
आफ्नै कल्पनाको दुनियामा रमाई घुम्ने थिइन ।

बलेको उसको यो आगो, पानीले निबाइदिए,  
जन्मेकी थिइन भखरै कैदी मानी ठहराइदिए ।

यी नीति यी परम्पराका बोभले काँध थाकी सके, अब विश्राम गर्ने छिन्,  
लुकाइन धेरै यो धारिलो खुकुरी, तर अब निकाल्ने छिन् ।

उनी उठ्ने छिन्, हिड्ने छिन्, अनि दौड्ने छिन्,  
भत्काउने छिन् सबै बारहरू हटाउने छिन् सबै बाधाहरू ।

अब उठ्ने छिन् शिक्षालाई हतियार बनाई,  
यस अत्याचार विरुद्ध कदम चलाई ॥

धन्यवाद !

एन्जिया तण्डुकर र पुर्णिमा थापा  
कक्षा ९

## कविता: म सकूँ(तोटक छट्ठ)

तनमा मनमा नवजोस भरूँ  
पहिचान दिने शुभ कर्म गरूँ  
मिहिनेत गरी जग खन्न सकूँ  
सबको मनको प्रिय बन्न सकूँ

सुरुदेखि सबैसँग भिड्न सकूँ  
अनुशासनको पथ चढ्न सकूँ  
जब गर्दछु निश्चय लक्ष्य कुनै  
दृढ भै त्यसमा इतिहास रचूँ

अभू उत्तम कर्म-सदा म गरूँ  
अपहेलित वा अपहिन न हुँ  
भय हर्न सकूँ हित गर्न सकूँ  
सबको सुखकारक बन्न सकूँ

क्षमता र कला बलबुद्धि सबै  
छिन् मै परिचालन गर्न सकूँ  
कति छिन् सपना सब पूर्ण गरी  
अभू जीवन सार्थक पार्न सकूँ ।

रसिल भट्ट  
कक्षा १०



## Growing up as an introvert

“Why are you being so quiet?”

Friends, teachers, acquaintances, even people I barely know have asked me this question. Most mean well. They want to know if I’m all right, or if there’s a reason that I’m keeping to myself. Some ask in a way that suggests they think it’s a little weird that I haven’t spoken for a while. I don’t always have a clear-cut answer to this question. Sometimes I’m quiet because I’m in the middle of a thought or observation. Sometimes I’m more focused on listening than on talking. Often, though, the reason I’m being quiet is because that’s just how I am. Quiet.

There’s a psychological term for people like me. We’re called introverts– and there’s no single way to define us. We enjoy the company of others, but also like time alone. We can have great social skills, and also be private and keep to ourselves. We are observant.

We might listen more than we talk. Being introverted is about having a deep inner life, and considering that inner life to be important. Other times, we introverts are pretty good at hiding our true natures. We don’t feel like expressing ourselves unless it’s really important. We might pass undetected in classrooms and school canteens, living out loud when deep down we can’t wait to escape the crowd and to have some time to ourselves.

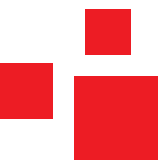
At a big party, it’s too much stimulation for me which is why I end up going to the bathroom! I need time outs. I’m terrible at small talks. I prefer deep conversations to small talk. I work best on my own. I don’t like being called on in lessons. I don’t feel totally comfortable being the center of attention. Not everyone will understand your



nature, though, even if you try to explain it. Often, we introverts place so much value on the content and clarity of our answers that we’d rather be silent than simply blurt something out. When I first learned about introversion, I felt a great sense of relief. I had a tendency to turn quiet in large groups, and although I’d always feel comfortable and joking with my closest friends, I have a limit. After a couple of hours I’m like, “Whoa, I can’t do this”. It’s draining. There’s a wall that goes up and I don’t want to talk to anyone. It’s not physical exhaustion. It’s mental exhaustion.

Being introverted is not something to outgrow, it is something to accept and grow into and even to cherish. Don’t try to be someone you’re not, in order to impress. A true friend will appreciate who you are. One good friend is way better than a lot of acquaintances. Even if that means you’re alone, it’s so much better than having to be fake around people. At the same time, look for friends who bring out your true self, your silly side, your uninhibited side, your dramatic side. That’s how you’ll know you’re truly home.

**Niroj Raj Nakarmi**  
**Grade X**



## Effects of Christianity in Nepal

**A**s we know, every single person on this planet is connected with a religion. Religion is a belief or imagination created by we human beings. Many people refer to this definition. But actually religion is a different thing. Religion originated in ancient times and then at that time to maintain the society properly some rules were made. These rules are the real origin of religion. Later on, people started connecting these rules with gods. If anyone breaks the rule then that person is breaking the rule of god. Lord Buddha said that if you are trying to find god no need to search anywhere god is inside you. According to Lord Krishna, gods are neither findable by sacrificing anything nor gifting anything. The person who can find his/her inner strength can find god.

Now let's start with some of the basic religions of the world. The largest religion in the world, Christianity. It was founded by Jesus Christ, around 2000 years ago. Next, Islam. It was founded by Prophet Muhammed and was founded around 1300 years ago. The oldest religion in the world, Hinduism. Its founder is unknown and there is still a controversy about its origin. So, the next one is buddhism. It was founded by Lord Buddha around 2500 years ago.

Now, as the largest religion in the world is Christianity, Nepal should also have a large number of christians.

Surprisingly, christianity left Islam which was the second largest in Nepal. How did christianity grow this much in Nepal? Here comes the reality of the increase of Christianity in Nepal. Nepal has the majority of its population Hindu. But, Christianity is also rapidly increasing and has also left Islam now. Especially in Kathmandu, Newars are the residents and majority here. Newars having low income are easily trapped by Christians. The Christians offer them food, work and money and in return they have to convert their religion into Christianity. Like this, all the low income generating Newars are converted into Christians for some food, work and money. Similarly in Bhojpur, Khotang etc. Rais and Limbus are the majorities. Being the majority, Rais and Limbus are converted into christians due to their family conditions, just for some food, money and work. If someone becomes Christian by reading the bible himself or herself and finding it more impressive than their own religious books then that's good. But, selling our own religion just for some work, money and food I don't think is worth it. We are forgetting our own festivals(national pride) and celebrating Christmas with joy and fun. If we want, we can celebrate but we should forget our own festivals(national pride).

**Nitigya Khanal**  
**Grade VI**

**Religion  
originated in  
ancient times  
and then at that  
time to maintain  
the society  
properly some  
rules were made.  
These rules are  
the real origin of  
religion.**



## Self-delusion

**W**e suffer more in imagination than in reality. We may lack the potential to recognize the reality which may lead to harm. The act of allowing yourself to believe something that is not true and imagine yourself to be the best is SELF-DELUSION. In other words, self-delusion also means thinking of yourself as the main protagonist in your imagined world and not trying to be in reality too.

Self-delusion was a huge problem in the past, it is now and if we do not ignore it, it will be a problem for the future too. So, we need to ignore our imagination and focus on reality. Self-delusion also tricks us, our friends and our foes so much that we get tricked times two.

Although, self-delusion is so bad, it is good at a few-some things, such as; improved success in deceiving others, social status, and psychological benefits which helps us to achieve various confidential standard and mental back-ups. Also, certain kinds of self-deception—like believing one can accomplish a difficult goal even if evidence exists to the contrary—can have a positive effect on overall well-being. But, as read in the first paragraph, self-delusion is more disadvantageous than beneficial.

Self-deception can create more harm than good when it limits people from seeing important warning signs, or it leads people to overlook serious problems, or it causes people to put the best spin on everything that happens. So, HOW IS THIS CAUSED? self-deception can arise from, for example, selective attention, biased information search, or forgetting. This is just 10% or so of how self-delusion is caused.



## How can you avoid self-delusion and seek self-awareness?

### Take time for Self-Reflection

To better understand how you are feeling in the moment, you might find it helpful to reflect on your feelings throughout the day. Reflection can take many forms. Some keep a journal, some pray or meditate, and others take a long walk or jog. It's taking time at some point during your day to reflect on your day. Reflection allows you to consider the "why" behind your actions. It gives you the ability to know your emotional triggers. You can better identify your emotions as they happen to you. It is learning not to repress or deny your emotions but encourages you to process your feelings.

### Seek feedback

I was with my friends to discuss some questions on some topics, when I received some brutal feedback. "Well," I said, "let's look at your results." Before I could continue, one of the friends halted me in my tracks. "Hey!" he said. "You do that every time!!" I was taken aback. What on earth was he talking about? "I'm sorry," I said. "What do you mean?" He replied, "Every time you give us bad news you chuckle underneath your breath! It's offensive!" Ouch! quickly apologized, but my offense was not so quickly forgiven. I was supposed to be giving them feedback on their answers; yet, there I stood, receiving justifiable criticism for my own poor behavior. I didn't even notice I was doing it. When I went to my bestie, I checked if the feedback I got was true or not, "Do I laugh or chuckle when I tell someone something bad?" He replied, "Oh yes! All the time!" My lack of self-awareness was getting in the way of the message I was trying to send. Though I wasn't looking for this particular feedback, it was critical for me. Looking back, I'm grateful for the friend's honesty; it's changed the way I've delivered results. Seek feedback and you're bound to grow.



### Pay Attention in the moment

Self-awareness is shifting how you pay attention. Learn to ask yourself, "What is going on with me at this moment?" It is suspending your judgement about your feelings or what you think "should" be going on but describing the reality of the moment.

When that stranger cuts you off in any path or that friend or foe disregards your idea, stop and ask yourself, "What am I thinking now? What am I feeling now?" Take the time to stop and reflect in the moment; when we do this simple act, our responses begin to align with our values, rather than an out-of-control emotion.

So, in the end, just remember to focus on your reality and the left delusion might be an overhead advantage, just keep up with time, current emotions, situation and reflect yourself in that moment the right way.

**Seemon Dahal**  
**Grade IX**



## Travelling

**T**ravelling is an amazing way to learn a lot of new things in life. A lot of people around the world travel every year to many places. Moreover, it is important for humans to travel. Some people travel to learn more while some travel to take a break from their busy life. No matter what the reason is, traveling opens a big door for us to explore the world beyond our imagination and indulge in many things. Therefore, there are many things which make traveling a great experience.

There are many reasons why we travel. Some people travel to have fun while some do it for educational purposes. Similarly, others have other reasons such as business to travel. In order to travel, one must first have an idea of their financial situation. Understanding your own reality helps people make good traveling decisions. People going on educational tours can get a practical experience of everything they've read in the text through traveling.

There are numerous benefits of traveling if we think about it. The first one being that, we get to meet new people from all around the world. We get to know their culture, language etc. Moreover, new age technology has made it easier to be in contact with people across the world. Thus it offers a great way to understand human nature.

All in all, it is no less than a blessing to be able to travel. Many people don't get the opportunity to travel, but those who get can bring excitement in their life as traveling also teaches them new things. Travelling is very fun especially when you travel with your loved ones.

**Sumnima Maharjan**  
**Grade VI**



## जलवायु परिवर्तन र यसको असर

आजको समयमा जलवायु परिवर्तन अन्तर्राष्ट्रिय चिन्ता र सरोकारको विषय बनेको छ । जलवायु परिवर्तनका कारण पृथ्वीको तापक्रम बढेको छ । यसले गर्दा हिउ पग्लिन्छ र समुन्द्र सतह बढ्दछ। हावा, पानी र माटो प्रदूषण भएको छ । विभिन्न प्राणीहरूले आफ्नो ज्यान र वासस्थान गुमाउनुपर्ने अवस्था आएको छ। यसरी जलवायु परिवर्तन हानिकारक बनेको छ ।

जलवायु परिवर्तनका कारणले गर्दा पृथ्वीको तापक्रम बढ्दै आएको छ । पृथ्वीको तापक्रम बढ्नुको असर हामी मानिस लगायत अन्य जीवजन्तुहरूले सहनु परेको छ। पृथ्वीको तापक्रम बढ्नुका साथै सूर्यबाट आउने हानिकारक किरणहरू रोक्ने ओजोन सतह पग्लिँदै छ । यसरी सूर्यका हानिकारक किरणहरू पृथ्वीमा सजिलैसँग प्रवेश गर्न सक्छन् । पृथ्वीको तापक्रम बढ्दै गर्दा हिमश्रीन्खला लगायत आर्टिक र एन्टार्टिक क्षेत्रहरूका हिउ पग्लिँदै छन् । यसरी पग्लिएको हिउ विभिन्न जलस्रोतमा मिसिन्छन् र समुद्र सतह माथि बढ्दै जान्छ ।

जलवायु परिवर्तनका कारण हावा, पानी र माटोको प्रदूषण बढ्दै छ । पृथ्वीको वायुमण्डलमा कार्बन डाइअक्साइड, कार्बन मोनोक्साइड, मिथेन जस्ता ग्यासहरू मिसिएका छन् । वनजङ्गल फडानीका कारण अक्सिजनको मात्रा पनि घट्ने सम्भावना छ । हावामा पर्ने जलवायु परिवर्तनको अर्को कारण उद्योग, कलकारखाना र यातायातको साधन पनि हुन् । जलवायु

परिवर्तनका कारण पानीका स्रोतहरूमा रसायन जस्ता पदार्थ पनि मिश्रित भएका छन् । जलवायु परिवर्तन का कारण माटो पनि प्रदूषित हुन पुगेको छ । जलवायु परिवर्तन कृषिको लागि चिन्ताको विषय बनेको छ किनभने प्रदूषित माटोबाट खाद्यान्न उत्पादन गर्न सम्भव छैन । त्यसैगरी जलवायु परिवर्तनले वर्षाको नियमित प्रक्रियालाई खल्बलाएको छ । त्यसैले कृषिकार्य प्रति जलवायु परिवर्तनले ठुलो अवरोध खडा गरेको छ ।

जलवायु परिवर्तनका कारण पृथ्वीको तापक्रम बढ्दै जाने गर्दा वनजङ्गलमा आगोलागी भएको छ । डडेलो लागेर हाम्रो लागि खाद्यतत्व उत्पादन गर्ने बोटबिरूवाहरूको सर्वनाश हुन्छ । जङ्गलमा डडेलो लाग्दा प्राणीहरूले आफ्नो वासस्थान गुमाउनुपर्ने अवस्था आउँछ । कतिपय प्राणीहरूले त आफ्नो वासस्थानसँगसँगै ज्यान पनि गुमाउँछन् । डडेलोको असर हामी मानवहरूमा प्रतक्ष वा अप्रतक्ष वायु प्रदूषणका रूपमा पनि देखिन्छ । यस्ता प्राकृतिक प्रकोपहरूले वनस्पति, वन्यजन्तु र मानिसको जीवन कठिन बनाएको छ ।

यसरी जलवायु परिवर्तन अन्तर्राष्ट्रिय सरोकार र चिन्ताको विषय बनेको छ । जलवायु परिवर्तनका कारण पृथ्वीको तापक्रम बढ्ने, प्रदूषण हुने, कृषिकार्यमा बाधा आउने र वन्यजन्तुको वासस्थानको विनाश गर्ने जस्ता समस्या देखिएका छन् ।

**अभिन्न पाण्डे**  
कक्षा ९





## कोभिड-१९ को असर र आर्थिक मन्दी

सन् २०१९मा चीनको उहान भन्ने ठाउँबाट पहिलोपटक सुरू भएको महामारीनै अहिले पूरा विश्वका लागि ठूलो चुनौती बनेको छ । अहिले दुनियाँभर फैलिएको महामारी बनेको कोरोना महामारीले दुनियाँभर विभिन्न क्षेत्रमा असर गरेको छ । विभिन्न देशको आर्थिक अवस्थालाई नयाँ दिशा तर्फ डोर्‍याएको छ । आफ्नो असर देखाएको कोरोनाकोको महामारीले आर्थिक मन्दी निम्त्याएको छ । विभिन्न देशहरूले यसको असर भोग्नुपरेको छ । २०१९मा यो भाइरस देखा परेपछि सबै देशहरूले सुरक्षा अपनाउँदै तयार हुन थाले ।

नेपाल, बङ्गलादेश र केन्या आदिजस्ता आर्थिक अवस्था कमजोर भएका देशहरूले पनि कोरोनाको महामारीबाट बच्न सक्दो प्रयास गरे । सुरक्षा विधिहरू अवलम्बन गरे । कोरोनाले बिस्तारै दुनियाभर चुनौती दिन थाल्यो । कोरोनाको सामु लाखौं मानिसले आफ्नो ज्यान गुमाउनु पर्थ्यो । पुरा विश्वनै लकडाउनमा जान बाध्य भयो । विकसित र अविकसित सबै देशहरूले यसको असर भोग्नुपर्‍यो सबै व्यापार व्यवसाय पनि बन्द भए । यसको असर हरेक मानिसको साथै सिङ्गो देशले भोग्नु पर्थ्यो । नेपालको कुरा गर्ने हो भने, निम्न आय-आर्जन भएका मानिसहरू केही भोकभोकै रहे भने केहीले उपचार पाउन नसकेर आफ्नो ज्यान गुमाए । नेपाल सरकारले सक्दो प्रयास गर्दा पनि आर्थिक अवस्थाको सकारात्मक परिवर्तन हुन सकेन । भण्डारण गरिएको व्यवसायिक चिजहरू

पनि सकिँदै जाँदा हाम्रो नागरिकहरूले नराम्रो असर भोग्नुपर्थ्यो । पूरै देशको आर्थिक स्थितिमा परिवर्तन ल्याएको कोभिडले व्यापारिक क्षेत्रमा लाग्ने व्यापारीहरूलाई जीवन धान्न कठिन बनायो । दुनियाँ भरका देशहरूले आर्थिक घाटा सहनु पर्थ्यो । स-साना देशहरू फेरिपनि उभिनका लागि धनी देशको सहयोगको आवश्यक भयो । कोरोनाको असरबाट पूर्णरूपमा मुक्त हुन सकेका छैनौं । कोरोनाले आर्थिक मन्दीको अवस्था निम्त्याएको छ । विश्वभर सङ्कट पुर्याएको छ ।

कोभिड-१९ले यसरी नकारात्मक असर पर्याप्त ल्याएपनि सकारात्मक परिवर्तन पनि ल्याएको छ । हामीले आफ्नो परिवारको महत्त्व बुझेर उनीहरूसँग पर्याप्त समय बिताएको छौं । उनीहरूको माया ममताको आवश्यकता बुझेका छौं र सबै अनलाईन प्रविधि र यसको प्रयोगबारे पनि जानेका छौं । यसरी कोरोनाले विश्वव्यापी सङ्कट निम्त्याए पनि केहि कुराहरू भने हामीलाई सिकाएको नै छ । कोरोना अघि र कोरोना पछिको हाम्रो जीवन शैली एउटै नभएपनि हामी उही आर्थिक स्थरमा आउने प्रयास गर्नुपर्छ ।

**पुर्णिमा थापा**  
**कक्षा ९**



## ‘हराएको देश’

आमा !  
आज पुर्खाहरूको रातो रगत  
पानी तुल्य बन्यो किन ?  
अनमोल मणिहरू  
पित्तल सरी बने किन ?  
देश जोगाउने सङ्कल्प र प्रणहरू  
सबैले किन बिसर्दै छन् ?  
हाम्रो प्यारो देश-धर्ती  
आज केवल माटो मात्रै रह्यो किन ?

समस्त नेता-कार्यकर्तालाई  
कस्ले सत्ताको लोभ दिखायो ?  
हाम्रो सार्वभौम सत्ता किन  
कसैले जोगाउन चाहँदैन ?  
प्रजातन्त्र त आयो तर  
किन देश कहिल्यै हाम्रो बनेन ?  
नेता र भ्रष्टाचारीहरूको  
फन्दामा आज देश कसरी पुग्यो ?  
स्वार्थ र द्वेषले किन  
समाज ढाक्दै छ ?

सरकार त बोल्छ तर  
देश किन बोल्दैन ?  
धेरै सज्जन-दुर्जन आए  
तर देशले किन प्रगति गरेन ?  
के मेरो देश हराएकै हो त  
अनि हराएकै हुन् यहाँका वीरयोद्धाहरू ?

समज्ञा सापकोटा  
कक्षा ८

## हाम्रो समाज

कहाँ गयो यो समाज, जो मानवताको मूल थियो,  
मानिस एक अर्काको दुःखको टेको थियो,  
अहिले हेर्छु चारैतिर सबैतिर कलह,  
कोही छैनन् मानिस, हेर्दा सबै लाग्छ दानव ।

कहाँ हरायो त्यो समाज, जहाँ वातावरण खुसीयालीले सुशोभित थियो,  
मानिसहरू एकता को धागोमा बाँधिएको थियो,  
न त व्याप्त अन्धविश्वासको चाप, न त भ्रष्टाचारको दाग,  
सबैतिर पवित्र ज्योति फैलिएको थियो ।

कस्तो फैलियो हाम्रो यो समाजमा चलन,  
जहाँ आफ्नै संस्कार छुट्या र अरूको आहा देखियो,  
कहाँ गए ती राष्ट्रभक्ति, कहाँ गए ती त्यागी भावना,  
अहिले त जन्मने बित्तिकै पलायन हुने चाहना ।

नलागौं अरूको पछि, नगरौं अरूको आशा,  
अब आफैँ पाखुरा चलाई, रोपौं बिउ मानवताका,  
स्वार्थका ती कालो बादलबाट निस्किएर,  
फर्काई ल्याऔं त्यो हाम्रो समाज, त्यो हाम्रो समाज ।

सौरभी श्रेष्ठ  
कक्षा ९

## नेपाल, मेरो प्यारो देश

“जननी जन्मभूमिश्च स्वर्गादपि गरियासी” । मेरो देश, हाम्रो देश, हामी सबैको देश, नेपाल । नेपाल प्राकृतिक सौन्दर्यताले भरिएको देश हो । नेपालमा हजारौं सुन्दर र आकर्षक ठाउँहरू छन् । नेपाल प्राकृतिक सौन्दर्यतामा एउटा बहुमूल्य देश हो ।

नेपालमा धेरै सुन्दर ठाउँहरू छन् जस्तै गोदावरी, चितवन, पोखरा, खप्तड, आदि । यी ठाउँहरूमा धेरै घाँसे मैदान र प्राकृतिक सम्पदा देख्न सकिन्छ । यो प्राकृतिक सम्पदाको संरक्षण गर्न राष्ट्रिय निकुञ्जको पनि स्थापना गरिएको छ । यो ठाउँहरूमा घुम्न धेरै मान्छेहरू आउँछन् । विदेशबाट भ्रमण गर्न आएका मान्छेहरू पनि यहाँ घुम्न जान्छन् ।

नेपाल तराई, पहाड र हिमालको देश हो । यी ठाउँहरूमा धेरै भिन्नता छन् । यहाँ भरना, खोला, ताल सबै छन् । भिन्न भिन्न खेलहरू पनि खेल्न मिल्छ यी नदी नालाहरूमा जस्तै कि त्रिशुलीमा ।

यो देश प्राकृतिक दृष्टिले मात्रै हैन रीतिरिवाज र परम्पराले पनि सजिएको छ । यहाँ धेरै मान्छे छन् र सबैका फरक फरक परम्परा पनि छन् । यहाँ भिन्न भिन्न वेशभूषा र भाषाको प्रयोग गरिन्छ ।

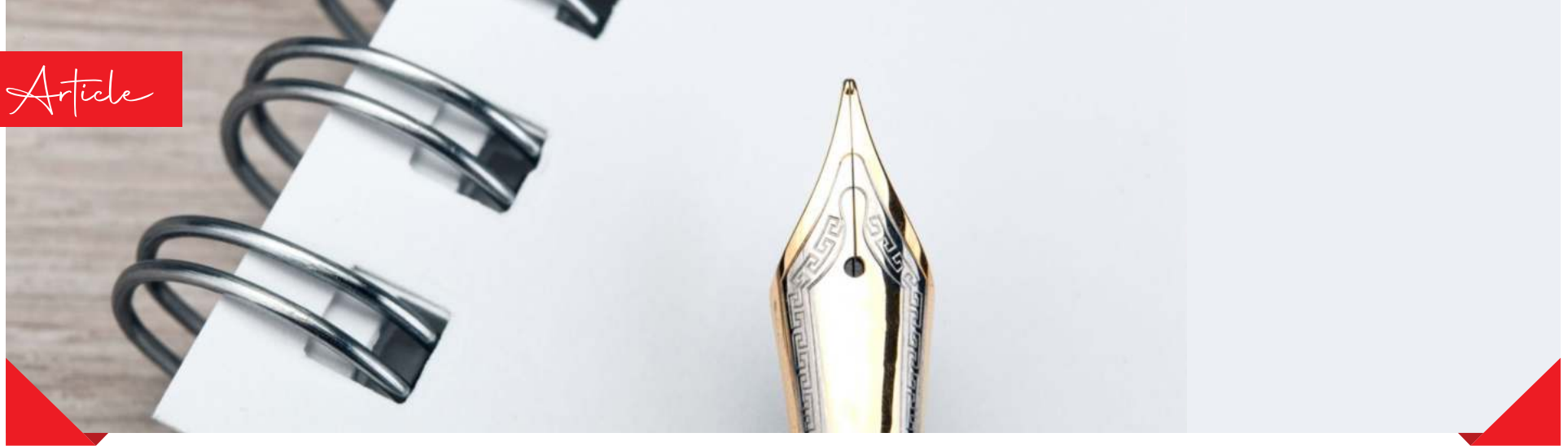
यहाँ धेरै उचाइमा अवस्थित भएको पहाडहरू पनि छन् । दुनियाँको सबै भन्दा अग्लो हिमाल सगरमाथा पनि यही छ । त्यसै गरी अन्नपूर्ण, मनास्लु, मकालु, आदि पनि यहीं छन् । धेरै मान्छेहरू नेपाललाई हिमालहरूको कारणले पनि चिन्छन् । धेरै भ्रमण गर्न आएका मान्छेहरू हिमाल पनि चढ्छन् ।

यहाँ सात ओटा प्रदेशहरू छन् र यिनले नेपाललाई धेरै सहयोग पुऱ्याएको छ । किनभने जति धेरै प्रशासन हुन्छ त्यति धेरै नै राम्रो हुन्छ नेपाललाई राम्रो बनाउन । यहाँ धेरै राम्रा मान्छेहरू पनि हुन्छन् र यिनले शिक्षा हासिल गरेर नेपाललाई अझै राम्रो बनाउँछन् । नेपाल धार्मिक स्थलहरूले सजिएको छ । यहाँ धेरै धार्मिक स्थलहरू छन् जस्तै जानकी मन्दिर, पशुपतिनाथ, राजदेवी मन्दिर आदि ।

नेपाललाई, “हरियो वन नेपालको धन” पनि भनिन्छ किनभने, यहाँ धेरै हरियाली छ र धेरै जङ्गलहरू छन् । यो देशमा मुनाल, काग, आदि जस्ता पशुपन्छी, हात्ती, घोडा र पुतलीहरू पनि छन् । यहाँ फरक-फरक प्रजातिका जनावर र फूलहरू पाइन्छन् । त्यसैले नेपाल सबै क्षेत्रबाट भरिपूर्ण भनिएको छ ।

सदिक्षा ठाकुर  
कक्षा ८





## A message to all Students...

Dear Students,

Education is the key to unlock your full potential and achieving your dreams. It is the foundation upon which you will build your future and the path that will lead you to success.

You are at a unique and exciting time in your lives. You have the opportunity to learn and grow, to explore new ideas and discover new passions. You are surrounded by knowledge and resources that can help you to become the best version of yourself. But this journey is not always easy and there will be times when you face challenges and obstacles that seem insurmountable.

In those moments, I want you to remember that you are capable of more than you know. You have within you the strength, the resilience and the determination to overcome any obstacle that comes your way. You have the power to shape your destiny and create a future that is bright and full of promise.

So I challenge you to take advantage of every opportunity that comes your way. Embrace the challenges, learn from your mistakes

and never give up on your dreams. Surround yourself with people who believe in you and support you, and be willing to work hard and persevere through the tough times.

Remember that education is not just memorizing facts and figures, it is about developing critical thinking skills, creativity and a love of learning that will serve you well throughout your life. It is about opening your mind to new possibilities and discovering your true potential.

So go there and make the best of every moment. Believe in yourself because no one else will in the beginning. Never let anyone else tell you that you can't achieve your dreams. With hard work, determination and commitment to lifelong learning, you can accomplish every goal you set your mind to.

**Sampada Thapa**  
**Grade X**



## बजारिया खानेकुराको असर

आजभोलि बजारमा नपाइने केही पनि सामानहरू छैनन् । अरू सामानहरू जस्तै खानेकुराको पसलहरू पनि प्रशस्त रूपमा पाइन्छ । केही खानाहरू बनाएर खानका लागि हुन्छन् भने केही चाहिँ तत्काल खानका लागि प्याकिङ गरिएको हुन्छ तर यी खानाहरू हाम्रो स्वास्थ्यका लागि हानिकारक हुन्छन् । मानिसहरू यो बारे नसोची मिठो खान पाए हुन्थ्यो भन्ने मात्रै सोच्छन् ।

खानेकुराहरू राम्रो देखाउनका लागि विभिन्न रङहरू हालिएको हुन्छ । यी रङहरू देख्नमा राम्रो भए पनि बजारमा पाइने खानाहरू हाम्रो शरीरको लागि हानिकारक हुन्छन् । मानिसहरू पोसिलो भन्दा पनि खाँदा मिठो हुने खाना चाहन्छन् । बजारिया खानाहरूमा अजिनोमोटो जस्ता विभिन्न हानिकारक मसलाहरू हालिएको हुन्छ । यी मसलाहरूले पेट सम्बन्धी विभिन्न रोगहरू निम्त्याउँछन् । पहिलेका मानिसहरू आफ्नो घरमै खाना खान्थे । ती घरका खानाहरू हाम्रो शरीरका लागि राम्रो हुन्थे । तर आजकालका मानिसहरू बाहिर नै खाना खाने भएर धेरै कमजोर हुन्छन् ।

मानिसहरू विभिन्न कामहरूले गर्दा घरको खाना मात्रै खान समय पाउँदैनन् । कति मानिसहरू बिहान उठेदेखि राती सुत्ने बेलासम्म आफ्नो कामका लागि घर बाहिर नै हुन्छन् । त्यसैले उनीहरूले सधैं आफ्नो घरमा खाना खाने समय पाउँदैनन् । त्यही कारण मानिसहरूले बाहिरको प्याकिङ गरेको मःम, चाउमिन, समोसा, पकोरा, पानी-पुरी, चटपटे जस्ता खाना खाने गर्छन् । केही मानिसहरू चाहिँ मिठो खानका लागि समय समयमा बाहिरको खाना

खाइरहन्छन् । यी बाहिरका खानेकुराको बानी परेपछि घरको खाना मिठो लाग्न छोड्छ । त्यसपछि यी बजारका खानाहरू खाँदा हाम्रो स्वास्थ्यमा नराम्रो असर पर्छ । विभिन्न हानिकारक, मसलाहरूले हाम्रो हड्डी कमजोर पार्नका साथै अरू विभिन्न पेट सम्बन्धित रोगहरू लाग्न थाल्छ । अझ, यी बजारिया खानाहरूको मात्रा, हाम्रो शरीरमा बढ्यो भने, बिस्तारै बिस्तारै क्यान्सर जस्तो विभिन्न खतरनाक रोगहरू पनि लाग्छ ।

त्यसैले हामीहरूले यस्ता खाना खानु हुँदैन । कहिलेकाहीँ अलिकति खान त ठिकै हो, तर हाम्रो स्वास्थ्यका लागि सधैं यी खानाहरू खानु हाम्रो राम्रो होइन । यदि कसैको समय नमिलेको खण्डमा हामीले घरबाटै खाना खाएर वा टिफिन बनाएर पछि समय निकालेर खानुपर्दछ । मिठो भन्दा पनि स्वास्थ्यको लागि राम्रो हुने खाना खानुपर्दछ । हामीले आफू पनि यस्तो खानाहरू कम खानुपर्छ र अरूलाई पनि यस बारे सतर्क गर्न पर्छ ।

हामीले स्वास्थ्य नै सबै भन्दा ठुलो कुरा हो भन्ने कुरा बुझ्नु पर्छ । यदि हाम्रो स्वास्थ्य नै रहेन भने, मिठो खाना भएर मात्रै हुँदैन । हामीले आफ्नो वरिपरिको मानिसहरूलाई पनि यी बजारिया खानेकुराको असर बताउनु पर्छ । आफ्नो पैसा र स्वास्थ्य दुवै बचाऔँ अनि बजार र बजारिया खाना नखाऔँ ।

सशांक कार्की  
कक्षा ६



## स्वास्थ्य नै धन हो!

स्वास्थ्य भनेको यस्तो शक्ति हो जुन हामीलाई आफ्नो क्रियाकलाप गर्न मद्दत गर्छ। स्वास्थ्य भएन भने यहाँ कुनै पनि क्रियाकलाप गर्न सक्दैन।

हामीसँग जति सुकै धन (गाडी, घर, करोडौंको जग्गा, करोडौं बैंक ब्यालेन्स) भएपनि स्वास्थ्य ठिक नभएमा त्यो धन हरेको केही अर्थ हुँदैन। स्वास्थ्य मानिएको सबैभन्दा ठुलो धन हो। स्वास्थ्य मानिसले मात्र शिक्षा आर्जन गर्न सक्छ। शारीरिक, मानसिक तथा सामाजिक रूपमा तन्दरुस्त हुनु स्वास्थ्य हुनु हो। स्वास्थ्य हुनको लागि उचित पोषण, नियमित शारीरिक व्यायाम तथा आरामको आवश्यकता पर्छ। खाट/घरमा मात्र बस्नु हुँदैन।

नेपाल सरकारले स्वास्थ्य सेवा उच्च प्राथमिकतामा राखेको छ। स्थानीय तहमा उपस्वास्थ्य चौकी, स्वास्थ्य चौकी तथा स्वास्थ्य केन्द्रको स्थापना भएको छ। सरकारले स्वास्थ्य चौकी उपस्वास्थ्य चौकी स्वास्थ्य केन्द्र आधारभूत अस्पताल आदिमा निःशुल्क उपचार तथा औषधिहरूको व्यवस्था गरेको छ। महामारीले स्थानीय तहमा स्थापित स्वास्थ्य संस्थाको क्षमता अभिवृद्धि गर्ने तथा नयाँ संस्थाको स्थापना गर्ने कार्य तीव्र रूपमा अघि बढिरहेको छ। यसबाट नागरिकले स्थानीय तहमा नै आधारभूत सेवा पाएका छन्।

सुसान चित्रकार  
कक्षा ७





## Art: The Power of Expression

“The aim of art is not to represent the outward appearance of things, but their inward significance” –Aristotle

The question pops up often. Many argue that art cannot be defined. The dictionary defines art as the conscious use of skill and creative imagination especially in the production of aesthetic objects. However, there are many ways to understand the meanings of art. The famous Russian novelist Leo Tolstoy defines art as “the activity by which a person, having experienced an emotion, intentionally transmits it to others.” Art is often considered the process or product of deliberately arranging elements in a way that appeals to the senses or emotions. It encompasses a diverse range of human activities, creations and ways of expression, including music, literature, film, sculpture and paintings. The meaning of art is explored in a branch of philosophy known as aesthetics. At least, that is what Wikipedia claims.

Again, a question arises with much soluble answer. “Is Art Really Important?” The answer varies based on thinking of people. We live in a world where there are two kinds of people, some say that art is useless things; it does not give any significance to the society or affects the society. On the other hand, people think, “Art is a valuable thing.”

In my personal opinion, Art is very valuable and important in human life and for society. Art does not help only me but almost every human in this world to process their emotions and understand their surroundings. It allows us to see life from a different perspective and it makes us feel alive. Art has always been an important part of



human society since the beginning of time. Art has been used as a tool for cultural exchange, education and expression.

Art can transform our lives. Art allows us to connect with our inner selves. When we connect with art, we are ultimately connecting with our inner selves. Art enables us to look within and to listen to ourselves, realize whom we are, and what we care about. It connects us to our thoughts, feelings, perceptions, and outer realities and experiences.

As an art lover, I love to create art as it connects with who I am to my inner core, and I continue to learn more about myself and what I am truly capable of.

When we give ourselves the opportunities to connect with art, we are able to take a step back, reflect what is going on in our world, evaluate our lives, and reflect. That is why I believe it is very important to bestow opportunities upon yourself to incorporate art into our life on a daily basis.

The world is undoubtedly a strange place right now. In addition, it is hard to deny that there are many emotions at play.

Whatever we are feeling these days, it can be a lot to carry. Expressing emotion through art is an incredible way to release those feelings.

Sometimes simply studying what you are experiencing is not enough. In order for emotions to move through us freely, they must be accepted and expressed. Doing so enlivens us and fuels our creativity. Fortunately, experiencing emotions directly through art is fairly simple. This could be done by drawing, painting, sculpting, whatever creative means allows us to open up and bare our soul.



We needn't be talented or skilled at any of these either. They are simply a means of expressing ourselves. An individual can express their feelings and emotions by art, which a word or the expression can't.

I personally do arts when I feel low or great. I love to express my feelings and emotion through art, as there are some feelings that can't be expressed directly. I thank to those artist who made art such a great thing. There are some hidden message in the art that is meaningful.

Undoubtedly, it should be preserved as it is in the state of being extinct very fast. There should be some art exhibition conducted on regularly basis to encourage hidden artist and to preserve arts as art gives us the history and future of the life.

The End!!

**Tapash Dev Mahato**  
**Grade IX**





## “ओहो! यो वर्ष *SEE* पो रहेछ त !”

These seven words playing in several voices are USELESS. Because isn't it so obvious? After all, the only motive of these 10 years of schooling is that one mark sheet.



Every '79 Student



# Last Year Ho Yaar!!

‘आइन् वर्षा हवर चढी वायुपंखी विमान  
पाउत्रा घर्णी शिखर गरजी थर्कियो आसमान ।

स्वावलम्बी सके बन्न कुनै चट्टहन्न नोकर  
सर्वत्र जाँगर तातोस कसले लाउने कर ।’

Lines we all mugged up and maybe we'll never forget in our lifetime.  
Big thank you to our lovely Nepali teachers for your support throughout  
the year and even more.



## Some Memories

### Coaching Mornings:

Early mornings, what a pleasant time to start off our days gazing at our classmates who had oh so elegantly accepted dark circles underneath their sleep deprived eyes. 6 am sharp. The hallways of this school are still filled with the dread of unfinished syllabus yet systematically planned revision routine.

It all started from a fine summer morning. The students of grade 10 were so enthusiastic to begin their SEE journey sacrificing their sleep for the sake of outstanding results. But little did they know, they had to program their systems in functioning a loop they couldn't delete for 8 months straight. But in spite of all such thoughts, thank you for helping us with this system because the end results were actually fruitful.

### Recess:

CORRIDOR "everything that happens here stays within the two walls."

5 minutes felt like 5 hours in the course of waiting for the 10 minutes of fun, gossip, chaos, fights and other affairs.

### Tuesdays and Fridays:

Food was the most important part of this journey! We cannot recall skipping lunch on Tuesdays and Fridays. And the deliciousness of Sundays and Mondays was unforgettable as well.

"Rosebud का विद्यार्थीहरुलाई आलु कति मनपर्छ है, खानामा पनि आलु, exam मा पनि आलु।". However, thank you Damodar sir for saying this and motivating us in every step of this journey.

In Damodar sir's voice

**EXCUSE ME CLASS TEN!!**

### Exams:

Isn't it fascinating that we had more exam days than normal school days? Terminal exams, pre-send up, mid term exam, boost up exam, qualifying exam, send up exam, pre-SEE exam and so on. Like, seriously? Wishing for the dearest PK sir and PLK sir to be our invigilator and instead ending up with "I've got my eye on you" teachers was truly heartbreaking. But this brought a momentum in our lives and helped us greatly. Thank you for this.

**Your ... exam starts from tomorrow.  
Get prepared because I want good  
results this time.**

## Pokhara Diaries:

“Thailand लागू पर्ने Pokhara लाग्यो। तर पनि रमाइलो भयो!” The first words we spoke after that expedition.

Picture speaks a thousand words and this picture illustrates all the fun we had there. Starting with the exhausting long hike with our evergreen Damodar Sir and his incomparable stamina. Similarly, all we felt was devotion exploring all those temples and gaining spirituality. Finally yet importantly, the camp fire dance that signified the togetherness of all rosebudians.



## Farewell Program:

Usually, one cries in their farewell but that was the day we smiled the most. The only thing that wasn't actually right was going for a 'short' hike up to the view tower in our leather shoes. We all know, we humans aren't satisfied with everything we have around ourselves, and AND THE FOOD COULDN'T COMPETE the menu of Dandelion Hotel of Pokhara. But, at least we had a good variety of food items to pump up our inner machinery. With thousands of spoken words and the one affirmation we learned “kismat piddi parr dil ziddi”, we stepped out of the orientation hall with our confidence higher than our heights.

Aaarr ya paarr  
aba ta SEE ma

4.00

## Some words by the Students

“

10 years or maybe even 13 for some went by like a wave; a wave of memories. These years maimed us and also cured us. It was ethereal but also eternal. Those colorful desolate days are ones we will cherish for a lifetime. These past years were full of challenges but the light at the end of the tunnel hasn't dimmed. So, as this year comes to an end we are filled with hope that the future is bright. In this year filled with pressurization, betrayal, distrust, disloyalty and the end of things we thought would remain, we have grown as individuals. And although there were bumps along the way, this year brought forth happiness, love, better learnings and memories.

❖ Anonymous

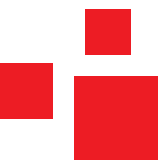
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“

Seven years of this schooling journey now comes to an end. This roller coaster ride from the first day of my school to the final day has been exciting, interesting and unforgettable, I have made good as well as bad memories and of course great friends. Those hectic assignments and scary exams that I passed made me prepared for the new chapter of my life. Probably the best years being at Rosebud. I express my gratitude for the friendships and relationships I have created, the teachers who always inspired me and the memories that will stay forever. Saying goodbye to schooling years and to my beloved ROSEBUD.

❖ Anonymous

”





“

Grade 10 holds a special place in my heart and life. As it was the last year every moment spent with my friends was memorable which is elegantly inscribed in my heart. Even the trip to Pokhara and our farewell was quite unforgettable. Little happiness, in every situation keeps your stress away and thank you my dear ROSEBUD for this gift. Once a rosebudian, always a rosebudian.

❖ Anonymous

”

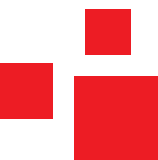
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Some of these selected words will truly not express our gratefulness and love towards Rosebud. Though we all are leaving today but still this will remain the best place with which we are emotionally connected. We, the students of batch 2079 through this medium together express our thankfulness to all the teachers and mentors who supported us throughout this journey.

Especially our beloved Damodar sir. Your constant support, love, protection and guidance has made us whatever we are today. Thank you for molding us in such beautiful shapes. Similarly, we express our sincere gratitude towards the entire school management for their assistance which is today gracefully inscribed in the core of our heart. We are obliged to be given such a platform along with the consistent efforts and protection of every teacher of this institution. Precisely, a lifetime obligation impossible to pay back.

❖ Anonymous

”



# Photos





# Photos





# Photos

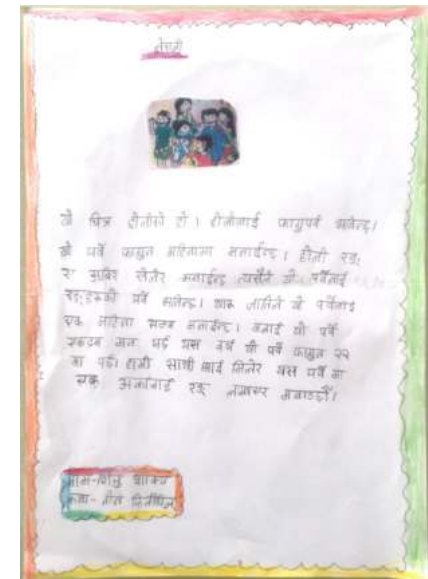




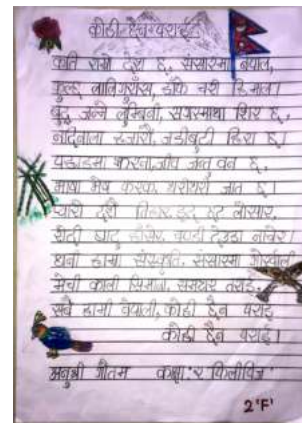
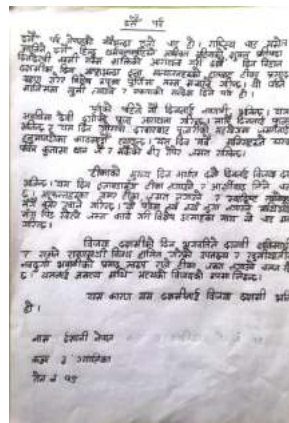
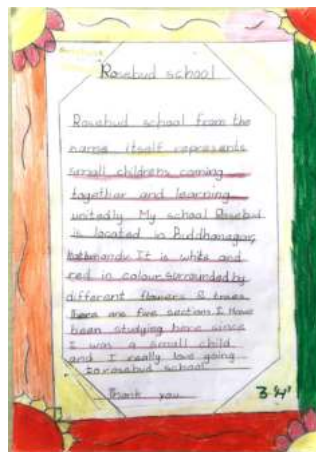
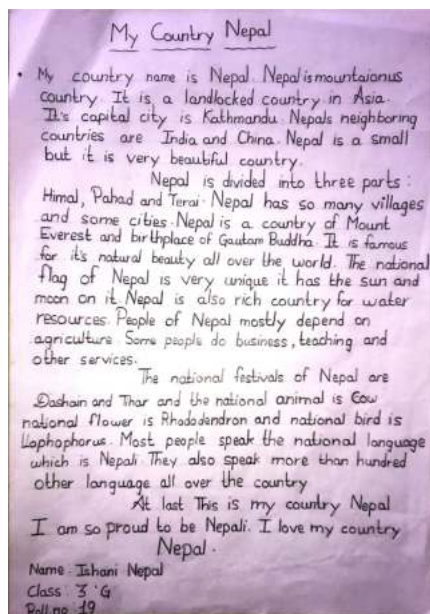
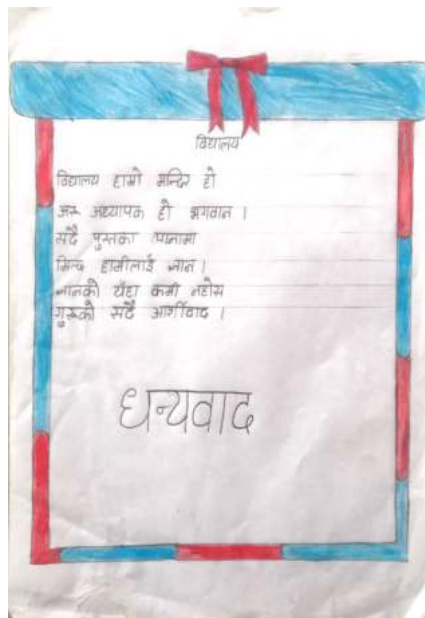
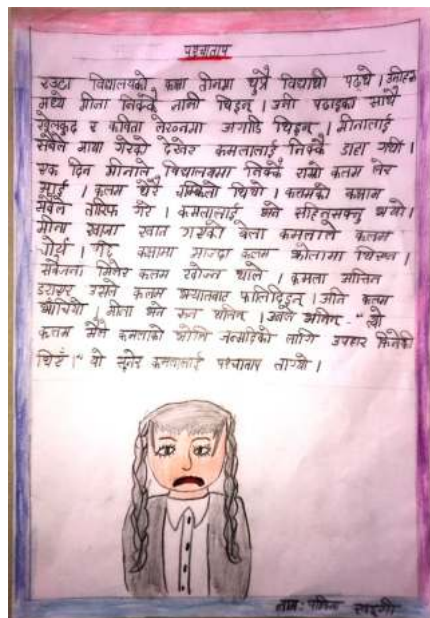
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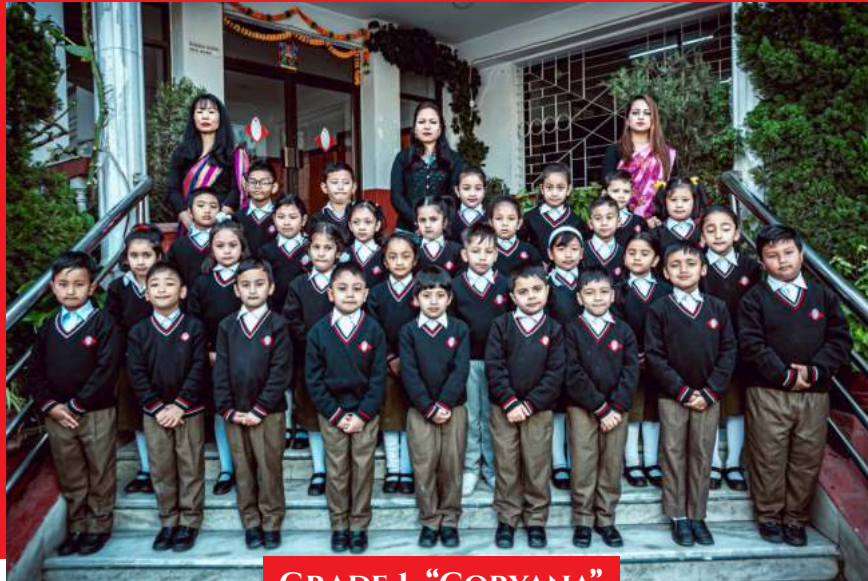












**GRADE 1 "CORYANA"**

**Bottom Row (left to right):**

Samyog Maharjan, Aarav Shrestha, Riwarz Karmacharya, Shraman Shakya, Tejash Gopal Vaidya, Aaditya Paudel, Griwan Hangsa Kunwar, Aarus Sapkota, Sanish Shrestha

**Second Row (left to right):**

Manvi Shrestha, Yachu Maharjan, Shreeya Adhikari, Dakshata Chaudhary, Atiksh Thapa, Rayma Tuladhar, Saira Karki, Harshaali Ranjit

**Third Row (left to right):**

Ransh Maharjan, Binishma Prajapati, Aahana Shrestha, Saubigya Tiwari, Nityashree Basnet, Saurav Shrestha, Nhujala Buddhacharya

**Top Row (left to right):**

Suryank Gupta, Rual Gurung, Rebika Kayastha, Sayana Pradhan, Krishal Bhattarai

**Teachers:** Namrata Tamang, Lawan Pradhan, Deepa Silwal



**GRADE 1 "FILIPES"**

**Bottom Row (left to right):**

Sirjan Ghimire, Aadvik Guragai, Tina Khanal, Minakshi Bishwakarma, Preshika Bhusal, Kenjal Rana, Preshiya Pant, Johana Bajracharya, Anubhav Kapar, Rolex Thapa

**Second Row (left to right):**

Mani Maharjan, Samaya Adhikari, Siyona Shrestha, Aarnavi Shrestha, Shubham Ciri, Aayansh Wagle, Sparsh Puri, Abhinav Bajgain

**Third Row (left to right):**

Prasanga Tiwari, Rochish Kharel, Suravi Shakya, Shreya Byanjankar, Surasa Sthapit, Drishpal K.C., Yugdev Devkota, Shriyans Pratap JBR

**Top Row (left to right):**

Aarshiya Dangi, Adhrit Maharjan, Yuyutshu Acharya, Nistha Maharjan

**Teachers:** Radhika Maharjan, Lawan Pradhan, Sunita Bhujel





**GRADE 1 "GALLICA"**

**Bottom Row (left to right):**

Nimisha Tandan, Ishani Upadhyaya, Ashlesha Tara Shrestha Dongol, Surbhi Basnet, Sugyota Chad, Aariya Bajracharya, Sampada Maharjan, Prapti Karki, Rebisha Shakya

**Second Row (left to right):**

Ashwin Parajuli, Priyansh Gurung, Chirag Acharya, Selwin Shakha, Alish Thapa Magar, Aarohan Bhattarai, Nishaj Shakya, Shivansh Shrestha

**Third Row (left to right):**

Adwaita Shrestha, Sakchyam Ghimire, Sarthak Dhakal, Aarambha Giri, Trishaan Singh, Kashvi Timalisina, Anu Upadhyay, Aariyana Bam

**Top Row (left to right):**

Samaroha Raj Neupane, Aahan Dahal, Swornim Mani Dahal

**Teachers:** Radhika Maharjan, Bindiya Shakya, Ishwori Thami Karki



**GRADE 1 "HUGONIS"**

**Bottom Row (left to right):**

Pearlyn Tapol, Beyonsa Subedi, Saniva Maharjan, Survi Babu, Arabhi Chakraborty, Merisha Aryal, Supriya Paudel, Arya Amatya, Savana Shrestha

**Second Row (left to right):**

Bipson Karki, Arpit Dhungana, Adideva Upadhyay, Bibodh Bajracharya, Priyam Gupta, Rolex Tapol, Arnav Adhikari, Kriyush Acharya

**Third Row (left to right):**

Aaradhya Pradhan, Aadit Subedi, Tiana Suhang, Pramshu Sharma, Raj Kumar Thapa, Shanvi Gautam, Sulakshyana Kayastha, Shribin Basukala

**Top Row (left to right):**

Rashika Pandeya, Riyan Maharjan, Sashwat Shrestha, Maanas Maharjan, Reyna Nakarmi, Surangana Timilsina

**Teachers:** Radhika Maharjan, Mamata Sardar, Dina Gurung



**GRADE 1 "ODORATA"**

**Bottom Row (left to right):**

Suragya Shova Tuladhar, Saaira Shakya, Azni Shrestha, Shanvi Shrestha, Priyu Maharjan, Digangana Dangol, Shanvi Dangol, Aarushi Khanal, Riddhi Prajapati, Sabhyata Shrestha

**Second Row (left to right):**

Aron K.C., Sayaan Shrestha, Kusal Dangol, Roj Subba, Anaya Ghimire, Shriansh Bhakta Shrestha, Roshil Maharjan, Parangat Khanal

**Third Row (left to right):**

Ruvisha Shakya, Asmita Shrestha, Suyogya Maharjan, Prajna Bhattarai, Samrith Tandukar, Reyansh Maharjan, Aashirbad Giri, Sawal Jung Karki, Savar Koirala

**Top Row (left to right):**

Angel Lamsal, Ojash Pandey

**Teachers:** Rebika Giri, Lawan Pradhan, Bishnu Shrestha



**GRADE 2 "CORYANA"**

**Bottom Row (left to right):**

Pransi Sharma, Parishal Pokhrel, Kavya Khadka, Utkarsha Shakya, Mayara Dawadi, Udit Bhatta, Jelina Moktan, Rochelle Rani Chaulagain, Arshiya Shakya

**Second Row (left to right):**

Ribson Bhatta, Samir Shrestha, Anubhav Singh, Sampurna Kadel, Saras Maharjan, Marvin Bhattarai, Supreme Shahi, Aarush Jung Rayamajhi

**Third Row (left to right):**

Sara Buti Gurung, Subihan Pokharel, Niket Shrestha, Satvik Gurung, Aavanshi Shrestha, Kavyansh Deuja, Saugan Albert Khanal, Yuvaan Shakya

**Top Row (left to right):**

Aarav Malla, Saugat Dangol, Bedant Sing Katawal, Shubham Upreti, Abhudaya Bickram KC, Symon Lakhandri, Nafisaa Karki

**Teachers:** Rabina Lakhe, Sharmila Dahal





**GRADE 2 "FILIPES"**

**Bottom Row (left to right):**

Aarya Poudel, Mahima Kandel, Anushree Gautam, Olivia Maharjan, Saanvi Kunwar, Evana Sikrikar, Aryana Jha, Alona Sharma

**Second Row (left to right):**

Prakrit Kc, Pawan Sagar Tuladhar, Ruhan Tandukar, Sparsha Jung Thapa, Aakrish Shrestha, Slok Paudel, Sayana Gautam

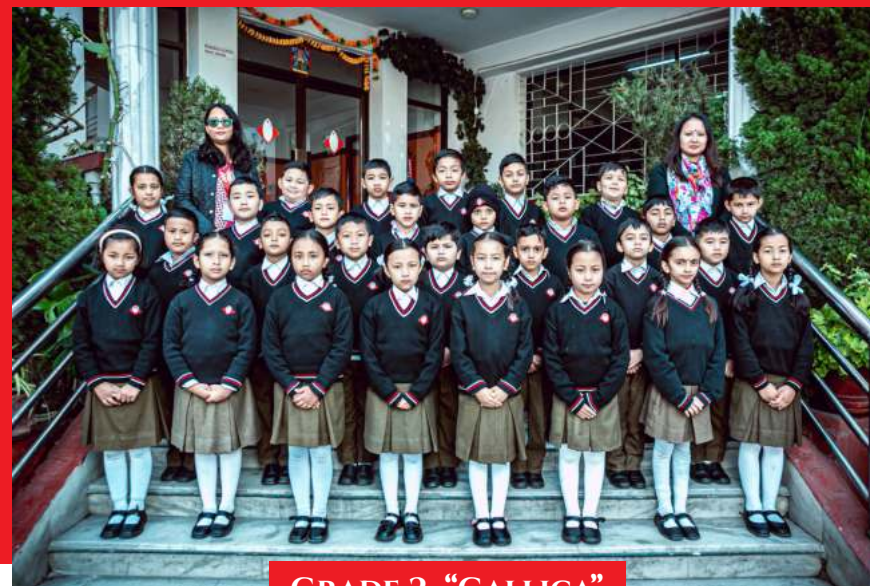
**Third Row (left to right):**

Aashrayata Shrestha, Kavish Karki, Abhinav Gautam, Manik Shrestha, Arwin Ghimire, Pranjal Rawal, Aarosh Dangol, Uday Shankar Dangol

**Top Row (left to right):**

Kunal Karki, Naman Neupane, Rohan Lama, Abha Amatya, Riaan Shrestha, Maulik Ratna Tamrakar, Swoyam Thapa, Urvish Tandukar, Aarnav Maharjan

**Teachers:** Suman Khanal, Indira Upadhaya, Sushma Manandhar



**GRADE 2 "GALLICA"**

**Bottom Row (left to right):**

Skylla Tamrakar, Priska Hyoju, Brihana Bhandari, Oshin Shrestha, Sneha Tuladhar, Shina Shrestha, Samika Pant, Bhawana Subedi

**Second Row (left to right):**

Abik Shrestha, Prasit Jung Karki, Avash Tamang, Divansh Rawal, Namish Shrestha, Deeyan Dahal, Siben Shrestha

**Third Row (left to right):**

Krishna Koirala, Prashnam Tamang, Aayan Khoju, Saaswot Tandukar, Shivshaurya Thakur, Avigna Lal Chipalu, Ram Krishna Gami, Adhiraj Gaire

**Top Row (left to right):**

Nirbhaya Bajracharya, Reegan Tuladhar, Shlok Pradhan, Sarthak Neupane, Reuel Maharjan

**Teachers:** Poonam Pradhan, Sanju Lama





**GRADE 2 "HUGONIS"**

**Bottom Row (left to right):**

Anusona Maharjan, Sunniva June Bajracharya, Aahana Joshi, Kristina Shrestha, Shreyashi Neupane, Luniva Shrestha, Aagya Timalsina, Aarya Maharjan

**Second Row (left to right):**

Sambridh Bajracharya, Sarvin Tandukar, Bishesh Bikram Thapa, Sahas Shrestha, Rojesh Maharjan, Kabir Thapa, Pranil Acharya

**Third Row (left to right):**

Bishwodeep Pandey, Kavya Kc, Sakchhem Bajracharya, Jenish Rasaili, Samragyi Pudasaini, Prayasha Gyawali, Aaradhya Joshi, Sarvambh Maharjan

**Fourth Row(left to right):**

Aaryan Budhathoki, Rihan Maharjan, Sammunat Shakya, Udgam Lamichhane, Atharv Shakya, Tisha Shakya

**Top Row (left to right):**

Preziya Adhikari, Atharva Raj Bhandari, Aagya Acharya, Trishmi Manandhar, Sky Rani Awale, Suhan Adhikari

**Teachers:** Ranju Pokharel, Christina Tuladhar, Devaki Shrestha



**GRADE 2 "ODORATA"**

**Bottom Row (left to right):**

Shree Samridhi Pathak, Arpina Aryal, Prashna Khadka, Eva Shrestha, Jiya Gorkhali, Samridhi Thapa, Breesha Bajracharya, Srawika Maharjan, Ojashwi Maharjan

**Second Row (left to right):**

Niva Poudel, Aarohi Basnet, Samriddhi Shrestha, Ankit Lungeli, Ankit Thapa, Nirupama Bhusal, Shreeyesh Manandhar, Ezrina Rajbhandari

**Third Row (left to right):**

Subodh Raj Shakya, Sauryan Siwakoti, Shivansh Basnet, Soham Shrestha, Ridan Gautam, Nilkantha Narayan Shrestha, Dhairya Poudel, Regina Rokaya

**Top Row (left to right):**

Kaustuv Raj Sharma, Rasmic Bhatta, Pragaly Pokhrel, Subansu Subedi, Kunj Chaudhary, Nitya Shakya

**Teachers:** Bandana Satyal, Pooja Tamrakar



**GRADE 3 "CORYANA"**

**Bottom Row (left to right):**

Shreya Bajgain, Esha Paudel, Adikka Thapa, Aashira Shrestha, Saanvi Tripathee, Aavya Rauniyar, Nidhi Bhattarai, Samriddhi Maharjan, Riona Shrestha

**Second Row (left to right):**

Noah Hang Rai, Aarush Baidhya, Aayank Dhakal, Birjan Khadgi, Pratyush Baidya, Rupsana Bhaila, Dilasha B.K, Sana Gautam

**Third Row (left to right):**

Nirvaan Adhikari, Krsna Madhav Koirala, Nibhal Tamrakar, Saman Sagar Tuladhar, Pratikshya Gupta, Himon Katawal, Nibodh Ratna Tamrakar

**Top Row (left to right):**

Parikshit Chaulagain, Prasanna Upreti, Aarav Bhattarai, Shrawani R.L.Rana, Aaditya Shrestha, Aadarsha Bhandari

**Teachers:** Trishala Acharya, Mina Bhandari, Manjula Lepcha



**GRADE 3 "FILIPES"**

**Bottom Row (left to right):**

Aastha Shrestha, Upashya Thapa, Aadhya Dhungana, Sharanya Bhattarai, Bibhisha Shigu, Yukti Bhandari, Aahana Bhusal, Saanvi Bista

**Second Row (left to right):**

Lochan Maharjan, Shichu Shakya, Daniel Maharjan, Prasiddha Raj, Krithartha Khadka, Binayak Marhatta, Parth Bhatta

**Third Row (left to right):**

Sachit Bajracharya, Bivaan Shakya, Nivan Shrestha, Sarad Gyawali, Aayan Karki, Racheet Jha, Hardik Maharjan

**Top Row (left to right):**

Sabik Dongol, Siddhant Adhikari, Aaryav Shrestha, Aayushman Shrestha, Lucky Singh, Pratyush Man Singh Pradhan, Aarav Shrestha, Tapasya Oli, Palijah Manandhar, Yug Shrestha, Archini Shrestha, Aryan Swar

**Teachers:** Sharmila Dahal, Mina Bhandari, Karuna Pandey





**GRADE 3 "GALLICA"**

**Bottom Row (left to right):**

Ang Sona Sherpa, Priyanshu Rijal, Tanushree Khatri, Bipasna Khanal, Ira Limbu, Amisha Shrestha, Pratyusha Mainali, Pranavi Ghimire, Ishani Nepal

**Second Row (left to right):**

Aahana Adhikari, Aron Basnet, Aaroj Barshila, Pranaya Shrestha, Prakrit Khadka, Aadhar Risal, Siddhartha Raj Ghimire, Aaroji Adhikari

**Third Row (left to right):**

Bipaswi Gyawali, Divyanshi Karki, Sanzio Shrestha, Sukirti Shrestha, Sakcham Basnet, Manyul Shrestha, Sambriddhi Sapkota, Aanshi Thapa

**Fourth Row(left to right):**

Soha Maharjan, Aarav Shrestha, Subham Ghimire, Aron Pradhan, Jenish Tiwari, Miroj Byanju, Rijon Tandukar

**Top Row (left to right):**

Adson G.C, Arnav Bajracharya, Bimarsha Khapung, Nirakar Subedi, Aryan Jaiswal, Nhusa Jhochhen

**Teachers:** Saraswati Shrestha, Mina Bhandari, Nishma Kayastha



**GRADE 3 "HUGONIS"**

**Bottom Row (left to right):**

Akshaya Avani, Purnika Chaulagain, Aanvi K.C, Suyeshka Maharjan, Perisha Roka, Sambriddhi Sapkota, Aarushi Shrestha, Anshu Basnet, Alisha Shrestha

**Second Row (left to right):**

Rapugya Thakur, Manan Khanal, Aayam Adhikari, Kavyansh Giri, Aadarsha Uprety, Ashim Shrestha

**Third Row (left to right):**

Aarab Bhushan Shrestha, Shuvan Khanal, Rishma Thapa Magar, Vedant Pandit, Grishma Shrestha, Sambriddhi Baskota, Aarav Sangat, Avira Shrestha

**Fourth Row(left to right):**

Nhuja Shrestha, Gaurabh Shrestha, Samyak Pradhan, Aarush Ranabhat, Aadarsha Raj Oli, Arpan Babu Puri, Ayushree Shrestha, Luniva Manandhar

**Top Row (left to right):**

Ashwin Chettri, Aarohan Tuladhar, Aarab Raj Joshi, Suprav Hada, Samrat Pradhan

**Teachers:** Sabina K.C., Mina Bhandari, Prakriti Sharma





**GRADE 3 "ODORATA"**

**Bottom Row (left to right):**

Bihaan Shrestha, Rasad Sharma, Sherwin Prajapati, Aarush Dhakal, Ativ Bajracharya, Divyansh Maharjan, Reezan Malakar, Unique Ghimire, Meghant Chaulagain

**Second Row (left to right):**

Evana Maharjan, Urisa Shrestha, Ruju Manandhar, Shreeyash Panday, Saurav Raj Rimal, Shanvi Shrestha, Bhuvi Swarupa Khanal, Devansh Gautam

**Third Row (left to right):**

Isthi Shrestha, Samar Bajracharya, Aaron Tandukar, Kavya Vaidya, Suhabhi Shakya, Sharanya Shakya

**Fourth Row (left to right):**

Ayaan Husen, Aarya Karki, Tejesh Shrestha, Looniva Maharjan, Shreejwal Ratna Bajracharya, Shiva Kawadil

**Top Row (left to right):**

Nirav Bajracharya, Swikriti Manandhar, Adwait Parajuli, Amulya Shahi, Reeyash Tandukar, Ishan Singh

**Teachers:** Anju Tuladhar, Kabita Bhujel Shrestha



**GRADE 4 "CORYANA"**

**Bottom Row (left to right):**

Agrim Pandey, Asim Awale, Anurag Giri, Nischita Ghimire, Prajna Shrestha, Saanvi Shrestha, Supreem Thapa, Shrejin Shakya, Samraj Maharjan

**Second Row (left to right):**

Garima Mahat, Anshu Shrestha, Subham Shrestha, Sankshep Panta, Ishani Kharel, Shirish Awale, Pranish Nath Joshi, Samip Shrestha

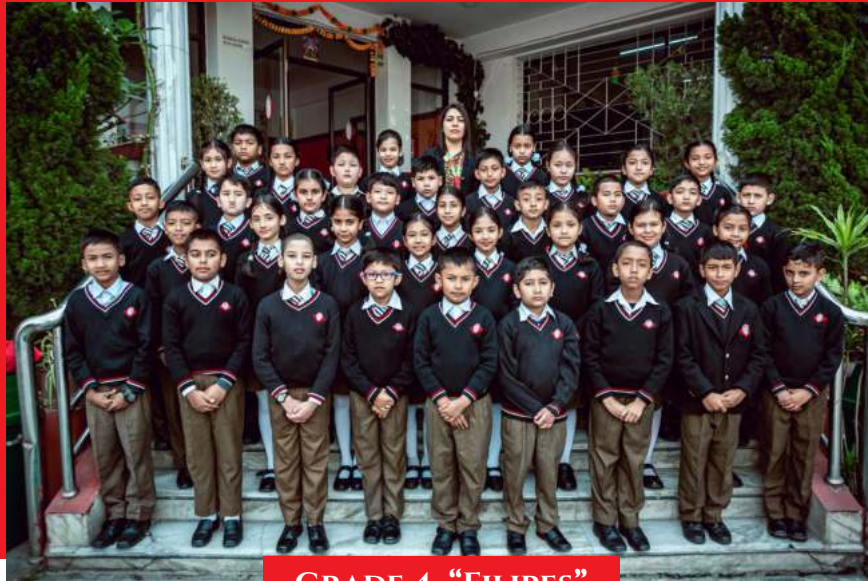
**Third Row (left to right):**

Aarohi Bhattarai, Aavan K.C, Samriddhi Maharjan, Rituja Khatri, Jenish Shakya, Joyesh Tuladhar, Sushant Karki, Soumya Shrestha, Arhat Maharjan

**Top Row (left to right):**

Aarav Chakradhar, Purnika Khadka, Pranav Shrestha, Hrishitosh Gami, Aarush Paudel, Uttara Shakya, Rabin Gautam

**Teachers row (left to right):** Andrin Shrestha, Deepshree Karki, Sebastian Upadhaya, Shakila Dangol (Class Teacher), Lubha Vaidya, Aayan Maharjan



**GRADE 4 "FILIPES"**

**Bottom Row (left to right):**

Prasiddha Manandhar, Subigya Pandey, Evan Khatiwada, Anish Manandhar, Shikshyan Shankar Ranjit, Aaryaman Tripathi, Jayten Shrestha, Yebash Khanal, Aaradhya Acharya

**Second Row (left to right):**

Aarav Bhujel, Pragi Thapaliya, Saniya Rauniyar, Aarushi Rajbanshi, Grishma Shrestha, Aarvee Thapa, Evelyn Joshi, Somya Shakya

**Third Row (left to right):**

Ronish Shrestha, Saharsha Bajracharya, Sarvani Neupane, Ananta Tandukar, Mrinal Munakarmi, Alish Tamang, Dipson Shrestha, Aaryaman Tabdar, Swoyam Bahadur Shrestha

**Top Row (left to right):**

Richa Karmacharya, Tanish Prajapati, Tijala Maharjan, Supran Maharjan, Samreet Shrestha, Binamra Poudel, Rachel Gurung, Kriti Maharjan, Nhuja Suwal

**Teachers:** Eva Khatiwada, Nitisha Acharya (Class Teacher), Abhipsa Subedi



**GRADE 4 "GALLICA"**

**Bottom Row (left to right):**

Sameen Bajracharya, Binayak Khadka, Sameep Budhathoki, Slok Gelal, Samaira Maharjan, Sange Tamang, Sanskar Prajapati, Aryan Shakya, Riyams Shrestha

**Second Row (left to right):**

Prabhu Tripathi, Misti Bastola, Urab Vaidhya, Prales Maharjan, Saswot Silwal, Pragisha Giri, Samyam Neupane, Aradhya Dev Achhami

**Third Row (left to right):**

Reezan Dulal, Sulav Prajapati, Rupak Bajracharya, Agraj Jung Thapa, Tanisha Shrestha, Sheayana Subedi

**Top Row (left to right):**

Romeesha Tuladhar, Yuhana Aryal, Eric Khanal, Aarav Shrestha, Agrim Pandey

**Teachers row (left to right):** Kabir Sharma, Aaroha Raj Neupane, Daisy Shrestha, Reshma Singh (Class Teacher) Shanvi Puri, Echhita Khaigoli, Ansika Sapkota





**GRADE 4 "HUGONIS"**

**Bottom Row (left to right):**

Aarush Timalisina, Pamir John Pandey, Samarthya Khadka, Swodeep N. Munankarmi, Raymon Dahal, Shashwot Shrestha, Bishista Raj Gautam, Biraj Kansakar

**Second Row (left to right):**

Samragyee Shahi, Aaradhya Shrestha, Ojashwi Byanjankar, Lomash Bhattarai, Swornika Parajuli, Sanish Shrestha, Aaradhya Subedi, Shaksham B. Adhikary

**Third Row (left to right):**

Yashasvi Shakya, Shristina Bastola, Aarcha Badhai( Tharu), Sanaya Rauniyar, Jenisha Kharel, Adhishree Rajbanshi, Reeson Maharjan, Sandesh Chaulagain

**Top Row (left to right):**

Aabadda Poudel, Rio Subedi, Awanee Sharma, Prajay Ratna Bajracharya, Nirav Man Singh Shrestha, Somika Karmacharya, Suyog Bilas Bajracharya

**Teachers:** Saanvi Shrestha, Adhidi Bishwokarma, Rohana Pradhan, Adhrit Dahal, Monsoon Dahal, Leona Ghimire, Divija Bajracharya, Tulsi Sharma Neupane (Superintendent), Avhiv Acharya



**GRADE 4 "ODORATA"**

**Bottom Row (left to right):**

Saugat Raj Tuladhar, Devashish Shrestha, Svanik Shrestha, Spandan Luitel, Aayushree Lamichhane, Samyam Jung Thapa, Bipasana Shrestha, Suryansh Gautam, Nitika Gupta

**Second Row (left to right):**

Shyavion Awale, Aalen Lama, Ruchiraa Khatri, Norah Ghimire, Jengbin Yonjan, Arwin Shrestha, Bachaspati Sapkota, Anurag Giri

**Third Row (left to right):**

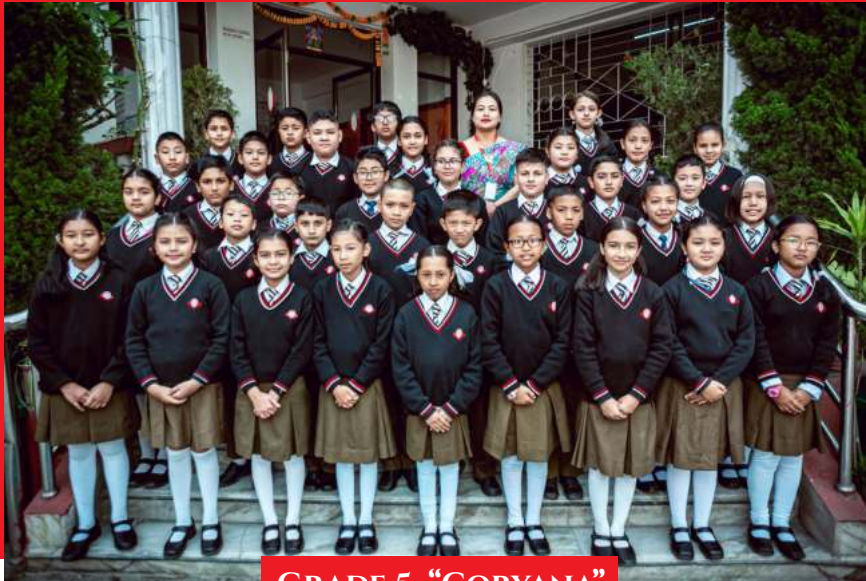
Rivanna Gyawali, Atharva Khatiwada, Prinsha Panthi, Saira Gautam, Aayan Bajracharya, Krit Maharjan, Samragi lamichhane, Aahana Ranjit

**Top Row (left to right):**

Aarav Khadka, Arbin Shrestha, Lijala Bajracharya, Nirdesh Nyachhyon, Selvin Sthapit, Samyak Shrestha , Uttam Nepal, Aarush Rana

**Teachers:** Shreeyash Shrestha, Prinsha Shrestha, Ritu Pandey (Class Teacher) Rajul Joshi, Mrinank Raj Acharya, Riya Chapagain





**GRADE 5 "CORYANA"**

**Bottom Row (left to right):**

Riyasha Shrestha, Prezina Pokhrel, Gagisha Sapkota, Aagya Prajapati, Riti Gautam, Sworniva Dangol, Shamishna Gautam, Prayanshu Thapa, Nijeesh Shakya

**Second Row (left to right):**

Akina Niraula, Kritik Shrestha, Shreyash Karmacharya, Sankalp Rajbhandari, Shreeyansh Joshi, Aarab Dangol, Umang Shrestha, Manong Tamang, Ishita Tandukar, Divashree Shrestha

**Third Row (left to right):**

Aayan Rajbhandari, Tezas Raj Baidya, Anav Shakya, Asritha Laxmi K.C, Reevean Jung Thapa, Kunjal Timalisina, Pratyush Jung Karki,

**Top Row (left to right):**

Manan Bohora, Aarogya Koju, Cyrus Dangol, Teresa Thapaliya, Riowna Bataju, Asri Rupacha, Aagya Poudel

**Teachers:** Reshubh Shah, Laxmi Manandhar (Class Teacher), Aaradhya Ojha



**GRADE 5 "FILIPES"**

**Bottom Row (left to right):**

Upanshu Newa, Aayan Shrestha, Tisa Maharjan, Kushal Parajuli, Sibika Shrestha, Preyusha Budhathoki, Aaron Maharjan, Vipul Lama, Angel Shrestha

**Second Row (left to right):**

Aaradhya Basnet, Kaswi Upreti, Rasesh Giri, Ritsika Silwal, Avilina Tamrakar, Aahan Newa, Aarav Shah, Jason Bam

**Third Row (left to right):**

Aayam Tamrakar, Nibisha Biswokarma, Pranshi Manandhar, Nivisha Shrestha, Unish Thapa, Sugul Adhikari, Krishab Parajuli

**Top Row (left to right):**

Riya Shrestha, Bijeni Gurung, Kristina Karki, Anshuman Mahato, Aakar Gyawali, Sachit Raj Malla

**Teachers:** Saunigya Pathak, Sugul Adhikari, Sarvajana Shakya, Eda Joshi (class Teacher) Sophiya Shrestha, Jayesh Pradhan, Abhi Rajbhandari



**GRADE 5 "GALLICA"**

**Bottom Row (left to right):**

Bikalpa Adhikari, Ansh Karki, Rijan Bhujel, Sumiran Amatya, Rowan Maharjan, Pratisara Shakya, Meerina Bhattarai, Siraf Oli and Edrea Luzang Lepcha

**Second Row (left to right):**

Sansar Bista, Kavya Shrestha, Aaliyah Shah, Kenisha Shrestha, Ushnish Maharjan, Ojash Shrestha, Aarav Kayastha and Lakshya Shrestha

**Third Row (left to right):**

Atharv Kayastha, Samriddha Raj Pandey, Renaissance Acharya, Anushree Adhikari, Sanshu Ghimire, Soham Acharya and Raag Dangol

**Top Row (left to right):**

Nirvik Ratna Bajracharya, Bishesh Khadka, Aayug Madhikarmi, Shannara Pathak, Saisha Roy, Binisha Bade, Avika Shrestha, Aarshiya Joshi and Shambhavi Shrestha

**Teachers:** Liwaz Ratna Bajracharya, Yajash Singh, Ushan Bajracharya, Joyash Shrestha, Sarita Tandukar (Class Teacher) Oyans Lal Shrestha and Yathartha Shrestha



**GRADE 5 "HUGONIS"**

**Bottom Row (left to right):**

Aranya Bajracharya, Anushka Basnet, Yash Gupta, Marisha Khadka, Bibhan Khadgi, Batsal Bhattarai, Samrat Khadka, Subij Upadhayaya

**Second Row (left to right):**

Arhan Bajracharya, Saipsit Ghimire, Reewaz Dhungana, Brihayat Kilana Shrestha, Ojas Maharjan, Sophia Maharjan, Yuriska Dangol

**Third Row (left to right):**

Pranshu Amatya, Jasme Tamang, Adhyaya Khadka, Bishaj Bhadel, Arpit Karn, Aditya Poddar, Sangyukta Siddhi Bajracharya, Simran Ghimire

**Top Row (left to right):**

Aarav Tandukar, Prabal Bikram Khadgi, Aarshree Khadka, Eva Bhusal, Sushrena Sikhrakar, Shivam Singh, Aarjan Shrestha, Rakshan Shah

**Teachers:** Amogh Shrestha, Louis Manandhar, Rian Maharjan, Saswot Sapkota, Deepa Shrestha (Class Teacher), Rausha Bajracharya, Shambhavi Tandukar, Deepshikha Napit





**GRADE 5 "ODORATA"**

**Bottom Row (left to right):**

Shraddha Amatya, Luzaan Maharjan, Swornim Adhikari, Ujjen Nath Newa, Bidhan Khadgi, Aditya Regmi, Istuti Bhurtel, Prakriti Bhatta, Heeya Thakur

**Second Row (left to right):**

Smile Kunwar, Shreyan Sikrikar, Ekansh Gyawali, Bhaskar Raj Subedi, Aarogya Bhandari, Aarav Keshar Khannal, Miyant Maharjan, Ashim Bhandari

**Third Row (left to right):**

Prabidhi Shrestha, Lunashree Dahal, Arthav Karki, Rigen Dhakal, Saksham Bastakoti, Amogh Siddhi Manandhar, Rishab Bhatta, Sakriya Subedi

**Top Row (left to right):**

Pratik Shah, Aarav Upadhaya, Divyash Buddhacharya, Saurabh Man Shrestha, Prasaan Joshi, Angelisha Shahi Thakuri, Zia Shreevastav

**Teachers:** Lihass Maharjan, Aaroha Bhandari, Niva Pradhan (Class Teacher), Aayam Maharjan, Reeve Pradhan



**GRADE 6 "CORYANA"**

**Bottom Row (left to right):**

Christina Bajracharya, Arpita Adhikari, Anuva Shrestacharya, Yojana Katwal, Swostika Budhathoki, Yujina Maharjan, Akshana Humagai, Kashika Neupane

**Second Row (left to right):**

Prarthana Upreti, Aayushree Pradhananga, Yojaswi Shiwakoti, Aditi Singh Dahal, Aarnav Bajracharya, Neerav Shrestha, Ribhan Rai, Dikshyant Bikram Shah, Anurag Poudel, Aaron Dhakal, Saurav Mahat, Ayan Tuladhar, Latasa Tamang

**Third Row (left to right):**

Shreena Ranjitkar, Abhima Sapkota, Nirvik Maharjan, Saurabha Karmacharya, Aadhyan Mani Dahal, Sparsh KC, Mohak Karki

**Top Row (left to right):**

Prish Shrestha, Mirnav Shakya, Aarav Prajapati, Prahit Mani Bajracharya, Bigyen Subedi, Arnav Shakya, Ankit Lal Pradhan

**Teachers:** Mr. Ramesh Prasad Shah





**GRADE 6 "FILIPES"**

**Bottom Row (left to right):**

Apriy Malla, Hanish Shrestha, Dikshyant Raj Dahal, Milan Khatri, Riyan Kunwar, Manas Bikram Thapa, Akarshak Katuwal, Avipsha Shrestha

**Second Row (left to right):**

Kritika Maharjan, Sadikshya Pantha, Neeva Joshi, Siyon Shrestha, Nibisha Koirala, Briyana Shahi, Shrey Harsha Bajracharya

**Third Row (left to right):**

Niriksha Shrestha, Atisha Shrestha, Khushi Adhikari, Subigya Dhakal, Sijan Shrestha, Pranay Bajgain, Jarsana Bajracharya, Niraaj Shrestha

**Top Row (left to right):**

Kulkshang Tamang, Bipasona Bajracharya, Nivaj Shrestha, Reyan Kumar Thapa, Shraday Kumar Shakya, Ryan Dangol, Riya Bogati, Divyam Kapali

**Teachers:** Prajita Kharel



**GRADE 6 "GALLICA"**

**Bottom Row (left to right):**

Sambhavi Gurung, Sambhavee Joshi, Aarya Karki, Ishika Agrawal, Prathi Koyastha, Baibhavi Gyawali, Kriti Bajracharya, Prarthana Kandel

**Second Row (left to right):**

Nitin Pyakurel, Harshit Bhusal, Reezan Parajuli, Rupin Shrestha, Nitya Bhattarai, Ishaan Bajracharya, Baibhav Man Pati

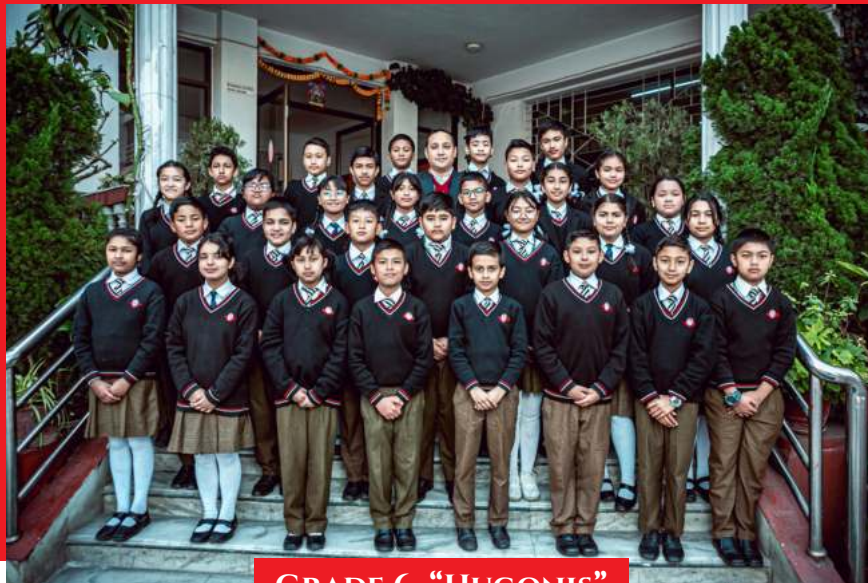
**Third Row (left to right):**

Garima Shrestha, Enzo Shakya, Numa Rai, Lakshya Tandukar, Leejan Shrestha, Pratik Shrestha, Prinsha Maharjan, Aarush Nepal, Prabal Tripathi, Sabeer Shrestha, Prajna Shrestha, Anmol Budhathoki, Pristha Bajracharya

**Top Row (left to right):**

Shambhavi Gyawali, Alen shrestha, Sambhav Koirala, Prapanna Joshi

**Teachers:** Kamal Bahadur Nepali



**GRADE 6 "HUGONIS"**

**Bottom Row (left to right):**

Shreena Vaidya Prasiddhi Subedi, Niva Maharjan, Pratham Bajracharya Priyanshu Pal Joshi, Jigyasu Malla, Arush Mangal Joshi, Ujesh Pradhananga

**Second Row (left to right):**

Udirna Raj Shrestha, Shubhangam Raj Joshi, Kaushal Gurung, Diwas Bhattarai, Rujana Nakarmi, Eva Paudel, Bipasna Karki

**Third Row (left to right):**

Samriddhi Manandhar, Sambriddhi Bista, Prayakta Shakya, Krisa Budhathoki, Swostik Neupane, Prarthi Pokhrel, Imi Gurung

**Top Row (left to right):**

Samyog Aryal, Shubham Shrestha, Tawastu Raj, Ranjak Shrestha, Shivashis Shrestha, Prajun Khayamali, Nirvik Manandhar, Prapti Sthapit

**Teachers:** Kalyan Singh



**GRADE 6 "ODORATA"**

**Bottom Row (left to right):**

Aayush Shah, Aavash Pudasaini, Yashowshree Manandar, Samriddhi Giri, Bigya Thapa, Mridul Chapagain, Sahins Shrestha, Arnab Shakya

**Second Row (left to right):**

Adishree Chaudhary, Shistata Shiwakoti, Ankush Karna, Shaumya Singh, Alina Sanya, Samiksha Chaudhary, Rihan Joshi Maharjan

**Third Row (left to right):**

Samriddha Shakya, Sachika Maharjan, Swornika Shakya, Rojaswi Subedi, Aarush Bade, Renish Shrestha

**Top Row (left to right):**

Agrata Singh Karki, Shreena Bastola, Sahaj Maharjan, Aarogya Acharya, Shusant Thapa, Om Aditya Pandey, Samrat Manandar, Shivam Shrestha, Samriddha Sapkota, Saanvi Sthapit

**Teachers:** Sony Kalden Lama





**GRADE 7 "CORYANA"**

**Bottom Row (left to right):**

Rojan Lal Shrestha, Yash Shrestha, Suprem Gyawali, Siddhartha Maharjan, Jashish Dangi, Ishan Pant, Sakshem Basnet, Arin Danuwar

**Second Row (left to right):**

Parth Hamal, Aarush Karanjit, Aryan Shrestha, Mansika Chaulagain, Abiska Thapa, Sadikshya Bhusal, Riddisha Khadka

**Third Row (left to right):**

Dev Dhar Bajracharya, Subha Maharjan, Aaryash Pokharel, Aryana Banja Karki, Shivani Thakur, Shreesiddhi, Bishwashakti Chand

**Top Row (left to right):**

Safal Phuyal, Dipshant Tamang, Prayush Chaulagain, Bibidh Adhikari, Ona Gurmachhan, Sarbochha Koirala, Yunika Maharjan, Kevisha Khadka, Shreyasi Duwal, Ritika Bharati

**Teachers:** Roshan Thapa



**GRADE 7 "FILIPES"**

**Bottom Row (left to right):**

Soyuj Babu Prasai, Samriddha Raj Shakya, Prapti Shrestha, Prinsiya Bajracharya, Aanyung Hangma Rai, Sampanna Budhathoki, Gardishma Malla, Suhas Maharjan

**Second Row (left to right):**

Sijal Ghimire, Aahan Dahal, Anuj Maharjan, Dilasha Shrestha, Angel Thapa, Susan Malla

**Third Row (left to right):**

Samagya Rajopadhaya, Mayank Budhathoki, Merisha Bajracharya, Bibisha Shrestha

**Top Row (left to right):**

Rikesh Shrestha, Drabya Bahadur Bist, Royace Budhathoki, Suyesh Devkota, Milan Upadhaya, Ritish Adhikari, Kashbi Dangol, Prashamsha Manandar, Sahira Thapa

**Teachers row:** Lochana Adhikari





**GRADE 7 "GALLICA"**

**Bottom Row (left to right):**

Arohi Khadka, Prashna Shrestha, Jessica Tamang, Aayushi Chaudary, Arpita Dhungana, Shwechha Thapa, Rimisha Dugu

**Second Row (left to right):**

Neshna Shakya, Aryan Karki, Nirwan Shrestha Aryan Bikram Shrestha Shahi, Anurag Karki, Swayam Rauniyar, Sulav Shakya

**Third Row (left to right):**

Pranisha Budhathoki, Bipashna Maharjan, Aarogya Kafle, Promise Rijal, Aarush Maharjan Bigya Nepal

**Top Row (left to right):**

Subham Tuladhar, Aanshee Giri, Aarav Acharya, Sanjoj Tuladhar, Prachyod Thapa, Dipson Dahal, Saumya Bhandari, Susaan Chitrakar, Ridim Maharjan, Uraan Maharjan, Pukar Pradhan, Riyaz Shrestha

**Teachers:** Ram Bahadur Karki



**GRADE 7 "HUGONIS"**

**Bottom Row (left to right):**

Aarav Adhikari, Siddhartha Gautam, Ashutosh Raut, Lishara Thapa Magar, Kohinoor Sharma, Urjana Shrestha, Rojina Khadka, Reeba Joshi

**Second Row (left to right):**

Prastav Subedi, Rojan Karki Nhoojala Jonchhe, Bishestha Sharma, Prasamsa Shrestha, Nitisha Acharya, Anushka Poudel

**Third Row (left to right):**

Rudra Narayan Shrestha, Supreem Thapa, Fiyona Rai, Ridima Bajracharya, Krinjal Sinkemana, Biyanka Thapa

**Top Row (left to right):**

Arvik Sapkota, Aayan Pokhrel, Shubham Bataju, Bishesh Maharjan, Swachchata Shrestha, Shovana Gautam, Shayan Tandukar, Swayam Rajchal

**Teachers:** Shradha Khadka



**GRADE 7 "ODORATA"**

**Bottom Row (left to right):**

Aayusha Maharjan, Sadichha Manandhar, Sparsh Paru Sharma, Kalash Bista, Noor Shrestha, Urmi Shrestha, Yashaswi Manandhar, Ubisha Sherchan

**Second Row (left to right):**

Agil Tuladhar, Ashri Shrestha, Abhiyansh Shrestha, Darshan Uprety, Kaustuv Dhodary, Roshish Maharjan, Aaron Shrestha

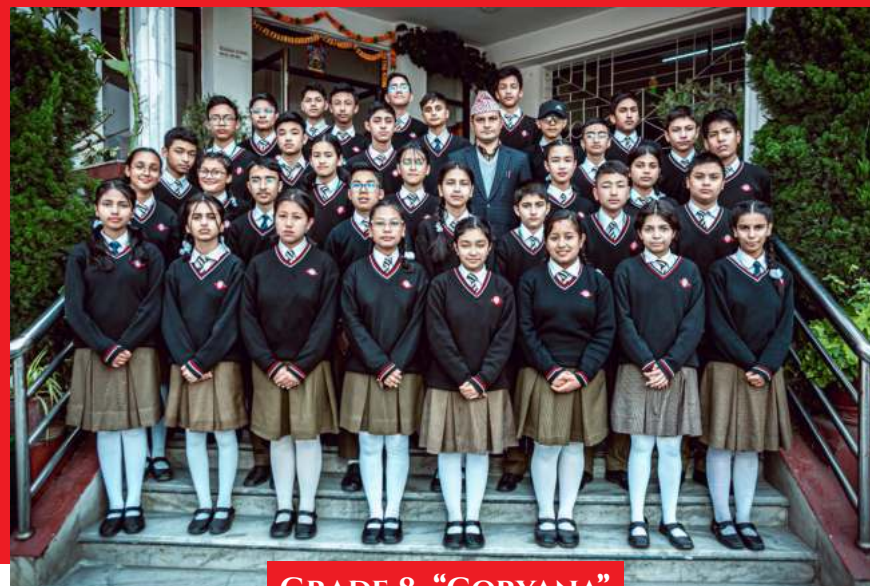
**Third Row (left to right):**

Pratik Bhatta, Krisha Shrestha, Adhiraj Shreevastav Rigrisha Dahal, Shripa Manandhar, Sumnima Maharjan, Simon Wagle, Rohan Ghising Aditya Shrestha, Rezon Maharjan, Hiral Shrestha

**Top Row (left to right):**

Priyen Pradhananga, Oscar Shrestha, Awesome Maharjan, Shibesh Krisna Shrestha Kartavya Bista, Jashish Hayju

**Teachers:** Govinda Prasad Poudel



**GRADE 8 "CORYANA"**

**Bottom Row (left to right):**

Reeza Dulal, Shambhavi Kanel, Loomana Shakya, Grishma Shrestha, Shraddha Shakya, Nistha Shrestha, Aastha Timsina, Shreeya Bhattarai

**Second Row (left to right):**

Aarya Ghimire, Sauhard Shrestha, Nidhi Thapa, Shreeshant Gautam, Rose Shrestha, Prajesh Shrestha, Subrina Shrestha, Jenisha Ghimire, Sarvesh Siwakoti, Arashi Shrestha, Rojal Bhaila, Yuyutshu Dahal, Jenison Maharjan

**Third Row (left to right):**

Chanakya Raj Shrestha, Swornim Lal Amathya, Subham Joshi, Simon Maharjan, Elesh Tandukar, Aarya Adhikari, Ateev Shahi, Ronok Khatri, Ranjit Khanal, Shreyash Shrestha

**Top Row (left to right):**

Kaustuv Pandey, Archit Risal, Ruson Luitel, Sushim Pyakurel

**Teachers row:** Pawan Ghimire





**GRADE 8 "FILIPES"**

**Bottom Row (left to right):**

Sritika Shrestha, Utsaha Dhakal, Ashlesha Shrestha, Rashmi Gautam, Anshuya Kayastha, Simran Khadka, Sambrdhi Pokharel, Lorna Tuladhar

**Second Row (left to right):**

Suyashma Bajracharya, Prabigya Nepal, Sneha Yadav, Aagaman Koirala, Niswan Ghimire, Keyush Karki

**Third Row (left to right):**

Aakhyan Gyawali, Elora Ghimire, Prachita Sahukhala, Avivi Manandhar, Pratham Krishna Shrestha, Aswin Panthi, Bhabishya Dahal, Ashmin Duwa, Shreyash Shakya, Manas Maharjan, Sparsh Raj Jha

**Top Row (left to right):**

Bijal Shakya, Bimochan Shah, Kritan Pudasaini, Elesh Shrestha, Sushan Shrestha, Sudan Prajapati, Kritan K.C.

**Teachers:** Prabha Devi Bajracharya



**GRADE 8 "GALLICA"**

**Bottom Row (left to right):**

Shuvana Mahotra, Prisa Bhattarai, Megha Bhatta, Bitisha Kansakar, Aagya Timsina, Aahana Shakya, Ubika Bajracharya, Jigyasha Chhatkuli

**Second Row (left to right):**

Saukin Baral, Vienna Adhikari, Seliska Lakandri, Ragisha Maharjan, Ridhima Shrestha, Salviya Shrestha, Samriddhi Ghimire

**Third Row (left to right):**

Nitigya Acharya, Abhinav Bhatta, Devin Shakya, Adhya Kayasthya, Samagya Sapkota, Adhyana Subedi, Aaditya Thakur

**Top Row (left to right):**

Kevin Palanchoke, Saksham Bhattarai, Neil Shrestha, Rijen Shrestha, Aarnav Dhakal, Pratham Acharya, Saumil Shrestha, Ozone Neupane, Ujjen Shakya, Safal Jwalananda Sharma

**Teachers:** Aakash Thapa





**GRADE 8 "HUGONIS"**

**Bottom Row (left to right):**

Angel Bhusal, Yunishka Bhattarai, Arya Shakya, Krinjal Libee Shrestha, Ashreen Maharjan, Saanvi Shrestha, Sukriti Singh, Shreyasha Shrestha

**Second Row (left to right):**

Shrey Lal Shrestha, Salin Dimdung, Arzit Lakandri, Aparna Shrestha, Khushan Bhandari, Ansh Shrestha

**Third Row (left to right):**

Soheb Shrestha, Yug Pradhananaga, Aryan Shrestha, Aadit Bajracharya, Rishabh Shrestha, Tejan Maharjan, Swopnil Babu Maharjan

**Top Row (left to right):**

Prabhab Dhakal, Pankaj Kumar Singh, Omshree Bade, Nishesh Shrestha, Aakshaj Raj Joshi, Pujan Rupakheti, Anmol Sapkota, Siddhant Gurung, Syon Bajracharya

**Teachers:** Puja K.C.



**GRADE 8 "ODORATA"**

**Bottom Row (left to right):**

Suhani Adhikari, Sujita Chaulagain, Aayusha Mandal, Pratikchhya Mishra, Ahana Chhatkuli, Stuti Sharma, Agya Rajbhandari, Jashmin Bajracharya

**Second Row (left to right):**

Aaroshi Tandukar, Bishan G.C., Utpal Singh Khadayat, Siddhant Luwagun, Tejshow Pratap Singh Sijapati, Saksham Shrestha

**Third Row (left to right):**

Evan Shrestha, Sksham Adhikari, Yaman Kasula, Devaaradhya Panta, Dijan Sharma Luitel Katel, Riwas Khachhiboya, Riyan Bhakat Pradhanang, Ashirwad Dahal

**Top Row (left to right):**

Prabhakar Yadav, Suyog Mani Sharma, Regan Son Raj Pahiju, Avash Rajbhandari, Aahan Lal Maskey, Sayam Shrestha, Prabesh Shrestha, Bibushan Gautam, Aaron Shakya, Louis Manandhar, Anuj Bam

**Teachers row:** Binita Shrestha



**GRADE 9 "CORYANA"**

**Bottom Row (left to right):**

Pranisha K.C., Mausam Bajracharya, Aditi Pandey, Sharon Thapa, Sauravi Shrestha, Purnima Thapa, Suprina Karmacharya, Suruchi Shrestha

**Second Row (left to right):**

Anusha Saxena, Navodit Bhattarai, Seemon Dahal, Aarambha Neupane, Nishan Rai, Shohan Basnet, Padma Sangat, Neeti Pokharel, Anushrut Malla, Aahana Polhrel, Arien Chakradhar, Aanshia Tandukar, Alex Shrestha

**Third Row (left to right):**

Aarakshya Bam, Prashant Poudel, Nayug Madhikarmi, Akit Maharjan, Shubham Adhikari, Adwitiya Shakya, Sandesh Bista, Aarush Bajracharya, Bidan Amatya, Samik Thapa, Tapash Deo Mahato, Aayush Jaiswal

**Top Row (left to right):**

Abhyudaya Kumar Shrestha, Prabesh Acharya, Aashraya Shakya, Omkar Khanal

**Teachers:** Misan Bhandari



**GRADE 9 "FILIPES"**

**Bottom Row (left to right):**

Nirvik Khadka, Angel Bartaula, Prakriti Gautam, Shristi Rajbhandari, Slona Joshi, Shruti Khanal, Appechyya Shrestha, Ankit Tuladhar

**Second Row (left to right):**

Kastup Bhandari, Aakas Manandhar, Sanjeevani Dangol, Utsavi Khadgi, Shreesha Poudel, Diyana Tandukar, Sneha Kunwor

**Third Row (left to right):**

Ronish Manandhar, Rijwon Maharjan, Anuj Gautam, Aaryushi Joshi, Asmi Maharjan, Pramshu Giri

**Fourth Row (left to right):**

Krishna Jung Thapa, Shrijal Shrestha, Samvrant Kapil Khadka, Adiv Shrestha, Ashwin Maharjan, Shivyen Dangol, Arbhan Raj Singh, Rasik Maharjan, Shreyan Shakya

**Top Row (left to right):**

Lizen Shakya, Loojha Maharjan, Sujal Shrestha, Mohit Kafle, Gokul Kurumbang, Sohail Bajracharya, Parth Maharjan

**Teachers:** Uma Poudel





**GRADE 9 "GALLICA"**

**Bottom Row (left to right):**

Prapti Bajracharya, Soumya Satyal, Suravi Bajracharya, Lija Shrestha, Rozlin Maharjan, Lumanta Manandhar Tuladhar, Rachaita Thapaliya, Shridhhi Shrestha

**Second Row (left to right):**

Sambridha Subedi, Suben Tamrakar, Neerav Bajracharya, Oni Karki, Subha Manandhar, Prayash Khanal, Tisa Shrestha

**Third Row (left to right):**

Sohan Shrestha, Kshitiz Shakya, Ayush Bajracharya, Sujit Bhattarai, Samip Karmacharya, Eve Shrestha, Sylvia Rajbhandari, Sahas Maharjan

**Top Row (left to right):**

Amrit Giri, Samriddh Pradhananga, Swornim Ghimire, Aditya Kumar Sah, Pratyush Khadka, Abhishesh Shrestha, Sachin Shrestha, Samman Tandukar, Nilah Krishna Tandukar, Shriyak Man Shrestha

**Teachers:** Jyotita Suwal



**GRADE 9 "HUGONIS"**

**Bottom Row (left to right):**

Manya Awale, Luniva Shrestha, Renisha Shrestha, Aakriti Gyawali, Aastha Mainali, Dakshata Shrestha, Jeshna Shrestha, Divya Shrestha

**Second Row (left to right):**

Bardan Shrestha, Avinna Pandey, Shubham Shrestha, Ritika Dugu, Samyak Shakya, Ribesh Kharel

**Third Row (left to right):**

Prakhyat Ghimire, Abhi Bhandari, Sulav Subedi, Prasiddha Rajbhandari, Jyotshan Joshi

**Top Row (left to right):**

Rachit Phuyal, Ashbik KC, Suryansh Man Maleku

**Teachers row:** Kamala Baral





**GRADE 9 "ODORATA"**

**Bottom Row (left to right):**

Karuna Upadhyaya, Darshana Ghimire, Reebha Tuladhar, Priya Pokharel, Kriti Shakya, Lasta Tandukar, Anisha Karki, Matina Munankarmi

**Second Row (left to right):**

Ayusha Rai, Prahisha Bajracharya, Swastika Tandukar, Urbi Shrestha, Dilasha Khadgi, Adrishha Shakya

**Third Row (left to right):**

Pratigya Bajagain, Ranu Maharjan, Yasu Shakya, Aayam Paudyal, Priyanshi Sakhakarmi, Shrijan Shrestha

**Top Row (left to right):**

Saugat Kamal Upreti, Smith Paudel, Aayam Lungeli Magar, Preram Kutu, Tanuj Manandhar, Anushta Pradhananga, Utsaha Bajracharya, Trishaan Shrestha, Swostik Bir Singh Basnyat, Sankrit Raj Khadgi, Pranjal Pokharel, Aarjav Lal Shrestha, Shambhav Ratna Shakya, Delish Khadgi

**Teachers:** Tika Ram Dahal



**GRADE 10 "CORYANA"**

**Bottom Row (left to right):**

Aakanchhya Manandhar, Samiksha Twayana, Reeya Shakya, Samridhi Bajracharya, Anushka Giri, Sarvika Kashaju, Neelah Manandhar, Paleeza Manandhar

**Second Row (left to right):**

Sneha Bhattarai, Anu Shrestha, Suhan Maharjan, Rasik Maharjan, Rag Shrestha, Kripesh Karki

**Third Row (left to right):**

Kritika Shrestha, Aaryan Karki, Prachin Shakya, Sahamat Dahal, Arnish Tamrakar, Sulav Rimal, Pranaya Shankhadev, Sushant Poudel, Saidip Dahal, Nirdesh Bir Singh Tuladhar, Abhison Shilpakar, Prashanna Shrestha, Aarya Kiran Poudel

**Top Row (left to right):**

Prayush Koirala, Rasiv Jung Karki, Mahendra Tamang, Kashyap Bhari, Ruzzwal Baidar Shrestha, Piyush Bhakta Rajmulik, Kshitiz Gautam, Sarbesh Adhikari

**Teachers:** Sunil Maharjan



**GRADE 10 "FILIPES"**

**Bottom Row (left to right):**

Roza Shrestha, Suprina Joshi, Anshula Kumari Chand, Ruchi Shrestha, Sharamsha Thapa Magar, Niyati Paneru, Evangelina Dangol, Abhilasha Basnet

**Second Row (left to right):**

Samrat Rayamajhi, Grace Chaulagain, Atharva Lal Shrestha, Ashlesha Shrestha, Abhinav Bir Singh Tuladhar, Aashika Kawadi

**Third Row (left to right):**

Aryan Maskey, Shreyash Jha, Sarthak Kunwar, Imon Shrestha, Rajesh Giri, Hardik Shrestha, Genish Tandukar

**Top Row (left to right):**

Nishal Kayastha, Sibon Devkota, Binayak Adhikari, Ishan Thakur, Suramya Ratna Tuladhar

**Teachers:** Nandeep Tamrakar



**GRADE 10 "GALLICA"**

**Bottom Row (left to right):**

Pearlee Shrestha, Sara Sikrikar, Lijala Shakya, Diva Ranjitkar, Shikshita Khanal, Divyamsha Khadka, Jagriti Panthi, Nimisha Timalsona, Ipsita Thapa Magar

**Second Row (left to right):**

Anushka Avi, Ayushma Bajracharya, Stuty Shrestha, Aayushma Chakradhar, Aastha Parajuli, Ayushma Rajbhandari, Sara Bista, Sadikshya Basnet, Sukriti Lamichhane, Sampada Thapa Chhetri, Gracy Phungma Kunwar, Susnima Sapkota

**Third Row (left to right):**

Ayushya Sapkota, Bishesh Shrestha, Pratham Takhachhe Shrestha, Aaditya Gyawali, Deepak Chand, Pawan Paudel, Aadhar Bhattarai, Sakchham Kumar Jha, Abhik Timalsona, Sofiya Adhikari

**Top Row (left to right):**

Aditya Mandal, Sanidhya Adhikari, Dibyam Acharya, Abhigya Raj Shakya, Ashutosh Adhikari, Smaran Manandhar, Rasil Bhatta

**Teachers row:** Madhab Baral





**GRADE 10 "HUGONIS"**

**Bottom Row (left to right):**

Nibika Mahat, Subani Bhattarai, Anushka Shrestha, Finjo Dolma Sherpa, Shreesha Dhaubadel, Samridhi Shrestha, Diya Pokhrel, Bipasha Bhattarai

**Second Row (left to right):**

Nhuja Manandhar, Dibesh Panta, Ujjwal Badal, Sukriya Century, Shiriz Bajracharya, Subi Gyawali, Nischal Ratna Bajracharya, Abhaya Gautam, Prashanna Pradhan, Sekhar Karki

**Third Row (left to right):**

Sarthak Shakya, Sagar Khadgi, Aryan Thapa, Bibodh Bhaila, Rajan Mahato, Prasit Subedi, Rijan Regmi, Sanjam Pradhan, Pyarjan Shrestha, Anurag Shrestha, Aryan Shrestha, Pranaya Lama

**Top Row (left to right):**

Prithak K.C., Koshish Khanal, Praansu Karmacharya, Samarthya Raj Ghimire, Samrat Gurung

**Teachers:** Sushila Sharma



**GRADE 10 "ODORATA"**

**Bottom Row (left to right):**

Pragati K.C., Istuti Kharel, Pratichhya Shakya, Kristina Dahal, Bibhuti Shrestha, Stuti Sigdel, Shreeya Maharjan, Shramika Shakya

**Second Row (left to right):**

Sumika Manandhar, Mimansa Adhikari, Shaheen Shrestha, Grishma Shrestha, Ojaswita Poudel, Mahita Shrestha, Anshu Singh, Loonibha Hada, Arika Thapa

**Third Row (left to right):**

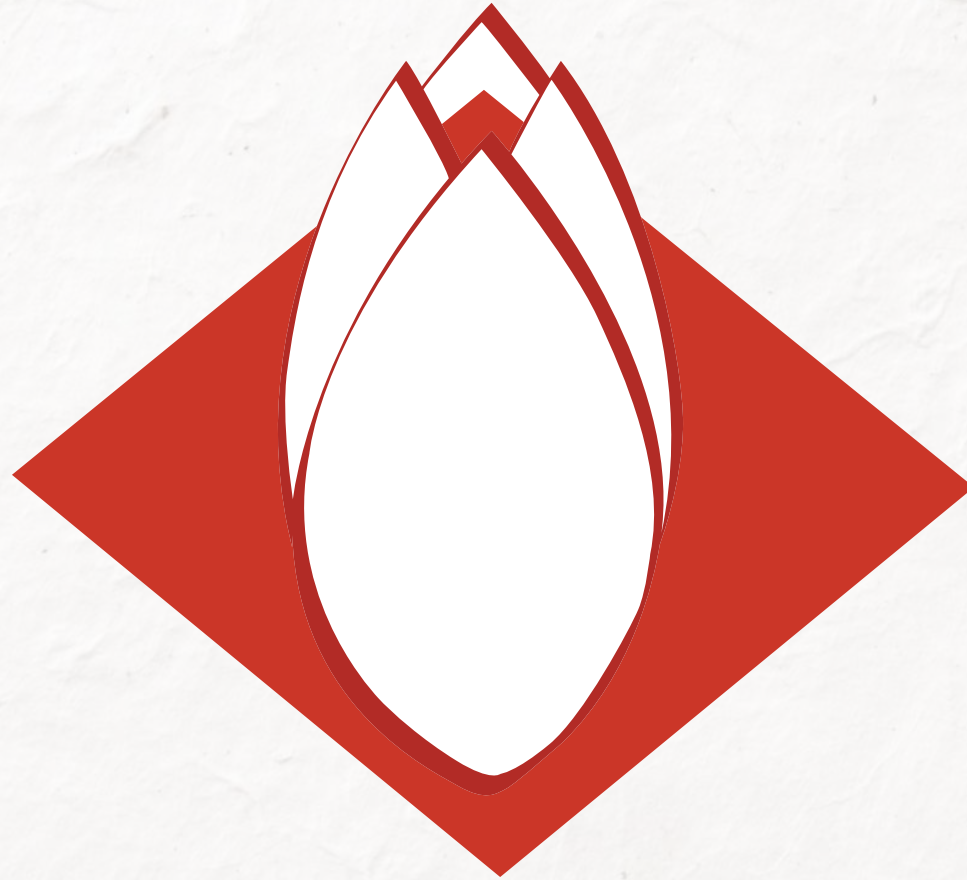
Aditya Raj Sanjyal, Saimon Phuyal, Niroj Raj Nakarmi, Siddhartha Adhikari, Unique Jung Shahi, Ankit Shakya, Binesh Shrestha, Adit Tuladhar, Shrutayu Neupane, Abiral Bahadur Amatya, Kritam Man Maharjan, Malvin Manandhar

**Top Row (left to right):**

Anubhav Palikhe, Shubham Prajapati, Nimesh Rajbahak, Suyogya Awale, Jason Bajracharya, Reisson Prajapati, Shobarsh Ghimire

**Teachers:** Sushma Malla





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