

Message to the students

You may have often heard from your parents, your teachers or your family that you are a lucky individual. After all, you have the ability to attend a prestigious school and get a quality education. If we view the world through the lenses of inequality and objective reality, they are absolutely correct. As a function of your socioeconomics, you are luckier than many children in poorer and rural areas of our larger society. But it seems that people also simultaneously confuse luck, talent and skill with each other. Like all of your peers at this school, you are precisely lucky because of your ability to *access* resources. When you attend school, you can access musical instruments, balls, racquets, books, computers, instructors etc. These are resources which will help build your capabilities for the world outside these walls. However, your ability to *utilize* resources is an entirely different matter that is contingent upon, either, talent or skill.

The fundamental difference between a *talent and a skill* is that the former is inborn, while the latter can be learnt. Some of you are intrinsically talented in the arts or in music. Therefore, you are able to effectively utilize resources like drawing courses, music classes or dance classes. But on the other hand, each and every one of you has the ability to become skilled and learn to utilize the general resources offered by this school. A good example of such a skill is learning. Contrary to popular belief in our community, learning is not a talent. How to study, how to take notes, how to prepare by maximizing the returns to your time investment, how to recall information – all of these are skills. Such skills, which greatly determine your academic performance, can be taught and learnt. Hence, as a student body, you must learn to let go of the belief that good academic performances are functions of talent and evolve into the understanding that they are functions of a skillset. This is a skillset that everyone and anyone can acquire. Only through this understanding, will education become decentralized and hence, accessible and utilizable to all of you.

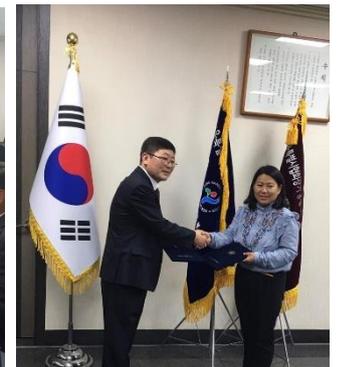
Let's begin by learning how to learn.



Geeta Chhetri (Rana)
Chairman and Founder

1. Agreement with Daejin High School, South Korea

Daejin High School, a reputed school in Republic of Korea, and Galaxy Public School of Nepal signed an agreement on sharing expertise and other areas of mutual interest. On 4 September 2019 (18 Bhadra 2076), Surina S. Gurung, Principal, Galaxy Public School signed the agreement with Mr. Park Sung Auk, Principal of Daejin High School. The Purpose of this agreement is to improve academic and educational cooperation and friendly relationship between Daejin High School and Galaxy Public School. This includes exchange of students and teachers, exchange of academic materials and publications, development of mutually beneficial programs, organizing educational tours and seminars with mutual cooperation.



2. Galaxy Model United Nations 2019 (GMUN '19)

Galaxy Public School hosted the prestigious Model United Nations in the school premises. The event which was held from 20 to 22 Shrawan 2076 involved all the students of class 10. Galaxy Model United Nations (GMUN) is a co-curricular activity in which students play the role of delegates to the United Nations and simulate UN committees. This involves substantial researching, public speaking, debating and writing skills, as well as critical thinking, teamwork, and leadership abilities. The programme was inaugurated by Mr. Shirish Maharjan, Administrative Director of Youth Thinker's Society. There were five committees: United Nations Human Rights Council (UNHCR), United Nations Environment Programme (UNEP), World Food Programme (WFP), World Health Organization (WHO), and United Nations Entity for Gender Equality and the Empowerment of Women

(UN Women). During the Closing Ceremony, Mr. Chewan Rai, Founder President of Youth Thinker's Society delivered a speech which inspired the students. He spoke about the significance of MUN in his life. Students were oriented on the proceedings and procedures of MUN before the event so that they could understand and assimilate the knowledge during the MUN Sessions. All the delegates performed well in their respective sessions. Given below are the names of those students who won awards in various categories:

Committee	Best Delegate	Best Strategy	Best Position Paper	Special Mention
WHO	Prayusha Pudasaini (Netherlands)	Rohan Lekhak (Canada)	Supreme Karki (Indonesia)	Pranay Raj KC (Bhutan) Baibhav Shrestha (Brazil) Pratham Yadav (Germany) Saksham Pandey (Lebanon) Sagun Nepal (France)
UNEP	Grishma Panta (Spain)	Norden Sherpa (Turkey)	Kushal Marwadi (Norway)	Jamuna Shrestha (Japan) Arnav Darnal (China) Silbiya Lama (India) PrabhasDev (Ireland) Debansi Singh (Cuba) Ganga Shrestha (Indonesia)
UNHRC	Peshal Kumar Shrestha (Germany)	Sujaya Shrestha (China)	Nistha Aryal (Afghanistan)	June Chapagai (Somalia) Farbindra Kumar Sah (Egypt) Anant Lakhotia (Congo) Mayank Acharya (Pakistan) Prabesh Nidhi Tiwari (Iraq) Khushi Sawarhia (Myanmar) Diparsan Shrestha (Mexico)
WFP	Prashant Bhandari (Italy)	Prashant Tiwari (United Kingdom)	Jigyasha Sonam (Uzbekistan)	Biva Maharjan (Nepal) Aditya Bar Singh (Afghanistan) Swikriti Subba (South Africa)
UN-WOMEN	Sneha Roy Yadav (Nepal)	Christopher Raj Paudel (United Kingdom)	Anushka Karna (Norway)	Unish Giri (Sweden) Girish KC (Denmark) Niraj Maharjan (South Korea) Siddhi Jain (Ethiopia)



Best Performers of UNHRC.



Best Performers of WFP.



Best Performers of UN WOMEN.



Best Performers of WHO.



Best Performers of UNEP.





3. Model Legislative Parliament 2019 (MLP '19)

A Model Legislative Parliament provides an opportunity for students to be involved in practicing governance and decision making of their country through a group of democratically elected representatives who represent their views. Mock sessions of parliament provide an opportunity to students to involve themselves in democratic processes and decision making processes. They demonstrate the importance of representation and active involvement of participants. Students democratically elect their representatives, develop leadership and communication skills. These sessions provide a forum for the presentation of student ideas and opinions on policies. Students of Class 8 conducted a Model Legislative Parliament in the school. This activity is an integral part of social studies. By taking part in this activity students understood how a parliament actually functions. An orientation to the Model Legislative Parliament was provided to all the students before the mock sessions began. The discussion session and the Assembly were held in the classrooms and in the auditorium from 23 to 26 Shrawan 2076.

On 23 and 24 Shrawan, student representatives from 77 Districts had their committee meetings. On the same day, the Lower House Assembly was also conducted. There were five committees: Education Committee,

Environment Preservation Committee, Tourism Committee, Agricultural Committee and Industry and Commerce Committee. Students played the role of District Representatives, Ministers of various committees and their assistants, Secretariat officials, the Speaker of the Lower House, the Speaker of the Upper House, Co-Speakers etc. On 26 Shrawan, the Upper House Assembly was conducted. The panel of Judges included Ms. Anita Dhungana, Mr. Tejendra Subedi, Mr. Ishwori Bhattarai and Mrs. Kamala Rana. Students were felicitated for their performance in the following categories: Best Speaker, Best Presentation and Best Discipline. A few students were felicitated in the Special Mentions category. The details are given in the table below:

Category	Names of Students	Special Mentions
Best Speaker	Nirjala Gurung Abhigyan Upadhyaya Austin Karki Bipasana Shrestha	Shreevridhi Pandit Subid Bhattarai Mayumi Rai Shreya Shah
Best Discipline	Nunamma Limbu Rushana Khand Raghab Basnet Rinchen Sherpa Tshering Phinjo Sherpa	Aim Thapa Anmol Ghimire Aadity Sapkota Bishrant Ghimire Samana Bhandari
Best Resolution	Dilasha Niraula Pratisthit Khaniya Sudin Kafle Prastuti Wosti Pallavi Singh Palden Gurung Mary Dolma Pakhrin Aashish Risal Jiya Mandal Oasis Paudel Sachit Uprety Prajjwol Manandhar Shirshak Aryal Grishma Dangi Subheksha Jain	Bhanu Upadhyaya Tresa Basnet Nicole Ghimire Sachit Uprety Nimesh Raj Thapa Sovit Toshi Grishma Adhikari Shruti Thakur Prapti Regmi Soumya Jain



Best Speakers Awardees



Best Discipline Awardees



Best Resolution Awardees



4. Model International Conferences 2019 (MIC '19)

First Model International Conferences were held in the school from 27 to 28 Shrawan 2076. International Conferences provide a platform to students for sharing the latest and innovative ideas with peers and groups of senior people from different parts of the world. Students make presentations on diverse issues. All the students from class 9 participated in the mock sessions of International Conferences. Students represented various countries. The agenda covered various international issues. The main points on the agenda were: The Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC), Technical and Vocational Education, Sustainable and Renewable Energy Engineering, Application of Mathematics to Nonlinear Sciences and Olympic Games. All students were involved in discussions and making presentations. The names of those who received awards in different categories are as follows:

Committee	Best Speaker	Best Presentation	Best Discipline	Special Mention
Sustainable and Renewable Energy Engineering	Prayash Raj Kanel	Saru Shrestha	Vishnavi Shah/ Siddhartha Pokhrel	Shristina Poudel/ Sapna Rauniyar
Application of Mathematics to Nonlinear Sciences	Prashraya Dhakal	Abhinav Bhattra	Shrijal Pandey/ Asenla Ghale	Agya Mishra/ Sudip Shah
Olympic Games	Ayush Yadav	Abhipraya J. Pathak	Arpita Pant/ Cyprus Poudel	Sahil Bahadur Devkota/ Naman Raj Baskota
The Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC)	Dipti Adhikari	Anjali Bhandari	Angel Rai/ Prajita Pandey	Kripa Khadka/ Neha Samsohang
Technical and Vocational Education	Gautam Yadav	Rabi Pokhrel	Prithak Khadka/ Samragyi Khadka	Samyam Balayar/ Nishith Shrestha
Best Coordinator	Alvin Yadav			
Best Resolution	Brabhim Adhikari/Mahek Shrestha/Arman Mustafa			





Best Coordinator & Best Resolutions Awardees



Best Discipline Awardees



Best Presentation Awardees



Best Speakers Awardees

5. Kathmandu Badminton Championship 2019

The School Level Kathmandu Badminton Championship was held from 21 to 24 Shrawan 2076 and was organized by Kathmandu District Badminton Association at Tribhuvan University premises. In the Girls Under 12 Category, Sera Jangmo Sherpa secured the Second Position. In the Girls under 14 Category, Nima Yangji Sherpa secured the Second Position. Similarly, in the Boys Under 14 Category, Nikesh Pokharel secured the Third Position.



(From left) Nikesh Pokharel, Mr. Kira Shah, Nima Yangji Sherpa & Sera Jangmo Sherpa

6. 6th Hub Convention on Student's Quality Circles 2019

The 6th Hub Convention on Students' Quality Circles was held on 13 Bhadra 2076 at Pashupati Hub (Galaxy Public School). It was participated by 148 students from 11 schools. The Convener of the Convention was Mr. Gautam Pokharel, Hub Coordinator, Pashupati Hub. The Chief Guest of the program was Ms. Surina S. Gurung, who is the Vice-President of Quest Nepal and the Principal of Galaxy Public School. The Special Guests of the program were Ms. Pramila Singh, the Principal of EPS School and Ms. Sheetal Rana, the Principal of The Excelsior School. Altogether 10 Master Trainers of Quest Nepal attended the convention. The following events were organized: Case Study Presentation, Collaborative Collage, Story Formation and Drawing Contest. Yubha Rao of our school stood First in the Drawing Competition. From our school 5 Quality Circle Groups made Case Study presentations. The names of the team members are given below:

Team 1	Class	Team 2	Class	Team 3	Class	Team 4	Class
Alvin Yadav	9G1	Simran Chaulagai	9G3	Somya Mishra	9G1	Aashish Risal	8G1
Prayash Kanel	9G2	Kripa Siwakoti	9G3	Mahek Shrestha	9G4	Ashbin KC	8G1
Prajol Rawal	9G1	Unibha Neupane	9G1	Aaja Chand	9G4	Namuna Bista	8G1
Brabim Adhikari	9G1	Prajuna Adhikari	9G2	Yubha Rao	9G1	Nirjala Gurung	8G1
Prashraya Dhakal	9G1	Siddhartha Pokhrel	9G2	Hrishi Raj Singh	9G1	Bipasana Shrestha	8G1
Arman Mustafa	9G1	Naman Raj Baskota	9G3	Tashi Gurung	9G2	Ritika Karki	8G3
Shristina Poudel	9G1	Subhanjan Shah	9G3	Shubhank Srivastav	9G1	Mayumi Rai	8G3
Aastha Maharjan	9G1	Ashim Saxena	9G3	Aaditya Trivedee	9G1	Prasansa Kanel	8G3
Anjali Bhandari	9G1	Liza Gurung	9G3	Abhinav Bhattarai	9G1		
Samridhdika Dahal	9G1			Parisha Lamichane	9G3		

Team 5	Class
Prajwol Bhandari	8G1
Shirshak Aryal	8G1
Samridhhi Shrestha	8G1
Dilasha Niraula	8G1
Meri Dolma Pakhrin Tamang	8G1
Aaska Rizal	8G3
Hardik Ghimire	8G1
Pratisthit Khaniya	8G1



All the Case Study Teams of our school with their respective Certificate and Token of Love.

7. 15th National Convention on Student's Quality Circles 2019 (NCSQC '19)

The Fifteenth National Convention on Student's Quality Circles 2019 was held at DAV School, Jawalakhel from 2 to 4 Kartik 2076. The convention was organized by Quest Nepal and was hosted by DAV School. The theme for this year's convention was "SQC to Respect Differences, Explore Potentials". Altogether 1000 students participated in the convention. There were various competitive and non-competitive events along with panel discussions, case study presentations and workshops. Besides these, there were Scientific Workshops, Leadership Trainings and Personality Development classes.



(Left) The Principal of our school receiving Certificate of Appreciation for hosting 14th NCSQC 2018 at Galaxy Public School from Mahesh Prasad Dahal, Secretary, Ministry of Education, Science and Technology. (Right) Similarly, Shaurab Shrestha and Shrijana Shrestha also received Certificate of Appreciation as Commentators for Case Study Presentations.



Brabim Adhikari represented Galaxy Public School in the Panel Discussion. **Siddhartha Pokharel** stood First position in Spoken Word Poetry. Similarly, **Anubhav M.S. Pradhan** and **Aditya Trivedi** took First Position in Skit Formation. Teachers also took an active part in organizing events. Mr. Gautam Pokharel organized the Science Workshop, Mr. Shaurab Shrestha and Ms. Shrijana Shrestha evaluated Case Study Presentations of various schools for three days. They were the Commentators. The students who participated in the convention are as follows:

Team 1		Team 2	
Name of the students	Class	Name of the students	Class
Prayash Kanel	9G2	Siddhartha Pokharel	9 G2
Alvin Yadav	9G1	Ashim Saxena	9 G3
Brabim Adhikari	9 G2	Anubhav M. S. Pradhan	9 G3
Shristina Poudel	9 G1	Abhinav Bhattarai	9 G1
Anjali Bhandari	9 G1	Aditya Trivedi	9 G1
Samridhdika Dhakal	9 G1	Soumya Mishra	9 G2
Pabina Shrestha	9 G1	Sneha Gupta	9 G1
Aastha Maharjan	9 G1	Uibha Rao	9 G1



Students of Team 1 with their Certificate and Token of Love.



Students of Team 2 with their Certificate and Token of Love.

8. School Cricket Series 2019

Galaxy Jaguars secured the Second position in the School Cricket Series 2019, which was organized by Student Athletic Activities Foundation (SAAF). Hridaya Giri received the Most Valuable Player Award for his performance in the match against Nepal Police School.



Galaxy Jaguars with their Cricket Coach Mr. Vikrant Chhetri.

9. Indo-Nepal International Pickleball Championship 2019

Nepal Pickleball Association, affiliated to Asian Pickleball Federation organized the First Indo-Nepal International Pickleball Championship on 6 and 7 Bhadra 2076. **Khusbu Tiwari** and **Prachi Maden** secured the Third Position in the School Girls Category.



10. Saawan Mela

On 28 Asar, 2076, Maheshwari Samaj and Maheshwari Yuva Manch, Kathmandu organized Aaya Saawan Jhoom Ke program at Maheshwari Samaj, Kamalpokhari. In this event the following inter school competitions were organized: Card Making Competition, Quiz Competition and Handwriting Competition. Students of classes 3 to 5 participated in these competitions. Our students bagged various awards in these competitions. The list of the winners are given below.

Handwriting Competition	First Karanjeet Rao Second Pradipti Bhandari Third Anwasha Thapa	Consolation Prize Heman Raj Pandey Ashwi Singh Subham Mahato Priyam Goyal Rose Mukhiya Arisha Shrestha Arnav Gurung
Card Making Competition	First Prayash Karki Second Yashvi Singhania	Consolation Prize Gargi Shah Manas Poddar Aansh Agrawal
Quiz Competition	Consolation Prize Aarogaya Kharel Krish Lama	



Winners of Handwriting, Card Making and Quiz Competition.

11. Annual School Badminton Tournament 2076

The Annual School Badminton Tournament 2076 was held on 15 and 16 Asoj 2076 at the Everest Hall, Galaxy Public School. Inside the Everest Hall, there are three indoor badminton courts. Students of classes 4 to 10 participated in this tournament. There were separate categories for boys and girls. Badminton is an important sport for students and helps students to remain fit and healthy. The badminton coach of our school is Mr. Kiran Shan. The winners of the tournament are given below:

Boys			Girls	
Position	Name	Class	Name	Class
First	Prachit Bista	4G1	Aashu Tiwari	4G4
Second	Samyam Tripathi	4G1	Amanda Sumi Shrestha	4G4
Third	Ayush Jha	4G3	Yashvi Singhania	4G2
Third	Rubit Dhoj Khand	4G4	Nancy Shrestha	4G3
First	Rishav Rai	5G1	Suzeen Gurung	5G2
Second	Prince Singh	5G4	Rosemarie B K	5G1
Third	Wangchuk Sherpa	5G4	Kusum Gajmer	5G4
Third	Pranav Bashyal	5G2	Anshu Rai	5G4
First	Aatif Khan	6G2	Barkha Joshi	6G4
Second	Aarav Subedi	6G4	Kinjal Chitrakar	6G3
Third	Siddhartha P Tamang	6G1	Aayusha Gurung	6G4
Third	Akash Mandal	6G4	Suprima Guragain	6G3



Class 4: Winners of Badminton Tournament 2076



Class 5: Winners of Badminton Tournament 2076.



Class 6: Winners of Badminton Tournament 2076.



Class 7: Winners of Badminton Tournament 2076.



Class 8: Winners of Badminton Tournament 2076.

Boys			Girls	
Position	Name	Class	Name	Class
First	Nischit Tripathi	7G1	Sera Jangmu Sherpa	7G3
Second	Urkan T Sherpa	7G1	Khushbu Tiwari	7G4
Third	Aryan Jaiswal	7G4	Anjel Rai	7G4
Third	Pradhyot Adhikari	7G1	Bisma Singh	7G1
First	Susan Pahari	8G5	Nima Yang Sherpa	8G3
Second	Majid Shrestha	8G4	Aastika Acharya	8G3
Third	Srijan Raut	8G4	Karuna Raut	8G1
Third	Gaurav Bhandari	8G3	Nirjala Gurung	8G1
First	Dipen Shrestha	9G4	Vidhi Chhetri	9G1
Second	Surendra Bhujel	9G3	Saru Shrestha	9G4
Third	Nikesh Pokharel	9G4	Kripa Khadka	9G3
Third	Prayash Raj Kanel	9G2	Prajuna Adhikari	9G2
First	Rabi Kumar Shah	10G3	Silbiya Lama	10G4
Second	Prasanna Deep Basnet	10G1	Pramila B K	10G5
Third	Anish Chitrakar	10G5	Dilasha Pradhan	10G5
Third	Farbindra Kumar Sah	10G1	Aarju Bhandari	10G2

12. Annual School Basketball Tournament 2076

The Annual School Basketball Tournament 2076 was held from 10 to 16 Asoj 2076 at Galaxy Public School Basketball court. Students of classes 4 to 10 participated in this tournament, which was held in separate categories for girls and boys. Basketball is popular among students as it helps students to remain healthy and fit. The basketball coach of our school is Mr. Rakesh Maharjan. The winners of the tournament are given below:

BOYS	
First Position – 4G3	Second Position– 4G2
Ang Dawa Sherpa	Swikrit Rijal
Rohit Gupta	Soyuj Lal Shrestha
Shreeyansh Dahal	Abhinav Yadav
Parshad N Rana	Dipchandra Dahal
Sudin Maharjan	Siddhartha KC
Saurav Dahal	Abins Tiwari
	Sahasra Siddhartha Gautam
	Nishant Shahi
GIRLS	
First Position – 4G4	Second Position– 4G1
Aashu Tiwari	Sleshna Tuladhar
Alysia Subba	Akshyata Tuladhar
Ragini Mandal	Roji Acharya
Ishika Yadav	Krishna Agam
Mahi Muraka	Aashifa Khan
	Shreyashi Adhikari
	Esme Tamang
	Prasanna Kanel
BOYS	
First Position – 5G1	Second Position– 5G2
Kshitiz Tamang Lama	Urken Sherpa
Pranjal Rajbahak	Om Bikram Thapa
Grishma Thapaliya	Saujan Shrestha
Avanish Deo Bhatta	Suryams Basnet
Saurav Raj Yadav	Tashi Ngodup Gurung
Suave Sharma Dulal	Nischal Gautam
Nimesh Pandey	Siddhartha Sagar Ban
	Aryan Jung Thapa



Class 9: Winners of Badminton Tournament 2076.



Class 10: Winners of Badminton Tournament 2076.



Class 4 Girls: Winners of Basketball Tournament 2076.



Class 4 Boys: Winners of Basketball Tournament 2076.

GIRLS	
First Position – 5G4	Second Position– 5G1
Tshering Chutin Sherpa	Slesha Joshi
Kusum Gajmer	Neha Lawati
Sneha Thapaliya	Khiyama Rai
Anshu Rai	Aryaa Tara Rizal
Supriya Bhatta	Sadhana Rai
Rihana Lohani	Priyasa Baduwal
Suprima Basnet	Unika KC
Alka Pradhan	Srijana Giree



Class 5 Boys: Winners of Basketball Tournament 2076.

BOYS	
First Position – 6G4	Second Position– 6G2
Nawadeep Rawal	Simon Bogati
Akash Mandal	Aatif Khan
Neema Wanchuk Sherpa	Aaditya Lama
Jeison Samsohang	Sumit Kumar Shah
Naman Chaudhary	Ronish Sunar
Agraj Katuwal	Rishav Kumar Prajapati
Nigos Kunwar	Kumar Sakshyam Shah
Shuv Wagle	Pratyush Tiwari
Aaditya Kharel	Kushal Dahal



Class 5 Girls: Winners of Basketball Tournament 2076.

GIRLS	
First Position – 6G4	Second Position– 6G1
Swastika Tamang	Jinee Shah
Aayusha Gurung	Niranjana Manandhar
Barkha Joshi	Ashley Rasaily
Kinjal Chitrakar	Sujaynee Maharjan
Aditi Singh	Pracheeta KC
Sneha Budhathoki	Sisrikshya Dulal
Prachi Maden	Samana Baniya
Prinsa Koirala	Anushriya Tuladhar



Class 6 Boys: Winners of Basketball Tournament 2076.

BOYS	
First Position – 7G1	Second Position– 7G2
Rownak Bhandari	Prasiddha Khadka
Pradhyot Adhikari	Urken T. Sherpa
Nischit Tripathi	Shreyan Gurung
Saksham Basnet	Purak Timalsina
Krish Jaiswal	Akshyat Bista
Aayush Adhikari	Aayush Bhetuwal
Sujal Shrestha	Eros S. KC
Sushant Timilsina	Samir Rauniyar



Class 6 Girls: Winners of Basketball Tournament 2076 (First Place).

GIRLS	
First Position – 7G4	Second Position– 7G3
Susnima Tamang	Shristy Bhandari
Anjel Rai	Aarghee Rana
Khushbu Tiwari	Anjel M. Shrestha
Arshiya Bhujel	Aishwarya Gupta
Rojina Lohani	Ursula Joshi
Tamanna Khatri	Arshia Tuladhar
Prayukta Khadgi	Monika Rai
Anushka Singh	Mamata Khadka

BOYS	
First Position – 8G5	Second Position– 8G4
Susan Pahari	Srijan Raut
Saksham Bayalkoti	Majid Shrestha
Unique Phuyal	Tenzing Samdup Gurung
Tshering Phinjo Sherpa	Ishaan Shrestha
Sagun Kafle Sharma	Sudip Parajuli
Rajnish Niraula	Ambika Rai
Abish Tamang	Himanshu Sharma
Chirag Agrawal	



Class 6 Girls: Winners of Basketball Tournament 2076 (Second Place).

GIRLS	
First Position – 8G3	Second Position– 8G2
Tshering Chutin Sherpa	Slesha Joshi
Kusum Gajmer	Neha Lawati
Sneha Thapaliya	Khiyama Rai
Anshu Rai	Aryaa Tara Rizal
Supriya Bhatta	Sadhana Rai
Rihana Lohani	Priyasa Baduwal
Suprima Basnet	Unika KC
Alka Pradhan	Srijana Giree
BOYS	
First Position – 9G4	Second Position– 9G3
Dipen Shrestha	Aryan Shrestha
Nikesh Pokharel	Namaraj Karki
Yuwan Khadka	Surendra Bhujel
Samyam Balayar	Subham Ghimire
Bodhi Shakya	Adarsha Basnet
Phinjo Namgyel Sherpa	Deep Rawal
	Roshan Shrestha
	Subanjan Shah
GIRLS	
First Position – 9G3	Second Position– 9G4
Kripa Khadka	Saru Shrestha
Riya Chitrakar	Simran Chaulagai
Sandhya Shah	Kripa Shiwakoti
Supriya Singh	Riva Shrestha
Prakriti Dangol	Mahek Shrestha
Shiwani Shah	Aaja Chand
Arpita Pant	
Anju Kumari Mishra	
BOYS	
First Position – 10G4	Second Position– 10G3
Suraj Bahadur Shah	Girish KC
Pasang Dawa Sherpa	Norden Sherpa
Bikalpa Shrestha	Rohan Gupta
Ashmit KC	Aadivya Shrestha
Aman Neupane	Anish Chitrakar
Bijay KC	Aditya Dhungana
Hemang Limbu	Prabesh Sigdel
	Niraj Maharjan
	Sanjay Paudel
GIRLS	
First Position – 10G3	Second Position– 10G4
Katrina Baidya	Silbiya Lama
Riya Panta	Yashaswi Neupane
Krinisha Shrestha	Kriti Upadhyay
Palistha Shrestha	Niharika Sangat
Samriddhi Khanal	Suprasana Shahi
Alisha Lama	Sanskriti Paudel
Manvi Shah	Khansa Banu
Yaju Tandukar	Prinsa Shrestha



Class 7 Girls: Winners of Basketball Tournament 2076.



Class 7 Boys: Winners of Basketball Tournament 2076.



Class 8 Boys: Winners of Basketball Tournament 2076.



Class 8 Girls: Winners of Basketball Tournament 2076.



Class 9 Girls: Winners of Basketball Tournament 2076.



Class 9 Boys: Winners of Basketball Tournament 2076.



Class 10 Boys: Winners of Basketball Tournament 2076.



Class 10 Girls: Winners of Basketball Tournament 2076.

13. Adult Volunteer Conference

Two hundred participants attended the Adult Volunteer Conference which was held on 12 Shrawan 2019 at Aloft Hotel Kahmandu. The Adult Volunteering Conference offered a platform to students for talking about volunteerism and youth development in general. To make the conference successful, volunteers have a very big role in its implementation. This event reenergized and motivated all the volunteers who participated in the conference. Participants from our school were engaged as volunteers of this event. They learnt about the power of volunteering around the globe. The names of the students volunteering in this mega event were; Anish Atreya, Ashim Saxena, Bodhi Shakya, Tshering Phinzo, Gautam Yadav, Ayush Das, Yuwan Jung Khadka, Jasmine Purkuti, Katrina Baidya, Manjita Shrestha, Prajuna Adhikari, Riya Chitrakar, Silbiya Lama, Simran Chaulagai and Unibha Neupane.



14. Adventurous Journey: The Duke of Edinburgh's International Award Program

The Duke of Edinburgh's International Award participants visited the International Scout Training Centre, Kakani from 3 to 5 Asoj 2076. The adventurous journey encourages a sense of adventure and discovery whilst undertaking a team journey or expedition. As part of a small team, participants plan, train for and undertake a journey with a purpose in an unfamiliar environment. The journey can be an exploration or an expedition but must be challenging. The aim of this Section is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, team work and health. Participants are taken out of their comfort zone but kept within a safe and secure setting, achieved through suitable training and supervision. Award Leaders of our school accompanied all the participants on the journey led by Deepak Basnet, Award Leader of Galaxy Public School. Bronze participants journeyed for two days and one night, whereas Silver participants journeyed for three days and two nights.





15. Annual Games Meet 2076

Annual Games Meet 2076 of classes 1 to 6 were held from 27 to 29 Kartik at the school premises. All the students actively participated in various games. Student's involvement in games allows them to be physically fit and healthy. These games help them to manage time and energy, teach them collaboration and enhances overall body coordination. It also teaches them true meaning of sportsmanship. The games was inaugurated by Surina S. Gurung, Principal of the school along with Head Teachers, Teachers, Parents and students. The result of the games are listed below.

CLASS 1			
	Garland Making	Balancing Balloons	Rolling Mats
First	Shyam Babu Tiwari	Shyam Babu Tiwari / Ojas Paudel	Azmi Budthapa
Second	Ashmavi Dhungel	Kaatyayan Acharya / Dipluv Budhathoki	Suhana Adhikari
Third	Suhana Adhikari	Aagaman Mishra / Aashray Ghimire	Dibisha Jamarkattel
	Bursting Balloons	Box Race	Filling Balls
First	Aakriti Silwal	Aakriti Silwal	Shlok Shrestha
Second	Shlok Shrestha	Aahana Shrestha	Rihan Tamang
Third	Sunaian Singh Khadka	Yukta Shakya	Sadik Shrestha
	Stuff Race	Drag Your Friend	Frog Jump
First	Prince Mahato	Kritigya Raj Shrestha / Saksham Baral	Sanskriti Bhurtel
Second	Nuiden D Sherpa	Runin Shrestha / Bibhu Pradhan	Aarohi Prajapati
Third	Abiraj Pandey	Abiraj Pandey / Aradhya Basnet	Unika KC

CLASS 2			
	Caterpillar Race	Balancing Balloons	Musical Hula Hoop
First	Kunal Kishore, Prakhyat Baduwal, Raayan Rauniyar	Aryan Yadav	Aashrika Pandit
Second	Benup Siwakoti, Samrag Jung Raut, Samyam Naulakha	Arav Timilsina	Prasiddhi Sedhai
Third	Earth Shrestha, Harshit Marwari, Amol Shrestha, Jibson Adhikari, Prashant Kunwar, Sajal Bhatta	Chirayu Gurung	Dikshya Bhandari
	Centipede Race	Balancing Balls	Pyramid Building
First	Kunsang Sherpa	Krishtab Thapa	Prashamsa Maharjan
Second	Sange Sherpa	Sampanna Adhikari	Shaaya Rana
Third	Shuvam Chauhan	Nawang Sherpa, Dibyan Gautam	Adriyana Sunuwar
	Cup Collection	Hurdle Race	Blow and Burst Balloons
First	Sonu Thapa Magar	Kashyap Tiwari	Malika Dhungel
Second	Deepson Nepal	Sujal Devkota	Smarika Yogi
Third	Harshad Jain	Upesh Dhakal	Sonikshya Shrestha

CLASS 3			
	Hot Potato	Pyramid Building	Hula Hoop Race
First	Karanjeet Rao	Naseeb Shrestha	Yajju Maharjan
Second	Heman Raj Pandey	Ankit Tamang	Trisa Pokharel
Third	Utsav Kafle	Rahul Budhathoki	Binita Pahari
	Three Legged Race	Spoon and Marble Race	Skipping
First	Aryan Chapagain, Arnav Gurung	Ishaan Maharjan	Sampada Dhungana
Second	Aaryan Phuyal, Adhrit Sharma	Arnav Gurung	Ayusha Wagle
Third	Gaurav Shakya, Famous Khadka	Astitwa Raj Sharma	Nandini Yadav
	Blind's Companion	One Legged Race	Sack Race
First	Atharba Jha, Pujan Pandey	Ayub Kaji Gamal	Kunjalata Tamang Lo
Second	Sabin Gurung, Sameep Poudel	Aarush Upreti	Arisha Shrestha
Third	Sambrit Aryal, Yelas Lama	Bibek Gupta	Niharika Adhikari



CLASS 4

Kangaroo Race		Balloon Hockey Race	Dribble the Ball
First	Sarbagya Gyawali	Baibhav Narayan Shah	Akshayata Tuladhar
Second	Priyadarshi Manandhar	Sudhir Shah	Prasanna Kanel
Third	Advay Gharti Magar	Niraj Yadav	Shreyashi Adhikari
Aladdin Magic Carpet		Balancing Race	Balloon Sandwich Race
First	Abhinav Yadav	Sushant Chaudhary	Arya Baral, Ridima Karki
Second	Swikit Rijal	Soyuj Lal Shrestha	Arya Tiwari, Yashavi Singhania
Third	Shreyan Chaudhary	Prayash Karki	Newson Gurung and Pansy Sintan
Sitting Soccer		Jump the Hurdles	Passing the Parcel
First	Ang Dawa Sherpa	Manavi Dhungel	Nayub Thapa, Shreeyansh Dahal
Second	Pratik Dangol	Tilasma Tarami Magar, Arju Kafle	Rohit Gupta, Prasidda Raj Pandey
Third	Sushant Neupane	Rijju Bhandari	Pranav Khadgi, Hyonden G Yonzan
Cone Stacking Race		Frog Race	Three Legged Race
First	Ragini Mandal	Ryan Bhandari	Jawaj J Thapa and Devansh Banjara
Second	Akshara Yadav	Arnab Palanchoke	Manas Poddar and Sanim Pradhan
Third	Prashansa Pokharel	Rubit Dhoj Khand	Aryan Subedi and Prince Shrestha

CLASS 5

Lego Lumber Jack		Rolling Tank	Sack Race
First	Bidhan Pandit	Grishma Thapaliya / Rishav Rai	Deepam Sah, Sudip Roka, Wangchuk Sherpa
Second	Anik Rana	Krish Lama / Nimesh Pandey	Suyog Nepal, Ayush Poudel, Aarambha Ghimire
Third	Shriu Adhikari	Avanish Deo Bhatta / Saurav Raj Yadav	Urken Sherpa, Tshering Dhundu Gurung, Om Bikram Thapa
Cone Tornado		Wheel Run	Stand In a Circle
First	Sushant Pandey	Bishaka Shrestha	Kristeena Aryal, Kritika Thapa Magar, Samikshya Shrestha
Second	Suryams Basnet	Udita Srivastav	Aakriti Rai, Larina Karki, Suyen Limbu
Third	Maulik Dangol	Tisa Chitrakar	Unnati Gurung, Suzeen Gurung, Samridhhi Basnet
Walk of Crab		Hula Hoop Race	Squeeze Race
First	Hyowon Bhandari	Priyasa Baduwal	Deepam Sah, Sudip Roka, Wangchuk Sherpa
Second	Kaniska Siwakoti	Unika KC	Suyog Nepal, Ayush Poudel, Aarambha Ghimire
Third	Ashmit Singh	Slesha Joshi / Neha Lawati	Urken Sherpa, Tshering Dhundu Gurung, Om Bikram Thapa
Spiderman Pull Race		Skipping Twins Race	Caterpillar Race
First	Nitesh Budhathoki	Tshering Chutin Sherpa/ Kusum Gajmer	Prabhakta Gurung, Mabroz Timilsina, Kritarth Chand
Second	Samrid Chhetri	Anshu Rai / Lavemsang Rai	Saksham Karanjit, Santosh Thapa, Prasanna Rai
Third	Rohan Mandal	Sneha Thapaliya / Alka Pradhan	Prince Singh, Tanishq Rajan Prajapati, Swapnil Ghimire

CLASS 6

Obstacle Relay		Soccer Dribbling Relay	Relay Race
First	Ilesma Saud	Janis Neupane /Yojan Bhattarai	Niranjana Manandhar Jinee Shah
Second	Suprima Guragain	Parshav Parajuli /Archit Marwadi	Nilisha Bhandari /Sujaynee Maharjan
Third	Khushi Mahat	Siddhartha P Tamang /Samyog Regmi	Sisrikshya Dulal Samana Baniya
Wiggle Worm Relay		Caterpillar Balloon Race	The Seven Together Race
First	Ronish Sunar, Kushal Dahal,	Deepika Pradhan, Diyana Tandukar, Aayushi Upadhyay, Niju Phuyal, Sudikshya Shrestha, Anasuya Shrestha, Smarika Pradhan	Prabanda Gurung, Aayash Adhikari, Aditya Subedi, Amrit Dhital, Bikalpa Shah, Sakar Shrestha, Saphal Aryal
Second	Roshish Manandhar, Aatif		
Third	Khan, Arbin Basnet, Rudra Saraswati, Kabir Darnal		
Newspaper Race		Wheelbarrow & Three Legged Race	Balloon Race
First	Anis Sharma	Bashu Bhandari / Rincheen Tamang	Aryan Kumar / Suraj Yadav
Second	Abhishek Dhakal	Shikhar Gurung / Aditya Subedi	Obhama Shrestha / Sargav Lamsal
Third	Soovam Pokharel	Prabanda Gurung / Aayash Adhikari	Aajju Maharjan / Sukrin Thapa
Bursting Balloons		Spider race	Hula Hoop Race
First	Akash Mandal	Akash Mandal / Avishek Nepal	Swastika Tamang
Second	Nima Wangchuk Sherpa	Nawadeep Rawal / Nishant Tiwari	Sneha Budhathoki
Third	Shuv Wagle	Aaditya Kharel / Evan Pun	Prinsa Koirala

16. Children's Day

On 29 Bhadra, students celebrated Children's Day. A special assembly was held that day. In the special assembly, students presented articles, poems, skits, songs and dance related to children. Head Teachers and class teachers distributed sweets among all the students.



17. Potluck Program

A potluck is a communal gathering where each student contributes a different, often homemade food dish which shared during lunch time. During this program, all the students bring home cooked food from their homes and share with the entire friends during lunch. This provides an opportunity to share and socialize with friends. It also allows students to taste various home cooked food.



18. Dashain, Tihar and Chhat Celebration

On 23 Ashwin, 2075, Dashain and Tihar festivals were celebrated in the school premises. Teachers offered 'Tika' and 'Jamaras' to all the students. 'Dakchhina' and 'Prasad' were also offered. Students of the primary section put up exhibitions on Dashain, Tihar and Chhat to make the day special. Dashain is the longest and the most auspicious festival of Nepal. It is celebrated throughout the country by the Nepalese of all castes and creeds. Dashain commemorates a great victory of the gods over the wicked demons. The first day is called 'Ghatsthapana'. During the festival Goddess Durga is worshipped for nine consecutive days. The main day is called 'Dashami' which is also known as 'Vijaya Dashami'. It is the day when Goddess Durga got victory over the demons. On this day the seniors of the family put 'Tika' and 'Jamara', give blessings to their younger ones. The money given to the younger ones is received as 'Dakchhina'. This day is like a family reunion where



everyone has varieties of food items, plays cards, flies kites, etc. Dashain not only reunites families and friends but also gives the working people time to relax and spend time with their families.

Tihar is another beautiful and dazzling festival of the Hindus. This is the second greatest festival of the Nepalese. It is said to be the 'festival of the lights'. The festival is celebrated for five days. Four different animals are worshipped during the festival: crows, dogs, cows and oxen. They are Kaag Tihar (Crow Tihar), Kukur Tihar (Dog Tihar), Gai Tihar (Cow Tihar) and Goru Tihar (Ox Tihar). On the main day of the festival, people worship the goddess of wealth, Laxmi. On the fifth day 'Bhaitika' is celebrated. 'Bhaitika' carries a great importance for brothers and sisters. The sisters put 'Tika' of seven colours on their brothers' foreheads and pray for their long life and progress. Tihar always brings excitement and joy to everyone. People play 'Deusi-Bhailo' and try their best to welcome goddess Laxmi, who is believed to bring happiness and wealth in the lives of everyone.





19. 3DI Classes

3DI School is a digital arts education program being developed in New Zealand and delivered to educational institutions across globe since 2011. Digital media is the main focus of the 3DI program, which strives to teach students about art utilizing creative technology as the foundation for learning in the vision of developing new techniques of learning, soft skills and also to introduce the generations to future technologies.

In our school, 3DI classes have been running from 2017 and has been delivered to students of classes 1 to 5. In these classes, students learn various tools to incorporate their ideas in the digital platform.



PRESCHOOL ACTIVITIES

Our school has its own Pre-school for students of 2 years and above. The Pre-school consists of Play Group, Nursery, Lower KG and Upper KG. In the Preschool, we strive to create a warm and stimulating environment where learning is fun. We engage children in activities that promote and extend children's curiosity and awareness of their world. Our primary focus is learning through play and exploration. We encourage children to grow with confidence, self-esteem and independence.

1. Krishna Janmastami

Janmastami or Krishna Janmastami, the birthday of Lord Krishna is celebrated with great devotion and enthusiasm in Nepal. Janmastami is popular among mothers as they dress their children as Krishna and Radha. In the preschool section all the boys attended school dressed as Lord Krishna and all the girls dressed as Radha. Parents were invited to observe their performance on the occasion of Janmastami on 5 Bhadra 2076. Students presented dances, plays and songs.



2. Rakshya Bandhan

During Rakshya Bandhan, Rakhis are tied around the wrists of brothers. In return, the brothers give gifts to their sisters. Wishes are exchanged. Brothers eat the delicious meals prepared by their sisters. This marks the day of the special bond that is shared between brothers and sisters. On 29 Shrawan 2076, students of the Pre-school made handmade Rakhis, which they tied around each other's wrists to celebrate the occasion.



3. Sowing Barley Seed (Jamara Plantation)

On 7 Asoj 2076, Pre-school students planted Jamara in flower pots. The same 'jamara' was used on the 10th day to celebrate Dashian festival in school to mark the biggest Hindu festival. School Plantation Project allows our children to learn about various types of plants, vegetables and their growth pattern. For little learners, it is a hands-on experimental project to see the growth of seed to a plant form, until it bear fruits.



4. Potluck Program

Pre-school students brought various home cooked food on 14 Asoj 2076. They shared food with their friends on the Potluck day. Potluck program allows little kids to share their food with their friends which in return will help them to socialize with friends. It is also an opportunity to taste various home cooked food from their respective friend's home.



5. Annual Games Meet 2076

Annual Games Meet 2076 of Preschool was held on 26 Kartik at the school premises. All the students actively participated in various games. The involvement of little ones in games allows them to be physically fit and healthy. These games helps them to manage time and energy, teach them collaboration and enhances overall body coordination. The games was inaugurated by Surina S. Gurung, Principal of the school along with Head Teachers, Teachers, Parents and students.



The result of the games are listed below.

Name of the Game	Class	Winner's Name
Train Race	Nursery	First - Arosh Lama
		Second - Adrija Shinoj
		Third - Nihanshika Sharma
Cup Pyramid	LKG	First - Aagaman Thapa
		Second - Surabhi Gurung
		Third - Sumaiya Khan
Relay Race	UKG	First - Nancy and Xavier
		Second - Sandesh and Ivaan
		Third - Samarth and Jinisha
Collecting Balls	PG	First - Prashamsa Kattel
		Second - Ayaan Shah
		Third - Trishan Bahadur Raut
Hula Hoop Race	LKG	First - Angel Yadav
		Second - Aanvi Shrestha
		Third - Prasiddha Shrestha
Box Race	UKG	First - Agrata Wagle
		Second - Azarenka Sherchan
		Third - Subhani Shrestha
Building Tower	Nursery	First - Hemash Khatiwada
		Second - Dikshya Sah
		Third - Hitaksh Agrawal
My Little Army	UKG	First - Amish Poudel
		Second - Niraj Lamsal
		Third - Shreemad Uprety
Balancing Balloons	LKG	First - Swarnim Khatiwada
		Second - Yug P Tamang
		Third - Himani Thapa and Adhvik Sharma
Cone Race	UKG	First - Chirag Shrestha
		Second - Gloria Pariyar
		Third - Rassish Maharjan
Athletics	N/PG	First - Adrija Shinoj
		Second - Arosh Lama
		Third - Hemash Khatiwada
Athletics	LKG	First - Sambriidha Khadka/ Preciyes Dhamala
		Second - Himani Thapa/ Bhavya Joshi
		Third - Aeijin Rana Magar/Soniya Shahi
Athletics	UKG	First - Samyak Adhikari
		Second - Harshit Agrawal
		Third - Kusum KC



Experimenting on Touch-Me-Not Plant.



Children donned their Cow Face Mask on Gai Jatra.



Learning and Teaching each other.

STUDENT'S CORNER

Tomato

Once a little girl named Isha went to the vegetable market. She bought some potatoes, tomatoes, gourds and peas. Her mother started chopping potatoes and then she picked up a tomato to chop. The tomato said, "Please do not cut me. I am a fairy. An old man cursed me to be a tomato. If you sow me in your garden, I will turn into a fairy again." Isha and her mother were very surprised but still they sowed the tomato in their garden. In a minute, a beautiful fairy appeared in front of them. The fairy thanked both of them for breaking the spell.

- Suhana Adhikari (1G1)

खरायो र कछुवा

एउटा जंगलमा एउटा खरायो र एउटा कछुवा बस्थ्यो। एकदिन खरायोले कछुवालाई भन्यो, 'साथी दौड प्रतियोगिता गरौं।' कछुवाले हुन्छ भन्यो। खरायो छिटो छिटो उफ्रेर धेरै अगाडि पुग्यो। ऊ एक छिन रुखमुनी सुत्‍यो। कछुवा बिस्तारै हिँड्दै गयो र अन्तमा दौड जित्यो।

शिक्षा : बिस्तारै र धैर्यपूर्वक काम गर्‍यो भने सफलता पाइन्छ।

- विष्णु प्रधान (१जी३)

किताब

किताब पसलमा धेरै प्रकारको किताबहरु पाइन्छ। आफ्नो रहर र विषय अनुसारको किताब पढ्न पाइन्छ। किताब विद्यार्थीहरुको असल साथी हो। हामीले किताबलाई माया गर्नुपर्छ। किताबमा गाता लगाउनुपर्छ र किताबमा लेखेको कुरा पढ्नु पर्छ। किताब फरक फरक प्रकार र रङ्गका हुन्छन्। किताबलाई मान र सम्मान गर्नुपर्छ। किताबले हामीलाई ज्ञान दिन्छ। किताब पढाईले नै हामी असल र राम्रो मानिस हुन्छौं।

- सुबाङ्ग शर्मा आचार्य (२जी१)

Rose

Once upon a time, there was a beautiful girl named Rose. She was very pretty. She liked to eat strawberries very much. She was red in colour. She liked her friends very much. Their names were Sunny, Lily, Pansy and Lotus. She was very happy with her family. One night she was going to attend a birthday party. While walking, she got frightened to see a shadow, so she started walking very quickly. She didn't look behind but someone was touched her shoulder. When she looked back, she was surprised to see her mother with bunnies and toys. She felt really relieved and both of them attended the birthday party together.

- Adriyana Sunwar (2G2)

Clever Frog

Once upon a time, there lived a frog in the pond with the fishes. They were very happy together. One day a fisherman came near the pond and he saw lots of fishes there. He told loudly that he would come the next day with a large net in order to catch the fishes. The frog heard everything and hurriedly went and told the fishes about it. He requested them to leave the pond as quickly as possible and save their lives. The fishes however laughed and refused to leave the pond. The next day, the fisherman came with a net and caught all the fishes. The fishes lost their lives because they were foolish and didn't believe the frog whereas the frog was clever so it was able to save its life.

- Biwatshu Dev Pandey (3G1)

राजदरबार

एकादेशमा एउटा धेरै राम्रो राजदरबार थियो। त्यो राजदरबारमा एउटा ठूलो बगैँचा थियो। त्यो बगैँचामा धेरै राम्रा राम्रा फूलहरु थियो। तर महाराजले राजदरबार र बगैँचामा बच्चाहरुलाई कहिले पनि आउन दिँदैन थियो। धेरै वर्ष भयो त्यो राजदरबारमा राम्रा राम्रा फूलहरु फुल छाड्यो। राजाले बच्चाहरुलाई राजदरबारमा आउन देऊ भन्नुभयो। बच्चाबच्चाहरुले धेरै खुसी हुँदै आए र उनीहरु खेल थाले। राजदरबारमा फेरी राम्रा राम्रा फूलहरु फुल थाले।

- बैशनभी लुङ्गोली मगर (३जी १)

Friendship

Friendship is the mutual affection between two people. People who are friends talk to each other and spend time together. They also help each other when they are in trouble or in need of some help. Friendship is important because it helps us to be helpful, build up teamwork, make better life choices and even boost our mental health etc.

I have lots of friends in my school but among them Himesh, Prachit, Soyoj, Ankit, Siddharth, Priyadarshi, Niraj and Pranik are my true friends. I hope we will continue to have good friendship with each other in the future. We share most of the things with each other and try to help each other at difficult times. We share common interest and have mutual understanding with one another. We all study and play together as well as do our assignments together. We feel comfortable with one another. We are able to share everything with one another and we are honest with each other.

- Baibhav N. Shah (4G1)

SKY

There is a blue sky very high
There are many doves in the sky
Birds are flying high in the sky
It is a beautiful sky

There is a sun in the sky
After sometime there will be a moon
Sometime it is rainy
Sometime it is sunny

I want to fly high in the sky
The sun rises from the east
It's slowly setting in the west,
As if it is about to rest.

- Aansh Agrawal (4G1)

The Clever Monkey

Long ago, on a riverside, there lived a monkey on a huge tree. There was a small island nearby which was full of juicy and fresh fruits. The monkey would hop on the stones and reach the island daily to savour on those juicy fruits. The island was a paradise for him. Just beside the riverside, there lived a crocodile who would stare at the monkey hopping in and out of the island. It wanted to kill the monkey but the monkey was clever so the crocodile never managed to lay his hands on the monkey.

Next day, when the monkey was busy eating fruits on the island, the crocodile very silently went as close as possible and sat motionless pretending to be a stone. When the monkey was done eating, he wanted to hop on the stone. The stone looked weird and mysterious. He quickly understood that it was a crocodile disguised as a stone and was waiting to eat him up. He called out the crocodile, "I know that it's you, crocodile." The crocodile felt foolish and took a deep sigh. The monkey continued, "Oh! I'll make it easier for you. Open your mouth and I'll jump right into your mouth." The foolish crocodile thought it was his golden opportunity to eat the monkey, so he opened his mouth wide open. He closed his eyes and waited for the monkey to jump. The clever monkey, who confirmed that the eyes of the crocodile were closed, hopped on the head of the crocodile and crossed the river safely. He shouted, "Thank you but you can never fool me again". The crocodile felt idiotic and brainless to believe the clever monkey. He was outsmarted by the clever monkey.

- Aaradhya Bhattarai (4G1)

आमा बुबाको सपना

मेरो आमा र बुबाले मलाई धेरै माया गर्नुहुन्छ। म विरामी हुँदा उहाँहरू राती - राती उठेर मलाई हेर्नुहुन्छ। मैले गल्ली गर्दा उहाँहरूले मलाई गाली गर्नुहुन्छ तर उहाँहरूले मनमा मेरो लागि राम्रो मात्र सोच्नुहुन्छ। मेरो आमाबुबाको सपना हो, म ठूलो भएर राम्रो र असल मान्छे बन्ने। मलाई ठूलो भएर जे बन्ने रहनु हुन्छ उहाँहरूले मलाई त्यही बन्न दिनुहुन्छ। यो मेरो आमा बुबाको सोचाइ मात्र होइन यो सबैका आमा बुबाको सोचाइ हुनुपर्दछ। त्यसैले म आफ्नो सपना पूरा गरेर म आफ्नो आमा बुबाको सपना पूरा गर्न चाहन्छु।

- सुधिर शाह(४जी१)

पानीको महत्व

पानी भन्नाले मानिसको जीवनको सबैभन्दा महत्वपूर्ण कुरा बुझिन्छ। पानीको कुनै स्वाद र रङ हुँदैन। पानी बिना हामी बाँच्न सक्दैनौं। यसलाई हामीले खेर फाल्नु हुँदैन। पानी धेरै खायो भने हाम्रो शरीर र हामीलाई फाइदा हुन्छ। म पनि प्रशस्त पानी पिउँछु र त्यसको फारो प्रयोग गर्छु। पानीलाई जल पनि भनिन्छ। पानी धेरै कुराको लागि प्रयोग हुन्छ जस्तै लुगा धुनु, नुहाउनु, पानी पिउनु इत्यादि। पानी पाइने स्रोतहरूमा : मुहान, इनार, धारा, पंथरो, खोला, समुद्र, महासागर र अन्य धेरै मुहानहरू पर्छन्। अहिले पानीको समस्या धेरै जसो गाउँ र सहरहरूमा छ। किनभने यहाँका खोलानाला सुक्दै छन् र पानी नपाएर धेरै मानिसहरू समस्यामा छन्। यस्ता समस्या समाधान गर्न देशले जमिन मुनिको पाइपलाइनबाट पानी पठाउन सक्नुपर्छ। यसबाट मानिसहरूलाई पानी उपलब्ध हुन्छ र भविष्यमा पानीको समस्याबाट मुक्ति पाइन्छ। त्यसैले हामी सबैले पानीको सदुपयोग गर्नुपर्छ।

- विधान पण्डित (५जी१)

लापरवाह बच्चा

एउटा सानो गाउँमा एउटा बालक थियो। उसको घरमा उसकी आमा हुनुहुन्थ्यो। उसका बुबा चाहिँ विदेश जानु भएको थियो। बालकको नाम यूलिन थियो। एकदिन ऊ विद्यालयबाट आउँदा उसले एउटा खुसीको खबर पायो कि उसको बुबा भोलि विदेशबाट आउँदै हुनुहुन्छ। त्यो कुरा सुनेर ऊ धेरै खुसी भयो। भोलिपल्ट उसका बुबा आउनुहुँदा उसाई एउटा खेलौना ल्याइदिनुभएको थियो। उसले त्यो खेलौना मामाघर लगेर हरायो। घर आउँदा उसले खेलौना सम्भेन। घर गएपछि बुबाले खेलौना खोइभन्दा उसले भन्यो "ला ! बुवा मैले तपाईंले ल्याइदिनुभएको खेलौना मामा घरमै बिसिँएँ। माफ गर्नु बुवा ! अब देखि म त्यस्तो गल्ली गर्दिन ।" बुबाले उसलाई मौका दिनुभयो। त्यो दिनदेखि उसले कुनै पनि काम कुरामा लापरवाह गरेन।

- संयम मास्के (५जी१)

आमाको माया

एउटा गाउँमा एउटा केटी थियो। उ आफ्नो एउटा आँखा नभएको आमासँग बस्ने गर्दथ्यो। हरेक दिन उसको आमाले उसलाई स्कूल पुर्याउन जाने गर्थिन्। उसका सबै साथीहरूले उसलाई गिज्याउने गर्दथ्यो र कोही पनि उससँग साथी बन्न खोज्दैन थियो। उनीहरूले उसको आमालाई "कानी" भनेर बोलाउँथे। साथीहरूको घृणाले गर्दा उसको दिमागमा नकरात्मक छाप बस्न गयो र आफ्नै जन्म दिने आमालाई घृणाको दृष्टिले हेर्न थाल्यो। धेरै वर्ष पछि उसको आमाले यो संसारलाई सधैंको लागि त्याग्न पुगिन। उसको आमाले उसलाई एउटा चिठी छोडेकी थिइन् जसमा लेखिएको थियो, "आमाको माया"। चिठी खोलेर छोरेले पढ्न थाल्यो, "प्रिय छोरा मलाई थाहा छ कि तिमी मलाई एकदम घृणा गर्छौं किन कि मैले गर्दा तिमीलाई धेरै दुःख भयो। तर तिमीलाई थाहा छ कि जब तिमी सानो थियौं, हाम्रो एउटा घातक गाडी दुर्घटना भएको थियो। त्यो दुर्घटनामा तिम्रो एउटा आँखा गुमेको थियो र त्यसैले मैले मेरो एउटा आँखा तिमीलाई दिए ताकी तिमी आफ्नो सामान्य जीवन बिताउन सक्नेछौं। मैले तिमीलाई सधैं माया गरेकी छु, विगतमा भएको सबै कुरा बिसी देऊ। तिम्रो जीवन फलोस् फुलोस् यही छ मेरो शुभकामना।" छोरेलाई आफ्नो गल्लीको पछुतो भयो।

(४जी२)

- रिदिमा कार्की

Plant a Tree

Trees are vital for human kind. They are the biggest plants on the planet giving us oxygen, store carbon dioxide, save the soil and give life to wildlife. They also provide us with the materials like wood for providing us with shade and shelter.

We should plant a tree because it will make our environment clean by absorbing carbon dioxide and giving oxygen. On the other hand, if we cut a tree, we are taking away the oxygen needed by us and we are taking away home from the wild animals. We are also making the soil loose and cause landslides during heavy rainfall. Cutting down a tree will also dries up the soil and will take away all the nutrients from the soil.

Trees provide us with shade and a peaceful environment. We can even make a hammock and swing. Sitting in the shade of trees give us joy and happiness. Trees takes years to grow but once it grows it stays as a best friend for a long period of time. Planting a tree not only brings greenery in the earth but also brings happiness in heart of every human being.

- Siddhartha Sagar Ban (5G2)

मेरो देश

हेर हेर साथी हो
मेरो प्यारो देश यो
नाम हो यसको नेपाल
हामी पनि नेपाली ।

कति सुन्दर मेरो देश
वनपाखामा हरियाली
खोलानाला नीलो छ,
नेपालीको मन ठूलो छ ।

संसारको अग्लो शिखर
भल्किन्छ, हाम्रै देशमा
हिमाल पहाड तराई
कोहि छैन हाम्रो पराई ।

हाम्रो देश नेपाल
जल स्रोतको दोस्रो धनी देश
नेपाल भन्ने देश यो
अत्ती नै प्यारो छ ।

- श्रेया गौतम (४जी३)

सडक

सडक हुन्छ देशको सबै भागमा
हामीलाई हिँड्नको लागि सडक चाहिन्छ
हामीले सडक सरसफाइ ग-यौं भने
हामीले सडकलाई सफा हेर्न पाइन्छ ।

सडकको महत्व ठूलो हुन्छ
हामीले सडकमा फोहोर फाल्नु हुँदैन
नत्रभने सडक फोहोर भएर रून्छ,
सडकले देशलाई सुन्दर बनाउँछ ।

सडक हाम्रो देशको सम्मान हो
सडक हाम्रो देशको पनि मान हो
सडकले हामीलाई विभिन्न ठाउँमा पुग्न मद्दत गर्छ
सडकले हाम्रो देशलाई सुन्दरताले भर्यो ।

- आवाज निरौला (५जी१)

Children's Day

Today we are here to celebrate Children's Day. This date holds a great importance for the children. Though Children's day is celebrated on different dates all over the world; we celebrate on the 15th September every year. On this day, various cultural programs are organized and performed. Students from schools and colleges celebrate this day with full of joy. As we all know that children are the future of our country, celebrating this day emphasizes on the rights of children and their other basic needs such as good education, proper food and nutrition etc. Even children who are not as lucky and have to stay at orphanages receives gifts and money in the name of donations. Various organizations make timely donations to the under privileged children so that even they are not neglected. All the children are same and they all can make a positive impact on the society if they all are given equal opportunities. All the children have the right of love, care, education, good nutrition and equal opportunities. So, this day is very important for all the children around the world.

-Om Bikram Thapa (5G2)

Importance of Computer

Computer is the most useful electronic gadget used in the 21st century. It is used in many homes, schools, offices, colleges, campus, universities, banks etc. It is used in doing presentations, case study, debate etc. Computer is very useful as we can do many things such as using Internet and doing our assignment, listening to music, watch movies, play online games etc. There is five generation of computers and the computer which we are using right now is fourth generations of computer which is known as micro computer and it is invented by Charles Babbage. He is also known as the father of modern computers.

Computer has many features and is very useful for our day to day life. Computer is beneficial to create our presentations, case study, send emails, play online games, watch movies, play many videos, using many apps such as Ms. Word 2007, Ms. Power Point 2013, Ms. Excel 2013, drawing for children, Paint etc. We can also download apps, videos, movies, pictures, games, documents etc. We can also use many websites and webpages to get information and explore our knowledge. We can also download many web browsers such as Google Chrome, Mozilla Firefox, and Opera Mini etc. We can also create our own accounts. We use computers in schools, offices, banks, hospitals, super market etc. It has a high storage and we can save as many documents as we want to. Computer is a device that makes our work easier, faster and reliable. It works like a machine.

We need to know the importance of computer and use it wisely in order to do our daily chores very easily.

- Siddhartha P. Tamang (6G1)

Surprised

Once upon a time, there was a man whose name was Rohit. He used to help all the people who were needy and poor. One day, the king of that country called him and asked him why he was famous than the king despite being poor. When Rohit refused to answer, the king was enraged so he sent him to a dungeon where there was a lion ready to eat him up. After sometime, everybody thought that the lion would kill him but Rohit came back successfully. Everybody including the king was surprised and asked him how it happened. Rohit calmly said that, few days ago in a jungle a lion was hurt as it had a thorn stuck in its paws. He helped the lion by taking off the thorn from its leg. It was the same lion in the dungeon that recognized Rohit by smelling him. So, the lion didn't do any harm to Rohit. Everyone including the king praised Rohit of his kindness and always willing to help others.

- Rohan Mandal (5G4)

Smile

A lovely curve on the face
Which has a fixed place
It is a smile
Which can change a tale



Your smile is colourful like a butterfly
It will make all worries tensions fly
No matter what it will still shine
Which will make you mine.

Your smile is a guide through the dark night
Your smile will light up the days
And make your future bright as sun rays
I see it as a reason to spread happiness in many ways

- Pranav Bashyal (5G2)

प्रयासले सफलता पाइन्छ

एकादेशमा एउटा केटा थियो । उसको नाम सरोज थियो । ऊ मिहिनेती थिएन । ऊ जहिले पनि परीक्षा भन्दा अगाडि पढ्दैन थियो । ऊ परीक्षा आएपछि मात्र पढ्थ्यो । उसको ध्यान अरू कुरामा लागेर उसले परीक्षामा राम्रो अड्क पाउँथ्यो । उसकी आमा र बाबा पनि दुःखी हुनु भएको थियो । आफ्नो बाबा - आमा देखेर सरोज पनि दुःखी भयो । उसले आफ्ना बाबा र आमालाई खुसी बनाउन अठोट ग-यो । ऊ त्यो दिनदेखि हरेक दिन परीक्षा अधि नै पढ्न थाल्यो । परीक्षाको रिजल्टको दिन उसले राम्रो अड्क पाएर पास भयो । उसका आमा बुबा खुसी हुनुभयो र स्याबासी दिनुभयो । ऊ त्यस दिनदेखि मिहिनत गर्न थाल्यो ।

शिक्षा : हामी सबैले प्रयास गरेर पढेमा राम्रो नतिजा ल्याउन प्रयास गर्नुपर्छ ।

- आयुस पन्त(६जी १)

Long time ago

A long time ago, when cavemen and dinosaurs were alive

Without technology or facility how did they survive?
Hmm, I always wonder how they talked.
Also how did they learn to walk?

Slowly by slowly, but a bit long time ago
When people started working in fields
They started trades and deals
I wonder how it all started,

Were they friendly or would they
Break each other's heart
The world started developing
But was still a long time ago.

A scientist discovered electricity
This was big success in all cities
It was a success
Mean people were less

It was recently, but last year, I would
Still say a bit long time ago
2018 was the best year they say
Every body hopes the year would stay

- Anushriya Tuladhar (6G1)

यदि म प्रधानमन्त्री भएँ भने

मेरो धेरै पहिला देखिको सपना प्रधानमन्त्री बन्नु रहेको छ । यदि मैले प्रधानमन्त्री बन्ने सौभाग्य पाएँ भने म देशमा धेरै सकारात्मक परिवर्तनहरू ल्याउने छु । देशलाई सकेसम्म छिटो विकसित स्तरमा पुऱ्याउने प्रयास गर्छु । आफ्नो देशको विकास गर्ने मौका पाएमा म धेरै खुसी हुनेछु । यदि म प्रधानमन्त्री भएँ भने देशबाट भ्रष्टाचार हटाउने कोसिस गर्छु । सबै धनी मानिसहरूको जाँचपरताल गरेर उनीहरूसँग भएको कालो धन लिने, त्यो पैसाबाट समाजसेवी कामहरू गर्ने र गरिवी निवारण गर्नेछु ।

त्यसपछि म रोजगारीका स्रोतहरू बनाउँछु । नयाँ नयाँ उद्योगहरू खोलेर बेरोजगार मानिसहरूलाई रोजगारी दिन्छु । यसो गरेमा विदेशमा रहेका मानिसहरू पनि नेपाल फर्कन्छन् ।

त्यसपछि म देशको सफाईतर्फ पनि लाग्छु । सफाई गरे मार्फत पुरस्कार दिएमा यस कार्यमा मानिसहरू संलग्न हुन्छन् । देशको सफाई भए यहाँ बाहिरी पर्यटकहरू आउँछन् र हाम्रो देशको आर्थिक विकास हुन्छ ।

म देशको शिक्षा र स्वास्थ्य क्षेत्रमा पनि सकारात्मक परिवर्तन ल्याउँछु । केही हदसम्म तिनीहरूलाई निःशुल्क पार्ने छु । यसबाट देशका गरिव नागरिकहरूको अधिकारको पनि संरक्षण हुन्छ ।

म आफू भन्दा अगाडि आफ्नो देशलाई राखेर यसको भलाइ र विकासका लागि जे पनि गर्न तयार हुनेछु । प्रधानमन्त्री बन्ने भाग्य रहेछ भने म अहिलेदेखि नै कडा परिश्रम गर्नेछु र देशको विकास हुने कार्यहरूमा लाग्नेछु ।

- कृष जैसवाल (७जी१)

The Story Teller

Listen closely to the teller of tales,
To amaze you he never fails,
He talks of beasts that come from the wild,
And a secret place where treasures lie piled,

He tells us the tales of unknown lands,
And how the one with courage always stands,
He tells us why against evil we must fight,
And for this task we all must unite,

He tells us many good things,
To doubt him I wouldn't dare think,
At the end of the day he's just a teller of tales,
But to amuse you he never fails.

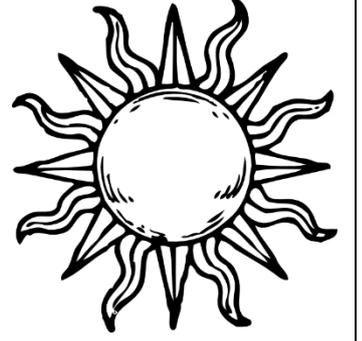
- Abhinav Shakya (7G1)

छठ पर्व

छठ पर्व मनाउछौं हामी सबै जाति,
मनाउँदा मनाउँदै बिच्छ एक आदि राती
मीठो र चोखो खानेकुरा खान्छौं
पिठोको ठेकुवा, भुसुवा बनाउँछौं ।

सूर्य बावा र छठी माई आउँछन्
घरमा शान्ति, सुख फैलाई जान्छन्
प्रेमका साथ पूजाआजा लाउँछौं
मिलिजुली हामी छठ पूजा गछौं ।

नदीनाला, पोखरी, तालमा जान्छौं
हातमा बाला, साडी महिला लाउँछन्
हामी सबै मिलेर पूजा गछौं
हामी सबै एउटै हौं एउटै रहन्छौं ।



- चन्चल शाह (७जी१)

That Beautiful Day!

Long ago when Anna was just 7 years old, her wonderful family broke and she was abandoned by her father. She was orphaned by mother long ago. Anna's mother was not a strong woman and had decided to end her life. Anna was furious, angry, sad and depressed and used to think she was the one who broke their family. A little orphan girl felt worthless as everyone she loved left her. She hated everyone and could not bear the pain. Soon, her aunt took her with her. Alone, without parents Anna was deperessed. She could not do anything. After some time, even her aunt left her for adoption. It was not easy for two years as Anna struggled within herself but later she started talking with others and started to find the reason that she thought was meaningful to her life. One day a family took Anna as their daughter and she was welcomes in a new family. She was confused and thought why would anyone take her? She used to ask herself why? Her new life was full of curiosity for her new parents. She came to know that her parents had lost their loving daughter and was going through a breakdown that she herself had to suffer. But they did not decide to stop living. They wanted to move ahead and live their lives happily once again. Anna was moved by their approach and she herself thought of moving on in her life. She wanted to smile, laugh and enjoy her life to the fullest. She decided to put an end to all her sad past and hoped to live a positive and healthy life that beautiful day.

- Kavya Pradhan (7G1)

आक्षेप

एघार वर्षकी रूपासँग बोली थिएन । ऊ पाँच कक्षामा पढ्दै गर्दा उसका साथीहरूले उसलाई बोली नभएको लाठी भनेर जिस्काउँथे । त्यो बोली उसको मनमा नराम्रोसँग गोली बनिसकेको थियो । एकदिन उसकी एउटा रमा भन्ने साथीले जादुई कलम ल्याएकी रहिछे । त्यस कलमले जुन रङ्ग भन्यो त्यही रङ्ग लेख्थ्यो । त्यो कलम रूपालाई असाध्यै मन परेछ । उसलाई मात्र होइन कक्षाका सम्पूर्ण विद्यार्थीहरूलाई त्यो कलम साह्रै मन परेछ । उसले भोलिपल्ट पनि रमाले विद्यालयमा त्यो कलम लिएर आउँछे । त्यो दिन रूपालाई सन्धो हुँदै न र ऊ आफ्नो कक्षामा बस्छे । सबैजना तल क्यान्टिनमा जान्छन् र खाजा खाएर माथि आउँछन् । उनीहरूको पढाइ सकिन लाग्दा रमाले आफ्नो भोलामा जादुई कलम भेट्दिनन् र शिक्षकलाई भन्छे । शिक्षकले भन्नुभयो “सबैको भोलामा हेर त ।” अनि रमाले भोला हेर्दै जाँदा एउटा साथीले भन्यो, “हामी सबैजना तल खाजा खान जाँदा रूपा मात्र कक्षा कोठामा बसेकी थिइ, पक्कै पनि रूपाले नै त्यो कलम चोरेको हुनुपर्छ ।” बिचरी रूपासँग बोली नभएको कारणले उसले केही भन्न पनि सकिन । त्यसपछि रमाले रूपालाई हेर्दा खेरी उसले आफ्नो कलम भेटाइनन् । हेर्दै जाँदा उसले आफ्नो कलम कसैको भोलामा पनि भेटाइनन् ।

त्यसपछि शिक्षकले भन्नुभयो “रमा तिमीले आफ्नो भोलामा राम्ररी हेर्नौ ? एकचोटि राम्ररी आफ्नो भोलामा पनि हेर त ।” रमाले त्यसपछि आफ्नो भोलामा राम्ररी हेर्दा त उसको कलम आफ्नै भोलामा रहेछ । शिक्षकले रमालाई भन्नुभयो “राम्ररी हेर्दै नहेरी, बुझ्दै नबुझी तिमीले यसरी कसैमाथि आरोप लगाउनु हुँदैन थियो ।” त्यसपछि रमाले रूपासँग माफि माग्छे र यसैगरि उनीहरूको कक्षा फेरि सुरु हुन्छ ।

- श्रेया आचार्य (७जी१)

मेरो देश नेपाल

मलाई प्यारो लाग्छ मेरो देश नेपाल
किनभने यो छ सुन्दर शान्त विशाल ।
नेपालमा छ हिमाल पहाड तराई
हामी सबै नेपाली कोही छैन पराई ॥

हामी सबै मिलेर मान्छौं आफ्नो धर्म
देश विकासका गछौं मिलेर कर्म ।
पाहुनालाई गर्नुपर्छ नमस्कार
नेपालीहरू हुन्छन् सबै इमान्दार ॥

नेपालमा छ विविधतामा एकता
यही हो हाम्रो नेपालको विशेषता ।
नेपालमा विभिन्न हिमाल छ
सगरमाथा हाम्रो विशाल छ ॥

मेरो देश नेपाल छ राम्रो
जस्तो भए पनि यो आफ्नै देश हो ।
मलाई प्यारो लाग्छ मेरो देश नेपाल
किनभने यो छ सुन्दर शान्त विशाल ॥

- जिनियस भण्डारी (८जी१)

Freedom

We are trapped in a kingdom
Where we search for freedom
We don't like being treated
Like machines or a doll

Let a man choose between
Money or freedom
He doesn't think much
As he chooses the freedom

You feed a healthy food
To a bird who jumps on hood
Even if you believe in it
Remember it still betrays you

Citizens of a nation love their country
Not because he or she is required to
But because he or she
Loves freedom of oneself

Our ancestors were brave
Enough to protect country
If they hadn't rolled a dice
We won't have got a meaningful life.

- Tresa Basnet (8G2)

Oh! Childhood

When I was a kid, I used to have fun
I jumped and ran across every street
Childhood was the time of my life
I have regrets that I didn't realize it then

Childhood holds beautiful memories for me
One of those was Children's Day
Every year I eagerly waited for it
To recite poems on stage or write an essay

I used to love the candies that I got
I used to dance with grace and delight
My ectacy would get better of me
My smile used to be so bright

But time flies and childhood has ended
And into a young girl I have transcended
Thoses balloons I left into the sky
Wasn't ever coming back to me

However today I smile looking at the pictures
That happy little girl I used to be
And now, I celebrated Children's Day
Which I still fresh in my memory.



-Bipasna Shrestha (8G1)

स्वस्थ खाना र निरोगिता

हामी सबैलाई स्वास्थ्यको कति महत्व छ भन्ने कुराको जानकारी छ । स्वस्थ शरीर एकदमै आवश्यक हुन्छ । हाम्रो शरीर स्वस्थ भएमा मात्र हामीले दिनभरि धेरै कामहरू गर्न सक्छौं । हामीले घरको खानामा जोड दिनुपर्छ । किनभने घरको खाना सफा र पोषिलो हुन्छ । स्वस्थ खाना खाएमा हामी तन्दुरुस्त, बलियो हुन्छौं र हामीमा दिनभरि काम गर्ने तागत पनि आउँछ । हामीले घरको खाना खानुपर्छ भन्दैमा खानुपर्ने मात्राभन्दा बढी खानु पनि हुँदैन । हामीले खानेकुरा पनि सही मात्रामा खानुपर्छ । अनि मात्र हाम्रो शरीरलाई चाहिने शक्ति प्राप्त हुन्छ । हामीहरूले घरको खानामा बढी ध्यान दियो भने हामी कहिल्यै रोगी हुन्नौं । आजभोलिका बच्चाहरूलाई घरको खाना मन पर्दैन । उनीहरूलाई घरको दाल, भात, तरकारी भन्दा बाहिरको बरगर, मो : मो मन पराउँछन् । त्यसैले कतिपय साना बच्चाहरूलाई पनि रोग लाग्दै छ । सानैदेखि रोग लाग्यो भने हामी स्वस्थ रहन सक्दैनौ र ठूलो भएपछि एकदमै ठूलो रोग लाग्न सक्छ । तर हामीहरूले घरको खानाभन्दा बाहिरको खानामा जोड दिन्छौं । त्यसैले हामीलाई धेरै रोगहरू पनि लागिरहेका छन् । त्यसैले हामीले स्वस्थ खाना खान ध्यान दिनुपर्छ । हामीहरू स्वस्थ खाना निरोगी हुनका लागि खान्छौं । त्यसैले हाम्रो शरीरको लागि स्वस्थ खानाको एकदमै आवश्यकता हुन्छ । हामीहरूले अरुलाई पनि स्वस्थ रहनुपर्छ भनेर राम्रो कुरा सिकाउनुपर्छ । आफू पनि सधैं स्वस्थ र स्वच्छ खाना मात्र खानुपर्छ । स्वस्थ खानामा बढी जोड दियो भने हामी सधैं निरोगी हुन्छौं ।

- दिलासा न्यौपाने (दजी१)

Save the Environment

The surrounding in which we human beings survive and perform our day to day activities is the environment. It consists of biotic and abiotic components, living and non-living things. The environment provides us oxygen, land, water, food, timber, wood and a lot more things. We use them in our daily life. We are humans, we have humanity, love, care and respect, and we show these to other humans but we seem to forget the love we need to give back to Mother Nature. We never think that we should care for our environment as well. We are getting selfish and limited to our selfish needs only. We do not think that what would happen if we continue to take things for granted and continue to pollute the environment, cut trees, throw trash in rivers or dump plastics underground and kill animals regarding our need.

The more you don't care about our environment, the more it will become polluted with contaminants and toxins that have a harmful impact on our health. Air pollution can cause respiratory diseases and cancer, among other problems and diseases. The other side effects of pollution and destroying the environment have adverse affect to all of us. In order to save the environment, we should focus on growing more trees, use minimum plastic bags as possible, use alternative sources of energy, use more public transport, minimize littering the environment etc. In these small few steps our needs will be fulfilled as well as the environment will not have to suffer much. Hence, in these ways, we can show humanity towards our environment.

- Hrish Raj Singh (9G1)

Global Warming

Our planet earth is a very interesting and unique planet. Our planet has just the right conditions for life to exist and it is a very lively place. Earth is currently the only planet we can call "Home". Many Earth-like planets have been found by researchers all around the universe but even though they have Earth-like characteristics, it lacks the essential building block of life. While there may be a suitable condition for hosting life, they are millions of light years away and the current technology and the time limit we have are very limited for exploring further to it.

Earth is the only planet with flowing rivers of fresh water and water reserves but we humans are trying to destroy it by modernization and hence suffering in a great way. Due to carbon dioxide releases into the atmosphere, the ozone layer (the protective layer) that protects us from solar wind and U.V rays is thinning in an un-natural manner and this leads to climate change and due to trapping of heat when water levels rises, there will be less flowing water which will subsequently end human race itself. We should encourage others to plant more trees and seek an alternative resource of energy for a sustainable development of our future. If the evil practice of using fossil fuel continues, the oil reserves will soon vanish resulting to the neverending energy crisis for future generations. Eventhough the number of trees that is present is slowly increasing due to awareness among our younger generation, the continuous use of fossil fuel and its results in the future is uncertain. If global warming continues, our earth will finally stop tolerating life in less than 100 years and even now some effects of it can be seen as many polar region animals are endangered. The polar ice caps are slowly melting away which increases the sea level and the lowlying areas around the world can be submerged in the future. So we all should join hands together for a noble cause and do our best to stop Global Warming and seek alternative ways to lower it.

- Anmol Ghimire (8G1)

मोबाइल

हाँसै उफ्रै खेल्यौ हामी
साथी साथी भेट्यौ हामी,
अहिले सबै कहाँ गए होला,
सबैको हातमा मोबाइल नै होला ।

स्वस्थ थियौ हामी, तन्दुरुस्त थियौ,
अहिले राम्ररी आँखा पनि देखैनाँ
मोबाइलले फाइदा त ल्यायो,
तर बेफाइदा नै बढि ।

घरैमा बस्छन् मोबाइल हेर्छन्,
घरमा के भयो थाहा छैन
पढाइ पनि विग्रिहेको छ,
आमाबुवाको मिहिनेतमा ध्यान छैन ।

दिनभर मोबाइलमा गेम खेल्छन्,
कमजोर अल्छी र एकोहोरो भइसके
आजकलका बालबालिकालाई के भएको ?
मोबाइलको सङ्गतमा विग्रिसके ।

- प्रसन्न ढुंगाना (१०जी१)



Boating in a lake

The sun has risen over the meadow
It has painted the sky all yellow
Between them are the patches of blue
And the grass is all covered with dew.

Splash, splash, splash what a pleasant sound!
The oars are being moved round and round
The fishes are moving gracefully in the water
How soothing is to see the crystal clear water splatter!

I couldn't stop exclaiming 'Oh my!'
When a snow-white stork descended from the sky,
It landed in the over grown grass surrounding the lake
The beauty out here was not at all fake

We moved on and on very smoothly,
And I thought to get a treat like this, I was very lucky
To leave the place, very difficult I did find,
Because the picturesque scenery couldn't get off my mind

- Samridhdika Dahal (9G1)

मेरो विचारमा परीक्षा

परीक्षा भनेको विद्यार्थीले कक्षामा के कति बुझे भनेर लिइने जाँच हो । परीक्षा भनेको विद्यार्थीलाई परीक्षण गर्ने माध्यम हो । परीक्षा दिनाले हामीले के कति बुझेका छौं त्यो स्पष्ट हुने गर्छ । परीक्षाले विद्यार्थीहरूलाई आत्मनिर्भर बनाउँछ । मेरो विचारमा परीक्षा लिन एकदमै उत्तम काम हो । परीक्षाले गर्दा विद्यार्थीहरूले आफ्नो पढाइप्रति रुचि बढाउन सक्छन् । विद्यार्थीहरूले विषयवस्तुलाई राम्रोसँग बुझ्ने प्रयास गर्छ । परीक्षाले विद्यार्थीहरू भित्र मैले पढनुपर्छ र राम्रो अड्क ल्याउनुपर्छ भनेर भावना जगाउँछ । मेरो विचारमा परीक्षाले विद्यार्थीहरूलाई आत्मनिर्भर बनाउन मद्दत गर्छ । परीक्षाले हामी भित्र भएको प्रतिभालाई बाहिर निकाल्न मद्दत गर्छ । परीक्षा धेरै प्रकारका हुन्छन् । हामीले हाम्रो परीक्षा एकदमै राम्रोसँग दिनुपर्छ । परीक्षाको नतिजाले हामीले के कति विषयवस्तुको बारेमा बुझेका छौं भन्ने कुरा स्पष्ट हुन्छ । परीक्षा हाम्रो जीवनको हरेक मोडमा हुन्छ । हामीले नहडबडाइ राम्रो र सरल तरिकामा परीक्षा दिनसक्नुपर्छ । विद्यार्थीहरूले परीक्षामा आफूले जानेबुझेका कुरा मात्र लेख्नुपर्छ । अरुको सारेर, चोरेर केही अड्क प्राप्त गरे पनि भविष्यमा काम लाग्दैन । मेरो विचारमा परीक्षाले विद्यार्थीको क्षमता परीक्षण गर्छ । परीक्षाले विद्यार्थीलाई पढाइमा ध्यान दिन मद्दत गर्छ । परीक्षा लिन राम्रो कुरा हो तर परीक्षा पनि सिमित समयसम्म र अवधिमा लिइनुपर्छ । परीक्षाले हरेक विद्यार्थीको जीवनमा महत्वपूर्ण खेल खेलेको हुन्छ । त्यसैले मेरो विचारमा परीक्षाले विद्यार्थीहरूको परीक्षण गरी उनीहरूलाई आत्मनिर्भर बनाएर विद्यार्थीहरूको क्षमता परिचालन गर्ने काम गर्छ ।

- गंगा श्रेष्ठ (१०जी२)

Children's Day

Beautiful creation of God
Creativity in their mind and love in their heart
It is amazing to see that the children are so smart
Happiness has neither boundary nor crying is any type of shame,

They don't hold emotions to play
Any type of revenge game
Innovative from inside and innocent from outside
To judge their potential, you aren't enough qualified

Dreaming is the highest level and imagination is their superpower
You get bored in minutes; they go on for hours and hours
Sometimes they behave to make you irritate
No matter, how angry, lastly their love will finally dominate

Naughtiness is their nature and playing is their action
That's why children look so beautiful without doing any fashion
Body gets old with time but soul has no age
Im still a child though my nature is like a sage

Sometimes life is difficult to face
But with a child, the world is a better place,
So happy Children's Day

-Mahek Shrestha (9G4)

God's Judgement

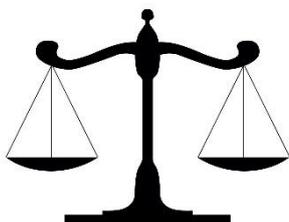
A mysterious word shrouded in clouds
The skies blacken and the thunder roars
Behold! The almighty, the all knowing, the one and only
Yet, no one has seen him but so many believe in his stories.

The creator of worlds up in the clouds
Yet we don't know his identity or personality
We call him "him" but who knows what it is
Afterall it's just faith whispered in the breeze.

If religion didn't exist, no one would judge the colour of skin because we are one.

On your knees pray to Jesus, Allah, and Buddha no one at all
It may just be stories and legends, tales tall.
Anything goes wrong God's judgement we call.

May be Jesus was black, may be Jesus had dreads
Lord Shiva could have been white, up in the skies,
We picture Gods to suit our religion
But who kows God's judgement could just be an illusion.



- Sanjay Paudel (10G3)

Education - A solution to all social evils

Education is the way to flourish the individuals' life with brightness of knowledge. In all over the world, education is considered as a single solution to all he social evils. Moreover, it is considered as the blessing to mankind. Education is important as it gives people the knowledge and skills they require. Education is important to people of all ages and it has no limit. Children require education in order for them to learn how to speak and to write. In our society, we are facing a lot of social evil in recent times. These kind of social evils have adversely affected all the members of the society. Family breakdown, falling values, youth crime, drugs and alcohol abusen poverty, immigration, crimes in all sectors, human trafficking has pushed our society to darkness. All the social evils are caused due to the lack of awareness, which occurs due to lack of proper knowledge among individuals The only way to develop and enlighten our society is to provide education to everyone. Both on personal and national levels, education has been shown to increase economic growth and stability. One of the most important benefits of education is how it improves personal lives and helps societies run smoothly. We live longer, fuller, and happier lives as learned and knowledgeable individuals. Education diverts the thinking of the person from negative towards positive. It makes individuals separate good from the bad and follow only the righteous path. It makes platform for the individuals to reach to their goals easily. So everyone should have the access to quality education as it is a solution to broaden up ones vision and solution to all evils.

-Aaditya Singh (10G1)

GLIMPSES OF OTHER ACTIVITIES & ACHIEVEMENTS



Bidusee Sharma & Abhinav Shakya from Class 7 participated in the Wild Wisdom Quiz 2019 and made it till Round 2.



Sandhya Shah from Class 9 was able to win First Runner-Up Trophies in Miss Teen 2019. Congratulations!



In Real School of Nepal 2019, Niranjana Manandhar stood Second in Three Minutes to Fame, Kriyasha Adhikari Stood Third in Drawing and Sagun Nepal was able to settle for Fourth Position in Football Juggling. Similarly, Christopher Poudel participated in Extempore, Neha Samsohang participated in Dance and Samik Limbu participated in Score the Goal.



Galaxy Public School Futsal Team comprising of Gautam Yadav, Phinjo Sherpa, Ashish Kunwar, Anish Atreya, Dipen Shrestha, Mandip Thapa, Ramesh Kumar Shah, Jeevan Basnet and Ramhari Basnet received Fair Play Award at LRI Inter School Futsal Fest 2019.



Prayash Raj Kanel & Arman Mustafa received Certificate of Appreciation for participating in OPS Inter School Friendly Quiz Contest.



Hridaya Giri & Unish Giri received Man of the Match Title in Canvas Indoor Cricket Tournament 2019.