

PRINCIPAL'S DESK



As the Chairperson of the Environment Protection Committee, I feel that it is the responsibility of every citizen of this planet to protect our environment. Our existence depends on the environment. Human beings have caused a great damage to the environment. We are beginning to realize our

mistakes. Unless we take urgent steps, it will be too late to save our beautiful Earth.

Out of the many problems we are facing, I would like to draw your attention to only three problems. One of the major problems is Climate Change. Climate change is an offshoot of environment degradation caused by emission of gases. Harmful gases like CFCs and other greenhouse gases are raising the temperature of our planet because they cannot escape the earth's atmosphere. The rises in temperature are having a disastrous effect on our environment. Climate patterns are changing. Himalayan glaciers are melting. Agriculture is adversely affected due to unseasonal rains. Crop yield is diminishing. On the whole, the situation is threatening for all living beings that share the earth. Did you know that the number of apple trees in Nepal is decreasing sharply due to the absence of snow which is absolutely essential for the growth of apple trees? Did you know that the lives of bees are in danger? Bees play a vital role in the growth of plants. They help in pollination. What will happen if bees become extinct due to a rise in global temperature? Fewer plants and low crop yield will lead us to our doom.

Another serious problem, though not directly connected with climate change, is Pollution. There are different kinds of pollution e.g. air pollution, water pollution, noise pollution, soil pollution etc. We can feel the pangs of pollution in Kathmandu. Many people are suffering from respiratory diseases caused by a high density of dust particles in the air. Much of the water we get in the valley is polluted. Many countries in the world have already started taking corrective measures to tackle this problem. The use of clean energy fuels is being encouraged. The day is not far when we will all be using electric vehicles. Governments are taking steps to provide safe drinking water to the people.

Finally I would like to talk about the preservation of our natural resources. Our resources are our assets. Many of our natural resources are non-renewable. We have to use our resources judiciously. We must act responsibly. We must stop deforestation immediately. We must plant more trees. Our commitment and our hard work can reverse the trend. Our future is in our hands. We must act now. Students are the future generation, they must start thinking to have safe place to live in.

Ms. Geeta Chhetri, Principal,
Chairperson, Environment Protection Committee (EPC)

NEW YEAR: NEW PROGRAMMES

Our school re-opened for this session on 4th Baishak, 2074. This session started with the hope of enlightening more students, as school is the lighthouse of the society. We would like to welcome all the new students who have joined this school from this session.

Orientation Programme for the new students was held on 15 Baishak, 2074. During the programme, the students were informed about the history, the achievements and the milestones of the school. Besides this, the rules and regulations of the school were also communicated to them.

This year various new programs were conducted during the regular classes.



Galaxy Public School has entered into an agreement with the **Karkhana Team** to conduct a learning sessions for the students of classes 4 to 8. They follow an integrated, cross-disciplinary, and co-curricular, beyond - school program.



Our school has signed a Memorandum of Understanding (MOU) with 3Di School-Nepal to launch its program at the school. **3Di School-Nepal** is a digital arts education programme developed in New Zealand and

delivered to educational institutions across the globe since 2011. These programmes have been developed in partnership with academies in New Zealand.

Yoga Guru Krishna Hari Acharya will be taking two periods every day for the students of classes 4, 5 & 6. Yoga is both a state of connection and a body of techniques that allows us to connect with ourselves and with life.

Secondary Education Examination 2073 (SEE-2073) was conducted from 3 - 14 Chaitra, 2073. 172 students from Class 10 appeared for the national examinations. All the students scored excellent Grade Points. The success rate was 100%. The synopsis of the results is given below:

Results of Secondary Education Examinations (SEE) – 2073	
A+	59
A	84
B+	27
B	2

REAL SCHOOL OF NEPAL CHALLENGE 2017 – KATHMANDU EAST WINNER: GALAXY PUBLIC SCHOOL



The fourth regional final of Real School of Nepal 2017 for the Central Region – Kathmandu East concluded on 6 Ashad, 2074. Galaxy Public School was declared the Regional Champion of the Central Region- Kathmandu East. The participating students were: Aashiyana Karki (Class10) – Extempore; Soni Khadka (Class 9) – Dance; Saksham Chhatkuli (Class10) – Football and Juggling; Shreya Maharjan (Class 7) – 3 Minutes to Fame; Uibha Rao (Class 7) - Painting and Ramhari Basnet (Class 7) – Score the Goal. The winners will be participating in the Grand Finale for the Real School of Nepal 2017 to be held in Kathmandu.

ELECTION OF THE HEAD BOY AND THE HEAD GIRL

The election of the Head Boy and the Head Girl of the school was held on Thursday, 14 Baishak 2074. Two candidates were nominated for the position of the Head Boy. Their names were Swikar Koirala and Sakar Shrestha. Similarly, three candidates were nominated for the position of the Head Girl. Their names were Prapti Paneru, Aashiyana Karki and Maria Sonam. They were given a specific time frame to campaign for themselves and persuade students to vote for them. The objective of conducting the election with the participation of students is to make the students aware about the role of the National Election Commission of Nepal (NECA). All the students of class 10 participated in polling, which is an essential ingredient of modern democracy. Votes were counted at the end of the voting process. Voting counting process was conducted in front of the representatives of each candidate. Senior teachers conducted the vote counting process. Swikar Koirala was declared the newly elected Head boy and Prapti Paneru was declared the newly elected Head Girl. During the assembly, they were felicitated by the Vice Principal and the Head Teachers. Both of them were provided with the certificates. They addressed the assembly by saying that they would do their best to discharge their duties and responsibilities. The program concluded with an oath taking ceremony.



20TH INTERNATIONAL CONVENTION ON STUDENTS' QUALITY CIRCLE 2017

The 20th International Convention on Students' Quality Circle was held at Embilipitiya, Sabaragamuwa Province, Sri Lanka from 14-19 May 2017. The Convenor of the convention was Mr. Herath P Kularathna, Chief Secretary, Sabaragamuwa Province. The Convention was organized by Sabaragamuwa Provincial Council in collaboration with the Ministry of Education, Information Technology and Cultural Affairs and the Department of Education. As many as 1300 international delegates from the United States of America, India, Turkey, Pakistan, Nepal, Bangladesh, Mauritius and South Africa participated in this convention. This convention has tremendous potential and scope to shape the habits and personalities of children and make them competent citizens who can contribute to the progress of society.

Thirteen students from our school participated in this event. They participated in Debate Competition, Poster and Slogan Competition, Skit Presentation, Case Study Presentation, Collage Competition, Quality Quiz Competition, and Mega International Cultural Dance. During the award ceremony, our school was recognized as the school that participated in all the events. All the participants of Case Study Presentation received Certificates of Participation and Tokens of Commendation. The participating team member's names are given below:

Name	Category	Name	Category
Surina S. Gurung	Team Leader- Representative	July Chapagai	Poster and Slogan/Dance
Aashiyana Karki	Parliamentary Debate/Case Study/Debate/Dance	Anwesh Rai	Quality Quiz/Skit/Dance
Akshata Poudel	Parliamentary Debate/Case Study/Dance	Kusum Lama	Case Study/Skit/Dance
Swikar Koirala	Case Study	Shreela Gurung	Case Study/Dance/Collage
Nibish Tamrakar	Case Study/Quality Quiz/Skit/Dance	Priyasha Kanel	Case Study/Dance
Preeti Poudyal	Debate/Skit/Dance	Briksha Sharma	Case Study/Skit/Dance
Tisa Rajan Prajapati	Poster and Slogan/Skit	Shreya Gurung	Collage



INVESTITURE CEREMONY

During the month of Baishak, Head Teachers and Class Teachers selected the Class Captains for all the classes. A class captain plays a crucial role in assisting the class teachers in the smooth functioning of the class. They act as



the overall in-charge of the class and coordinate all the class activities. Their role as Class Captains enhances their inter- personal communication skills, leadership and managerial skills. This ceremony was held during the school assembly to introduce them to the students and to present them with special badges. Each class selected two captains: one boy and one girl. In junior classes, the captain responsibility is conducted on rotational basis. So each and every student from each class gets an opportunity to be a captain for a month or a week. The captains that perform well gets to continue being captain for another term.

HANDWRITING COMPETITION

A Handwriting Competition was held on 24 Baishak, 2074. All the students participated in this competition. Every student needed to submit a page of English handwriting and a page of Nepali handwriting. Evaluation was based on neatness, shapes of letters, consistency or rhythmic repetition of the elements, spacing etc. The main objective of conducting this competition was to make students aware of the importance of having a good handwriting and its implication on work presentation. Good handwriting plays a vital role in securing better marks in examinations. Our school initiates joining handwriting, from Kindergarten level. Joining handwriting is necessary for children to write faster than print handwriting. School follow separate English handwriting book from classes 1 to 8. The winners of the handwriting competition are as follows:-

Class	Position	English Handwriting	Section	Nepali Handwriting	Section
LKG	First	Aashray Ghimire	LKG	Dibisha Jamarkattel	LKG
	Second	Soumya Shrestha	LKG	Aashray Ghimire	LKG
	Third	Anshu Shrestha	LKG	Anshu Shrestha	LKG
UKG	First	Mirva Thapa	UKG	Mirva Thapa	UKG
	Second	Chirayu Gurung	UKG	Bungwama Rai	UKG
	Third	Earth Shrestha	UKG	Dibyan Gautam	UKG
1	First	Karanjeet Rao	1G2	Anwasha Thapa	1G1
	Second	Yajju Maharjan	1G3	Sauri Basnet	1G2
	Third	Anuja Choudhary	1G1	Yajju Maharjan	1G3
2	First	Advay Gharti Magar	2G1	Gargi Shah	2G1
	Second	Niraj Yadav	2G1	Esme Tamang	2G1
	Third	Baibhav Narayan Shah	2G1	Prabin Khadka	2G2
3	First	Divyesh Baidya	3G1	Pratyush Bhattarai	3G1
	Second	Pratyush Bhattarai	3G1	Preciosa Pandey	3G1
	Third	Maulik Dangol	3G1	Neha Lawati	3G1
4	First	Niranjana Manandhar	4G1	Niranjana Manandhar	4G1
	Second	Shraddha Gautam	4G1	Suraj Yadav	4G1
	Third	Sujaynee Maharjan	4G2	Sukrin Thapa	4G2
5	First	Birata Lamsal	5G1	Sabin Dhakal	5G1
	Second	Pradhyot Adhikari	5G1	Krish Jaiswal	5G1
	Third	Prachi Basnyat	5G1	Sumika Shahi	5G2
6	First	Rhichan S. Yamphu	6G2	Niki Yadav	6G2
	Second	Niki Yadav	6G2	Rhichan S. Yamphu	6G2
	Third	Karuna Raut	6G1	Samrat Pandey	6G2
7	First	Pranika Bista	7G2	Monika Senchuria	7G3
	Second	Parishna Lamichhane	7G3	Aastha Maharjan	7G1
	Third	Swikar Shrestha	7G4	Swikar Shrestha	7G4
8	First	Alisha Lama	8G3	Smriti Agrawal	8G1
	Second	Nandini Gupta	8G2	Shreya Shrestha	8G1
	Third	Khushi Sawarthia	8G1	Puja Gandhari	8G1
9	First	Jenish Neupane	9G1	Riti Jonchhen	9G1
	Second	Shreela Gurung	9G1	Sadikshya Panthi	9G1
	Third	Kohinoor Shrestha	9G1	Shreeja Pradhan	9G1
10	First	Khushi Goel	10G1	Dristi Sapkota	10G1
	Second	Pasand D Sherpa	10G3	Aditi Chalise	10G2
	Third	Swikriki Lama	10G4	Tara Chaulagain	10G2

PARENTS TEACHER MEETING

KINDERGARTEN (Nursery-UKG)

The first Parent- Teacher Meeting for the students of the Kindergarten level was held at Everest Hall on 10th Jetha 2074 from 12:30 pm-3:00 pm. The program began with a classroom session led by class teachers. The class teachers oriented parents/guardians about the environment inside the class rooms and focused on the activities that are conducted for imparting child-centric education. The importance of group work and teamwork were explained to parents. Parents were given activities like puzzle solving, clay work, construction games, productive work, critical thinking, memory games, logical games etc. Then, parents were taken to Everest Hall for a seminar, in which a renowned Trainer and Early Childhood Education Expert/Trainer, Mr. Uttam Dahal made a presentation. Research documentaries were shown to enable parents to handle their children effectively and to control their emotions. He focused on the role of parents in creating a child friendly environment at home and to motivate them to learn new things. Parents took an active part in the program. At the end of the programme, parents filled questionnaires and gave their feedback.



PRIMARY CLASSES (1 -5)

Parents- Teacher meeting of classes 1, 2 & 3 was conducted on 10 Jetha 2074 from 10:30 am to 12:30 pm. Similarly, for classes 4 and 5 this meeting was held on 9 Ashad 2074. The meeting was divided into two sessions. The first session was conducted in the classroom and the second session was conducted at Everest Hall. The first session was led by the concerned Class Teachers in their respective classrooms. The second session was conducted by the ECE Trainer, Mr. Uttam Dahal. The class teachers focused on the daily routine, class environment, extra- curricular activities and duration of examinations. The Vice Principal of the school, Ms Surina S. Gurung gave an insight into school history, school activities and the facilities provided by the school. Mr. Dahal focused more on the child centric education for the holistic development of children. He also answered some of the queries of parents. The program ended with written feedback by parents.



ART AND CRAFT COMPETITION

On 24 Baishak 2074, the school conducted an Art and Craft Competition in which students from classes Nursery to Ten participated. Various topics were given to each class. Students had to carry out their task. Under Art and Craft there were three categories i.e. Productive Art, Painting and Drawing and Clay work. Winners in different categories were declared by a panel of judges appointed by the school. The names of the winners are as follows:-

Drawing and Painting Competition			Productive Art Competition		Claywork Competition	
Position	Name	Class/Section	Name	Class/Section	Name	Class/Section
First	Aaron Tuladhar	Nur	Sarah Shah	Nur	Aaron Tuladhar	Nur
Second	Sandesh Bogati	Nur	Nancy Shrestha	Nur	Nancy Shrestha	Nur
Third	Subani Shrestha	Nur	Aaryana Sharma	Nur	Sandesh Bogati	Nur
First	Aashray Ghimire	LKG	Udikshya Khaling Rai	LKG	Aashray Ghimire	LKG
Second	Dibisha Jamarkattel	LKG	Anshu Shrestha	LKG	Dibisha Jamarkattel	LKG
Third	Subham Jaiswal	LKG	Soumya Shrestha	LKG	Prajma Lamichhane	LKG
First	Raayan Rauniyar	UKG	Saunigya Pathak	UKG	Chirayu Gurung	UKG
Second	Prashamsa Maharjan	UKG	Gaurav Shakya	UKG	Binamra Choudhary	UKG
Third	Bungwama Rai	UKG	Shaaya Rana	UKG	Harshit Marwadi	UKG
First	Yajju Maharjan	1G3	Anwesh Thapa	1G1	Prachi Chhetri	1G2
Second	Shubham Mahato	1G3	Anuja Choudhary	1G1	Trisa Pokharel	1G2
Third	Suwigya Adhikari	1G3	Grace Rai	1G1	Naman Thapa	1G2
First	Pranik Tandon	2G2	Advay Gharti Magar	2G1	Yubraj Bhattarai	2G3
Second	Priyadarshi Manandhar	2G2	Sarbagya Gyawali	2G1	Jawaj Jung Thapa	2G3
Third	Pranav Khadgi	2G2	Sudhir Shah	2G1	Sandip Giri	2G3
First	Lorissa Sharma	3G2	Pratyush Bhattarai	3G1	Tshering Sherpa	3G3
Second	Krish Lama	3G2	Divyesh Baidya	3G1	Khushi Tamang	3G3
Third	Sudip Roka	3G2	Cephas Raj Poudel	3G1	Aayam Rajak	3G3
First	Suraj Yadav	4G2	Aryan Kunwar	4G1	Ayushi Shrestha	4G4
Second	Nilisha Choudhary	4G3	Shradha Gautam	4G1	Prachi Maden	4G4
Third	Sisrikshya Dulal	4G3	Siddhartha Pakhrin	4G1	Aditya Basnet	4G4
First	Shristy Bhandari	5G2	Krish Jaiswal	5G1	Shawanti Sharma	5G4
Second	Kriyasha Adhikari	5G2	Pradhyot Adhikari	5G1	Shaswat Gurung	5G4
Third	Suheel Bir Dhajistha	5G3	Swastika Khatiwada	5G1	Anweshan Bhattarai	5G4
First	Rushana Khand	6G3	Mehek Banu	6G2	Ambika Rai	6G4
Second	Rahul Gupta	6G2	Raj Dahal	6G3	Bipasna Shrestha	6G1
Third	Prasiddha Budhathoki	6G2	Anuska Shrestha	6G2	Kripa Siwakoti	6G1
First	Uibha Rao	7G1	Nairitya Satyal	7G	Shristina Poudel	7G1
Second	Pranika Bista	7G	Subhank Srivastav	7G	Aastha Maharjan	7G1
Third	Asmita Mahato	7G	Shreeya Maharjan	7G	Ramesh Shah	7G4
First	Anshuk Maharjan	8G5	Katrina Baidya	8G5	Prasanna Deep Basnet	8G1
Second	Ayushma Paoudel	8G5	Pratima Dhital	8G2	Riwaj Shrestha	8G1
Third	Sauharda Aryal	8G4	Ganga Shrestha	8G2	Jigyasha Sonam	8G1
First	Adarsha Rai	9G1	Manju Pulami Magar	9G2	Chetana KC	9G4
Second	Rehendra Sharma	9G1	Bidushika Dahal	9G1	Aashma Bhatt	9G1
Third	Shreya Gurung	9G2	July Chapagain	9G1	Kelrica Lama	9G1
First	Lakshya Jalan	10G1	Prapti Paneru	10G2	Punam Katuwal	10G1
Second	Maria Sunam	10G1	Krispi Jaiswal	10G3	Kripa Bhattarai	10G1
Third	Sworup Shrestha	10G3	Anushreeya Kapali	10G3	Prisha Joshi	10G3



INTER HOUSE BADMINTON COMPETITION

Inter House Badminton Competition was held at Everest Hall, on 4 Ashad 2074. Students of classes 6 -10 participated in the event. The school coach, Mr. Kiran Shah gave regular training to the students to improve their performance in Badminton. Badminton strategies were taught to the students during ECA periods. Students played according to the tie sheets provided to them. The winners of the competition were awarded with certificates. The names of the winners are given below:

WINNER BOYS

Position	Name	C/S	Name	C/S	Name	C/S	Name	C/S	Name	C/S
First	Appar Thebe	10G3	Bijayan Rai	9G1	Ritik Raj	8G2	Surendra Bhujel	7G3	Sushan Pahari	6G4
Second	Durga Shrestha	10G2	Khagendra Mahaseth	9G4	Rambabu Tiwari	8G5	Dipen Shrestha	7G4	Roshan Rawal	6G2
Third	Subash Gurung	10G4	Digbijay S Rathor	9G4	Peshal Shrestha	8G1	Anish Atreya	7G1	Asbin KC	6G1
Third	Abinash Tamang	10G5	Subash Yadav	9G4	Pasang D Sherpa	8G5	Ramhari Basnet	7G1	Srijan Raut	6G3

WINNER GIRLS

Position	Name	C/S	Name	C/S	Name	C/S	Name	C/S	Name	C/S
First	Punam Bhandari	10G2	Shreya Gurung	9G2	Pramila BK	8G5	Saru Shrestha	7G5	Nima Sherpa	6G3
Second	Shreya Deoja	10G2	Shreeja P Pradhan	9G1	Dilasha Pradhan	8G5	Vidhi Chettri	7G2	Dilasha Niraula	6G1
Third	Anushreya Kapali	10G3	Manju Magar	9G2	Manvi Sah	8G1	Diki Sherpa	7G5	Kripa Siwakoti	6G1
Third	Alina Yadav	10G2	Binita Yadav	9G2	Aditi Chand	8G3	Swikriti Kayastha	7G1	Palden Gurung	6G3



BEE CREATIVE CLASSES: KARKHANA

Karkhana is an education company and makerspace with a unique approach to learning. Our teachers – engineers, designers, artists, scientists – turn the classroom into a lab for discovery. They want our students to gain one key insight: the world is malleable. They work directly with learners in the age group of 8 and 14. They follow an integrated, cross-disciplinary, co-curricular, after-school program. They also work directly with schools with the help of teachers. They provide a professional development program for Science, Math and Computer teachers. Bee Creative (BC) is an activity based co-curricular program designed by the educators of Karkhana. The program focuses on delivering classes and activities within the school, with activities engaging students, teachers and the school administrators. Students of classes 4 to 8 are taking classes at Karkhana. They are learning how to use various materials provided at Karkhana. During the First - Mid Term and the First Term, students created and learnt various skills. These topics are related to science, environment and social subjects that enable students to relate to and understand each other much better. Students of each class will visit Karkhana once every term.



KINDERGARTEN PROJECT: MAIZE PLANTATION

Students of classes Nursery, Lower KG and Upper KG got their hands dirty while planting maize at their class premises on 19 Baishak, 2074. All the students took their turn to plant maize seeds in flower pots. They even watered the seeds after sowing them. In the classroom, they discussed various issues relating to maize.

They filled worksheets on various aspects of maize. By planting saplings and by growing vegetables, children learnt the importance of food and how it reaches their plates. They learn by sowing seeds and saplings themselves. Then they observe the growth of plants and seeds on a daily basis. Learning by doing is a successful method by which students come to know which part of the plant they consume, e.g. root, shoot, branch, flower, fruit, bud etc.



DUKE OF EDINBURGH'S INTERNATIONAL AWARD PROGRAM

Participants of this program have now moved to SERVICE Category. These students have completed their SKILL Category. However, they will be continuing with their PHYSICAL Activities. This BRONZE award program is expected to be completed within the month of Bhadra. In the SERVICE Category, participants are more involved in classroom cleaning, school ground cleaning, teaching residential students, cleaning the temple area etc.



3DI PROGRAM



3Di School is a digital arts education program developed in New Zealand and delivered to educational institutions across the globe since 2011. These programs are developed in partnership with academies in New Zealand. The 3Di

program has access to content and delivery styles used in contemporary arts education programs in New Zealand. Digital media is the main focus of the 3Di program, which strives to teach students about art by using creative technology as the foundation for learning. The program aims at developing new techniques of learning, soft skills

and also to introduce the present generation of students to future technologies. 3Di Nepal has started this program in Classes 1, 2 and 3 of our school. The students are learning to draw and capture their drawings in digital form. They are learning animation techniques. In today's competitive world, only having fantastic academic scores is not enough in securing good jobs, individuals with high life skills are more likely to get and retain their jobs.



VEDIC QUIZ

Lakshya Jalan (Class10) and Karna Bansal (Class10) participated in the Vedic Quiz, whose theme was "Cultivating a Spiritual Foundation". The event was held at the International Society for Krishna Consciousness (ISKON), Nepal. Students from various schools participated in the Quiz.

INTER SCHOOL ART COMPETITION



Inter School Art Competition was held at Tamrakar Ugrachandi Temple Conservation Hall, Jawalakhel on Monday, 29 Jestha 2074. The topic of the competition was "Give Blood. Give Now, Give Often". Two participants from our school, Pranav Shrestha of Class 9 and Swikriti Subba of Class 8 participated in the competition. Swikriti Subba was declared the winner of the competition. The prize distribution ceremony was held at Agrawal Bhawan, Kamalpokhari on 31 Ashad 2074 which is the Blood Donation Day. The Mayor of Kathmandu, Mr. Bidya Sundar Shakya felicitated the winners that day.

NATIONAL RICE PLANTATION DAY - DAHI CHIURA KHANE DIN

15 Ashad is celebrated nationwide as National Rice Plantation Day and Dahi Chiura Khane Din. On this day of Ashad, farmers plant paddy in their fields. This day is very important to farmers since farmers plant paddy saplings for the first time in the season. They go to the paddy fields, play with mud and water, plough the field, plant rice and eat beaten rice with yoghurt. Students of classes 1-3 planted rice in the school premises. They will be harvesting the rice in Mangsir. Students of other classes as well as the teachers celebrated this day by savoring on dahi and chiura.



INTER SCHOOL POEM WRITING AND RECITATION COMPETITION

Inter School Poem Writing and Recitation Competition was held at SAB School, Ghattekulo on 24 Ashad, 2074. Kripa Bhattarai (Class10) and Sujan Rijal (Class 10) participated in the competition and received certificates of participation. The Competition was held on the occasion of 204th Bhanu Jayanti. Sujan Rijal had written poem on the title "Paryawaran Hamro Jeevan" and Kripa Bhattarai had written poem on "Mero Deshko Matoo".



INTER SCHOOL DEBATE COMPETITION

An English and Nepali Debate Competition were held at N.K. Singh Memorial English Preparatory School (EPS), Baneshwor on 10 and 15 Ashad, 2074. The preliminary rounds were held on 10 Ashad. Sixteen schools from across the valley took part in the prelims. The students of different schools were divided into 28 teams which competed with each other to reach the semi-finals. The semi finals and the finals were held on 15 Ashad. In the English Debate Competition, Galaxy Public School stood first. The participants of the English Debate team were Aashiyana Karki (Class 10), Prapti Paneru (Class 10) and Maria Sonam (Class 10). The participants of Nepali Debate team included Tara Chaulagai (Class 10) Aditi Kharel (Class 10) and Kripa Bhattarai (Class 10). The Chief Guest of the Prize Distribution Ceremony was Ms Sadichha Shrestha, Miss Nepal 2010. The Chief Guest along with the Principal of EPS, Ms Pramila Singh handed over the trophies, medals and certificates to all the winning teams and its participants.



PHILANUEX - 2017

Nepal Philatelic Society organized an exhibition of Nepali coins and paper notes used in the country. The aim was to give a glimpse of the bank notes and coins in use from the past to the present. They had also exhibited paper currency of other foreign countries. The exhibition was held at Nepal Art Council, Babarmahal from 23 – 26 Ashad 2074. This program was held on the occasion of the golden jubilee of Nepal Philatelic Society. Students of classes 8, 9 and 10 visited this exhibition. Students were amazed to see the very old paper money from Shah Dynasty and Rana Dynasty and they even got to observe the paper money 4 times the size of our present note. Another amazing paper note that was in display was from Zimbabwe which was of 100 trillion.



ASIAN YOUTH CHAMPIONSHIP - VENISHA RAJBHAK

Venisha Rajbahak of Class 9 participated in the Asian Youth Championship 2017 Lead, Bouldering Speed in Singapore from 20 – 25 Ashad, 2074. Nepal Mountaineering Association was proud to send her to represent Nepal in the Asian Youth Championship. Six members team had gone to the event to represent Nepal. Panchamaya Tamang got the third position in Female Junior Lead. Venisha Rajbahak participated in the Finals and performed well in Female Youth B Lead. Japan had dominated the championship this year followed by China.



INTERNATIONAL YOGA DAY 2017

International Yoga Day is celebrated on 7 Ashad, 2074. Students of classes 4 & 5 practiced yoga on that day. Yoga is a 5,000- year-old physical, mental and spiritual practice, which aims at transforming both the body and the mind. The yoga session was held at the gymnastic hall. Yogacharya Krishna helped students understand the meaning of yoga and its importance. Students of Class 6 attended a program organized by the Ministry of Education, Government of Nepal. The program was held at Rastriya Sabha Griha, Exhibition Road. It was an interaction program in which ministers and prominent members of the society delivered speeches on International Yoga Day.



SCHOOL COMMEMORATES THE 204TH BHANU JAYANTI

The school students commemorated the 204th Bhanu Jayanti on 29 Ashar 2074. This day marks the birthday of Adikavi Bhanubhakta Acharya who was the first nepali poet to translate the great epic, “Ramayana” from Sanskrit to Nepali. Motiram Bhatta first referred to him as Adikabi while writing Acharya’s Biography in 1981. He clarifies that Acharya is not called Adikabi because he was the first poet in Nepal but he deserved the title as he was the first poet who wrote with an understanding of the inner essence (marma) of the poetry. During the school assembly, children offered garlands on the portrait of the great poet. The teachers highlighted the importance of Adikavi in the field of nepali literature and shared important poems written by the poet. Some of the students recited the poems written by the poet.



SONG, DANCE AND INSTRUMENT EVALUATION (1ST MID-TERM AND 1ST TERM)

Extra Curricular Activities (ECA) is equally important for the holistic development of children. Our school ensures that these classes are beneficial to students. Girls attend dance classes in which students of each class learns 6 dance items in a year. Similarly, boys attend vocal music classes in which they learn 6 songs in a year. Similarly, students learn to play various instruments like the madal, the tabala, the guitar, the flute and the violin. At the end of every term, their performances in these activities are evaluated.



INTER SCHOOL DRAWING AND QUIZ COMPETITION

Inter School Drawing and Quiz Competition was organized on 24 Ashad 2074 at the Maheshwari Sadan, Kamalpokhari, Kathmandu. The program was titled "Aaya Sawan Jhoom Ke", where students of classes 3, 4 and 5 went to participate with their parents in these competitions. The medal and gift package were distributed to the winners during school hours on 29 Ashad 2074 by the organizers of the event. Residential students of class 3, 4 and 5 had also participated in this programme. The winners of Drawing and Quiz Competition are mentioned below:-

Drawing Competition Winners

Class	Position	Name
5 G2	First	Chanchal Shah
3 G1	Second	Rishabh Rai

Consolation Prizes on Drawing Competition

5G1	Aagaman Giri & Shashwat Karki
3G3	Tanishq Raj Prajapati
3G2	Aryan Kumar Bohara
4G1	Yojan Bhattarai

Quiz Competition Winners

Class	Position	Name
4 G1	Second	Kuldeep Raj Joshi
4 G1	Third	Siddhartha Pakhrin Tamang
3 G1	Fourth	Pratyush Bhattarai



FIRST MID-TERM & FIRST TERM REPORT CARD DISTRIBUTION

The First-Mid Term Report Card Distribution was held on 9 Ashad, 2074 and The First Term Report Card Distribution was held on 27 Shrawan, 2074 from classes Nursery to 10 respectively. On these days, parents got an opportunity to interact with their ward's class teachers and subject teachers. Academic results are the most important criteria to evaluate students. In a session, students need to attend 6 term examinations.



TEAM WORK

Teamwork is a process of working together with a group of people in order to achieve certain goals. Students cooperate with each other. They use their individual skills and provide constructive feedback, despite individual differences. The more teamwork fundamentals exhibited, the more opportunity exists for students to learn the vital skills of compromise and collaboration. Under teamwork, each group is given a certain task. The groups are expected to complete the task within a specific time frame. This teaches time management, resource allocation and communication skills to the students.



INTER SCHOOL GRAND ART COMPETITION - 2074



Inter School Grand Art Competition - 2074 was held on 31st Ashad, Saturday at Hanuman Dhoka Premises. This competition was organized by Youth Corner Club and Kathmandu Khel Mandal (NRT) where 400 students from different schools had participated. 10 Students from Galaxy Public School participated. In A Category, Adarsha Rai of class 9, Rejendra Shrestha of class 9, Sworup Shrestha of class 10 and Aromox Bhasink Shrestha of class 9 participated. In B Category, Anshuk Maharjan of class 8, Ayushma Poudel of class 8, Pranika Bista of class 7 and Gautam Yadav of class 7 participated. In C Category, Suraj Yadav of class 4 and Nilisha Chaudhary of class 4 participated. Ayushma Poudel stood third in B Category with a certificate, medal, gift hampers and Cash Prize of Rs. 3000/- . Rejendra Shrestha received the Consolation Certificate, Gift Hampers and a Cash Prize of Rs. 2000/- . All the participants received the certificate of participation. Participation in such competitions enhances the ability for the students to show their talent. This participation will provide training and later provide invaluable benefit to the students.

COCA COLA CUP 2074 – GALAXY FOOTBALL TEAM

This year our school has a school football team which will be representing Galaxy Public School in the Coco Cola Cup 2074. The team's coach is Mr. Rakesh Shrestha, former national football player. This team has been taking constant training from the beginning of Ashad and getting ready for their coming match. The manager of the team is Sunita Shah, who is also the ECA in-charge of Galaxy Public School. The team members of the Galaxy Football team are as follows:

Subash Gurung - Captain - Forward	Pemba Sherpa - Forward	Diwash Gautam - Midfielder
Arjun Bhatta - Midfielder	Dawa Sherpa - Midfielder	Subash Yadav - Midfielder
Bishwojit Basnet - Defender	Bijayen Rai - Defender	Sulove Shrestha - Defender
Bickey Jaiswal Jaiswal - Defender	Karma Gurung - Defender	Manish Bhandari - Defender
Sanskar Chaulagain - Midfielder	Rabindra Hamal - Defender	Hriden Shrestha - Goal Keeper
Bhupesh Basnet - Goal Keeper	Tarun Budhathoki - Defender	Abinash Tamang - Defender



SPELLING COMPETITION (1ST & 2ND ROUNDS)

The first round of Spelling Competition was held on 1 Ashad, 2074. Students of Nursery to Class 10 took part in the competition. The selected students advanced to the second round of the competition which was held on 15 Shrawan, 2074. The names of students who have moved to the third round are given below:

Team	Name	Class	Name	Class	Name	Class	Name	Class
1	Nancy Shrestha	Nur	Soumya Shrestha	LKG	Raayan Rauniyar	UKG	Prashamsa Maharjan	UKG
	Harshit Agrawal	Nur	Prajma Lamichhane	LKG	Earth Shrestha	UKG	Subham Chauhan	UKG
	-	Nur	-	LKG	Dibyan Gautam	UKG	Joel Maghaiya	UKG
2	Aariyana Sharma	Nur	Anshu Shrestha	LKG	Chirayu Gurung	UKG	Harshit Marwadi	UKG
	Amish Poudel	Nur	Ashraya Ghimire	LKG	Denish Rajbahak	UKG	Nancy Gurung	UKG
	Aaron Tuladhar	Nur	-	LKG	Jesun Rana Magar	UKG	Jibson Adhikari	UKG
3	Subani Shrestha	Nur	Udichya Khaling Rai	LKG	Neha Sharma	UKG	Shaaya Rana	UKG
	Prasiddha Shrestha	Nur	Subham Jaiswal	LKG	Saubhagya Jung Karki	UKG	Nitisha Budhathoki	UKG
	Anjelica Dahal	Nur	-	LKG	Pahal Agrawal	UKG	Kunal Kishore	UKG
4	Sandesh Bogati	Nur	Dibisha Jamarkattel	LKG	Mirva Thapa	UKG	Saunigya Pathak	UKG
	Sarah Khan	Nur	Aagaman Mishra	LKG	Ayush Kumar	UKG	Eshita Srivastava	UKG
	Darpana Koirala	Nur	Aahana Srivastava	LKG	Soham Acharya	UKG	Nirjal Prasai	UKG
Team	Name	Class	Name	Class	Name	Class	Name	Class
1	Satish Karki	1G2	Saksham Regmi	2G1	Pratyush Bhattarai	3G1	Aditya Lama	4G2
	Aryan Chapagain	1G2	Saharsa Gautam	2G1	Rishav Rai	3G1	Anis Sharma	4G2
	Laxmi Rai	1G3	Arya Baral	2G1	Preciosa Pandey	3G1	Pratyush Bhuju	4G2
2	Baishnavi L. Magar	1G1	Hyonden Gyachon	2G3	Awaz Niraula	3G1	Grishma Gyawali	4G2
	Anushka Sharma	1G1	Advay Gharti Magar	2G1	Divesh Baidya	3G1	Amik Pandey	4G2
	Yaju Maharjan	1G3	Amaira Bista	2G2	Arogya Kharel	3G1	Atif Khan	4G2
3	Samika Karki	1G3	Arpita Dhungana	2G1	Grishma Thapaliya	3G1	Archit Marwadi	4G1
	Prashiddha Katel	1G3	Ridima Karki	2G1	Swopnil Ghimire	3G3	Navdeep Rawal	4G2
	Nabayata Khatri	1G1	Gargi Shah	2G1	Neha Lawati	3G1	Lizal KC	4G2
4	Ashwi Singh Yadav	1G1	Himesh Bhattarai	2G1	Bidhan Pandit	3G1	Aayush Sharma	4G1
	Utsab Kafle	1G1	Roji Acharya	2G1	Saujan Shrestha	3G2	Dibya Gyawali	4G1
	Trisha Pokhrel	1G1	Shreyashi Adhikari	2G1	Nischal Gautam	3G2	Shraddha Gautam	4G1
5	Heman Pandey	1G1	Prachit Bista	2G1	Agyashree Sapkota	3G2	Nilisha Bhandari	4G1
	Kreesha Budathoki	1G1	Rihana Maskey	2G1	Avanish Deo Bhatta	3G1	Ojashwi Neupane	4G1
	Rhythm Joshi	1G2	Reewaz Chitrakar	2G2	Anik Rana	3G1	Simon Bogati	4G1
6	Brihat Hamal	1G3	Siddhartha KC	2G2	Sushant Pandey	3G2	Rayan Shakya	4G4
	Karanjeet Rao	1G2	Sidhi Nemani	2G3	Samriddhi Basnet	3G1	Anasuya Shrestha	4G3
	Sayuri Basnet	1G2	Samyam Tripathi	2G1	Saman S. Buddhathoki	3G3	Shikhar Gurung	4G3
7	Aakrishta Ghimire	1G2	Shreyansh Dahal	2G1	Wonjala Maharjan	3G1	Saksham Shrestha	4G3
	Niharika Adhikari	1G3	Esmee Tamang	2G1	Tanishq R. Prajapati	3G3	Sarah Khadgi	4G3
	Naman Singh Thapa	1G2	Suyen Limbu	2G1	Shivam Khadga	3G3	Pritam Katuwal	4G3
8	Rashi Giri	1G3	Shreeya Shahi	2G2	Santoh Thapa	3G3	Sudikshya Shrestha	4G4
	Kunjalata Tamang	1G3	Aradhya Bhattarai	2G1	Sang T. Gurung	3G3	Nishant Tamli	4G4
	Yugam Dhakal	1G3	Rideep Dhital	2G1	Samikshya Shrestha	3G3	Jeison Samsohang	4G4
9	Shree James Pun	1G3	Rohit Shah	2G1	Pranjal Rajbahak	3G1	Shreni Aryal	4G1
	Soyam Niraula	1G1	Sudhir Shah	2G1	Kundan Silwal	3G2	Rojesh KC	4G1
	Subham Mahato	1G2	Swikrit Rijal	2G1	Kshitiz Lama	3G1	Aron Thapa	4G1
10	Naseeb Shrestha	1G1	Prasanna Kanel	2G1	Oneira Shrestha	3G1	Palistha Shrestha	4G1
	Aarogya Subedi	1G1	Ridhima Ghimire	2G1	Rosemarie Vishwakarma	3G1	Sisrikshya Dulal	4G2
	Anuja Choudhary	1G1	Sumiran Mishra	2G1	Utkarsha Basnet	3G2	Kushal Dahal	4G2
11	Priyam Goel	1G1	Priyadarshi Manandhar	2G2	Sudip Roka	3G2	Sakshyam Gupta	4G4
	Shraddha Pandey	1G2	Pranav Khadgi	2G2	Pranish Sapkota	3G2	Suprima Guragain	4G4
	Manasha Chaulagain	1G2	Rohit Gupta	2G2	Nitesh Budhathoki	3G2	Ayusha Shrestha	4G4
12	Subigy Adhikari	1G3	Manavi Dhungel	2G2	Suzeen Gurung	3G2	Archita Kairatee	4G2
	Yelas Lama	1G3	Sarbagya Gyawali	2G1	Supriya Bhatta	3G3	Niyukti Karki	4G2
	Deep Giri	1G3	Mahi Murarka	2G3	Shristi Lamichhane	3G3	Anjina Prajapati	4G3
Team	Name	Class	Name	Class	Name	Class	Name	Class
1	Krish Jaiswal	5G1	Raghav Basnet	6G1	Prashraya Dhakal	7G1	Harshika Kundaliya	8G1
	Bidusee Sharma	5G1	Pranay Tuladhar	6G1	Samriddhika Dahal	7G1	Aayasha Parajuli	8G1
	Sannidhya Aryal	5G1	Dipsun Kafle	6G1	Shristina Poudel	7G1	Khushi Sawartha	8G1
2	Aagaman Giri	5G1	Dilasha Niraula	6G1	Agya Mishra	7G1	Anuska Karna	8G1
	Shaswat karki	5G1	Icchya Kandel	6G1	Pabina Shrestha	7G1	Smriti Agrawal	8G1
	Pradhyot Adhikari	5G1	Samriddhi Shrestha	6G1	Bhawana Lama	7G1	Swikriti Subba	8G1
3	Sumika Shahi	5G2	Ashbin KC	6G1	Uibha Rao	7G1	Baibhav Shrestha	8G1
	Nigma Gurung	5G2	Anmol Ghimire	6G2	Swikriti Kayastha	7G4	Christopher Poudel	8G1
	Bidhan KC	5G1	Sushil Baral Magar	6G2	Sneha Gupta	7G1	Aaditya Dhungana	8G1

4	Anjina Dhakal	5G1	Bipasana Shrestha	6G1	Alvin Yadav	7G1	Norden Sherpa	8G2
	Sushant R. Yadav	5G2	Jiya Mandal	6G1	Pranab Sharma	7G1	Bijin Thapa	8G1
	Eros KC	5G2	Rhichen S. Yamphu	6G2	Hrishi Raj Singh	7G1	Saumya Sigdel	8G1
5	Adesh Kafle	5G1	Kripa Shiwakoti	6G1	Asmita Mahto	7G2	Arnav Darnal	8G1
	Raunak Bhandari	5G1	Anuska Shrestha KC	6G2	Anjali Bhandari	7G1	Prasanna Basnet	8G1
	Sabin Dhakal	5G1	Prasamsa Kanel	6G2	Satya Shrestha	7G2	Peshal Shrestha	8G1
6	Samragi Acharya	5G1	Bikram Century	6G1	Rakshya Shrestha	7G2	Debansi Shrestha	8G2
	Kavya Pradhan	5G1	Vatsal Khetan	6G1	Sheetal Chitrakar	7G2	Nandini Gupta	8G2
	Aayusha Subba	5G1	Hardik Ghimire	6G1	Aastha Maharjan	7G1	Grishma Panta	8G1
7	Shristi Shrestha	5G1	Aarjit Shah	6G1	Karishma Bhandari	7G3	Prashant Tiwari	8G3
	Aastha Poudel	5G1	Pujan Shrestha	6G1	Vaishnavi Shah	7G3	Gaurav Raj Poudyal	8G2
	Isha Sundas	5G1	Sayan Raja Dahal	6G1	Paruhangma Limbu	7G3	Aaditya Raj	8G1
8	Arya Palanchoke	5G2	Rojan Khati	6G2	Dipti Adhikari	7G2	Sahil dev	8G2
	Joshson Giri	5G2	Bishrant Ghimire	6G2	Shreya Maharjan	7G2	Puja Gandhari	8G1
	Anush Saxena	5G3	Pratisthit Khaniya	6G2	Pranika Bista	7G2	Shreeya Shrestha	8G1
9	Adarsha Pokharel	5G2	Mehek Banu	6G2	Adomis Sharma	7G2	Roshan Lama	8G5
	Prasiddha Khadka	5G2	Grishma Dangi	6G2	Aaditya Raj Trivedee	7G2	Pratyush Koirala	8G5
	Ayush Bhetuwal	5G2	Aastika Acharya	6G2	Tanish Agrawal	7G2	Pravesh Nidhi Tiwari	8G5
10	Aryan Bhandari	5G1	Shirsak Aryal	6G1	Nabina Thapa	7G3	Rohit Bhandari	8G1
	Rishabh Jha	5G1	Manish Adhikari	6G1	Asenla Ghale	7G3	Sujay Shrestha	8G1
	Ronit Agrawal	5G1	Aaditya Sapkota	6G2	Riya Chitrakar	7G3	Shakshyam Pandey	8G2
11	Aakash Bhattarai	5G2	Nirjala Khadka	6G1	Tashi Gurung	7G1	Siddhi Jain	8G2
	Amulya Rai	5G2	Karuna Raut	6G1	Tanisha Yonzan	7G3	Sneha Roy Yadav	8G2
	Noden Poudel	5G2	Meri Dolma Pakhrin	6G1	Kripa Khadka	7G2	Barsha Karki	8G2
12	Animesh Pathak	5G2	Binisha Nagarkoti	6G2	Sashant Shah	7G5	Anant Lakhotiya	8G2
	Sharad Yadav	5G2	Shree Vriddhi Pandit	6G2	Srijala Lama	7G5	Prashant Bhandari	8G1
	Alin Lama	5G2	Aayuska Pudasaini	6G2	Diki Doka Sherpa	7G5	Prasanna Dhungana	8G1

Team	Name	Class	Name	Class
1	Abhishek Lamichhane	9G1	Shreyaska Silwal	10G2
	Sakriya Maharjan	9G1	Shilasha Jonchhen	10G2
	Prayatna Pokhrel	9G1	Shikshya Singh	10G2
2	Manju Pulami Magar	9G2	Swikriti Lama	10G4
	Shreeja Pradhan	9G1	Pratishta Aryal	10G4
	Khinoor Shrestha	9G1	Krishna Siwakoti	10G4
3	Sarasij Bhadra Karna	9G1	Nirdesh Adhikari	10G2
	Zabed Krishna Agam	9G1	Sanjog Chhetri	10G1
	Girwan Poudyal	9G1	Khushyant Bahety	10G1
4	Kusum Lama	9G4	Punam Bhandari	10G2
	Smriti Khatri	9G4	Shreya Deoja	10G2
	Reeya Gautam	9G4	Alina Yadav	10G2
5	Aadarsha Rai	9G1	Sunaina Karmacharya	10G3
	Aditya Agrawal	9G1	Apekshya Magar	10G3
	Aayundra Shrestha	9G1	Prabidhi Nakarmi	10G2
6	Prajakta Rawal	9G4	Prashiksha Dhungana	10G5
	Aashra Shrestha	9G4	Binita Panta	10G5
	Ayusha Manandhar	9G2	Prabina Tiwari	10G4
7	Sakshi Jha	9G2	Dristi Sapkota	10G1
	Kelrica Lama	9G1	Shreya Pandey	10G1
	Aashma Bhatta	9G1	Tara Chaulagain	10G2
8	Simon Onta	9G3	Hriden Shrestha	10G3
	Shambhu Tamang	9G3	Manav Shrestha	10G3
	Rohil Rai	9G3	Punjan Gandhari	10G5
9	Samyan Gurung	9G1	Rohan Thapa	10G2
	Bibek Aryal	9G2	Sarita Dhakal	10G2
	Bardan Mainali	9G1	Jonesh Shrestha	10G2
10	Saugat Rai	9G2	Sweta Pandey	10G5
	Sujal Tuladhar	9G2	Soniya Pandey	10G4
	Subit Nepal	9G2	Bhabhuk Adhikari	10G1
11	Meekish Tamang	9G3	Ushaka Khadka	10G3
	Kaustabh Pokhrel	9G3	Priya Khadka	10G3
	Avinab Rizal	9G3	Krispi Jaiswal	10G3
12	Ruhani Shrestha	9G2	Nishu Poudel	10G5
	Sonam Dolkar	9G2	Roshni Parajuli	10G5
	Rajya Thapa	9G2	Prakriti Khanal	10G5



QUIZ COMPETITION (1ST & 2ND ROUNDS)

The first round of the Quiz Competition was held on 2nd Ashad, 2074. Students of Nursery to Class 10 took part in the competition. The selected students advanced to the second round of the competition which was held on 16 Shrawan, 2074. The names of selected students are given below:

Team	Name	Class	Name	Class	Name	Class
1	Anjelica Dahal	Nur	Soumya Shrestha	LKG	Aryan Khatiwada	UKG
	Prasiddha Shrestha	Nur	Ashraya Ghimire	LKG	Bungwama Rai	UKG
2	Amish Poudel	Nur	Aagaman Mishra	LKG	Upesh Dhakal	UKG
	Aaron Tuladhar	Nur	Udichya Khaling Rai	LKG	Aarohee Basnet	UKG
3	Sarah Shah	Nur	Dibisha Jamarkattel	LKG	Anup Karki	UKG
	Harshit Agrawal	Nur	Aahana Srivastava	LKG	Gaurav Shakya	UKG
4	Sandesh Bogati	Nur	Anshu Shrestha	LKG		
	Subani Shrestha	Nur	Prajma Lamichane	LKG	Sana Shah	UKG
5	Darpana Koirala	Nur	Subham Jaiswal	LKG	Binamra Choudhary	UKG
	Nancy Shrestha	Nur	-		-	
	Aariyana Sharma	Nur	-		-	

Team	Name	Class	Name	Class	Name	Class	Name	Class
1	Biwatshu D Pandey	1G1	Gargi Shah	2G1	Pratyush Bhattarai	3G1	Janis Neupane	4G1
	Yajju Maharjan	1G3	Advay Gharti Magar	2G1	Rishav Rai	3G1	Aayush Panta	4G1
2	Aarush Upreti	1G3	Pranik Tandon	2G2	Saurav Raj Yadav	3G1	Kuldeep Raj Joshi	4G1
	Aryan Chapagain	1G2	Baibhav N. Shah	2G1	Saiyam Maskey	3G1	Aajju Maharjan	4G1
3	Grace Rai	1G1	Sushant Chaudhary	2G2	Samriddha B.S. Rana	3G1	Yojan Bhattarai	4G1
	Soyam Niraula	1G1	Ashma Devkota	2G2	Samridhi Chapagain	3G1	Ranee Rizal	4G1
4	Anvesha Thapa	1G1	Ryan Bhandari	2G3	Shriu Adhikari	3G1	Niranjana Manandhar	4G1
	Ahim C. Subedi	1G1	Shreeya Gautam	2G2	Upashak Prajapati	3G1	Prashams Poudel	4G1
5	Rashi Giri	1G3	Sandeep Giri	2G3	Lorrissa Sharma	3G2	Siddhartha P Tamang	4G1
	Bihan KC	1G1	Siddhi Nemani	2G3	Kritarth Chand	3G2	Samyog Regmi	4G2
6	Anuska Sharma	1G1	Krishna Agam	2G2	Divyesh Baidya	3G3	Lakshit Khaniya	4G1
	Priyam Goel	1G1	Ansh Agrawal	2G1	Slesha Joshi	3G1	Pracheeta KC	4G1
7	Prakhyaal Khadka	1G2	Sakshma Regmi	2G1	Sangam Kandel	3G1	Aryan Kumar	4G1
	Ankit Jaiswal	1G2	Sudhir Shah	2G1	Unnati Gurung	3G1	Dipesh Gupta	4G1
8	Sayuri Basnet	1G2	Sanyam Tripathi	2G1	Wishpa Gurung	3G1	Jinee Shah	4G2
	Prasiddha Katel	1G3	Pansy Sintan	2G3	Ayush Abiral Poudel	3G2	Sijaynee Maharjan	4G2
9	Kunjalala Tamang	1G3	Sofiya Magar	2G3	Nimesh Pandey	3G2	Aditya Subedi	4G2
	Anuja Choudhary	1G1	Esmee Tamang	2G1	Bishaka Shrestha	3G2	Bashu Bahdnari	4G2
10	Binita Pahari	1G1	Niraj Yadav	2G1	Aayam Rajak	3G3	Abhishek Dhakal	4G2
	Nabyata Khatri	1G1	Abhyan Sapkota	2G2	Lakshyadeep Shrestha	3G3	Eva Shrestha	4G2
11	Prayatna Silwal	1G2	Prabin Khadka	2G2	Omkar Mishra	3G3	Avash Shrestha	4G1
	Yelas Lama	1G3	Srijal Ghimire	2G2	Khushi T. Moktan	3G3	Pratyush Tiwari	4G2
12	Rahul Budathoki	1G1	Shashank Karna	2G3	Tshering C. Sherpa	3G3	Himanshu Sharma	4G3
	Kresha Budathoki	1G1	Anushree Thapa	2G3	Tshering D.Gurung	3G1	Nima W. Sherpa	4G4

Team	Name	Class	Name	Class	Name	Class	Name	Class
1	Urken T Sherpa	5G2	Bishram Poudiyal	6G2	Nairitya Satyal	7G1	Samriddhi Upadhyay	8G1
	Sujal Shrestha	5G2	Sachit Uprety	6G1	Prajol Rawal	7G1	Biva Maharjan	8G1
2	Ayush Adhikari	5G1	Aaditya Sapkota	6G2	Subhank Srivastava	7G1	Anjila Bhandari	8G2
	Shreyan Gurung	5G1	Sakchham Karki	6G2	Sudip Shah	7G1	Arya Bhanadari	8G2
3	Srijal Prasai	5G3	Priyanshu Yadav	6G3	Pranika Bista	7G2	Prayusha Pudasaini	8G1
	Suheel Dhajistha	5G3	Sudin Kafle	6G3	Shreya Maharjan	7G2	Nistha Aryal	8G1
4	Sohel Khan	5G3	Sankalpa Shah	6G3	somya Mishra	7G2	Jigyasa Sonam	8G1
	Pranish Shrestha	5G3	Arjun Bansal	6G3	Prerana Neupane	7G2	Manvi Shah	8G1
5	Shaswat Gurung	5G4	Tenzing Gurung	6G4	Phinjo Namgel Sherpa	7G2	Piyush Rauniyar	8G1
	Oscar Gurung	5G4	Sudin Neupane	6G4	Jeevan Basnet	7G3	Kushal Marwadi	8G1
6	Prajwal J Karki	5G3	Prabhat Shrestha	6G3	Arman Mustafa	7G1	Nijen Man Nakarmi	8G2
	Harsh Sharma	5G3	Saiujya Jung Karki	6G3	Prayash Kanel	7G1	Birat Chand	8G2
7	Unnav M Sthapit	5G3	Nirjala Khadka	6G1	Pranish Mishra	7G2	Apekshya Bhandari	8G2
	Bardan Karki	5G3	Meri Dolma Pakhrin	6G1	Samyek M Tuladhar	7G2	June Chapagain	8G1

Team	Name	Class	Name	Class	Name	Class	Name	Class
8	Saksham Amatya	5G3	Sobhit Joshi	6G3	Adhiraj Maharjan	7G3	Shristi Prajapati	8G2
	Sameer Dahal	5G3	Pranish Dahal	6G3	Siddhartha Pokhrel	7G3	Pratima Dhital	8G2
9	Krish Jyoti	5G2	Aman Mustafa	6G1	Bishesh Magar	7G3	Pranay Raj KC	8G1
	Akshyat Bista	5G2	Manish Adhikari	6G1	Roshan Shrestha	7G3	Rohan Lekhak	8G1
10	Shawanti sharma	5G4	Kripa Siwakoti	6G1	Aayush Das	7G4	Rupika Uprety	8G3
	Shriju Baral	5G4	Bipasana Shrestha	6G1	Namaraj Karki	7G2	Aditi Chand	8G3
11	Ram Kumar Shah	5G2	Samrat Pandey	6G2	Ramhari Basnet	7G1	Sanjay Poudel	8G3
	Samir Rauniyar	5G2	Ashbin KC	6G1	Sagun Shrestha	7G4	Niraj Maharjan	8G3
12	Sumit K Shahi	5G2	Shirshak Aryal	6G1	Deep Rawal	7G2	Salina Neupane	8G3
	Orgen Tamang	5G2	Dipsun Kafle	6G1	Bijesh Karki	7G2	Sakshi Karmacharya	8G3

Team	Name	Class	Name	Class
1	Surabhi Joshi	9G4	Parash Niraula	10G3
	Sneha Gautam	9G1	Bisham Kunwar	10G3
2	Shreela Gurung	9G1	Awish Regmi	10G1
	July Chapagain	9G1	Pranesh Shresthacharya	10G1
3	Aahana RL Kunwar	9G1	Durga Shrestha	10G2
	Sabigya Gyawali	9G1	Swikar Koirala	10G1
4	Upasana Dhakal	9G2	Nripesh Dhungana	10G1
	Binu Thapa	9G2	Aman B Shrestha	10G1
5	Sadichchya Panthi	9G1	Aditi Chalise	10G2
	Avash Raj Joshi	9G1	Salina Dangol	10G2
6	Numa Limbu	9G3	Khushi Goyal	10G1
	Ridhika Koirala	9G3	Rakshya Aryal	10G1
7	Pratistha Niraula	9G2	Ojas Sapkota	10G1
	Isha Bista	9G2	Pranjal Chalise	10G1
8	Jenisha Neupane	9G1	Tisha Rajan Prajapati	10G1
	Dikshya Mudbari	9G1	Aditi Kharel	10G1
9	Ritika Shah	9G1	Punam Katuwal	10G1
	Bidushika Dhakal	9G1	Rubisha Shrestha	10G1
10	Prince Sharma	9G1	Lakshya Jalan	10G1
	Prashant Yadav	9G3	Karan Bansal	10G1
11	Chahana Roka	9G3	Ashish Raj Adhikari	10G1
	Biplavi Dahal	9G3	Ashim Niraula	10G1
12	Binita K Yadav	9G2	Anukul Subedi	10G3
	Ranjita Shrestha	9G2	Sujan Rijal	10G3



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<https://www.facebook.com/OfficialPageGalaxy/>

Download our Mobile App of our school on your mobile for instant notifications. We are upgrading other services in the near future, where parents can access home work, class work, gallery, attendance, routine etc, through this app. Feedbacks, suggestions and complements are always welcome from parents in the form of written format as it is easy to compile and take necessary steps.



STUDENT'S ARTICLES

मालाको कथा

एकादेशमा रमा नामकी केटी थिइन् । उनी सधैं मन्दिरमा पूजा गर्न जाथिन् । रमाले आमालाई सधैं भगवानलाई माला बनाइदिनुस् भन्थिन् । आमाले पनि सधैं फूलको माला बनाइदिनु हुन्थ्यो । कुनै दिन पनि आमाले माला बनाइ दिनु भएन भने रमा निकै रिसार्थी । एक दिन आमाले फूलको माला बनाउन भ्याउनु भएन र रमालाई नै माला बनाएर लग भन्नुभयो । रमाले माला बनाउन थालिन् । उसलाई हातमा सियोले घोच्यो । उसलाई एकदम गाह्रो भयो । माला बनाउन पनि धेरै बेर लाग्यो । अनि बल्ल रमाले माला बनाउन त गाह्रो र धेरै समय पो लाग्ने रहेछ भन्ने कुरा थाहा पाइन् ।
- यज्जु महर्जन / १जी ३

पुतली

मेरो सानो पुतली
कति राम्रो पुतली
आँखा मुख भएको
सानो सानो पुतली
फिरफिर गरेर कति राम्रो पुतली
फूलबारीमा डुलेकी
मेरो सानो पुतली

- कृषा बुढाथोकी/१जी१

फूल

मेरो सानो पुतली फूल माथि बसेको छ
फूलसँग मिलेर खेल खेलेको छ
कैले यता, कैले उता उड्दै छ
साथीसँग मिलेर कुरा गर्दैछ
फूलको रस चुसेर बगैँचामा बसेको छ ॥

- गार्गी शाह २ जी १

फूलबारी

हेर साथी फूलबारीमा कति धेरै फूल
पुतलीको लावा लस्कर आउँछन् हुलका हुल
कोही खेल्छन् त कोही खान्छन् फूलको रस
सबैजना भन्छन् मिलीजुली बस ॥

- सुप्रभ शर्मा दुलाल/३जी१

Friendship

Once upon a time, there were two friends named Cookie and Pinky. They used to go to school together and play together in the evenings. Their friendship was known to everyone. However, one day they had a big fight over an ice-cream and stopped talking with one another. Everyone tried to make them talk again but all went in vain. Days passed by and it was the day of "Holi". It was the first time that they didn't play Holi together. This really saddened Pinky's and Cookie's parents. So, they jointly decided to do something about it. They brought both of them to a garden saying there were beautiful butterflies fluttering. Excited to see the butterflies, they both reached the garden at the same time. But there were no butterflies. This made them sad. Their parents then quickly put colours on both of them and wished them "Happy Holi." This made them giggle with joy. They ended their fight by putting colours on one another. Their friendship was stronger than ever before.
Moral of the story: Life is too short to be angry with your loved ones.

- Anuja Chaudhary/1G1

अनार

एक दिनको कुरा हो, घरमा हजुर आमा बिरामी हुनुभयो । हिँड्-डुल गर्न पनि नसक्ने हुनुभयो । हजुरआमालाई अस्पताल लगेर डाक्टरले जाँच गरेपछि उहाँको शरीरमा रगतको कमी भएको थाहा भयो । रगतको कमीले शरीर कमजोर भएको देखियो । डाक्टरले अनार खानाले रगतको मात्रा बढ्ने र शरीरलाई शक्ति प्रदान हुने कुरा गर्नुभयो । त्यही अनुसार हजुरआमालाई अनारको रस खुवाउन थालियो र उहाँ छिट्टै नै स्वस्थ भई आफैँ हिँड्नु गर्न सक्ने हुनुभयो ।

- रोजी आचार्य / २जी १

Butterfly

Butterfly Butterfly
How are you so beautiful?
I like you very much
I want to be like you

Butterfly Butterfly
How do you fly so high?
I like you very much
I also want to fly

Butterfly Butterfly
How are you so colourful?
I like you very much
I want to be just like you.

- Shreyashi Adhikari /2G1

My Pet Dog

Its funny my dog knows
Just how I feel
When I'm happy
He is happy and playful.

When I'm grumpy
He is slumpy and stays by my heel
Its funny my dog knows
Such a great deal.

- Grishma Thapalia/3G1

Rose

Once upon a time, there was a girl named Rosy. She was a pretty little girl. She loved red roses very much. One day she planted a red rose in her garden. The rose colour was bright and beautiful. It had a sweet red colour. The same day, Rosy's mother also decided to plant a rose. When Rosy heard about it she was very happy, so they both planted the rose together in their garden.

Moral of the story: We should plant flowers in our garden.

- Saurab Dahal /2G3

गीत

एकादेशमा एउटा गाउँ थियो । त्यस गाउँको बीचमा एउटा विद्यालय थियो । त्यस विद्यालयमा धेरै केटाकेटीहरू पढ्न आउने गर्थे र त्यस विद्यालयमा हरेक शुक्रबार विद्यार्थीहरूलाई मनोरञ्जनका कार्यक्रम हुने गर्थे । एकदिनको कुरा हो गुरुआमाले सबैजना केटाकेटीहरूलाई गीत गाउन लगाउनु भयो । सबैजनाले आ-आफ्नो पालोमा गीत गाएर सुनाए । त्यसपछि एउटा एन्जल नाम गरेकी केटीको गीत गाउने पालो आयो । उसले गाएको गीत सारै मीठो र सुरीलो थियो । उसको गीत सुनेर गुरुआमा धेरै खुसी हुनुभयो । एन्जललाई पुरस्कार दिँदै फेरि पनि यस्तै राम्रा राम्रा गीतहरू गाउनु भनेर हौसला दिनुभयो ।

- सुप्रिया भट्ट / ३ जी३

Frog

One day a group of small frogs decided a race to reach the top of the mountain. A lot of other frogs came to see them and give them support and encouragement. Finally, the race started. One by one the frogs started giving up as they were tired and exhausted. Lastly, there was one frog that was still running. Everyone in the audience cried out, "Give up! Give up! You will never reach to the top of the mountain." Listening to the negative words from other frogs, that small frog still did not give up. He continued to race. He ran alone. He was tired and exhausted. At the end, he finally reached the top of the mountain. He was overjoyed and happy and cried out saying "I did it! I did it!"

Moral of the story: In our life many obstacles come, but we should be determined and try to fulfill our dreams and never give up.

- Nischal Gautam/3G2

फूलबारी

फूलबारीमा फूल रोप्छौं
हामी साना नानी
पुतली आउँछन् यहाँ,
कति राम्रो फूलबारी ।

फूलबारीमा पानी हाल्छौं
हामी केटाकेटी
फूलबारीमा फुल टिप्नु हुन्छ
भन्नुहुन्छ बुबा आमा जति ।

फूलबारीमा खेल्छौं हामी
साना साना नानी
राता नीला फूल फुल्छन्
जान्छौं हामी फूलबारी ।

- पलिस्था श्रेष्ठ / ४ जी१

जहाज

बल्ल -बल्ल आयो मेरो जहाज
विभिन्न सहर र गाउँ घुमेर
आए हेर साथीहरू पनि
जहाज मै बसी बसी ।
माछाहरू सँगैसँगै बग्दै आयो जहाज
रङ्गीबिरङ्गी फूलहरूसँग बग्दै आयो जहाज
हेर - हेर चराहरू ! मेरो जहाज हेर
तिमी पनि आइदेऊ हामीसँग बग्न ।
दिनभरि खेल्छौं हामी पनि
पानीको लहरसँगै सँगै
साथीहरू भन भन कुन देश जाने
अभै रमाइलो गर्नुछ भनन भनन ।
अब हेर सूर्य उदाएको
साथी सबै मिलीजुली
आफ्नो मन लिएर भन्छु
मेरो जहाज अति सुन्दर ।

- निग्मा गुरुङ्ग / ५जी२

My Grand Mother

My dear grandmother
You love me more than others,
Whenever I am sad
You are the one who make me glad.
Sometimes you tell me funny stories
Then sometimes you sing lullabies for me,

Your love for me is so much
I cannot express it in my entire life.
When I came into your life
I knew you were someone's wife,
As I know you are my grandmother
But I respect you more than my mother.

My dear grand mother
You love me more than others,
Whenever I am sad
You are the one who make me glad.
- Sannidhya Aryal /5G1

The Beggar and the Guru

Once, there was a baker named Adam who lived in a small town named Harky. He owned a big bakery there. One day, a famous Guru came to his shop. He was very excited. He prepared buns, cakes, sandwiches and coffee. Seeing his service, the Guru was very happy. Just then, one beggar came to ask for a piece of bread. Adam got very angry and kicked the beggar out of his shop. Seeing this, the Guru got sad. He didn't come to his bakery for a week. Adam then spent 1 gold to make a beautiful bouquet for the Guru. That night the Guru came for dinner in his bakery. Adam said to the Guru "I spent 1 gold for this beautiful bouquet." The Guru got angry and said "You spent 1 gold for this beautiful bouquet but could not give a single piece of bread to the beggar. How selfish you are! You will regret your mistake." The next day, hundreds of rats came to the bakery and ate all the buns, breads, cakes etc. Adam's bakery was destroyed. This was the God way of punishing him.

Moral of the story: We should not be mean to others. We should always treat people equally.

- Aron Thapa/4G1

फजुल खर्च गर्ने बानी हटाऔं

हामीले फजुल खर्च गर्नुहुँदैन । फजुल खर्च गर्ने बानी राम्रो होइन । आफूलाई ठूलो र धनी देखाउनको लागि मानिसहरू चाडपर्व, भोज, विवाह जस्ता कुरामा फजुल खर्च गर्छन् । तर यो राम्रो होइन । हामीले फजुल खर्च गर्नु भने पछि चाहेको बेला पैसा हुँदैन । फजुल खर्च गर्नुभन्दा बचत गरी सामाजिक सेवाको कार्यमा लगाउनु राम्रो हुन्छ । मानिस आज फजुल खर्च गर्छन् र भोलि त्यो भन्दा भन् बढी खर्च गर्छन् । यस्तो बानी गर्दा - गर्दै भएको पैसा सबै खर्च हुन्छ अनि हामीलाई चाहेको बेला खर्च हुँदैन । त्यसैले हामीले फजुल खर्च गर्नुहुँदैन र बचत गर्न सिकनुपर्छ ।

- ओजस्वी न्यौपाने / ४ जी१

जागरिली समिरा

एकादेशमा एउटी सानो केटी बस्थिन् । उनको नाम समिरा थियो। उनी सानैदेखि सबै काम गर्न रुचाउँथिन् । जसले उनलाई काम दिए पनि खुशी हुँदै काम गर्थिन् । उनी धेरै मिहिनेतका साथ पढ्थिन् । उनको बानी व्यवहार पनि धेरै राम्रो थियो । सबैले उनलाई मनराउँथे । उनी कक्षा ४ मा पढ्थिन् ।

उनी एकदिन विद्यालयबाट घर फर्कनेबेला उनलाई उनका शिक्षकले काम दिनुभयो । उनी धेरै जाँगरिली थिइन् । त्यही भएर उनले त्यो काम पूरा गरिन् । त्यसरी काम गर्दा गर्दै उनलाई सबैले चिन्ने मान्छे बनिन् । उनलाई बिस्तारै -बिस्तारै सबैजनाले मनपराउन र आदर गर्न थाले । उनी अभै राम्रो हुँदै गइन् । उनले देश र जनताको लागि राम्रो काम गर्न थालिन् । त्यसैले उनका आमा, बुबा पनि धेरै खुशी हुनुभयो ।

शिक्षा : हामी सबैले जाँगरिलो हुन आवश्यक छ । जाँगरिलो भएमा हामी सबै कुरामा सफल हुन सक्छौं ।

- बिरता लम्साल/ ५जी१

सहयोग नगर्ने केटो

एउटा गाउँ थियो । त्यहाँ ७० वटा जति घर थिए । त्यहाँ एउटा घरमा एउटा केटो र उसकी आमा गरी दुई जना बस्थे । त्यो केटोको नाम सुक्षित थियो । सुक्षित कहिले पनि आफ्नो आमालाई घरमा सहयोग गर्दैन थियो । विद्यालयमा पनि ऊ आफ्नो साथीहरूलाई सहयोग गर्दैन थियो । उसकी आमाले पनि सहयोग गर्नु राम्रो बानी हो भन्नुभएको थियो तर उसले वास्ता गर्दैन थियो । एकदिन ऊ सुतेको बेला उसले सपनामा आफूले कसैलाई सहयोग नगरेको देख्यो अनि कोही पनि उसँग बोलेका थिएनन् । त्यसकारणले उसको कोही पनि साथी नभएको देख्यो । भोलिपल्ट ऊ उठेको बेला त्यो सपना सम्झ्यो र फस्कियो । मेरो कोही साथी हुँदैनन् भन्ने सम्झी डरायो र त्यो दिनदेखि उसले उसकी आमा र साथीहरूलाई सहयोग गर्न थाल्यो ।

नैतिक उपदेश : हामीले सबैलाई सहयोग गर्नुपर्छ ।

- प्राचिता केसी / ४ जी१

Parents

Parents love and care about us from the day we are born. They are always there for us when we need encouragement and moral support. They always teach us good things. They never teach us ill things. Parent's scolding is also a form of love and care. It is their way of teaching us so that we will not do the same mistake again and again. Parents want their children to be good people when they grow up. They do many sacrifices for us. Our mother cooks food for us, washes our clothes and she does all the household work for us. On the other hand, our father works hard and earns for the whole family. They also look after us when we are ill. They love us so much. So we should also love and respect them.

- Niranjana Manandhar/4G1

खराब बानी त्यागौ सबैको प्यारो बनौ

हामीले खराब बानी त्याग्नुपर्छ । हामीले खराब बानी गर्नु भने अरुले पनि त्यही सिक्छन् । त्यसैले राम्रो बानी सिकेर सबैको प्यारो बन्नु राम्रो हो । खराब बानीमा कोही कोही अन्धविश्वासमा पनि विश्वास गर्छन् जस्तै कि भूतप्रेतमा विश्वास गर्नु, भै-भगडा गर्नु, छुवाछुत गर्नु, जात, वर्गका आधारमा भेदभाव गर्नु आदि । हामीले खराब साथीको सङ्गत गर्नुहुँदैन । खराब बानीले हामीलाई पनि खराब बनाउँछ र खराब काम गराउँछ । हामीले खराब बानीलाई छोडेर, सबैको प्यारो बन्नुपर्छ र अरुलाई पनि खराब बानी त्याग्नुपर्छ भनेर सिकाउनुपर्छ । राम्रो काम गर्नेहरू जहिले पनि सबैका प्यारा हुन्छन् । खराब काम गर्नेहरू अरुको कुमलो चाहन्छन् तर राम्रो काम गर्नेहरू जहिले पनि अरुको भलाई चाहन्छन् ।

- आयुसा सुब्बा / ५जी१

The Lost Opportunity

Once upon a time, there lived a man with his wife. He was very poor. He used to work as a gardener. It had been a long time since he had last bought a gift for his wife. He had no money to buy her any gift. One day he was walking down the street thinking of his wife. Suddenly, he saw a necklace lying on the street. He thought it was a fake necklace and thought it was of no use. As he walked ahead, he saw a poster on the wall. He was surprised to see the same necklace which was reportedly lost and the person who would find it would be rewarded with money. He quickly went back to the same place searching for the necklace but the necklace was not there anymore. He had lost a great opportunity. He was sad again.

Moral of the story: We always get one golden chance in our life, we should utilize fully.

- Krish Jaiswal /5G1

Health

Health is very important to all of us. There is one proverb we hear all the time, 'Health is wealth'. This is a very true proverb. Without good health, we cannot perform our day to day duties properly. We should eat healthy food to maintain healthy lifestyle. For healthy body, we should do exercise, drink plenty of water and stay active all day long. Smoking and drinking are not good for our health. We should also avoid eating junk food. For good health, we should avoid the intake of fine flour (Maida), deep fried food, white sugar, sweet tea and coffee. If we don't take proper care of our health from childhood, we will be weak, unhealthy and later suffer from many diseases. That's why we should not be careless with our health. We should immediately see a doctor if there is something wrong with our health. Otherwise, later on small problems can turn into severe and life threatening problems. So we must always take care of our health.

- Prachi Bashyal /5G1

EDUCATION

Education gives us knowledge. We can find education every-where around the world. Education is the light of our life. Education helps open doors to a lot of opportunities. Education helps us to achieve our aim. It helps us to be intelligent. Saraswati Mata is also known to be the mother of education. Education helps us to become great citizen in the future. If children are educated then they will help the world in a better way, so all the children should have the basic freedom to education. Education is very helpful for our future generation. If there is no education then our life will turn into darkness from light. We can also read story books, poems and other subjects and get knowledge. So, children should make the good habit of reading books. All the parents should also make their children develop good habits like reading books, drawing pictures etc.

- Rhichan Sargam Yamphu/6G2

Courage

Once I was walking on my way home from school. I saw a poor dog with brown hair, which was limping on his hind legs. It was very difficult for him to walk. Then at first I tried to touch it and cuddle it. It replied to me in a positive way. Then I hired a taxi and carried the dog to the nearby veterinary. The dog was dirty and smelling badly. But its life was more important to me. Then after sometime, I reached the hospital and showed the dog's leg to the doctor. The doctor told me to wait for some time. Then after a while the dog came out walking slowly. The doctor then told me that the dog is going to be fine soon, as he had plastered its leg. I was so happy that I could help this street dog. I named him "PUPPY". Lastly, I was courageous enough to do something that others could not do.

- Panoram Rana/6G2

समाज	A Bus Ride	समाज
गरिबहरू हुन्छन् दुःखी, खान नपाएर छैनन् सुखी । हामी खेलौं, खान्छौं र सुत्छौं, तिनीहरू सोच्छन् कहिले खान पाउछौं ॥ हाम्रो दया र धर्म कतातिर गए, तर तिनीहरूले माया सबैतिर छरे । कहाँ निर बस्ने अनि सुत्ने, तिनीहरू भोकभोकै बस्नुपर्ने ॥ ठूला ठूला मानिसले तिनीहरूलाई हेप्छन्, अनि भोकभोकै मर्दा तिनीहरू रुन्छन् । मन्दिरमा बसी भगवान्को पूजा गर्दै, गरिबहरू भोक र तिर्खाले सँग लड्दै ॥ हामीमा किन भेदभाव यस्तो ? कसैलाई थाहा छैन । तर मिलेर काम गर्नु भन्ने, कुनै असम्भव कुरै होइन ॥ - निकोल घिमिरे / ६जी१	As I was walking by the road, I saw some buses there. I wanted to go for a ride, But didn't know where. There were many passengers, Who were there inside. This made me more excited, And I went for the ride. The bus went round the city, What an enjoyable ride! The scenery out was so pretty, I couldn't believe my eyes! As I got down to my home, I felt really good. I remembered the bus ride, As it just made my mood. - Bipasana Shrestha/6G1	वरिपरि सबै समाज कसैलाई छैन नरात्रो कामको लाज । एकताको भावना बसाऔं समाजलाई तल कहिले नखसाऔं ॥ मिलेर बसौं हामी समाजमा सहयोग गरौं सबैलाई । अरुको भलो गरे पो त अरुले पनि गर्छ भलाई ॥ समाज पारौं बलियो नभए त हामी एकलै जलियो । एकतामा नै बल छ नभए त समाज नै गल्छ ॥ समाजबाट धेरै फाइदा हुन्छ एकलै मान्छे जहिल्यै रुन्छ । त्यसैले बलियो बनाऔं समाजलाई सहयोग गरौं सबैलाई ॥ - गौतम यादव / ७जी१

वातावरण प्रदूषण

'प्रदूषण' शब्दले तपाईं के बुझ्नुहुन्छ ? जुन कुराले हावा, जमिन, आवाज, पानीलाई हानिकारक बनाएर मानिसलाई असर पार्छ त्यसलाई प्रदूषण भनिन्छ । प्रदूषणहरू ४ प्रकारका हुन्छन् : वायु प्रदूषण, जल प्रदूषण, भू-प्रदूषण र ध्वनि प्रदूषण । पहिलो प्रदूषण वायु प्रदूषण हो । जब कल-कारखानाबाट धुँवा र गाडीको धुँवा बग्दै जान्छ तब हावामा विभिन्न प्रकारका फोहर, धुलोका कण बग्छ, त्यसले वायु प्रदूषण बढाएर लान्छ । यसैकारणले हावा प्रदूषित हुन्छ । वायु प्रदूषणले हानिकारक रोग लाग्न सक्छ । जस्तै : एलर्जी, छालाको रोग आदि लाग्न सक्छ । दोस्रो प्रदूषण जल प्रदूषण हो । घर घरको फोहोर, कारखाना र अस्पतालको फोहोर पानीमा फालेपछि पानी प्रदूषित हुन्छ । पानीको प्रदूषणले पनि हानिकारक रोग लाग्छ । जस्तै जन्डिस, निमोनिया आदि रोगहरू लाग्छन् । तेस्रो प्रदूषण जमिन प्रदूषण हो । जब मानिसहरू फोहोरहरू जमिनमा फाल्छन्, त्यही फोहोर जमिनमा मिसिन्छ र जमिन प्रदूषित हुन्छ । चौथो प्रदूषण ध्वनि प्रदूषण हो । जब मोटर, मेसिनबाट आवाजहरू आउँछन्, तब ध्वनि प्रदूषण हुन्छ । ध्वनि प्रदूषणले धेरै हानिकारक रोग लाग्न सक्छ । जस्तै टेन्सन, ब्लड प्रेसर, टाउको दुख्ने आदि रोगहरू लाग्ने सम्भावना हुन्छ । यस्ता प्रदूषणले गर्दा हाम्रो समाज, ठाउँ, पृथ्वी, आदिलाई गहिरो असर पर्न सक्छ । त्यसैले आजैदेखि हात मिलाउ र प्रदूषण घटाउन एक अर्काको साथ मद्दत गरौं ।
- दिप्सन काफ्ले / ६जी१

A Dream I Cannot Forget

It was a cold and frosty morning. I woke up from my bed. I went to brush my teeth and started getting ready for my school. I called out for my mother to pack my lunch but no one seemed to be in the house. There was a pindrop silence everywhere. I thought my mother and sister had gone for grocery shopping. Then, I went outside to call up for my friends but to my surprise, the street was all empty. Not only the street, the shops, houses, all were empty. I was really confused then I went running further and further but no one seemed to be there except for me. I decided to go back home but the weather suddenly changed and it was dark and gloomy. Then that was the time when I began to feel scared and panic-stricken. I ran home and closed the door. There, I saw a woman standing in front of me whose face was all covered with her hair. I thought she was my mother but when I saw her face, I was so freaked out as she was somebody else and had stitches all over her face. I ran outside the house and then suddenly from nowhere a box appeared in front of me and started saying "Come close to me!" "Come close to me!" Just when I was about to open the box, I heard another sound "Wake up! Wake up!" I slowly opened my eyes and saw my mother. I was so scared that I hugged her. I realized that I had a deadly dream. But deep inside, I wanted to know what was in the box!!!

- Shristina Poudel/7G1

नेपालका धार्मिक स्थलहरू

नेपाल पहिलेदेखि नै धार्मिकस्थलहरूको धनी देश मानिन्छ । नेपालका धेरै धार्मिक स्थलले नेपाललाई विश्वमा चिनाउन ठूलो भूमिका खेलेको छ । हिन्दुहरूको धार्मिक स्थल पशुपतिनाथ नेपालमा पर्दछ । यो नेपालकै सबैभन्दा ठूलो धार्मिक स्थल हो । बौद्धहरूको धार्मिक स्थल स्वयम्भूनाथ पनि नेपालमा नै पर्दछ । यहाँ धेरै विदेशीहरू आउने गर्छन् । भक्तजनहरूले स्वयम्भूनाथमा प्राय बुद्ध भगवान्को पूजाअर्चना गर्ने गर्दछन् । नेपालमा अरु ठूला ठूला धार्मिक स्थलहरू पनि छन् । जस्तै मनकामना मन्दिर, चाङ्गुनारायण, खोटाङको हलेसी मन्दिर इत्यादि । यहाँ धेरै पर्यटकहरू आउँछन् । त्यसैले गर्दा यहाँ विदेशी मुद्रा भित्रिएको छ । यी सबै ठाउँमा मानिसहरूको भीडभाड हुन्छ । मानिसहरू धेरै टाढाबाट पूजा गर्न भनेर यी धार्मिक स्थलहरूमा आउने गर्छन् । यी धार्मिक स्थलहरूले नेपाललाई विश्वमा चिनाउन मद्दत गरेको छ ।
नेपालमा धार्मिक स्थल मात्र नभएर तीर्थस्थल पनि छ । नेपालमा मेचीदेखि महाकालीसम्म प्रसिद्ध र पौराणिक महत्त्वका तीर्थस्थलहरू छन् । तर वि.सं. २०७२ सालको भूकम्पले यी धार्मिक स्थलहरू भत्किएका छन् । हामीले यसको पुनः निर्माण कार्य गर्नु आवश्यक छ । यसलाई हराउन दिनुहुँदैन । हामीले यसको रक्षा गर्नुपर्छ ।

- रामहरि बस्नेत / ७ जी१

A letter to God

Dear God, I know I'm a special child of yours
But why do I get so scared sometimes?
Why do I feel alone when I know you're always there?
I know you love me. Do you? Of course you do
But why don't things go the way I want it
I feel like I'm a burden to this world
But am I burden to you too?
Will anyone ever know?
My worth, my value, my abilities, my talents
You protected me before I was even born
You loved me. You created me
You're the one who made me who I am today
Although nothing is enough to thank you enough

I'm a special child of yours and you're a special parent
of mine
Thank you for your love, care, happiness and sadness
You sacrificed your life for us.
I love you very much God.

Jasmine Purkuti /8G3

The man with good deeds

Once upon a time there was a small town where many people lived. Due to its over population, one day the town faced scarcity of food and water. They could not ask help from others because the town was surrounded with water everywhere.

Many people started dying day by day. One day a rich man came to visit that town. He saw that the people were suffering from scarcity of food and water. He did everything he could to help them out but it was not enough. So, he went to other countries for help. He organized a community and asked help from everyone. He collected money and bought food and water to the people. He was able to help the people out there slowly and gradually. The man slowly became old, tired and a poor person. Then, one day he died peacefully. The people tried their best to save his life but failed. The people appreciated and admired him for all his good deeds.

Moral of the story: We should always try to help others and try to make a name for ourself.

- Pabina Shrestha/7G1

शोषकलाई सजाय

एकादेशमा एउटा ठूलो, विकसित सहर थियो । त्यही सहरमा एउटा धनी मानिसको ठूलो घर थियो । ती व्यक्ति एकदमै दयालु साथै समाजसेवी थिए । उनको घरमा एकदिन खुसीको रौनक छायो । त्यस घरमा उनकी श्रीमतीले एउटी लक्ष्मीलाई जन्म दिएकी थिइन् । कोही पनि छोरी भई भनेर निराश थिएनन् । तर न्वारनको भोलिपल्ट शिशुकी आमाको अकस्मात निधन भयो । बिचरी त्यो बच्ची ! बच्चीको नाम रमिला राखिएको थियो । केही वर्षपछि रमिलाको बुबाले अर्की आमा बिहे गर्‍यो । तापनि उसको बुबाले रमिलालाई हेला गरेनन् । रमिलाकी सौतेनी आमाले उसलाई फिटिक्कै राम्रो गर्दिन थिइन् । सौतेनी आमाले चाहिँ एउटा छोरालाई जन्म दिइन् । ती दुई सँगसँगै हुर्किए । रमिलाको बुबाले दुवैलाई विद्यालयमा भर्ना गरिदिएका थिए । रमिला अत्यन्तै मिहिनेती छात्रा थिइन् । रमिलाको पढाइ तथा अन्य क्रियाकलापमा राम्रो अङ्क आउँथ्यो । तर उसको भाइको भने केहिमा रूचि थिएन, अल्छी थियो । रमिला जहिले घरमा आएर भाँडा मोल्ने, थुप्रै लुगा धुने र एक बच्चाले गर्न नसक्ने काम गर्थी । उसले आफ्नो गृहकार्य राती गर्ने गर्थी । ऊ दिनप्रतिदिन कमजोर भइरहेकी थिइन् । अर्कोतिर सौतेनीआमाकी छोराको दिमाग कमजोर थियो । आधुनिकता, प्रविधिले गर्दा उसले पढाइमा मन छाडिसकेको थियो । रमिलाको बुबा काममा व्यस्त भएकाले उसलाई यो शोषणको बारे थाहा थिएन । रमिलाको भाइ चाहिँ दयालु थियो । ऊ रमिलालाई लुकाइ लुकाइ खाना दिने गर्थ्यो । बुबाले भने दुवैलाई खाना र राम्रा राम्रा खेलाउने कुरा ल्याइदिन्थे तर उसकी सौतेनी आमाले रमिलाको भाग फालिदिन्थी । खेल्ने, खाने, पढ्ने उमेरमा काममा रमिलालाई पेलिनुपर्थ्यो । सौतेनी आमा चाहिँ श्रीमानका छेउ राम्रो गरे जस्तै गर्थी तर वास्तवमा रमिलाको बाल अधिकारको हनन भइरहेको थियो । रमिलाको बुबा कामको सिलसिलामा विदेश गएका थिए । रमिलाले पनि दुःखै दुःखमा आफ्नो पढाइ पुरा गरी । रमिलाको भाइको अहिले आमाप्रतिको व्यवहार कठोर भइसकेको थियो ।

एकदिन उसले त्यो अत्याचारको अन्त्य गर्ने निर्णय गर्‍यो । उसले प्रहरीलाई खबर गर्‍यो र आमालाई त्यो सबैको जिम्मेवार देखाउँदै भन्यो, "प्रहरी जी यो आइमाइलाई जेल लग्नुहोस् । यिनले करौँ वर्ष अगाडिदेखि मेरी दिदीलाई शोषण गरिरहेकी छिन् । यिनी शोषक हुन् । यस्ता अपराधीलाई जेलमा सदाको लागि थुनिदिनुस् ।" आफ्नो छोराले पनि त्यस्तो भनेपछि उनलाई पछुतो भयो । उनले रमिलाको अगाडि क्षमा माग्नु तर त्यसको फाइदा भएन र उनलाई अदालतमा शोषण गरेको कारण वर्षदिनको लागि झ्यालखानामा बस्नुपर्‍यो । विदेशमा भएका बुबाले त्यो कुरा थाहा पाए र स्वदेश तुरुन्तै फर्किए । रमिलाको जीवन खुसीले रंगियो र ऊ एउटा पंक्षी जस्तै खुल्ला आकाशमा खुलेर उड्न पाई ।

सन्देश : हामीले कसैमाथि शोषण गर्नुहुँदैन नत्र त्यसको परिणाम आफैँले भोग्नु पर्ने हुन्छ । त्यसैले शोषण गर्नेलाई सजाय दिनु जरूरी हुन्छ नभए सबैले रमिला जस्तै दुःखपूर्ण जीवन बिताउन बाध्य हुनुपर्छ ।

- आज्ञा मिश्र ७७जी१

The power of HUMANITY

Once upon a time, there lived a landlord named Abraham. He was really wealthy. He had a son named Aron. Aron was never contented. He was never satisfied with anything. He always demanded for more. Abraham used to try his best to console Aron but it never helped. Aron was greedy, selfish and rude by nature.

One day, Aron was walking across the orphanage. He could spot hundreds of children snatching food and clothes over there. Just then he saw something priceless. A small boy, who struggled really hard to get a piece of cake, gave it to a girl who was a destitute. Aron was surprised. His curiosity forced him to go near the boy. He stepped forward and asked, "It seems as if you are not healthy enough. So why did you share your food with her?" The poor boy gently replied, "Humanity! How can I ignore the people who are in worse condition than me?" Those words struck Aron's heart deeply. He came to realise the real importance of service. Wasting no time, he went home and shared all of his clothes and toys with needy ones of that orphanage. Aron continued his service till the last stage of his life. Abraham was really happy and glad that his son came to know about the importance of service and helping people in need.

Moral: Life is more than just eating good food and wearing good clothes. It about providing service to the poor and needy ones. Even one life saved is worth millions.

- Prayusha Pudasaini /8G1

राष्ट्रिय भण्डा

हाम्रो राष्ट्रिय भण्डा
हाम्रो देशको शान हो ।
चन्द्र र सूर्य अङ्कित
नेपालीहरूको मान हो ।

सधैं फरफराउने
हावा एउटा रूप हो ।
रातो र नीलो रङ्को
एउटा यो शान हो ।

नेपाललाई विश्वमा चिनाउने
नेपालको एउटा परिचय हो ।
नेपाललाई विश्वमा उठाउने
यो एउटा प्रतिक हो ।

नेपालीको हातमा
लाग्दछ यो एकदमै राम्रो ।
भुक्दैन यो महान् हो
नेपालीको शान हो ।
- निशा बिष्ट / ८जी४

प्रेम, धन र सफलता

एकदिन एक सुजना नामक महिलाले आफ्नो घरबाट निस्कँदा तीन जना लामा लामा दारी भएका बृद्ध पुरुषहरूलाई देखिन् । सुजनाले ती अन्जान् वृद्ध पुरुषहरूलाई चिनिन् । उनले भनिन्, "मलाई लाग्दैन कि म हजुरहरूलाई चिन्छु तर मलाई थाहा छ कि हजुरहरू भोकाउनुभएको छ । कृपया भित्र आउनुहोस् र केही खानुहोस् ।" "के यस घरको मुख्य पुरुष अहिले घर भित्र हुनुहुन्छ ?" उनीहरूले सोधे । सुजनाले भनिन्, "अहं ! अहिले उहाँ बाहिर हुनुहुन्छ ।" "त्यसो भए हामी भित्र आउन सक्दैनौं" उनीहरूले जवाफ दिए । साँझ सुजनाको श्रीमान् घर आउनु भयो र सुजनाले त्यो बेला भएको सबै कुरा आफ्नो श्रीमानलाई भनिन् । सुजनाको श्रीमानले भन्नुभयो, "जाऊ गएर उनीहरूलाई भनिदेऊ कि म आइसकँ ।" सुजना बाहिर गई ती तीन वृद्ध पुरुषहरूलाई भित्र बोलाइन् तर ती वृद्धहरूले भने, "हामीहरू कहिले पनि एउटा घरमा सँगै भित्रिँदैनौं ।" किन त्यस्तो भनी सुजनाले प्रश्न गर्दा ती वृद्धहरूमध्ये कुनै एक वृद्धले अर्को वृद्धलाई देखाउँदै भने, "किनभने उसको नाम धन हो, ऊ सफलता हो र म चाहिँ प्रेम हुँ ।" अब हजुर भित्र गई सल्लाह गर्नुहोस् पहिला कसलाई भित्राउनुहुन्छ । सुजना भित्र गईन् र आफ्नो घर परिवारसँग सल्लाह गर्न थालिन् । सुजनाको श्रीमान् यी सब कुरा सुनी खुसी भए र हतपत्त धनलाई रोर्जी भन्न थाले तर सुजना यो निर्णयमा सहमति भईनन् । सुजनाकी नन्दले चाहिँ सफलतालाई बोलाउँ भनी आफ्नो तर्क दिइन् । सुजनाको श्रीमान् चाहन्थे कि धनलाई भित्र्याई घरमा धन लिएर आउँ तर उनको नन्द चाहन्थिन् कि सफलतालाई बोलाई बरु सफलता प्राप्त गरौं । यी सब कुरालाई छोडी सुजना चाहन्थिन् कि प्रेमलाई भित्र्याउन किनभने प्रेम भयो भने घरमा एकता कायम रहन्छ । सुजनाले आफ्नो विचार सबैलाई सुनाएपछि सबै जना प्रेमलाई घरमा भित्र्याउने कुरामा राजी भए । सुजना बाहिर गई ती मध्ये प्रेमलाई रोर्जिन् । प्रेमलाई रोजे तापनि प्रेम मात्र आउनुको सट्टा सफलता र धन दुवै प्रेमको पछि पछि आए । सुजना छक्क परिन् । सुजनाले उनीहरूलाई यसको कारण सोध्दा उनीहरूले जवाफ दिए कि जहाँ प्रेम हुन्छ त्यहाँ सफलता र धन दुवै हुन्छन् ।

-जिज्ञासा सोनाम ८जी९

Strange Boy

When I woke up in the morning with a yawn
I saw a thin boy hiding in my lawn,
When I looked at him, he was in great fear
But when I went to lawn he was not there.

Then I looked out of my house's gate
There I saw him running at a speedy rate,
I thought he was a random neighbour of mine
But I had seen him for the very first time.

Then I opened the TV, the headline was 'shocking news'
I was interested in that video, because it had million views,
I was very shocked, I hold my breath
Because it was a video about the boy's death.

- Samriddika Dahal/7G1

अस्तित्व

कति रगत बग्यो कति पसिना बग्यो
यो देशको अस्तित्वको रक्षा गर्न ।
कति आमाका सन्तानले बलिदान दिए
यस देशको शिर उच्च राख्न ॥
भुकेनन् कोही, न त कोही डराए
न त कोही मदतका लागि कराए ।
आत्मविश्वास कायम राखी आशाको टुकी बाले
ढुङ्गा र मुढाको प्रयोग गरी तिनीहरूलाई आफ्नो घर फर्काए ।
भन्छन् सूर्य चन्द्र नभुकेसम्म यो देश भुक्दैन
भनाइ मात्र हो कि यो व्यवहारमा पनि उत्रिन्छ ?
सबैले आफ्नो भनाइ, व्यवहारमा उतार
यो देशको अस्तित्वको रक्षा गर्न आऊ सबै मिल
पूर्वाहरूको रगत र पसिना
जान दिनुहुन्न खेर ।
यस देशको अस्तित्व कायम गर्न आओ सबै
नत्र होला फेरि अबेर ॥

- सदिच्छा पन्थी / ९जी९

मेरो जीवनमा अनुशासनको महत्त्व

अनुशासन शब्दको अर्थ सामाजिक, धार्मिक वा राजनीतिक क्षेत्रमा नियम पालना गर्ने भन्ने हुन्छ । अनुशासन आमाको काखदेखि नै सिकिने गुण हो । जहिले पनि अनुशासनमा रहे मात्रै मानिसले सदैव समाजमा इज्जत पाउँछ ।

म एक विद्यार्थी हुँ । अनुशासन विद्यार्थीको अमूल्य गहना हो । विद्यार्थी हुनुको कारणले गर्दा मैले सधैं अनुशासनमा बस्नुपर्छ । आफ्नो दैनिक काम कुरा पुरा गर्नुपर्छ । विद्यार्थी हुनुको कारणले गर्दा मैले सधैं विद्यालय जाँदा सफा र विद्यालयकै पोशाक लगाउनुपर्छ । आफ्ना शिक्षकहरूलाई इज्जत गर्नुपर्छ र आफूभन्दा सानालाई माया गर्नुपर्छ । यदि कुनै विद्यार्थीले विद्यालयमा अनुशासनको पालना गरेन भने उसलाई सबै शिक्षकवर्ग तथा साथीहरूले हेला गर्छन् । फोहोर कपडा लगाएर र फोहोरी भएर आएमा सबैले त्यस मानिसलाई फोहोरी ठान्छ र उसको वरपर जाँदैनन् । अनुशासन भनेको विद्यालयमा मात्रै पालना गर्ने होइन । हामीले अनुशासन सबै क्षेत्रमा पालना गर्नुपर्छ । घरमा पनि ठूलाहरूलाई इज्जत गर्नुपर्छ । सानाहरूसँग विनम्र हुनुपर्छ । आफ्नो काम आफैँ गर्नुपर्छ । नचिनेको मान्छेलाई पनि मद्दत चाहिएमा उनीहरूलाई मद्दत गर्नुपर्छ । अनुशासनमा रहने व्यक्ति जहिले पनि खुसी हुन्छ । उसले दुःख भोग्नुपर्दैन । अनुशासनमा रहने मानिससँग सबैजना मिल्छन् । अनुशासनका धेरै फाइदाहरू छन् । अनुशासनमा रहने व्यक्ति जहिले पनि सफलताको शिखर चुम्न सक्छ । त्यसैले अनुशासनले हाम्रो जिन्दगीलाई सहज बनाउन धेरै ठूलो भूमिका निभाउँछ ।

- बर्षा कार्की / ८जी२

Rich Heart and Sensible Mind Lead to Happiness

As we all know that human beings are social animals, we live in a society where we all have to be well disciplined and also be a good person for leading a successful life. We must have good manners, good values and good moral character. Good attitude towards others can lead us to happiness. Making others happy can be the best way to lead our lives happily. We should always be a good and sensible person towards everyone, whether he is a rich or a poor person. We must be sensible and kind hearted person. Showing our good behaviour towards others can make us positive and focused in our life.

God has made us all equally with brain, but using it carefully and tactfully is up to ourselves. If we use our brain smartly and tactfully, and if we thank God for the sensible mind he has given us it will definitely lead to happiness and our life would be better. This is why we say that a rich heart and a sensible mind lead us to happiness. It is not enough to have a sensible mind only. It is also important to be a kind hearted person. Lastly we can say that "A rich heart and a sensible mind lead to happiness."

- Nandini Gupta /8G2

A dream comes true

As I was going to St. Ives
I met a man with three wives
One with a sack of gold
The other had a bag of silver
The third one having nothing looked fierce and bold.

I went near him and introduced myself
He introduced himself as well
The first wife gave me a vase of gold
The second one gave me a silver coin to hold
"May all your dreams come true"
The third, fairly beautiful wife told.

I thanked them for their precious gifts
I told them goodbye with a smile
I came to St. Ives after a while
I sold the coin and earned some notes
I set a beautiful building there
I am leading a luxurious life here,
This is how my dream comes true.

- Shreyashi Pudasaini/9G1

स्वस्थ जीवनका रहस्यहरू

मानिसले गुणस्तरीय जीवन जीउनका लागि स्वस्थ रहनु पनि एक महत्वपूर्ण कुरा हो । स्वस्थ जीवन भयो भने मात्र मानिसले आफ्नो जीवनमा रमाइलो गरेर सफलता चुम्न सक्छ । यसरी स्वस्थ रहनका लागि धेरै सजिला उपायहरू अपनाएर जीवन गुणस्तरीय बनाउन सकिन्छ । स्वस्थ जीवनका लागि पहिला हामीले आफ्नो वरिपरिको वातावरण सफा राख्नुपर्छ । वातावरण प्रदूषित भयो भने मानिसहरूलाई विभिन्न खालका रोगहरू लाग्न सक्छन् । यस्ता रोगहरू लाग्यो भने मानिस स्वस्थ रहन सक्दैन । त्यसैले स्वस्थ जीवनको लागि वातावरण सफा राख्न धेरै जरूरी हुन्छ ।

हामीले सन्तुलित खाना खाएर पनि स्वस्थ रहनुपर्छ । हामीले खानामा चाहिने सबै प्रकारको पोषण पाएनौं भने हाम्रो शरीर कमजोर हुन्छ र रोगले समात्न सक्छ । त्यसैले स्वस्थ जीवन जीउनका लागि हामीले सन्तुलित खाना त्यो पनि समयमा नै खानुपर्छ । व्यायाम गर्नु पनि स्वस्थ जीवन जीउनको लागि एउटा महत्वपूर्ण कुरा हो । खेलकुद गरेर पनि स्वस्थ रहन सकिन्छ । खेलकुद र व्यायाम जस्ता कुराहरूले हाम्रो शरीरलाई स्वस्थ राख्न मद्दत गर्छ ।

अस्वस्थ जीवनको प्रमुख कारण बाहिरी खाना खानु पनि हो । प्राय गरी विद्यालयमा विद्यार्थीहरू फास्टफुड तथा रेडिमेड खाना खाएर रोगी हुन्छन् । हामीले यस्तो खाना खाँदा भने हामीलाई रोगले समात्छ । त्यसैले हामीले घरमा पाकेका खाना खाने बानी बसाल्नुपर्छ ।

यी सबै स्वस्थ जीवन बिताउनका लागि महत्वपूर्ण कुराहरू हुन् । हामीले यस्ता कुराहरू अपनाएमा हामी स्वस्थ रहन सक्छौं र हामीले आफ्नो जीवन गुणस्तरीय तरिकाले जीउन सक्छौं ।

- रीतिका जैसवाल/ ९जी१

Duties and responsibilities of a true student

A person regardless of any age group, who attends classes to learn something new, is a student. The main duty of an institution is to train these students to help them build a platform and make them capable of achieving their life goals. Similarly, students too have some duties and responsibilities towards their classroom, teachers and the institution. The first and foremost duty of a student is to be disciplined. Discipline is the top most criteria for success in one's life. It incorporates obedience, punctuality and sincerity under it. Discipline helps a student to create his own image. Secondly a true disciplined student always completes his assignments and revises the lessons taught in class. This sort of custom helps him to perform well in his studies. Similarly, a student needs to eradicate procrastination to manage everything on time. This in turn help manage them give time for other co-curricular activities. In a classroom, we find many students throwing chart papers and rubbishes on the floor, scribbling on the walls and messing up the classroom. They must be made aware that the quality of classroom environment directly indicates the nature and quality of the students studying there. So, it's quintessential that the students maintain the cleanliness and cultured environment of the classroom. A true student should also follow the instructions and guidelines of the teachers. They should also be a role model to their juniors and present a good example in front of them. A true student needs to be bold, confident and participating. The one who is always quiet, and does not participates in any co curricular activities besides study cannot explore his interests and talents. The student must be able to take the responsibilities of school activities and not always depend on the school administration for everything.

Thus a true student should always enrich himself with all the good values which will help realize their life goals. Lastly, those students are able to maximize their knowledge to their full capacity and help uplift their living standard as well as work towards the betterment of the society.

- Bidushika Dahal/9G1

Love and time

Once upon a time all the feelings in the world lived together in a beautiful island. They were happiness, sadness, love, vanity, knowledge, anger and many others. One day it happened that all the feelings came to know that the island was about to sink. Now, they all planned to leave the island as soon as possible. All of them packed their bags except for love. "Why love, aren't you going to get out of this island?" asked knowledge. "No", replied love, "I will hold on until the last possible moment." When the island began to sink, love looked out for help. She saw richness pass by on a boat. "Richness!" love cried please give me some place in your boat!" "Sorry love, there is no place in my boat because of bags of gold and silver!" said Richness. Then came sadness, "Sadness!" cried love. "Please give me some place in your boat!" "Love, I am so sad that I want to be alone!" said Sadness and rowed away. Then came vanity. When Love asked for help he said, "Love! You are wet! I can't spoil my dainty little boat! I am sorry I can't help you!"

Finally, Anger aggravatingly said to love, "You are a fool. You think people have all the time in the world for you? Goodbye. You can stay all alone in this island!" Just when love was about to give up hope, someone old got hold of her and pulled love into a boat. They rowed away to safety. When they were on a dry land, the old man walked away even before love could thank him. Baffled, love asked Knowledge, "Who was that elder person who saved my life?" Knowledge replied, "That was time, only time knows the value of love. He knows it is the greatest emotion for it is invaluable."

- Shreela Gurung /9G1

मानुभक्त आचार्य

लोकको हित गर्ने भानुभक्त थिए
नेपाली भाषालाई ठूलो योगदान दिए
मिठो स्वरका धनी थिए निकै चर्चित पनि
कविता लेखेर आदिकवि बने अनि

घर तिनको तनहुँ बेसी, चुँदि भन्ने गाउँमा
जन्म भयो १८७१ साल रम्या भन्ने ठाउँमा
घरमै बसी बाजेसँग धेरै शिक्षा लिए
जाँगरिला परिश्रमी भानुभक्त थिए

उनको स्वभाव हक्की थियो व्यङ्ग्य हान्न जान्ने
नराम्रो कुरा पाए कवितामै भन्ने
गुणी र चमत्कारी यस्ता व्यक्ति थिए
नेपालीहरूलाई ठूलो योगदान दिए

सत्ताइस वर्ष हुँदा काठमाडौँ आउँदा
सबै मानिस खुसी भए कवि देख्न पाउँदा
काठमाडौँ आउँदा खेरी धेरै कुरा देखे
बालाजु र कान्तिपुरको बयान गरी कविता नै लेखे

तनहुँको वनमा जुल्दा घाँसीलाई देखे
घाँसीकै प्रेरणाले उनले कविता लेखे
संस्कृतको रामायणलाई नेपालीमा भरे
भानुभक्त आचार्यले ठूलो काम गरे

आदिकवि भानुभक्त उपाधिका धनी
आर्शिवाद दिए नेपालीले राम्रो लेख्नु भनी
यसरी नै कवितामा उनको ध्यान गयो
अदबैसै उमेरमै उनको निधन भयो

-स्मृति रेग्मी र १जी२

मानवता

सत्य एकदमै तितो हुन्छ । वास्तविकता पनि उतिकै खल्लो ! सायद जीवन भनेकै पीडाको सङ्ग
गालो रहेछ, दुःख त सबैलाई हुन्छ तर मानिसमा मानवता नै नरहे के अर्थले जीउनु यो जीवन
! साँच्चै ! सम्बन्धहरू किन यति कमजोर ? किन यस्तो स्वार्थी ? कसैलाई रोज्दमा ऊ आफ्नो
हुन्छ, कसैलाई त्याग्दमा ऊ पराई ! कसको चित्त बुभाउनु ? साथीहरूको ? आमाबुबाको ?
या आफ्नो ? माघको त्यो चिसो रातमा जुनसँगै म पनि निदाउन सकिरहेकी थिइन । सिरक
ओडेर सुतेकी म, जीउ न्यानो भएपनि मन चिसो थियो । मुहारमा मुस्कान भएपनि आँखाले
केही अरु नै कथा भल्काइरहेको थियो ! कसलाई व्यक्त गरौँ, म आफ्नो पीडा ? कसले
बुझिदियोस् मेरो कथा ? कसले सुनाइदियोस् मेरो बुबालाई ? मनले भन्छ, 'बिहे नगर, आफ्नो
सपनाको संसार बनाउ ! अनि बुबा भन्नुहुन्छ, 'बिहे गरे सपनाको संसार अर्कैले बनाइदिन्छ !'
न त म आफ्नो कुरा बहिष्कार गर्न सक्छु, न त बुबाको कुरा नमान्ने बाँच्न सक्छु ! म कसरी
एउटा पराइलाई आफ्नो संसार बनाउने जिम्मा दिन सक्छु ? बिहा भन्नु नै के हो र ? एक
चिम्टी सिन्दुर, एक भुम्पो पोते, एक थान सर्टिफिकेट र तुरुन्तै हावामै बिलाइजाने दुई चार
अनुच्छेद मन्त्र ! मेरा पनि त केही सपना थिए, केही रह्र थिए अनि केही आकांक्षा थिए ।
सायद बुवामा अलिकता भएको मानवता पनि हराइसकेको थियो । त्यसैले त ममा भएको
इच्छाको हत्या गरिदिनुभयो । मेरो चाहना नै नबुझी म भन्दा बिस वर्ष ठूलोसँग मेरो विवाह
तय गरिदिनुभयो । कलिलो उमेरमा यस्तो पीडा भोग्नु मेरो सबैभन्दा ठूलो विडम्बना थियो ।
मनमा बाढी आएको थियो, हुरीबतास चलेको थियो तर आँखाले मात्र सो कुरा व्यक्त
गरिरहेका थिए । ओठ त आफ्नै पनि समाजको साङ्गोमा पसेको थियो । आँखामा थोरै सपना
अडिएका थिए तर सजाउन नपाउँदै मन भत्किँदै थियो । अब बाँच्नका लागि कुनै कारण
देखिरहेकी थिइन म । जीवन त रह्र, इच्छा र सपनाले बनेको हुन्छ । मेरो त आफ्नैले ती
सपनाहरूको अन्त्य गरिदिएपछि के अर्थले बाँच्नु यो जीवन ?

सायद मेरो जीवन यति नै रहेछ । मसँग हिँड्ने, मेरो दुःखमा साथ दिने, सहारा बन्ने
छायौं बाहेक अरु कोही छैन मेरो ! म पनि किन अरुको इच्छा अनुसारको जीवन जीउनु
? किन आफ्नो सपनाको एकचोटि हत्या गरेर जीवनभर पलपल मर्नु ? मेरो जस्तो दुःख
कसैलाई नि नपरोस् ! सबैको सपना पूरा होस् र मानवता बाँचिरहोस् ! दैवले मेरो भाग्यमा
यति सम्मकै यात्रा लेखेको रहेछ !

- अहाना राज्यलक्ष्मी कुँवर / १जी१

Discipline: A students's jewel

A student is someone in constant process of learning and there are many qualities to be inculcated by a student in his life. The value of discipline is of foremost importance. Discipline is an integral part of a student's life. It binds him into his limits, into a periphery where he can flourish and prosper. Discipline is an inevitable part of a student's personality. When one is in constant search of knowledge, he must have a sense of orderliness, eagerness and at the same time, he must be well-behaved and within his limits. One value; i.e, discipline can help us inherit all these qualities. It teaches us to be organized and thus helps us to gather up knowledge from all sources; it curbs our arrogance and fosters hunger of knowledge in us. The one who is preaching us also feels a sense of gratification towards teaching us. In addition to these, discipline makes us a man of ethics, morals and values and it also creates an aura of peace and comfortability around us. Not only this, discipline can also make wonders. It increases our mental and creative capacity. When one is all arranged and has a clear conscience, he can rise to success. As we know, the steps of the staircase to success are hardwork, discipline, efficiency, commitment and determination. So, discipline come as a value which can reform one's personality. At last this entire sums up and yes, discipline is an actual gem of a students' personality. It fosters intelligence, reforms our soul and simultaneously accelerates us towards our goal.

- Lakshya Jalan /10G1

प्राकृतिक प्रकोपको न्यूनीकरण

मानव जीवनमा कुनै पनि प्रकारको हानि नोक्सानी पुऱ्याउने घटनालाई प्रकोप भनिन्छ र यस्ता घटनाहरू प्राकृतिक कारणहरूले भए भने तिनीहरूलाई प्राकृतिक प्रकोप भनिन्छ । यस्ता प्राकृतिक प्रकोपले मान्छेहरूको ज्यान जाने, धन सम्पत्तिको क्षति गर्ने, मान्छेहरूको घरहरू भत्काउने जस्ता नकारात्मक असरहरू पर्छ । प्राकृतिक प्रकोप विभिन्न प्रकारका हुन्छन् । भूकम्प, बाढी, पहिरो, तुफान, अतिवृष्टि, अनावृष्टिहरू यस अन्तर्गत पर्छन् । भूकम्पले धेरैको घर भत्कन्छ र धेरैको ज्यान जान्छ, बाढीले धेरैको घर बगाउँछ, पहिरोले घर भत्किने, ज्यान जाने हुनसक्छ, हावा, हुरी बतासले घरहरूका जस्ता पाता उडाएर त्यही जस्तापाताले काटेर अरुको ज्यान जान सक्छ भने अनावृष्टि र अतिवृष्टिले बाढी पहिरो निम्त्याउने वा खडेरी हुनसक्छ । यति धेरै क्षति पुऱ्याउने हुनाले प्राकृतिक प्रकोपहरूको न्यूनीकरण गर्नेतिर लाग्नुपर्छ । त्यसका लागि सबैभन्दा पहिला मानिसहरूमा जनचेतना फैलाउने काम गर्नुपर्छ । यसका कारण मानिसहरू प्राकृतिक प्रकोपहरूका बारेमा सचेत हुन्छन् । त्यसपछि भूकम्प, बाढी, पहिरो जस्ता प्रकोपबाट बच्न घरहरू बलियो बनाउनुपर्छ । पहिरो जाने धेरै सम्भावना भएका ठाउँमा सरकारले घरहरू निर्माण गर्न दिनुहुँदैन । हुरीबतास आउने सम्भावना भएका ठाउँहरूका घरहरू पनि बलिया हुनुपर्छ । मानिसहरूलाई प्राकृतिक प्रकोपहरूबारे शिक्षा दिलाउन सरकारले व्यवस्था मिलाउनुपर्छ । प्राकृतिक प्रकोप आउनुभन्दा पहिला के गर्ने, आइरहेको समयमा के गर्ने र गएपछि के गर्ने सम्बन्धित कुराहरू सबैलाई थाहा हुनुपर्छ । प्राकृतिक प्रकोपको समयको लागि एउटा भोला तयार राख्नुपर्छ जसमा औषधी, खानेकुरा, थोरै पैसा, लगाउने लुगाहरू हुनुपर्छ ।

यस्ता कुराहरू गर्ने र गराउने काममा सरकारले कदम अघि बढायो भने मात्र प्राकृतिक प्रकोपहरूको न्यूनीकरण गर्न सकिन्छ । माथि उल्लेख भएका कुराहरू सबै सम्भव नभए पनि केही सम्भव कुराहरू गर्न सरकारले पाइला अगाडि बढाउनु पर्दछ र हरेक समुदायमा त्यस्ता प्रकोपको समयमा एउटा बस्ने व्यवस्था सरकाले गराउनुपर्दछ ।

संजोग क्षेत्री / १०जी१

<p style="text-align: center;">भाषा</p> <p>देशका सबै मानिसलाई चिनाउने मानिस मानिस बिच एकता ल्याउने सबैको जीवन एउटै आशा व्यक्तिलाई आफ्नो पहिचान दिलाउने व्यक्तिलाई सारा संसार देखाउने माध्यम हो नेपाली भाषा ।</p> <p>भाषाको संसार नभएमा व्यक्तिको हुन्थ्यो आफ्नो पहिचान न हुन्थ्यो सभ्यताकै प्रचार व्यक्तिले के बोल्थ्यो, व्यक्तिले के सुन्थ्यो, मानवको जीवन हुन्थ्यो अन्धकार ।</p> <p>भाषा हुन्छ फरक फरक सबै जातजाति, देश, संस्कृति चिनाउँछु सबै जाति, जात, गौरव मानिसको अस्तित्वलाई चिनाउँछु ।</p> <p>भाषा छ आधार महत्वपूर्ण नभएमा मानिसको जीवन अर्थहीन मानिसको अस्तित्व रहँदैन एकताको सूत्र हो भाषा ।</p> <p style="text-align: right;">अमन श्रेष्ठ / १०जी१</p>	<p style="text-align: center;">नेपाल</p> <p>जहाँ छ पूर्वमा मेची पश्चिममा महाकाली त्यहाँ चारैतिर छाएको छ हरियाली</p> <p>जहाँ छ नदी आदि कोसी, कर्णाली त्यो हो हाम्रो देश नेपाल अनि हामी नेपाली</p> <p>हिमाल, पहाड, तराईको जमिनलाई एउटै पार्ने हुन् पृथ्वीनारायण वीर जहाँपछि हिमालमा सगरमाथाविश्वको शिर</p> <p>सुन्दा राम्रो लाग्छ पहाडी क्षेत्रमा उडिरहने चराचुरुङ्गीको चहलपहल तराइमा पछि शान्तिका अग्रदूत बुद्धको जन्मस्थल</p> <p>१४ अञ्चल ७५ जिल्लामा बाँडिएको देश जहाँ छ अनेकौं थरीका भाषा र भेष</p> <p>जहाँका कुनै कुराहरु छैनन् अविशेष त्यो हो हाम्रो प्यारो नेपाल दश ।</p> <p style="text-align: right;">-नैरित्य रीमाल / १जी५</p>	<p style="text-align: center;">महानता</p> <p>सुन्दर घर, विशाल पुष्प वाटिका, महङ्गा गाडीहरु, बहुमूल्य वस्तुहरूले सजिएको घरको एकमात्र सन्तान थिए समन । उनलाई ती सबै वस्तुहरूको कुनै महत्व थिएन, मोह नै किन ? उनी शान्त र सरल कुरा रुचाउँथे । उनी सबैसँग असल व्यवहार गर्थे । उनी बाटोमा हिँड्दा दीन दुःखीहरूलाई देखेर असाध्यै दुःखी हुन्थे । उनका बाबुआमा आफ्नो बिजनेस मात्र कसरी अगाडि बढाउने भन्नेमा तल्लीन थिए न कि छोरो के चाहन्छ । एकदिन समन घरको झ्यालबाट बाहिर हेरिहेका थिए । त्यत्तिकैमा उनले एउटा मान्ने भोकले मृत्युको मुखमा पुग्न लागेको देखे र सम्भ्रम आफ्नो घरको फालिएको खाना । त्यसैबेला गएर आफ्ना बुबासँग भने "बुबा, मलाई यो सम्पत्तिको कुनै मोह छैन, लोभ छैन । यदि तपाईं चाहनुहुन्छ भने हामीलाई पुग्ने मात्र राखेर सबै दीन दुःखीहरूको सेवामा लगाऔं । उनीहरूको जीवनस्तर माथि उठाऔं ।" यो कुराले बाबुलाई एकदमै रिस उठ्यो । उनले भने "कति सजिलै यो सब भनिस् । तँलाई के थाहा यत्रो सम्पत्ति हुनुमा हाम्रो तीन पुस्ताको मिहिनेत छ भनेर । तँलाई नचाइए के भो त बस्छ यत्तिकै । फेरि यस्तो कुरा गरिस् भने घर छोडेर जा ।" बाबुले रिसको भोकमा "घर छोडेर जा भन्नु" समनको लागि स्वतन्त्रताको बाटो खुलेजस्तो भयो । उनलाई त्यहाँ बसिरहन मन लागेन । उनले आमासँग भने "आमा ! मलाई यी भौतिक सुखभन्दा आध्यात्मिक सुख चाहिएको छ । जुन म यो दरबार जस्तो घरमा प्राप्त गर्न सकिदैन । त्यसैले घर छोडेर जान्छु ।" आमाको आँसुले पनि समनको बाटो छेकेन । उनी घर छोडेर गए । समनले प्रकृतिका हरेक कुराबाट ज्ञान सिके । साना साना कुराहरु उनका ज्ञानका स्रोत र मागदर्शक बने । उनले सबै मानिसलाई बोलाउँदै आफूले सिकेका ज्ञान बाँडे, जसले गर्दा मानिसहरु अत्यन्त खुसी र सुखी भए । उनले सम्पत्ति आर्जन गर्न चाहनेलाई सम्पत्ति आर्जन गर्ने बाटो पनि देखाइदिए । त्यो भन्दा ठूलो खुसी र सुख आफैँमा र आफ्नो काममा निर्भर रहने कुरा अवगत गराए । मानिसहरूले उनको त्याग र ज्ञानमा महान्ता देखे र सजिलै आत्मसात् गरे ।</p> <p style="text-align: right;">तारा चौलागाईं / १०जी२</p>
<p style="text-align: center;">A world we ignore</p> <p>It's the modern time Technologies and great inventions come up every second Yet we lie in our comfort zone Thinking we humans have conquered the world Unknown of the fact, we are going far from lord Smartphones have conquered our brain We have lost to admire the beautiful rain Liking and following has made us blind We share things fools have combined.</p> <p>We have forgotten to see the skies A world filled with silent cries And as the time slips from our hand We slowly forget the smell of our motherland We have been strangled in world of progress Without realizing, we made it a mess outside our comfort zones We are surrounded by much more There is so much, in the world we ignore.</p> <p style="text-align: right;">- Sanskriti Pandey /10G2</p>		
<p style="text-align: center;">Intrigued</p> <p>Sometimes, one incident can change our life. The same thing happened with a boy named Sushant. Sushant lived with his parents in an unsophisticated village. The people in the village were ignorant but among those people, Sushant's father was a knowledgeable person. Due to his poor background, he was not able to get a proper job and normal life. The hardworking man worked in an office in the city as a clerk. His salary was the only source of income for the family. One day, little boy Sushant followed his father and went to his office. The city life and people really fascinated him. In the office, he saw many people working in the computer. He was delighted to see those devices for the first time. He observed all the computers and the people very carefully. "Father, I really like these computers.... They are so helpful. Can we have one?" Sushant expressed his feelings. "My boy, these computers are really very expensive. I cannot buy it right now. But if you study well and work hard, we will surely buy it later." said his father. Sushant was really impressed by the computers. He marked his father's words and decided to work really hard. He went back to his home and told everyone in the village about the computers. He was deeply interested in it and put his best effort to know more about it. He worked very hard to fulfill his dream to get a computer. Years passed and Sushant turned into an adult. Due to his deep interest in computers, he studied a lot and became a computer engineer. One small incident in his childhood changed his life. He became one of the most successful people in the village. He proved everyone that if one becomes intrigued by something, it will really help the person to achieve his target.</p> <p style="text-align: right;">- Preeti Poudyal/10G1</p>		

Gallery of Junior Students

