

PRINCIPAL'S DESK



Galaxy Public School was established with certain aims and objectives.

The school believes in holistic development. It helps children to hone their skills, obtain knowledge and shape their personality. The school provides almost all

the facilities a modern school should provide. It is always trying to upgrade its infrastructure to match international standards. The school is environment friendly. Students are taught to respect the rights of animals and to protect our environment.

There is zero tolerance to all kinds of discrimination and ragging. Students are made to understand the value of human rights. The school environment is friendly and conducive to studies. The security of students and staff is one of the top priorities of the school.

Corporal punishment in all forms is strictly forbidden. A great emphasis is given to discipline and manners. We believe that a school should be a zone of peace. Since the school teaches students to protect our environment, it encourages students to restrict the use of paper and to re-cycle the things we use. The school attaches a lot of importance to sustainable use of resources. The school infrastructure is well managed and eco-friendly.

In order to provide quality education, students are encouraged to take part in various curricular, co-curricular and extra-curricular activities. All activities are meticulously planned to benefit students to the maximum extent.

Since we are living in an age of communication, the school has an effective system of communication for proper dissemination of information. The school uses the latest communication tools to keep everyone informed about the activities of the school.

The school has a very strong academic programme which helps students to become innovative, creative and responsible. Thanks to all parents and guardians for their support and cooperation.

Ms. Geeta Chhetri

FUTSAL GROUND

On 7 Bhadra 2074, the newly constructed Futsal ground was opened to students. Friendly matches were played between teams consisting of residential students. Students were excited to play in their home ground. Thanks to Mr Deepen Rana, Director of the school for taking a keen interest in the development of school infrastructure for the sports and academics. Futsal is a modified form of football played with five players in each side. It is played on a smaller, typically indoor, pitch. Unlimited substitutions are permitted. Unlike some other forms of indoor football, the game is played on a hard court or grass court surface delimited by lines; walls. Futsal is also played with a smaller ball. It is a fast paced game.



GALAXY RELIEF FUND

Recent landslides and flooding triggered by heavy rain have displaced millions of people in southern Nepal and have left thousands homeless. The Red Cross has estimated that 100,000 people were affected by the disaster and the situation worsened after communication system and electric supply collapsed. These adversely affected rescue operations and the distribution of aids. Parents, teachers and students of Galaxy Public School joined hands to generate

Galaxy Relief Fund (GRF) to support the victims of landslides and floods. This fund generated NRS 188,140.00. We would like to thank all those who contributed to this fund. The School Management Committee donated NRS 111,860.00 to raise the fund value to NRS 300,000.00. This amount was donated to Nepal Red Cross Society (NRCS). NRCS has been working ever since the disaster started. We hope that this fund will help them to cover more areas and provide relief to the flood and landslide victims and to carry out more rescue operations in the affected areas. A special ceremony was held in the school premises on 15 Bhadra, 2074. Mr. Dharma Dutta Bidari, Head of Finance Department, NRCS and Mr. Sushil Raut, Senior Assistant, NRCS were present at the function. Mr Bidari addressed the students during the school assembly and highlighted the activities of NRCS. The Vice Principal of the School, Ms. Surina S. Gurung handed over a cheque for NRS 300,000.00 to Mr Bidari.



SCHOOL TABLE TENNIS COMPETITION

The School Table Tennis Competition was held at Annapurna Hall, Galaxy Public School on 20 Shrawan 2017. Students of classes 6 to 10 participated in the competition. The competition was held in two categories: Girls and Boys. All the winners received certificates at the end of the competition. There are many benefits of playing table tennis. It improves hand eye coordination, develops mental acuity, improves reflexes, burns calories, keeps the brain alert, improves coordination and balances, and stimulates various parts of the brain. The winners of the competition are mentioned below:



Boys

Position	Class 6	Class 7	Class 8	Class 9	Class 10
First	Susan Pahari	Dipen Shrestha	Rozan Adhikari	Upen Parajuli	Appar Thebe
Second	Himanshu Sharma	Anish Atreya	Kritul Baniya	Sambhu Tamang	Krishna Khadgi
Third	Ashbin KC	Aayush Kunwar	Pasang Sherpa	Bijayan Rai	Hritik Chhantyal
Third	Srijan Raut	Gautam Yadav	Girish KC	Khagendra Mahaseth	Paras Niraula

Girls

Position	Class 6	Class 7	Class 8	Class 9	Class 10
First	Nima Sherpa	Riva Shrestha	Anjila Bhandari	Ranjita Shrestha	Deeya Shrestha
Second	Nirjala Khadka	Swikriti Kayastha	Chesta Nyachhyon	Shreya Gurung	Binita Panta
Third	Karuna Raut	Shristina Poudel	Khushi Sawarthyia	Manju Pulami Magar	Pasang D. Shrestha
Third	Bipasna Shrestha	Saru Shrestha	Nidhi Rauniyar	Chetana KC	Rishu Tiwari



Class 6: Winners of Table Tennis Competition



Class 7: Winners of Table Tennis Competition



Class 8: Winners of Table Tennis Competition



Class 9: Winners of Table Tennis Competition

REAL SCHOOL GRAND FINALE

Nepal's fruit juice brand, Real Fruit Juice, has been supporting various school level activities and competitions for developing and nurturing the talent and confidence of school children. 'Real School of Nepal' is a national-level competition where schools from all over Nepal compete to win the title of the 'Real School of Nepal'. On 6 Ashad 2074, Galaxy Public School won the regional final round for the Central Region- Kathmandu East. The grand finale and the prize distribution ceremony of 'Real School of Nepal (RSoN) 2017' was held on 22 Bhadra, 2074.



Galaxy Public School won the regional final round for the Central Region- Kathmandu East. The grand finale and the prize distribution ceremony of 'Real School of Nepal (RSoN) 2017' was held on 22 Bhadra, 2074. **Saksham Chhatkuli** of class 9 bagged the First place in Football Juggling. **Uibha Rao** of class 7 stood Fifth in Painting and Drawing. Aashiyana Karki from class 10 participated in Extempore, Soni Khadka of class 9 participated in Dance, Shreya Maharjan participated in 3 Minutes to Fame and Ramhari Basnet participated in Score the Goal. The students of the school participated in three other categories like "So You Think You Can Score", "Collage" and "Quiz".



Class 10: Winners of Table Tennis Competition

INTER SCHOOL DESIGN CHALLENGE

Inter School Design Challenge by Karkhana was held at the Nepal Arts Council, Babarmahal on 28 Shrawan, 2074. It was one of the programs of the second iteration of the Innovating in Education Fair. Our students, **Prayusha Pudasaini**, **Sheha Roy Yadav** and **Christopher Poudel** of class 8 participated in the Inter School Design Challenge. They made the Strongest Designs. The program was conducted from 26-28 Shrawan, 2074. The event also featured workshops, musical performances, dance and theatre. The fair aimed at making learning more effective through practical approaches to education. There were various stalls where parents and teachers could interact on ways of making learning and teaching more fun and more productive.



FIRST VALLEY WIDE INTER SCHOOL TABLE TENNIS COMPETITION



On the occasion of 25th Anniversary of Nepal Stationery and Educational Materials Industries Association, the First Valleywide Inter-School Table Tennis Competition was held on 28 Shrawan, 2074. There were two categories: Under 16 and Under 14. **Open Parajuli** of class 9 bagged the First place in the Under 16 Category. He was awarded a trophy, a medal and a certificate. All the participating students received the participation certificates. The students who participated in the competition were: Appar Thebe of class 10, Rozan Adhikari of class 8, Dipen Shrestha of class 7, Susan Pahari of class 6, Ranjita Shrestha of class 9, Nima Sherpa of class 6, Anjila Bhandari of class 8, Riva Shrestha of class 7 and Chetana KC of class 10. They all played well in the competition.

6TH INTER SCHOOL TEAM NEPAL ART CONTEST

The 6th Inter School Team Nepal Art Contest was held at St Xavier's School on 3rd Bhadra, 2074. Training programs were conducted in two categories: Category A for classes 8 to 10 and Category B for classes 5 to 7. The students in Category A created works of art on the spot. Their topic was "Amazing Nepal". Students in Category B created works of art on the topic "Heritage: Our Identity". Lakshya Jalan secured the third position in Category A. He received a trophy and a certificate. **Brabim Adhikari** secured the 5th position in Category B. He received a medal and a certificate. The following students participated in the art contest.



Category A: Participants of Classes 8-10

S.No.	Category A	Category B
1	Lakshya Jalan	Brabim Adhikari
2	Sworup Shrestha	Monika Senchuri
3	Pranav Shrestha	Vaishnavi Shah
4	Swikriti Subba	Gautam Yadav
5	Ayushma Paudel	Asmita Mahato
6	Raunak Rajbhandari	Rhichan Sargam Yamphu
7	Sauharda Aryal	Hardik Ghimire
8	Nidhi Rauniyar	Pranika Bista



Category B: Participants of Classes 5-7

WILD WISDOM QUIZ 2017



World Wildlife Fund (WWF) Nepal introduced a quiz competition for the first time. The quiz called Wild Wisdom Quiz (WWQ) 2017 was designed to create awareness and to inform students about biodiversity and natural resources. **Baibhav Shrestha** and **Barsha Karki** from class 8 participated in the quiz. They secured the second position in the selection round which was held at Nobel Academy School, Baneshwor on 18 Shrawan, 2074. **Peshal Kumar Shrestha** received a gift hamper after answering correct answer from the audience.

SCHOOL PROJECT: POTATO & TULSI

Students can learn new skills, have fun, play and develop self-confidence by spending time in the garden and planting trees. Most children enjoy playing outdoors. They love digging in the soil, getting dirty, creating things and watching plants grow. People of all ages can enjoy gardening, but children in particular have lots of fun. The School Project on plantation and vegetable production in the school garden is an effective method of teaching children to share the food that comes from plants. The project also helps students to acquire the following:

- Responsibility – from caring for plants
- Understanding – they learn about cause and effect (for example, plants die without water, weeds compete with plants)
- Self-confidence – from achieving their goals and enjoying the food they have grown
- Love of nature – a chance to learn about the outdoor environment in a safe and pleasant place
- Reasoning and discovery – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- Physical activity – doing something which is fun and productive



Students planting potato in the school garden

- Cooperation – including shared play activity and teamwork
- Creativity – finding new and exciting ways to grow food
- Nutrition – learning the source of fresh food

Students of Classes 4 and 5 planted Potato and Tulsi saplings at the school garden on 22 Bhadra, 2074. Students of class 5 planted potatoes in the school garden. The head teacher explained to the students that new shoots appear from the eyes of the potatoes after the potatoes are planted. Students took a keen interest in the method of planting potatoes. Similarly, students of class 4 planted Tulsi saplings. Tulsi seeds were scattered on the pot. After a couple of days, small shoots appeared. Students observed the process of growth. They also observed the process of re-plantation of Tulsi plants. The observation of plantation methods gave students an idea on the nature of growth.



Tulsi Plant planted by the students.

SCHOOL LEVEL FINE ART COMPETITION



On 28 Shrawan, Forehand Savings & Credit Cooperative Ltd. organized the “School Level Fine Art (Painting) Competition”, where 4 students of class 7 participated. Mr Durga Mishra, Nepali teacher, had accompanied Gautam Yadav, Monika Sentury, Pranika Bista and Vaishnavi Shah during the competition. Many schools participated in the competition. **Gautam Yadav** stood Third in the competition. He received a trophy and a certificate. All the students received certificates of participation. This program was jointly organized at Union House, Anamnagar, Kathmandu by Forehand Saving and Credit Co-operative Ltd., Human and Natural Resources Development Forum (FORHAND)

and Cobweb Travels & Tours Pvt. Ltd. Bagbazar, Kathmandu.

HEALTH AND HYGIENE AWARENESS PROGRAM

Puberty Education is extremely important for children of ages 8 to 13. Therefore, Procter and Gamble (P&G) have designed a program that creates awareness among young students about their health and hygiene. They have specially designed this program for 5th and 6th grade girls. Ms. Kritina Shakya, Assistant Marketing Manager facilitated the Health and Hygiene awareness program on 22 Shrawan, 2074. Special invitations were sent to the mothers of girl students. On that day Ms. Shakya spoke to girls and their mothers regarding the menstrual cycle and its occurrence and the hygiene related to it. This program was conducted in two sessions. Mothers gave a positive feedback at the end of the program. They shared their experiences during the program. Altogether, 97 girls from classes 5 and 6 and their mothers benefitted from this program.



DEBATE SESSION WITH DEBATE NETWORK NEPAL (DNN)



Debate Network Nepal (DNN) is a leading debating body in Nepal. It serves as Nepal’s national debate organization. It envisions Nepal as a nation where intellectually empowered citizens strengthen democratic values by conducting debates at the national level. On 22 Shrawan, debate groups of classes 8 and 9 were able to attend the orientation program organized by DNN. Here students learned to do debate according to the World School and British Parliamentary format. Debate orientation provided the information regarding the foundation of parliamentary



debating. It was a 3-5 hours long workshop, designed for beginners and it usually covers a demo debate, interactive lecture sessions, drills, practice debate, individual feedback and debate club formation.

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

Adventurous Journey



Bronze Award participants at Chitlang Organic Resort, Chitlang-2, Makawanpur.

The Adventurous Journey encourages a sense of adventure and discovery whilst undertaking a team journey or expedition. As part of a small team, participants plan, train for and undertake a journey with a purpose in an unfamiliar environment. The journey can be an exploration or an expedition but must be a challenge. The aim is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, team work and health. Participants are taken out of their comfort zone but kept within a safe and secure setting, achieved through suitable training and supervision. The second adventurous journey started early morning at 7:00 am on 3 Ashwin. Award Coordinator, Surina S. Gurung accompanied the journey along with Sunil Mishra, Award Leader, Sunita Shah, Award Leader and Shiva Neupane, Public Relations Officer of the school. All students gathered at the school before starting their journey. They boarded the buses to the foothill of Chandragiri hills, from where the students carried their own day pack and started the journey on foot. The students walked in groups to reach their destination. They walked uphill through rough roads. After walking for four hours, they reached Bhanjyang, where all the students took rest and had their food. Then, they had to walk downhill through narrow and slippery foot trails. They walked for one hour to reach the Chitlang Phat and from this point it took another one hour to reach the Chitlang Organic Village Resort. The entire team was tired after walking for six hours. They rested and started planning for the evening. They all gathered in an assembly and started dividing their work to prepare the meal. Students worked together to prepare their food. Once the food was prepared all enjoyed the food together. In the evening, they danced together and sat round a bon fire. Next morning, they prepared breakfast and savored the food together. After a quick rest and after packing their bags, they were ready to hit the road on foot. The foot trail to Kulekhani was beautiful. Students walked pass pine trees. After walking for two hours, they reached the point where the team was picked by buses. At 4 pm all the students reached the school. The next day, all the participants assembled in school to fill up their diaries and to write reports on their adventurous journey. The Bronze Award participants will soon be applying for their award certificates.

“The Duke of Edinburgh’s International Award is the only truly global mark of recognition that I know about in the field of extracurricular activity. As an employer, I want to see that people coming to work for us have more to offer than their academic qualifications. The Duke of Edinburgh’s International Award is a great example of differentiator I would look for when judging the suitability of a young person to join our company.” **Phil Smith, CEO, Cisco UK & Ireland**

BEE CREATIVE CLASSES



Bee Creative Classes have always been able to attract students' attention all the time, either by implementing effective ways of teaching in the class or by introducing educational materials and demonstrating it inside the classroom.

Students of classes 4, 5, 6, 7 & 8 attended the class at their classroom near our school to learn different activities that help students understand the basics of science.



3DI PROGRAM

3Di Lab in Schools – How important is it?

The world is changing fast. Boundaries—literal as well as figurative— are shifting and even disappearing altogether. Everything is global—trade and economics, media and information. Young people are more likely than ever to interact with people from different cultures while at home and on the road. As we become more connected, more interdependent, how do we prepare young people for the world they will inherit? The ability to thrive in this new and rapidly changing environment is grounded in a globally focused curriculum. Which is why 3DI advocates the integration of 21st-century skills (anchored in the 4Cs: critical thinking, collaboration, communication and creativity) in early learning experiences for young children in order to build the skills they need not only when entering school, but also in life.

At 3DI, we are cultivating the next generation of lifelong learners who possess the knowledge, strength of character, creativity, and drive to impact the modern world. Our educators put students at the centre of their own learning by equipping them with the knowledge, skills, and awareness to advocate for themselves.

Having 3D Lab in the school opens up a world of opportunities. Students gain invaluable experience with cutting-edge technology, whilst learning the curriculum through the use of Media and Life Skills. It encourages creative design, boosts geometric understanding, and offers a tactile, multi-sensory way for students to learn. 3Di Lab's products and solutions encourage students to address real-world problems, regardless of the grade level. It's our goal to set the engineers, artists and designers of the future on the right path, and to support their learning along the way. Our solutions are the perfect accompaniment to developing key skills in science, technology, engineering, art



and maths (STEAM). 3Di Labs go beyond merely teaching students about Media skills. It prepares them for a career in a variety of industries, developing skills in manufacturing, design, and technology, develop their learning. 3Di provides the ideal solution, while also building valuable skills for future employment. Here are just a few benefits.



For Primary Education

- Capture imagination. Creativity is integral to 3DiLabs, and children can create, improve, and master new skills.
- Encourage teamwork. 3Di Projects are ideal for getting children to interact, collaborate and learn as a group.
- Make learning fun. Using 3Di Projects like Clay Moulding, Inscape is enjoyable. It boosts students’ learning and interest in subjects significantly.

FATHER’S DAY CELEBRATION

Father’s Day is celebrated to honour fathers and celebrates fatherhood, paternal bonds, and the influence of fathers in our society. In Nepal, Father’s Day is celebrated on *Kushe Aushi*. Father’s Day is celebrated to worship Fathers. This is a festival when children look at the face of their fathers. They offer sweets, delicious food, fruits and new clothes to their fathers. Those whose fathers have died go to the Bagmati River at Gokarna and take a bath in the river to make their father’s souls happy. During this day, on 5 Bhadra, 2074, students of classes Nursery to 5 made decorative cards on their own and presented them to their fathers.



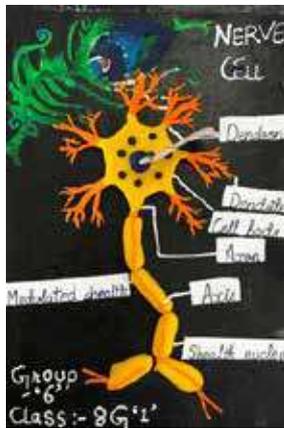
VALLEY WIDE INTER SCHOOL ENGLISH HANDWRITING COMPETITION

Valley Wide Inter School English Handwriting Competition was held on 17 Badra, 2074 at Galaxy Public School where about 700 students participated. The students who participated in the English Handwriting competition are: Divyesh Baidya of class 3G1, Niranjana Manandhar of class 4G1, Pradhyot Adhikari of class 5G1, Rhichan Sargam Yamphu of class 6G1, Pranika Bista of class 7G2, Alisha Lama of class 8G3, Jenish Neupane of class 9G1 and Khushi Goel of class 10G1. All of them received certificates of participation.



MODEL MAKING

Model making is a logical next step in the thinking process for many ideas. Once someone starts using materials and fabrication techniques, they are able to refine their ideas to make them work. In a way, everyone is a model maker when they translate an idea into physical reality. It is one of the easiest methods to understand the detailed function of any process and enables students to understand it quickly. Therefore, model making is equally important compared to any subject. Every group in a class must conduct six model making activities in a year. Most of the models created by the students are outstanding and are highly commendable.



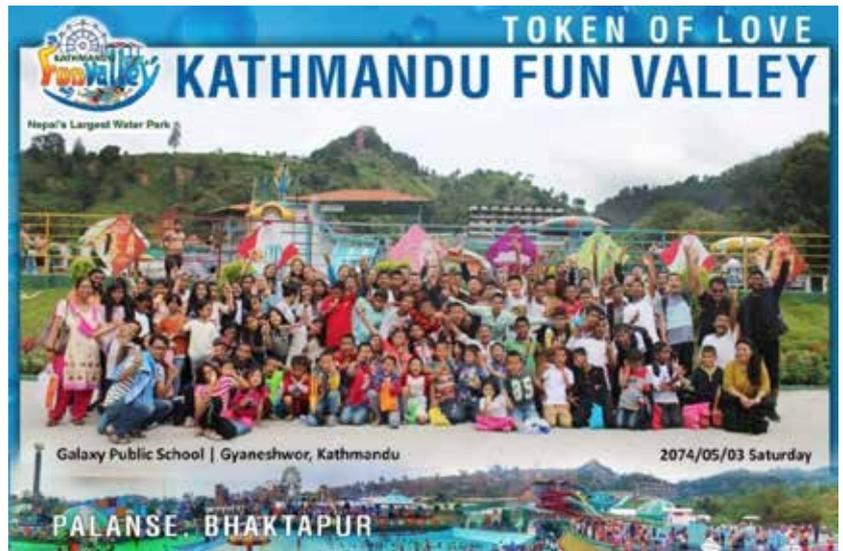
JAPANESE STUDENTS' VISIT TO SCHOOL

Students from Japan, along with their parents and teachers, visited the school on 24 Shrawan, 2074. They experienced our cultural dance, folk dance and national songs. Most of the students of class 10 performed on this day. They observed our drawings and paintings which were displayed on the ground floor of Geeta Bhawan. At the end, Japanese students sang a song to thank our student's hospitality.



RESIDENTIAL STUDENT'S VISIT TO KATHMANDU FUN VALLEY

On 3 Bhadra, 2074, residential students visited Kathmandu Fun Valley which has the best recreational sport activities. Students were accompanied by the Vice Principal, Surina S. Gurung, Mr. Suman Tamang, Hostel-in-charge, Sunil Mishra, Boy's Hostel-in-charge (Senior); Mr. Mahesh Bhandari, Boys' Hostel-in-charge (Junior); Ms. Draupadi (Munu) Devkota, Girls' Hostel-in-charge and Ms. Monika Bantawa, Productive-Art Teacher. Junior students had a great time at the kids pool, which is a functional miniature version of small slides which run into the pool. There were water activities designed for kids below 3 feet. There was also a big swimming pool in which students generated reasonably large waves similar to those in an ocean. Water slides in Kathmandu Fun Valley use a pump system to pump water to the top which is then allowed to flow freely down its surface. The water reduces friction so that sliders travel down the slides very quickly. Water slides run into a swimming pool. A lifeguard is stationed at the top and the bottom of the slide so that riders who get hurt are treated immediately. In the amusement park section, there is a big tower of about 30ft. The tower is attached to a rotating platform, which can accommodate 30-40 people at one serving. It rotates gently and climbs the tower so that one can see and enjoy the view and gently climb down. Students enjoyed their trip. They had lunch in the dining hall. After water sports, they enjoyed themselves in the amusement park.



KINDERGARTEN: FRIDAY FUN DAY ACTIVITIES

Fun has a positive effect on motivation levels, determining what we learn and how much we retain. Learning isn't a one-off event. It requires repetition and dedication. If the experience is fun, learners will stay curious and keep coming back for more. If the learning isn't fun, it won't be effective. Fridays are fun day for kindergarten students as they always come in colourful dresses and do a lot of creative work and make things with the help of their teachers.



KINDERGARTEN: CELEBRATING KRISHNA JANMASTAMI

Janmashtami, the birthday of Lord Krishna is celebrated with great devotion and enthusiasm. According to the Hindu calendar, this religious festival is celebrated on the Ashtami of Krishna Paksh or the 8th day of the dark fortnight in the month of Bhadra. Sri Krishna is considered as the one of the most powerful human incarnations of the Lord Vishnu. He was born around in Mathura 5,200 years ago. The sole objective of Sri Krishna's birth was to free the Earth from the evilness of demons. He played an important role in the Mahabharata and propagated the theory of

bhakti and good *karma* which are narrated deeply in the Bhagwat Geeta. Since, Krishna Janmashtami is about Krishna's birth, the focus is on the younger version of Krishna which means this is a festival that has a lot for the tiny tots. Therefore, a few kindergarten students wore dresses of Krishna and Radha. They were busy in colouring activities on 29 Shrawan, 2074.



SECOND MID-TERM AND SECOND TERM REPORT CARD DISTRIBUTION

Second Mid-Term report cards and second term report cards were distributed respectively on 24 Kartik and 14 Poush respectively. The results of the academic examinations conducted by the school were distributed to parents on these days. Class Teachers gave feedback on students to the parents.

FIRST GALAXY PARENTS' BADMINTON TOURNAMENT 2074

To increase the involvement of parents in the school's activities, the First Galaxy Parents' Badminton Competition was held at Everest Hall, Galaxy Public School on Saturday, 7 Ashwin, 2074. Research shows that students with parents who are involved in their school tend to have fewer behavioral problems and better academic performance, and are more likely to achieve goals than students whose parents are not involved in their school. Altogether, 19 parents participated in the men's singles and 11 parents participated in women's singles. The tournament was inaugurated by Hon. Geeta Chhetri, Chairperson of the school. In men's singles finals, Mr. Ramesh Bahadur Bhandari beat Mr. Udaya Chandra Thapa 18-21, 21-18, 21-17. It was a closely-fought match. In women's singles finals, Mrs. Parajita Adhikari clinched the first place beating Mrs. Tara Devi Rasaily with the score 21-7, 21-7. The result of the tournament is given below:



Men's Singles Final Result		
First	Ramesh Bahadur Bhandari	Father of Apeksha Bhandari 8G2
Second	Udaya Chandra Thapa	Father of Anushree Thapa 2G3
Third	Bishnu Maskey	Father of Saiyam Maskey 3G1
Women's Singles Final Result		
First	Parajita Adhikari	Mother of Saphal Aryal 4G3
Second	Tara Devi Rasaily	Mother of Ashley Rasaily 4G2
Third	Akriti Pandey	Mother of Sanskriti Pandey 10G2

DASHAIN, TIHAR AND CHHATH FESTIVALS

Dashain, the biggest festival of Nepal takes place in the Nepali month of Ashwin (September to October in the Solar Calendar). It lasts for 15 days. Dashain is celebrated in the whole country to celebrate the victory of Goddess Durga over the demon, Mahishasura. In addition to the worship of Goddess Durga, the Nepalis hold celebrates the fertility of the land and a year of good harvest. Meanwhile, Dashain also emphasizes the importance of family reunion, which is helpful in easing social contradictions.

Tihar, also called as Diwali or Deepawali, is the second biggest festival in Nepal after Dashain. It usually takes place in the Nepali month of Kartik (October to November in the Solar Calendar). It continues for five days. During this festival, people worship crows, dogs, cows as well as Goddess Laxmi, the goddess of wealth and luck. Since numerous candles and festive lanterns are lit up for Goddess Laxmi, Tihar is also known as the festival of lights. Chhath parva is celebrated by the people of the Mithila region of Nepal and India. This festival is dedicated to the Sun God. The Sun is called Surya in Sanskrit. Chhat parva is a thanks-giving to Lord Surya for sustaining life on earth

and for worshipping him to provide his continuous blessings to mankind. To mark these big festivals, students of every class conducted various programs like painting earthen butter lamps, making lamp, making festival greeting cards, making kites, making rangolis, participating in musical programs etc. Some of the results of the programs are listed below:-

Lamp Making Competition			Kite Making Competition		
First	Anuja Choudhary	1G1	First	Naman Pathak	3G3
Second	Baishnavi Lungeli Magar	1G1	Second	Sneha Thapaliya	3G3
Third	Manasvi Shah	1G1	Third	Tanuj Das	3G3
Festive Greeting Card Making Competition			First	Aryan Kumar	4G1
			Second	Ajju Maharjan	4G1
			Third	Kuldeep Raj Joshi	4G1
First	Sudin Maharjan	2G2	First	Krish Jaiswal	5G1
Second	Advay Gharti Magar	2G1	Second	Anjalita Bhushal	5G1
Third	Sudhir Shah	2G1	Third	Pradhyot Adhikari	5G1
First	Richen S. Yamphu	6G1	First	Sakshyam Bayalkoti	6G4
Second	Bipashna Shrestha	6G1	Second	Nischal Shrestha	6G4
Third	Prasamsha Kanel	6G2	Third	Prasamsha Kanel	6G2
First	Shristina Paudel	7G1	First	Adhiraj Maharjan	7G3
Second	Aastha Maharjan	7G1	Second	Shuvam Ghimire	7G5
Third	Vaishnavi Shah	7G3	Third	Samyam Balayar	7G4

Kindergarten students made kites and painted butter lamps with various colours. They took them home as souvenirs of the festivals. Primary students danced to their hearts after the competitions. The winners of the competitions were given prizes during their assembly time. Also each child was offered tika, jamara, prasada and dakshina during the program. In the senior section, students performed songs and festival themed music to the audiences. They also made beautiful rangolis in front of the Shiva temple inside the school premises.



VISIT BY THE KOBE UNESCO ASSOCIATION YOUTH

A group of professors and students from the Kobe UNESCO Association Youth visited our school on 21 Bhadra, 2074. The group was led by Mr. Hiroshi Yasui, PhD, Professor of Sociology and International Relations, Faculty of Economics, Kobe-Sannomiya Campus, Japan University of Economics. The group discussed the activities of UNESCO. They also discussed the book "Disaster Prevention Activities Manual" which was handed over to the Vice Principal of our school.



SPELLING COMPETITION - THIRD AND FOURTH ROUND

The Third and Fourth Rounds of Spelling Competition were held on 13 Kartik and 27 Mangsir 2074 respectively. Selected students from the third round participated in the fourth round. The following students have been selected to participate in fifth and final round.

Team	Name	Class	Name	Class	Name	Class
1						
2						
3						
4						

Team	Name	Class	Name	Class	Name	Class	Name	Class
1								
2								
3								
4								
5								
6								
7								
8								

Team	Name	Class	Name	Class	Name	Class	Name	Class
1								
2								
3								
4								
5								
6								
7								
8								

Team	Name	Class	Name	Class
1				
2				
3				
4				
5				
6				
7				
8				



QUIZ COMPETITION – THIRD AND FOURTH ROUND

The Third and Fourth Rounds of Quiz Competition were held on 14 Kartik and 28 Mangsir 2074 respectively. Selected students from the third round participated in the fourth round. The following students have been selected to participate in fifth and final round.

Team	Name	Class	Name	Class	Name	Class

Team	Name	Class	Name	Class	Name	Class	Name	Class
1								
2								
3								
4								
5								
6								
7								
8								

Team	Name	Class	Name	Class	Name	Class	Name	Class
1								
2								
3								
4								
5								
6								
7								
8								

Team	Name	Class	Name	Class
1				
2				
3				
4				
5				
6				
7				
8				



DESIGN CHALLENGE

World Wildlife Fund – Nepal (WWF-Nepal) joined the global celebration of International Snow Leopard Day by organizing a participatory art event in the historic Patan Durbar Square on 23 October 2016. The awareness event organized under the theme “Lend a Hand for the Snow Leopard” saw participation of people from all walks of life who came together to give their hand prints on a community canvas to show solidarity with the elusive cat which turned into a stunning picture of a snow leopard. **Sristina Paudel, Brabim Adhikari** and **Asmita Mahato** from class 7 participated in this international event. They showed the habitat of the snow leopard on a hard board. They also wrote a story on the snow leopard’s habitat. Later they made a presentation on the snow leopard with the help of the aids they had prepared. Through storytelling and display they learnt about the conservation of the snow leopard.



SCHOOL PROJECT: ONION PLANTATION

School vegetable gardens provide an opportunity for children to learn about the source of their food. Students enjoy eating fresh vegetables grown in the school gardens. With this objective, students of classes 8 & 9 planted onions in the school vegetable garden. The students are responsible for the production of certain vegetables. They water the plants and remove the weeds until the vegetables are harvested. Bulb onion or common onion is a vegetable. The most widely cultivated species of onion belongs to genus *Allium*. Its close relatives include garlic, shallot, leek, chive, and Chinese onion.

FIELD TRIP

Field Trips are important to help bridge the gap between education and hands-on experience. It helps students to have a first-hand experience on what they are learning. The experience goes beyond reading about concepts. Students get practical knowledge of concepts taught in class. The school had planned field trips for the students. All field trips have a general and a specific purpose. They are designed to meet the requirements of the syllabus. *Glimpses of field trip photos are shown on the last page of this newsletter.* Details of the Field Trips are given below:

Date	Class	Description
16 Kartik 2074	1	Jawalakhel Zoo
	4	Bhaktapur Durbar Square
17 Kartik 2074	2	Budhanilkantha & ISKCON Temple
	5	Godawari Botanical Garden
19 Kartik 2074	3	Kirtipur Bagwani
	Pre-School	Tiger Lilly Petting Farm
20 Kartik 2074	6	Patan Durbar Square
21 Kartik 2074	7	ICIMOD Godavari
22 Kartik 2074	8	National Museum of Nepal
23 Kartik 2074	9	Aviation Museum, Sinamangal
26 Kartik 2074	10	Godawari Botanical Garden

INTRA HOUSE FOOTBALL TOURNAMENT

Football is one of the most popular games of Nepal. Participation in football, like any other sport, provides many health benefits to students. It’s a physically demanding game that provides an opportunity for players to improve their speed, agility, strength, hand-eye coordination and overall cardiovascular endurance. Intra House Football Tournament was held on 15, 16 & 17 Kartik for classes 6 to 10. The tournament was conducted according to the class and their respective houses, i.e. Red, Yellow, Blue and Green. The results and the names of the participants are mentioned below:-

Class 4				Class 5			
First - Green House		Second – Blue House		First - Red House		Second – Yellow	
Name	Sec	Name	Sec	Name	Sec	Name	Sec
Aron Thapa	G1	Lakchhit Khaniya	G1	Saksham Basnet	G1	Krish Jaiswal	G1
Aryan Kumar	G1	Kuldeep Raj Joshi	G1	Aryan Singh Bhandari	G1	Rawnak Bhandari	G1
Siddhartha P Tamang	G1	Saksham Shrestha	G3	Krish Joti	G2	Rahul Thapa	G1
Rudra Saraswati	G2	Sambhav Thapa	G3	Samir Rauniyar	G2	Adesh Kafle	G1
Saksham Basnet	G3	Saksham Gupta	G4	Akshyat Bista	G2	Eros KC	G2
Bikalpa Shah	G2	Aakash Mandal	G4	Harsh Sharma	G4	Adarsh Pokhrel	G1
Prabanda Gurung	G3	Adarsh Malla	G4	Omkar Pudasaini	G3	Sumit Saini	G2
Samool Khadka	G4	Anis Sharma	G2	Sujal Karmacharya	G3	Nibodh Shrestha	G3
Nima Sherpa	G4	Bashu Bhandari	G2	Nischal Shrestha	G4	Raunak Adhikari	G3
Pratyush Tiwari	G2	Samyog Regmi	G1	Purak Timalisina	G4	Bardan Karki	G3
Sargav Lamsal	G2			Abhi Malla	G4	Sudhir Pradhan	G4
Suyog Shrestha	G1			Rasesh Neupane	G1	Samrat Baral	G4
						Samarpan Adhikari	G3



Class 6				Class 7			
First - Green House		Second – Blue House		First – Red House		Second–Yellow House	
Name	Sec	Name	Sec	Name	Sec	Name	Sec
Subham P Rijal	G2	Saksham Bayalkoti	G4	Ramhari Basnet	G1	Dipen Shrestha	G4
Roshan Rawal	G2	Ambika Rai	G4	Gautam Yadav (C)	G1	Surendra Bhujel	G3
Sushant Pahari	G4	Rahul Gupta	G2	Jeevan Basnet	G3	Anish Atreya	G1
Tenzing Gurung	G4	Jenish Neupane	G2	Sudip Shah	G1	Namaraj Karki	G3
Ashbin KC	G1	Shrijan Raut	G3	Naresh Koirala	G3	Bishesh Magar	G3

Class 6				Class 7			
First - Green House		Second – Blue House		First – Red House		Second–Yellow House	
Name	Sec	Name	Sec	Name	Sec	Name	Sec
Harshal Achhami	G3	Chirag Agrawal	G3	Ravi Pokhrel	G1	Sujan Pokhrel	G4
Soham Ghimire	G2	Saiujya Jung Karki	G3	Naman Baskota	G3	Bijesh Karki	G2
Shreejan Ghimire	G3	Prabhat Shrestha	G3	Subham Bhochibhoya	G4	Raul Pandey	G4
Pratisthit Khania	G2	Suhrid Ghimire	G2	Ayush Kunwar	G4	Sagun Shrestha	G4
Sirshak Aryal	G1	Aashish Risal	G1	Prayash Kanel	G1	Aayush Das	G3
Sudin Neupane	G4	Nimesh Raj Thapa	G2	Shubhank Srivastava	G1	Deep Rawal	G2
Krish Shrestha	G4	Dipsun Kafle	G1	Adarsh MS Basnet	G3	Aaayush Gurung	G4



Class 8				Class 9			
First – Blue House		Second – Yellow House		First – Yellow House		Second – Red House	
Name	Sec	Name	Sec	Name	Sec	Name	Sec
Bikalpa Shrestha (C)	G3	Shashank Bhujel	G3	Sambhu Tamang	G4	Bijayan Rai	G1
Karma Gurung	G2	Ashim Sangat	G3	Subash Yadav	G4	Dawa T Sherpa	G4
Rozan Adhikari	G5	Aman Neupane	G4	Rohil Rai	G3	Sulove Shrestha	G1
Pasang Dawa Sherpa	G4	Pratyush Koirala	G4	Upen Parajuli	G3	Sarjak Neupane	G1
Kritul Baniya	G4	Prasanna Dhungana	G1	Suyog Man Pradhan	G4	Avash Joshi	G2
Ram Babu Tiwari	G5	Aaditya Dhungana	G1	Yubraj Upadhyay	G3	Bardan Mainali	G2
June Chapagain	G1	Aadivya Shrestha	G4	Shyam Bayalkoti	G5	Oscar Gurung	G3
Prabesh Sigdel	G3	Tushar Thapa Magar	G3	Shreejan Raj Bhandari	G4	Pratik Shah	G5
Sushant Chhantyal	G2	Nishant Jain	G4	Simon Onta	G4	Ayush Yadav	G5
Norden Sherpa	G2	Hridaya Giri	G2	Raghav Maharjan	G5	Sampanna Khadka	G4
Sumit Gupta	G4	Prashant Bhandari	G1	Khagendra Mahaseth	G4	Cyrus Singh	G5
Diparshan Shrestha	G4	Hemang Limbu	G3	Aashish Ojha	G4	Sakshyam Chhatkuli	G1
Prabesh Tiwari	G2	Anish Chitrakar	G5	Nischal Singh Bista	G1	Parash Lamichhane	G3
Rohan Gupta	G2	Niraj Maharjan	G3	Omi Karki	G3	Anish Deulyal	G4
Ashmit Khadka	G5	Sagun Nepal	G1	Prayash Magar	G3	Ronil Limbu	G5



Class 8 Winners - SECOND



Class 8 Winners - FIRST



Class 9 Winners - SECOND



Class 9 Winners - FIRST



Class 10 Winners - FIRST



Class 10 Winners - SECOND

Class 10			
First – Green House		Second – Blue House	
Name	Sec	Name	Sec
Durga Shrestha	G2	Bishowjit Basnet	G2
Aditya Panta	G1	Vansh Gupta	G2
Kritin Pradhan	G2	Pemba Sherpa	G3
Shaswat Sigdel	G3	Subash Gurung	G4
Pranjal Chalise	G1	Hritik Chhantyal	G4
Sandesh Upadhyay	G2	Manish Bhandari	G3
Diwash Gautam	G3	Tarun Budhathoki	G5
Sanskar Chaulagain	G3	Ronan Pradhan	G4
Arjun Bhatta	G5	Bicky Jaiswal	G4
Basant Joshi	G3	Aniketh Dongol	G5
Punjan Gandhari	G4	Biraj Niraula	G4
Hriden Shrestha	G2	Parash Niraula	G2
Chandra P Neupane	G2	Darshan Poudel	G3
Simon Ghale	G3	Ashish Raj Adhikari	G1
Samip Lamsal	G1	Chirag GT Magar	G4
Aayush Sharma	G4	Manish Shrestha	G5



33. 8TH CHILD ICON

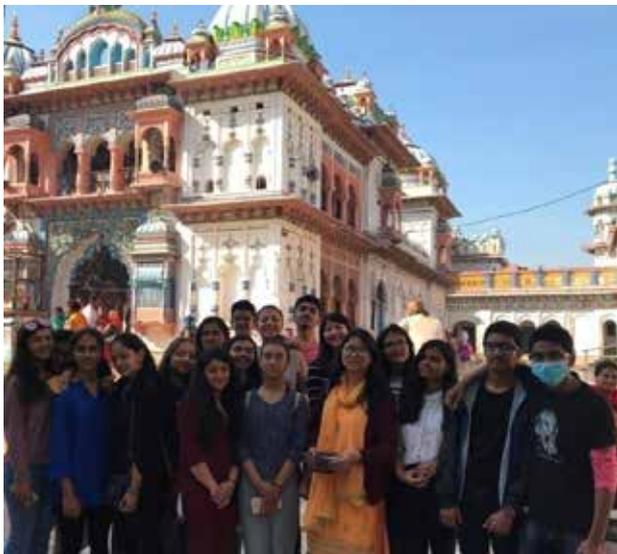
8th Child Icon was organized by Media Land. They have been conducting these flagship annual initiatives – Child Icon and Junior Battle from the year 2010. The main objective of conducting these initiatives is to identify their true strength, their hidden talents, and their aspirations and provide them with appropriate platforms to showcase their worth. They also impart customized training sessions to embed values of honesty, integrity and compassion towards humanity. **Bidusee Sharma** of class 5 clinched the title of **“First Runner Up”** and **“Best Performer”** amongst 53 other participants on 11 Kartik 2074. She received a trophy, certificate, gift hamper and bouquet. School fraternity would like to congratulate Bidusee Sharma for the prestigious achievement.



13TH NATIONAL CONVENTION ON STUDENTS’ QUALITY CIRCLES

13th National Convention on Students’ Quality Circle (13 NCSQC’ 17) was hosted by Monastic Secondary English Boarding School, Janakpurdham, Dhanusha, Nepal and organized by QUEST Nepal. This convention saw gathering of 72 schools and 1300 students from all over Nepal. The event was held from 30 Kartik to 2 Mangsir 2074 for three days. Altogether 17 students participated in various events and their names are mentioned below:-

S. No.	Name of the students	Class	Participated in
1.	Shreela Gurung	9G1	Case Study Presentation, MMTQP Award, SQC Quad Champ, SQC Community Service
2.	July Chapagai	9G1	Case Study Presentation, Collaborative Collage, Leadership
3.	Pichsinee Ghimire	9G4	Case Study Presentation, Dr. Mithilesh Cancer Awareness Award, Radio Jockey
4.	Sadichchha Panthi	9G1	Case Study Presentation, Collaborative Collage, Environment
5.	Aashma Bhatt	9G1	Case Study Presentation, Dr. Mithilesh Cancer Awareness Award, KAIZEN Café
6.	Stuti Kafle	9G2	Case Study Presentation, Quality Quiz, Slam Poetry
7.	Sarasij Bhadra Karna	9G1	Case Study Presentation, SQC Quad Champ, SQC Quad Champ
8.	Saksham Chhatkuli	9G1	Case Study Presentation, Dr. Mithilesh Cancer Awareness Award, Photography
9.	Smritee Regmi	9G2	Case Study Presentation, Quality Quiz, Mithila Art
10.	Isha Bista	9G2	Case Study Presentation, Collaborative Collage, Socrates Café
11.	Pranav Shrestha	9G1	Case Study Presentation, Collaborative Collage, Mithila Art
12.	Girwan Paudyal	9G1	Case Study Presentation, MMTQP Award, Quality Quiz, Radio Jockey
13.	Shakshi Jha	9G2	Case Study Presentation, Environment
14.	Arju Bhandari	8G2	Case Study Presentation, SQC Quad Champ, Slam Poetry
15.	Sneha Roy Yadav	8G2	Case Study Presentation, SQC Quad Champ, Photography
16.	Barsha Karki	8G3	Case Study Presentation, Quality Quiz, SQC Community Service
17.	Debansi Singh	8G2	Case Study Presentation, Leadership



INTER SCHOOL TRADITIONAL INSTRUMENT COMPETITION

Inter School Traditional Instrument Competition was organized by Bagmati Boarding School, Sokedhara, Kathmandu on Saturday, 2 Mangsir 2074. Our school stood fourth in this competition and the names of the students who participated in this instrument competition are mentioned below:



S. No.	Name	Class	Instrument
1	Dipen Shrestha	7G4	Flute
2	Namraj Karki	7G2	Flute
3	Gautam Yadav	7G1	Flute
4	Raul Pandey	7G4	Flute
5	Samyam Balayan	7G4	Flute
6	Sushan Nath Shrestha	8G3	Madal
7	Raghav Maharjan	9G5	Madal
8	Pawal Rai	7G4	Madal
9	Surrendra Bhujel	7G3	Flute
10	Jigyasha Sonam	8G1	Jhyampta
11	Apeksha Bhandari	8G2	Violin
12	Shashank Bhujel	8G3	Tyankuri
13	Shreeja Pradhan	9G2	Damaha
14	Peshal Kumar Shrestha	8G1	Dhime, Ghungru
15	Gagan Biswakarma	10G5	Guitar
16	Prabesh Sigdel	8G3	Madal

INTER SCHOOL DEBATE COMPETITION

On the occasion of United Nations Day 2017, Inter School Debate Competition was held at Galaxy Public School on 13 Kartik 2074. The event was organized by Sitapaila UNESCO Centre under the umbrella of United Nations Educational, Scientific and Cultural Organization (UNESCO). More than 10 schools participated in the competition. In this competition, **Tara Chaulagain** of class 10 stood First and received a Medal and a certificate. The theme of the debate was "United Nations and Child Right".



NUTRITIONAL AWARENESS PROGRAM

Eating healthy and being active are important, but choosing a healthy snack, planning a nutritious meal or checking the nutrition label on an item are not always easy for people with limited knowledge and resources. Nutrition is Important for brain's development, energy supply, metabolism, neurotransmission and cognitive functioning, with research suggesting beneficial effects last well into adult years. Nestle Milo Group conducted "**Nutritional Awareness Program**" to the parents of Preschool on 1 Mangshir 2074 in the School Auditorium. Trial packets of Nestle Ceregrow (multigrain cereal with milk and fruits) were provided to the parents. They promoted their product saying that it was nutrient rich and good for the overall development of child's growth.

NESTLE MILO NATIONAL QUIZ 2017

On 29 Bhadra 2074, Nestle Milo Conducted "**Nestle Milo National Quiz 2017**" at our school from classes 3 to 8. All the students from classes 3 to 8 participated in the contest. They were provided with the objective type questions, which they had to attempt in their respective classes. The students were given Milo drink during the quiz test. The winners were provided with a medal and certificate. The names of the winners are mentioned below:-



Class	Position	Name
3	First	Rishav Rai
	Second	Pranjal Rajbahak
	Third	Sudip Roka
4	First	Jinee Shah
	Second	Siddhartha P. Tamang
	Third	Ranee Rizal
5	First	Krish Jaiswal
	Second	Bidusee Sharma
	Third	Prachi BASHYAL
6	First	Swarna Rauniyar
	Second	Prajwol Bhandari
	Third	Pujan Shrestha
7	First	Arman Mustafa
	Second	Anish Atreya
	Third	Sudip Shah
8	First	Sanjay Paudel
	Second	Aman Neupane
	Third	Sarthak Tiwari



EVALUATION OF INSTRUMENT CLASSES

The Chinese philosopher Confucius said long ago that “Music produces a kind of pleasure which human nature cannot do without”. Playing a musical instrument has many benefits and can bring joy to all of us. The benefits of playing musical instruments are; increases the capacity of memory, refines time management and organizational skill, boosts team skill, teaches perseverance, enhances coordination, increases responsibility, exposure to cultural history, promotes social skill and creates sense of achievement. In our school, playing instruments is one of the Extra-curricular Activity. Here, students learn to play madal, guitar, flute, tabala and violin. In each term, Head teachers evaluate every instrument classes to observe the progress of playing instrument by the students.



CLEANING CAMPAIGN

On 31 Bhadra 2074, a cleaning campaign was carried out by Rudramati Sarokar Samaj, Ratopul Kathmandu. The program was initiated to spread awareness to local people living around Rudramati Nadi (Dhobi Khola). A lot of local people along with the residential students of our school gathered near the river that morning. The Chairperson of the school, Ms. Geeta Chhetri Rana inaugurated the program with a short speech about the importance of river in our society. All the students worked hard to clean the surrounding area and requested people not to dispose waste near the river.



TEEJ CELEBRATION AT SCHOOL

Teej is the fasting festival of women in Nepal. It falls in the month of August or early September. Married women observe Teej fast to honor Lord Shiva and for long and healthy life of their husband. Unmarried girls also observe fast on this day for a good husband. Teej celebrations last for three days. First day is called 'Dar Khane Din', the day to make merry; second day is a 'fasting day'; and the third day is called 'Rishi Panchami', which is a day to perform Teej Puja. Traditional dances and songs form an important feature of Teej celebrations. Red color is considered auspicious for women observing Teej fast and so most of them dress up in red or bridal clothes. The Vice Principal of the school offered gifts to all the lady teachers during Teej festival at the school.



STUDENT'S ARTICLES

पानी

पानी पानी पानी खाऊ सानी नानी
सधैं भरी खाने गर उमालेको पानी
नुहाउने पानी, खाने पनि पानी
पानी बिना चल्दैन है हाम्रो जिन्दगानी
पानीको जन्म हुन्छ समुन्द्रबाट नानी ।

-क्रीशा बुढाथोकी / १जी१

BUTTERFLY

Red, Blue, Yellow Butterfly
Fly high in the sky
Oh' my dear come near
Oh' my dear come near
Let's play together
My beautiful butterfly
Fly fly fly in the sky.

-Binita Pahari/1G1

हिमाल

कस्तो हुन्छ, हिमाल
मलाई पनि हेर्नु छ
सानो हुन्छ, की ठूलो हुन्छ
मलाई पनि देख्नु छ ।
तिम्रो हिमालको कथा सुनेर
मलाई हिउँ छुन मनपन्थो
कस्तो हुन्छ, हिमाल
मलाई पनि हेर्नु मनपन्थो ।

-सुधीर साह / २जी१

तरकारी

धेरै पहिले एउटा गाउँमा मदन भन्ने केटो बस्दथ्यो । ऊ जहिले पनि दाल र भात मात्र खान्थ्यो । उसले कहिल्यै पनि हरियो साग सब्जी, गेडागुडी र अरू तरकारी खाँदैनथ्यो । तरकारी नखाएको कारणले गर्दा मदन दुब्लो र पातलो थियो । उसका दुवै आँखा कमजोर थिए । मदनले सागसब्जी र अन्य तरकारी खाँदैन भन्ने कुरा उसको गुरुले थाहा पाउनुभयो र उसलाई धेरै सम्झाउनुभयो । तरकारी खाँदा हुने फाइदा र नखाँदा हुने बेफाइदा सबै बताउनु भयो । त्यसपछि मदनले बिस्तारै तरकारी खान थाल्यो ।

-अनुजा चौधरी / १जी१

BIRTHDAY GIFT

Once upon a time there was a small girl named Pansy. She was cute and beautiful. She always dreamt of having a big princess doll with her. Then her birthday arrived. When she woke up in the morning, she saw a big gift box beside her bed. Curiously, she opened the box and inside, there was a big princess doll. She was happy and thankful to her parents for the special birthday gift.

-Soyam Niraula/1G1

MY PUPPY

Its funny my puppy knows
Just how I feel
When I am happy
He is happy and moves like an eel

When I'm grumpy
He is stumpy and stays by my heel
It's funny how my puppy knows
Such a great deal?

- GrishmaThapaliya/3G1

BIRD

What is that?
What is that?
I want to see it
Is that a bird?
Red, blue and white,

Wow! What a beautiful bird!
I like that bird
I want to see it.
Love it more
And play with it.

-Gargi Shah/ 2G1

खोला

माथि बाट बगेर आयो सानो सानो खोला
म स्कुल जाँदै छु बोकेर भोला
होला होला खोलामा धेरै माछाहरु होला
खोला बगेर कहाँ पुग्छ, कसलाई थाहा होला?

खोलामा फाल्नु हुँदैन फोहोर
होलीमा खेल्छन् सबै पानीका लोला
खोला अन्तिममा पुगेपछि
कहाँ जान्छ होला ?

-आबाज निरौला / ३जी१

गाजर

एकादेशमा एउटा बच्चो थियो । त्यो बच्चो एकदमै टि.भी. हरेर बस्थ्यो । उसको आँखा बिग्रियो । एकदिन उसकी आमाले भनिन् "तिमीले चस्मा लगाउनुपर्छ ।" अनि उसले भन्यो "नाइ नाइ म चस्मा लगाउँदिनँ ।" उसकी आमाले भन्नुभयो "हुन्छ, तर तिमीले दिनदिनै गाजर खानुपर्छ ।" उसले हुन्छ भन्यो, अनि उसले दिनदिनै एउटा एउटा गाजर खाँदै गयो । उसको आँखा तेजिलो हुँदैगयो र राम्रोसँग आँखा देख्न थाल्यो । आमा र बच्चो एकदम खुसी भयो ।

-अद्वे घर्तिमगर / २जी१

CABBAGE

Once upon a time, there was a big vegetable shop. The shop had lots of vegetables like potatoes, cauliflower, carrot, broccoli and other green vegetables. There were cabbages too. The cabbages were green in colour. One girl came to the shop and bought the cabbage. She went home, cooked the cabbage and ate it. The cabbage was very tasty. She liked it very much. She wanted another cabbage to eat. She went to the shop to buy another cabbage, but unfortunately it was late and the shop was already closed. She was sad but thought of coming the other day to buy another tasty cabbage to eat

- Shreeya Gautam /2G1

बाँदर

एकादेशमा एउटा ठूलो जङ्गल थियो । त्यो जङ्गलमा एउटा ठूलो रूख थियो । त्यो रूखमा धेरै बाँदरहरू थिए । एउटा घमण्डी र लोभी बाँदर पनि त्यही रूखमा बस्थ्यो । त्यो बाँदरहरूको नाइके पनि थियो । ऊ अरु बाँदरहरूलाई रूखबाट धकालिदिन्थ्यो र आफ्नो लागि आहारा खोज्न पठाउँथ्यो । ऊ धेरै अल्छी थियो । उसले केही काम नगरिकन सुत्ने र खाने गर्थ्यो । यसले गर्दा अरु बाँदरहरूलाई रिस उठ्यो र उनीहरू मिलेर एउटा योजना बनाए । उनीहरू घमण्डी बाँदर कहाँ गए र भने "हामीले एउटा केराको रूख देखेका छौं र त्यो रूखमा धेरै पाकेका मीठा केरा छन् ।" उनीहरूको कुरा सुनेर त्यो घमण्डी बाँदरले भन्यो, "कहाँ छ त्यो रूख ? मलाई पनि भन" अरु बाँदरहरूले त्यो रूखमा जाली राखेका थिए । जब त्यो घमण्डी बाँदर केरा खानका लागि रूख चढ्यो ऊ जालीभित्र फस्यो । अरु बाँदरहरू उसलाई देखेर हाँसे । त्यो दिनदेखि घमण्डी बाँदरले आफू घमण्डी, लोभी र अल्छी नहुने वाचा गर्‍यो । त्यसपछि सबै बाँदरहरूले उसलाई जालीबाट निकालेर माफी दिए ।
नैतिक उपदेश : सबैसँग मिलेर बस्नुपर्छ । सहयोगी हुनुपर्छ ।

- प्रेसिओसा पाण्डे / ३ जी १

PRINCESS

Once upon a time in a far away land there used to be a beautiful palace. In the palace there lived a king, a queen and their princess. They used to live happily with each other. Everybody used to respect them. One day while the king went to the jungle to hunt, he got killed. When the queen heard this news, she also died due to heart attack. The Princess was left alone. She was very sad. She always used to sit alone and cry. One day she thought that she shouldn't cry anymore and started working and making her life busy. She started to work very hard to develop her country. All her citizens were happy with her and loved and admired her. Later, she married a handsome prince and both lived happily ever after.
Moral: Hard work leads to success.

-Pratish Bhattarai/ 3G1

मेरो देश

मेरो प्यारो देश कति राम्रो हेर
अगला-अगला हिमाल, हरिया-हरिया पहाड

मेरो प्यारो देश, कति सुन्दर हेर
रङ्गी बिरङ्गी फूल, कति राम्रा हेर

मेरो प्यारो देश, कति सफा हेर
कलकल बग्ने खोला, चिबिबि गर्ने चरा

मेरो प्यारो देश, कति सफा हेर
चाँदी झैं टल्कने हिमाल हेर

- पल्लिस्था श्रेष्ठ / ४ जी १

PICNIC

People go and eat at the picnic
They go there for fun and fair
In picnic there are varieties of food
People are in good mood
There are bread, jam, meat and fish

And people eat the tasty dish
People have fun, they play hide and seek
They look at watch and it says tick-tick
They go home and sleep in their pillow of foam
Everyone enjoys the picnic but the day is gone.

- Pracheeta KC/4G1

आहा ! हरियो वन

आहा ! हरियो वन
आहा ! कति राम्रो हरियो वन
रूखे रूखले भरिएको
भुइँमा पात भरिरेहेको
जङ्गली जनावरले भरिएको वन
हेर्दा खेरिनै आनन्द हुन्छ यो मन
हरियो वन हो प्राकृतिक सम्पदा
वृक्षारोपण गरेर बढाऔं सुन्दरता
जङ्गली जनावरहरू छन् यहाँ धेरै
खोला नाला छ यहाँ धेरै
यो हो मेरो सुन्दर सुन्दर हरियो वन
यो सुन्दर वन बन्छ नेपालको धन ।
- सान्निध्य अर्थात् / ५ जी १

आमा बुवाको सपना

मेरो आमा बुवाको सपना हामी राम्रो मान्छे बन्न सकोस् भन्ने हो । आमा बुवाको सपना पूरा गर्न यी कामहरू गर्नुपर्छ । जस्तै राम्ररी पढ्ने, भगडा नगर्ने, दुःख नदिने, आदि काम गर्नु भन्ने हामी भविष्यमा ठूलो मान्छे बन्न सक्छौं र आमा बुवाको सपना पूरा गर्न पनि सक्छौं । यसरी आमा बुवाले सिकाएको राम्रो कुरा ग-याँ भन्ने एकदिन हामीले आफ्ना आमा-बुवाको सपना पूरा गर्न सक्छौं । आमा बुवाको सपना पूरा गर्न हामी ज्ञानी पनि हुनुपर्छ । आफूले पढेर मात्रै राम्रो हुने होइन, राम्रो व्यवहार गर्न पनि जान्नु पर्छ ।

- निरन्जना मानन्धर / ४ जी १

THE FARMER

Once upon a time there was a small village. There lived a farmer near a river. He always worked hard and was always tired. He always used to have very few things to eat, but he used to save them for the other day. One day, he found a gold coin in the river. He was very happy. The next day, he found another gold coin. This way he collected quite a lot of gold coins. His poverty days were over and he became wealthy. He was not poor anymore. He started helping his fellow people and all the village men lived happily ever after.

- Samyog Regmi/4G1

आमा

एकादेशमा एउटा केटो थियो । त्यो केटोले आफ्नी आमालाई आदर गर्दैनथ्यो । तापनि उसकी आमाले उसलाई धेरै माया गर्थिन् । उनीहरू धेरै गरिब थिए । एकदिन त्यो केटो बिरामी भएछ । उसकी आमालाई धेरै चिन्ता भयो । उसकी आमाले धेरै दुःख उठाएर मानिसहरूको काम गरेर पैसा कमाएर उसको उपचार गरिन् । त्यो दिन उसले आफ्नी आमाको प्रेम देख्यो । त्यो दिनदेखि उसले आफ्नी आमालाई माया र आदर गर्न थाल्यो ।
शिक्षा : हामीले आफ्नो परिवारको सबै सदस्यलाई माया र आदर गर्नुपर्छ ।

- आज्ञु महर्जन / ४ जी १

FESTIVAL

There are many types of festivals in a year like Tihar, Dashain, Holi, Teej etc. Festivals are times when we celebrate and enjoy with our families and friends. My favourite festival is holi because we can play with different colours, water balloons etc.

It is fun to play water balloons with our friends. I also like Tihar because we can play with crackers and enjoy eating sweets and selrotis with our family and friends. We also pray Goddess Laxmi so that we receive her blessings all the time. It is one of the biggest festivals in Hindu religion.

- Aryan Kumar/4G1

लापरवाही राम

एकादेशमा एउटा शहर थियो । त्यहाँ एउटा राम नामको केटो र उसका आमाबुबा बस्थे । रामको परिवार सम्पन्न थियो । केही चिजको पर्वाह थिएन । रामकी आमा सधैं महँगो गहना लगाएर हिँड्नुहुन्थ्यो । रामको बुबा सुनको घडी र औँठी लगाएर हिँड्नुहुन्थ्यो । उनीहरू सधैं ठूला ठूला कुरा गर्थे । त्यसैले विद्यार्थीहरू र टोलका मानिसहरू राम र उनको परिवारलाई मनराउँदैनथे । धेरै दिनसम्म यस्तै चल्यो । अनि रामको जाडो बिदा भयो। रामको परिवारले रात्री बसमा गाउँ जाने सोचे । राति डाँकाहरूले बस लुटे । अब रामको घरमा एक रूपियाँ पनि थिएन । बसका यात्रुको अनुसार उनीहरू घर फर्किए । उनीहरूले घरको खर्च तिर्न गाह्रो भयो र दुःखसँग बस्नुपुन्यो । यो देखेर टोलका मानिसहरू र विद्यार्थीहरूले रामको परिवारका बारेमा कुरा काटे । रामको परिवारले सोचे कि उनीहरूले लापरवाही गर्नुहुँदैन । उनीहरूलाई धेरै पछुतो भयो । शिक्षा : कहिले पनि लापरवाही नगरौं ।

- आश्या पौडेल / ५ जी १

INTERNET

Internet is a means of communication, It is famous over all the generation, Internet is very useful, It helps us make our lives wonderful.

Through the internet, We can also learn, Sitting at home, By using it any one can easily earn.

Sometimes I wonder, Oh ! Who invented you? Internet if not invented, What would we do?

Internet has both, Advantage and disadvantage, It is popular among, All the people of different ages.

- Bidusee Sharma/5G1

सम्पत्ति

धेरै धन धेरै लोभ,
धेरै छ सम्पत्ति ।
धेरै काम गरी पाइन्छ,
धन कति कति ॥

सम्पत्ति पाएपछि मानिस खुसी हुन्छ,
पछि गएर खुसी लोभमा बदलिन्छ ।
धन पछि बढ्दै गई,
घमण्ड नि बन्छ ॥

धन र सम्पत्तिले,
सुख दिन्छ भन्छन् ।
हासौं र खुसीलाई,
पर भगाईदिन्छन् ॥

धन र सम्पत्तिको लोभी बन्नु हुन्छ,
कुनै दिन सम्पत्ति कतै हराई जान्छ ।
हाम्रो दुःख सुख सबै,
आफूसँगै लैजान्छ ॥

- विपासना श्रेष्ठ / ६ जी १

FLYING KITES

The time has come,
To fly the kites
The time has come,
To make up fights

We went to the ground,
To fly the kites
Then another group,
Came in sight

They challenged us,
For the fight of kite
We didn't want to step back
So we accepted it

Then the fight started,
Up in the sky, we won the fight
Cause they gave up, the kites
had gone
Very far from our sight

- Manish Adhikari/6G1

THE HELPLESS DOG

Long ago in Italy, there lived a stray dog. His name was Bruno. He had lost his right leg in an accident. He had no one to take care of him. He was always sad. One morning when Bruno was looking for food, he saw a girl coming from bakery shop. He followed her. The girl got scared she said softly. "Go away! Don't come here," but he came closer. She dropped her cake with fear. Then the dog waved his tail and ate the cake. The girl was not afraid after the dog happily ate the food. Soon they became very good friends. The girl always played, gave food to the dog and the dog also used to wag his tail and wait in Bus Park where that girl used to wait for her bus. It was the same routine for some days but one day when the girl came back from school the dog was not there. She called, "Bruno see I am here," but the dog did not reply. Then she found out that Bruno had been hit by a truck. She cried and called out for help but no one helped her. It was the last moment of Bruno's life. The girl then decided to become a vet and help stray dogs so that no homeless dogs would have to suffer thereafter.

-Kavya Pradhan/5G1

WINTER SEASON

Winter season normally falls during November - January time. We wear woolen clothes during winter season. We wear jackets, sweaters, socks, hats and gloves or mittens etc. Some parts of world become very cold during winter season like Antartica. It also snows on some part of the world during winter season. We like sitting in front of the firewood or heater and feel the warmth and enjoy hot cooked meal. We don't like coming out of the bed and take bath. We light up the fire and enjoy hot home cooked meal and enjoy with our families and friends. Sometimes, the sky remains foggy in the morning. When the sun shines, during winter season, we feel very happy. We like eating tea, coffee or hot hot momos. I like winter season very much.

- Krish Jaiswal/5G1

मनोजको प्रयास

एकादेशमा एउटा गाउँ थियो । त्यस गाउँमा दुईजना दाइभाइ आफ्नी आमासँग बस्थे । दाइको नाम मोहन र भाइको नाम मनोज थियो । उनीहरूको बुबाको मृत्यु उनीहरू सानै छँदा भएको थियो । दुबै जना त्यहीँ नजिकैको विद्यालयमा पढ्थे । उनीहरू ज्ञानी थिए र ठूला वडाको आदर गर्थे । मोहन अलि अल्छी थियो भने मनोज फूर्तिलो थियो । उनीहरू कहिल्यै भगडा गर्दैनथे । उनीहरूको विद्यालयमा विभिन्न खेल प्रतियोगिता हुने गर्दथ्यो । दुवै जनाले कक्षा १२ पास गरे र उनीहरू सहरमा पढ्न गए । उनीहरूले पढ्दा पढ्दै खेलकुदमा पनि राम्रो गर्दै गए । मनोजले भविष्यको लागि तयारी गर्न थाल्यो तर मोहन पछि पछि भनेर आफ्नो समय खेर फाल्न थाल्यो । एकदिन नेपाल सरकारले राष्ट्रिय खेलाडी छनोट गर्ने भयो । दुवैजना खेलमा सहभागी भए तर छनोट भएनन् । उनीहरूले फेरि प्रयास गरे तर फेरि पनि सफल भएनन् । मोहनले हार मान्यो र तेस्रो पटक गएन तर मनोज गयो । यसपटक मनोजको मिहिनत खेर गएन र ऊ खेलमा राम्रो खेल्ने खेलाडीको रूपमा चयन भयो । हेर्दा हेर्दै ऊ राष्ट्रिय खेलाडीको कप्तान भयो । उसले आफ्नो कडा प्रयास र मिहिनतले गर्दा धेरै मान र प्रतिष्ठा पायो । अन्तिममा मोहनले पनि हार मान्न हुँदो रहेनछ, मेहेनत र कडा प्रयासको फल राम्रो हुन्छ भन्ने बुझ्यो र प्रयास गर्दै गयो ।

- प्रज्वल भण्डारी/ ६ जी १

वैदेशिक रोजगार

वैदेशिक रोजगार भनेको विदेशमा गएर पैसा कमाउनु हो । हामीले विदेशमा गएर पैसा कमाउनु भन्दा त आफ्नै देशमा बसेर देशको विकासको निम्ति काम गर्नुपर्दछ । हामीले स्वदेशमा भएको प्रतिफल विदेशमा दिनुहुँदैन । कतिपय मानिसहरू विदेशमा गएर काम गर्छन् । स्वदेशमा भएको प्रतिफल विदेशमा दिन्छन् । हामीले आफ्नो तर्फबाट जतिसक्नेको आफ्नै देशको निम्ति काम गर्नुपर्दछ । देशको विकास गर्न हामीले आफ्नै देशमा बसेर देशको निम्ति काम गर्नुपर्दछ, स्वदेशमा भएको प्रतिफल विदेशलाई दिनुहुँदैन र आफ्नै देशको विकासमा लाग्नु पर्दछ । हाम्रो देशको विकास नहुनुमा राम्रो र दक्ष जनशक्ति उत्पादन नभएर नै हो । राम्रो र दक्ष जनशक्ति उत्पादन गर्न हामी हाम्रो देशको निम्ति काम गर्नुपर्दछ । विदेश गएर अरुको चाकरी गर्नु भन्दा त आफ्नै देशमा बसेर देशको विकासको निम्ति काम गर्नु बुझ्नुपर्दछ । देशको विकास गर्न अरु पनि निम्न तरिकाहरू छन् । हामीले देशको निम्ति राम्रो काम गर्नु भने हामीलाई भावि मानिसले भविष्यमा सम्झन्छन् । मैले पनि देशको निम्ति काम गर्ने सोच गरेकी छु । देशलाई विकसित बनाउन म केही महत्वपूर्ण काम गर्नेछु ।

- स्वर्ण रौनियार/ ६ जी १

सहिद

मरेर गए, लोकतन्त्र ल्याए,
सारा जनतालाई खुसीयाली दिए ।
यी महान् व्यक्तित्व फूल भैं फुले,
जनताको मनमा बस्न सफल भए ।

नाम उनीहरूको सहिद हो,
यिनै जस्तो अब बन्छ को ?
पानी सरी बगी गए,
यिनीहरू जनताका प्रिय भए ।

वीरता देखाइ विरोध गरे,
राणाहरू छक्क परे ।
जनताका लागि प्राण समर्पण गरे,
यिनीहरू जनताका प्रिय पात्र भए ।

वि.सं. २००७ सालमा यिनीहरू मरे पनि,
धर्तीबाट बिदा भएर पानीसरी बगे पनि ।
छन् यिनीहरू अझै अमर,
मरेर यी गए पनि ।

- आज्ञा मिश्र/७ जी १

IMPORTANCE OF SCIENCE & TECHNOLOGY

Science is a study of plants, space, animals, birds etc. Technology means the modern way of using science and new inventions, discovery etc. Science and technology are very important in our life. Some of the things which science and technology have given us are: home to live, pen to write, clock to know the time, clothes to wear etc. The negativities of science and technology are mainly pollution, overusing of natural resources, damaging our health by adding chemicals to grow the crops faster etc. Without science and technology, we would now be as the ancient people hunting for animals and living in a house made up of hay or under tree shade, drawing pictures with stones and we would also not know about education. We could not have imagined a luxurious life which we are living now. If we use science and technology in proper way, it is a boon but if we misuse it, definitely it will be a curse.

- Pujan Shrestha/6G1

FRUSTRATED

Once upon a time, there lived a busy woman named Lily. She had a busy life and got no rest. She had to go to office to work, go to school to take her child home, do household work, and help her child to do homework as she was a single mother. Her work increased from day time to both day and night time. She was so frustrated that she thought of giving up on her life. But as she thought of giving up, there was a voice inside her that would encourage her to stay strong and not give up. Looking at her child she would know that she should live not for herself but for her child. Lily began living a happy life full of encouragement and positivity with her son

Moral: We should always look towards the brighter side of our life.

- Ichya Kandel/6G1

विद्यार्थी हुँदा कक्षाकोठा सरसफाइ गर्दाको अनुभव

हिजो हामी कक्षा ७ का विद्यार्थीहरूले आफ्नो कक्षाकोठा मिलाउने र त्यहाँको सरसफाइ गर्ने भन्ने निर्णय गर्‍यो । पहिले त कसैले पनि सरसफाइ गर्न मानेका थिएनन् तर जब हामीले उनीहरूलाई प्रेरित गर्‍यो, तब उनीहरू बल्ल माने । हेर्दा त हाम्रो कक्षाकोठा सफा नै देखिन्थ्यो तर जब हामी कोठाको कुना कुनामा सरसफाइ गर्न थाल्यौं तब हाम्रो काम बढ्यो । हाम्रो कक्षाकोठा सफा देखिए पनि त्यहाँ धेरै फोहोरहरू थिए, जताततै कागजहरू थिए । हामीले बाल्टीमा पानी ल्याएर भित्ताहरू पुर्‍यो । कुचोको सहायताले त्यहाँ बढ्यौं अनि साथीहरूसँग कुराकानी गर्दै काम गर्‍यो । यी सबै कामहरू गर्दा मलाई धेरै राम्रो अनुभव भयो किनभने त्यही दिन हामीले सरसफाइका फाइदाहरूका बारेमा पढेका थियौं र त्यो फाइदाको बारेमा मलाई दिमागमा आयो र म खुशीसाथ काम गर्न थालें । सरसफाइ गर्दा धेरै रमाइलो हुँदो रहेछ भन्ने कुरा मलाई थाहा थिएन । घरमा आमाले केही काममा सहायता गर भन्दा म मुख बिगाउँ तर त्यो दिन मलाई धेरै राम्रो लाग्यो । सरसफाइ गर्दा केके कुरामा ध्यान दिनुपर्छ भन्ने बारेमा थाहा पाएँ । त्यसपछि हाम्रो शिक्षकले आएर पनि सहायता गर्नुभयो । सबैजना हाँसेर त्यो काम गर्दा धेरै बेर लागेन । बेलुका घर जाने बेलामा हामीलाई हेड टिचरले (गुरुले)आफ्नो अफिसमा बोलाउनुभयो र हाम्रो प्रशंसा गर्न थाल्नुभयो । यति सुनेर मलाई धेरै गर्व र राम्रो लाग्यो । त्यसदिन मैले सिकें कि हामीले खुसी ठूलो भन्दा सानो चिजमा पनि भेट्छौं भनेर !

- सृष्टिना पौडेल / ७ जी १

EXPERIENCE OF A NEW CLASS

It was my first day to a new class in a new school. Everything was new. I even didn't know where my class was but I knew that it was on the fourth floor. So, I went to the fourth floor. I slowly walked on its passage. I saw every name plate above the class. Then I finally found class 7G1. I slowly entered the class. It was a lovely bright class. I went on the first bench and sat there. After a while, a girl came and sat with me. She was very friendly. She said that her name was Sara. When we two were talking, the bell rang and a teacher entered our class. We all greeted him. Since it was our first class, we were asked to introduce ourselves with each other. Even for the next two periods, we didn't study anything. The fourth period was ECA. So, we all enjoyed the ECA class by playing Bomb Blast. After that we all had our lunch. All the students and teachers in the class were very friendly. In the next three periods after lunch; we studied Science, Maths and Nepali. Then the last period was dance class. We all enjoyed dance in a folk song. After that the school was over. The bell rang and all the students returned to their home. So, I had a joyous and wonderful first day in my new class.

- Samridhdika Dahal/7G1

पढाइ

एकादेशमा राम भन्ने केटो थियो । उसले सानैदेखि पढ्ने इच्छा गर्‍यो । ऊ गरिब परिवारमा हुर्केको थियो । उसको बुबा आमाले दुःख सुख काम गरेर खान लाउन पाएको थियो । उसले स्कुल जान नपाए पनि अरुको कापी किताब मागेर पढ्ने कोसिस गर्‍यो । रामलाई सजिलै कसैले पनि पढ्ने पुस्तकहरू दिँदैनथे । उसलाई गरिब भनेर सबैले हेला गर्थे । उसको घरभन्दा माथि एउटा नकुल भन्ने उसकै उमेरको केटो थियो । नकुललाई रामसँग बसेर कुरा गर्न र खेल्न मनपर्‍यो तर नकुलका बुबा आमाले उसलाई रामसँग बोल्न पनि दिँदैनथे । नकुल भने धनी परिवारमा जन्मेको थियो । उसलाई पढ्न भने रामको जस्तो इच्छा थिएन । उसको बुबा आमाको करमा अलि अलि पढ्ने गर्‍यो । रामले सक्ती नसक्ती भए पनि आफ्नै काम गर्न थाल्यो, पैसा जम्मा गर्‍यो, स्कुलमा भर्ना भयो र पढ्न थाल्यो । उसले राम्रो पढ्दै गयो । सरकारी स्कुलमा पढेको भए राम्रो थियो तर बोर्डिङ स्कुलमा पढेर पनि नकुल फेल मात्र भइरहन्थ्यो । राम परीक्षामा प्रथम हुन थाल्यो । उसको पढाइले गर्दा सबैले उसलाई सम्मान गर्न थाले । रामका आमाबुबा पनि ज्यादै खुसी भएका थिए । उनीहरूलाई राम जस्तो छोरो पाउँदा गर्व लाग्थ्यो । रामले धेरै इज्जत कमायो । उसका शिक्षकहरूले पनि धेरै तारिफ गर्थे । राम विस्तारै विस्तारै ठूलो हुँदै गयो । उसले धेरै पढिसकेको थियो । नकुलको पढाइ भने बिग्रदै गयो । ऊ पढ्ने कोसिस त गर्‍यो तर उसलाई पढ्ने इच्छा हुँदैन थियो । नकुललाई उसको बुबा आमाले दात्राबासमा राखिदिनुभयो । तर अब नकुल नराम्रो साथीको सङ्गतले समाजमा एउटा नराम्रो व्यक्ति भएर चिनिन थाल्यो । उता राम भने एउटा राम्रो मानिस भएर समाजमा चिनिन थाल्यो । राम धेरै पढेर पाइलट बन्यो र आफ्नो परिवारलाई सुख र शान्तिसँग पाल्यो ।

संदेश : पढाइ बिनाको मान्छे पखेटा बिनाको चरा जस्तै हुन्छ ।

- अस्मिता महतो / ७ जी २

THE HAPPY MEETING

There lived a teacher in the village. His students used to be all excited for his class. The teacher started off by saying "Well, everyone listen carefully to what I am saying. Everyone has a mother, father or other dear ones. Today we are going to learn how getting detached from our loved ones affects us. Then he started narrating his story. In a far away land, there was a big town. The town was famous for its circus. The circus was famous due to an elephant that was really good with performing tricks and entertaining the crowd. He lived with his mother and they were living happily together. One day, after their show they went into the woods. While they were going deeper into the woods they got separated by a group of hunters.

They trapped the mother elephant and took her with them. The baby elephant couldn't save his mother and returned to the circus alone. His master along with his other friends also searched for the mother elephant but couldn't trace her. They returned back to the circus. The next day he was made to perform a trick in the circus but because he was depressed and missing his mother, he could not do it. His master got angry at him and started punishing him. The baby elephant was injured, hurt and was not given food that day. He felt weak and depressed. The teacher then paused the story and asked one of his students what he had understood? The student answered "The elephant was very depressed because his mother was away taken away from him." The teacher then continued, "Many days passed, the baby elephant was not able to do anything in the circus and the master was now in deep trouble. He thought about giving the notice about the lost mother elephant to the police. He informed the police and gave away the details regarding the mother elephant to the newspaper as well. Sooner, the police was able to track the mother elephant and was able to seize the criminals. They were involved in many other crimes as well. The elephant was very happy to meet his mother and both of them were very happy. The baby elephant was happy living with his mother once again and doing various tricks at the circus.

Moral: Never take anyone away from their loved ones.

- Alvin Yadav/7G1

मेरो देश नेपाल

जहाँ छ चन्द्र र सूर्यको राज,
यो हो मेरो देश नेपाल विशिष्ट,
सगरमाथासहित अरु धेरै छन् हिमाल,
यहाँ यो मेरो सुन्दर देश नेपाल ।

प्रकृति, संस्कृति र धर्मको सर्वश्रेष्ठ,
यहाँ हुँदैन छुवाछुत न त भेद,
तराई, पहाड र हिमाल गरी छ तीन भाग,
यिनीहरूको हातमा छ कलाको तेज !

विभिन्न भेषभूषा, भाषा, धर्म र जात छ,
कला र संस्कृतिले धनी छ,
एकले अर्कालाई महत् गर्ने भावना,
कहिले पनि नगर यो गोर्खालीको अपमान !

वन जङ्गलले ढाकिएको छ यो देश,
नदी नाला बगेको छ जस्तै धर्तीको केश,
मेरो देश नेपाल छ प्रसिद्ध, विश्वभरि,
हामीहरूलाई चिनिने छ, वीर गोर्खाली भनी ।

- स्वीकृति सुब्बा / ८ जी १

स्वास्थ्य खाना र निरोगिता

हाम्रो शरीरलाई स्वस्थ्य खाना चाहिन्छ । शरीरमा विभिन्न पोसिलो तत्वहरूको कमी भएमा शरीरले राम्ररी काम गर्न सक्दैन । अहिलेको जमानामा त भन्नु धुलो धुँवाँ धेरै छ । मानिसहरू विभिन्न रोगको सिकार भएका पनि छन् । सामान्यतया मानिसको साधारण खानामा दाल, भात, अण्डा, मासु, दूध, घ्यू, अचार, तरकारी र फलफूलहरू हुन्छ । तर नेपालीहरूको बानी नै खराब छ । तारेको र मसला नभएको खाना नै खाँदैनन् । हरेक खानामा धेरै मसला र तेल हालेको हुन्छ । हामीले सकेसम्म उमालेका वा थोरै मसला र तेल हालेको खानेकुरा खानुपर्छ । फलफूल र तरकारीहरूमा विषादीहरू मिश्रित हुन्छन् । हामीले त्यसलाई ध्यानमा राख्नु पर्ने हुन्छ । तरकारी र फलफूललाई राम्ररी धोएर मात्र खानुपर्छ । हाम्रो खानामा भातको मात्रा १७५ ग्राम हुनुपर्छ । हामीले भातको सट्टामा रोटी पनि खान सक्छौं । खानामा नून पनि कम प्रयोग गर्नुपर्छ । अध्ययनहरूका अनुसार मानिसको शरीरलाई नून प्रतिदिन ५ ग्राम मात्र चाहिन्छ । नून धेरै खाएमा हड्डीहरू कमजोर हुन्छन् । त्यसैले नूनको प्रायोग पनि कम गर्नुपर्छ । खानामा भातको मात्रा कम गरेर तरकारीको मात्रा बढाउनुपर्छ । दूध, पनिर, घ्यू, अण्डा, मासु, आदि जस्ता खानेकुराहरू पनि प्रशस्त रूपमा सेवन गर्नुपर्छ । बिहानको नास्तामा एउटा उसिनेको अण्डा, एक गिलास दूध, पाउरोटी दुइटो र एउटा फल खानु उत्तम मानिन्छ । दिउँसोको खानामा दाल, भात, तरकारी, पनिर, मासु, आदि खानुपर्छ । खाजामा उसिनेका वा भुटेका गेडागुडीहरू खानुपर्छ र रातिको खाना सकभर हलुका खानुपर्छ । तरकारीको सलाद खानु उत्तम मानिन्छ । हामीले आफ्नो स्वास्थ्यको धेरै ध्यान राख्नुपर्छ । अङ्ग्रेजीमा एउटा उखान पनि छ, "हेल्थ इज वेल्थ" स्वास्थ्य खाना खाएर निरोगी जीवन जिउनुपर्छ ।

- वर्षा कार्की / ८ जी २

FREEDOM

What a life it is to live with freedom!
Where there's no face or any of its form;
As I think about our ancestors,
About their bravery, I think and their freedom!

Nobody likes being manipulated or stifled;
No one likes being with their feelings engraved;
How lucky are we to live with liberty!
A place, we live in, with peace and tranquility

Histories I've read about those who lost,
Their freedom and had to pay much cost;
They've changed the way of the world
With peace, a free land those people have formed.

Now I've come to know the importance,
And also have learnt to embrace;
The awesome freedom I've got.

- Arnav Darnal/8G1

EVERYTHING IN ITS PLACE

Everything must be in its place, just like ABC
That may be a sure sign that you have OCD!
The sun the moon and your socks
Organize it by size, even your hockey pucks!
Even a deck of cards you sort it out with the spades,
The forks, the knives, the spoons and the shiny blades!
First the black, the blue, the red and the green with your shirts

You organize even people's works!
Even the grass on your lawn has to be the same size,
Don't you think it's really time to criticize?
Just let it go and enjoy a free life! They say
"Of course, I have organized it all till May!"

People think you are mental,
But you think you're just being judgemental!
Oh Why, Oh Why! Aren't you satisfied?"
But, of course, you have the whole world to organize!

- Girwan Poudyal/9G1

GLOBAL WARMING

Every day more and more industries are being built emitting smoke in the air. Carbon dioxide level is rising and so is the heat. More and more trees are being cut for human habitat, manufacturing goods and construction. This is giving birth to a deadly phenomenon called global warming. Everyone is talking about financial crisis but no one cares about global warming which is a threat to mankind. Global warming is a phenomenon in which carbon dioxide level rises in the atmosphere which traps the heat of the sun. This slowly increases the temperature of the blue planet slowly raising its temperature every year. We might not be able to notice it but it is happening now. The glaciers are melting increasing sea level and millions of animals lose their lives unable to adapt to the changing habitat. This is an open invitation to threat to all the lives on earth. Soon, life on earth will no longer exist. All the green meadows will slowly disappear. Earth will turn into a lump of rocks with no life. All the glaciers will melt causing countless tsunamis and floods in cities and colonies next to the ocean. If only we could stop it from happening, we can live longer with our animal friends in this heavenly planet. The root cause of global warming is urbanization. If we stop cutting trees and stop those industries from releasing toxic smoke in this atmosphere, there is a chance for us to exist longer. If we shut down the pollution causing factories, there is a chance for global warming to stop. To completely stop it, we must plant millions of trees and stop polluting this God gifted environment. This environment and earth is home to us and all the other animal friends so we should try and save it so that our future generations will also be able to see this beautiful earth with their beautiful eyes.

- Sujaya Shrestha/8G1

हिमाल

दाँतका सेता लहर मिलाई,
हाँसेको छ मेरो हिमाल ।
सूर्यलाई काँधमा बोकी,
सुतेको छ मेरो हिमाल ॥

धौलागिरी, अपि र मकालु,
यी हिमाल गौरव हाम्रा हुन् ।
सगरमाथा शान हाम्रो,
कन्चनजङ्गा मान हाम्रो ॥

हिमाल, पहाड अनि तराई,
हाम्रै हो विविधताको खानी ।
बगेको छ जहाँ हिमालबाट हिमनदी,
छैन यहाँ केहीको मिसावट पानी ॥

हिउँ नै हिउँले छोपिएको हिमाल,
निकै सुन्दर छ अनि आकर्षक पनि ।
शान हाम्रो सगरमाथा हिमाल हो,
मान हाम्रो कञ्चनजङ्गा हिमाल हो ॥
- जेनिशा न्यौपाने / ९ जी २

HOW THEY FEEL

All people are different and they all possess different talent. It is not fair to judge people simply by their looks. Looks can be sometimes deceiving and you might have a false image of some people you really admire. It is wisely said that we should never judge a book by its cover. Unlikely, in our society people with good looks are given more importance and admired whereas normal people have to earn their position and respect through their hard work and patience. You say to someone that they have dark skin, their teeth are so crooked and that they look just annoying. You are not bothered by their inner beauty, how they express their talents, their intelligence. The things you said about their looks is only superficial and that you are not able to see their inner beauty.

They feel like they have been abandoned. They lose their confidence and begin to doubt their talent. But when you ignore their outlook and appreciate their talents, then they feel motivated and work towards improving and polishing their talents furthermore. Like said before all people are different with different talent, it is absolutely injustice if you just judge the people with their looks. Someone might have good singing skills, some might have good debate skills, and some might be good in art and craft whereas some might be really good in scientific innovations. So it's wisely said that good looks wither with passing time but the talent that is hidden inside of you always gets better if you continuously polish it.

-Surabhi Joshi 9G4

सहरमा प्रदूषणले ल्याएका समस्याहरू

गाउँमा बसोबास गर्ने मानिसहरू सहर भनेपछि हुरुक्क हुन्छन् । सहर नदेखेका व्यक्तिहरू सहर जान पाए रमाइलो हुन्छ सोच्छन् । उनीहरूले सहरलाई सत्यता भन्दा बाहिरी कल्पना गरेका हुन्छन् । हुन त सहर भनेको सुविधा भएको ठाउँ हो । सहरमा जीवनस्तर अलि सजिलो र सहज हुन्छ । पहिलेका सहरहरू राम्रा र सुन्दर थिए । त्यहाँ सुविधाका साथसाथै सुन्दरता थियो । एक ठाउँदेखि अर्को ठाउँ जान अत्तालिनु पर्दैनथ्यो । पैसा भए सामान सजिलै प्राप्त हुन्थ्यो । घुम्नका लागि विभिन्न ठाउँहरू हुन्थ्यो र मनोरञ्जनका साधनहरू थुप्रै थिए । सहरमा राम्रो विद्यालय अस्पताल आदि भएकाले मानिसहरू सहरलाई रुचाउँथे । बिस्तारै ती सबै राम्रापन बदलिँदै आयो । सहर धेरै रुचाउने भएकाले गाउँका मानिसहरू सबै सहरमा आए । सहरको जनसङ्ख्या बृद्धि हुँदाखेरि सवारी साधनहरू पनि बढ्न थाले । त्यसैगरी विद्यालय तथा स्वास्थ्य चौकी आदि जस्ता ठाउँहरू बढी मात्रामा विकास भए । यसो गर्दा मानिसको जीवनस्तर सहज हुँदै थियो तर वातावरणलाई भने निकै असर परिरहेको थियो ।

विकासको पूर्वाधारका निर्माणका क्रममा वनजङ्गल मासियो । अहिले सहरिया क्षेत्रमा वनजङ्गल र हरियोपन पाउन गाह्रो छ । धेरै सवारी साधनका कारणले प्रदूषण बढ्न थाल्यो । गाडीले धेरै धुँवा फाल्यो र हावालाई पूरा प्रदूषित बनायो । मानिसहरूले जथाभावी फोहोरहरू फाले र माटो तथा जमिन प्रदूषित भयो । फोहोरहरू अरुलाई थाहा नगरिकन खोलानालामा फालियो र पानी प्रदूषित भयो । आज सहरमा धेरै प्रदूषण छ । मानिसहरू विभिन्न दम, क्यान्सर, टाइफाइड जस्ता रोगहरूले दबिएका छन् । सहरिया क्षेत्रमा गाडीको हरन बजाउनाले धेरै मानिस बहिरो हुन पुगेका छन् । प्रदूषित पानीले धेरै मानिस तथा जीवजन्तुको मृत्यु भएको छ । यसले विभिन्न छालाका रोगहरू उत्पन्न भएका छन् । पानीमा बस्ने माछा जस्ता जनावरहरू मर्न थालेका छन् । जमिन प्रदूषण भएकाले त्यहाँको माटोको अवस्था निकै नराम्रो भएको छ र बोटविरुवालाई उम्रन गाह्रो पारेको छ ।

यस्ता प्रदूषणले समाजमा निकै समस्या ल्याएको छ र प्रदूषणलाई छिटो भन्दा छिटो कम गराउने हाम्रो कर्तव्य हो । सबैजना एकजुट भई देश विकासका लागि अघि बढ्नुपर्छ र सहरी क्षेत्र सुन्दर र शान्त बनाउनुपर्दछ ।

-मञ्जु पुलामी मगर / ९ जी

All the articles published in this newsletter are the work of students. These articles have been selected from their Project Work activities which are given in each term. Some of the articles are selected while they were presented during assembly. We would like to encourage all students to write and express their creativity and vision through a lot of activities that school organizes.

We also promote students to write and present their original work.

GOD'S JUDGEMENT

What's fair and what's unfair?
He is the one who'd declare
Don't be afraid he's always fair
If you have patience
You'd be clear

He's omnipotent, he's present everywhere
He knows everything
Nomatter where you are
You won't be able to hide a thing
Even if you dare
He knows everything, he is every where

The one with hardworking hand will get their fruit one day
You don't have to request
You don't have to say
If you've done a mistake
You have to pay
Don't dare to hide, he knows you well

- Shreya Pandey/10G1

UNBORN DIARY

1st Nov: I can feel that I am forming.
18th Nov: Now, I feel like I am growing.
1st Dec: My toes are growing.
9th Dec: My fingers are forming.
27th Dec: Now, I am a complete baby and I am excited to see the outer world.
3rd Jan: I heard my mother and father talking about. They have known, I am a baby GIRL.
6th Jan: Don't know why I feel like I can't breathe. I feel like something wrong is going inside me.
7th Jan: Now I am apart from my mother. Only my soul is alive. I knew whatever I was feeling yesterday was the process in which I was killed. My mother had an abortion just because I was a baby GIRL.
So, if you are a girl who is reading this article, then respect your parents, you are a lucky person. Love your parents because this is a diary of many baby girls who are killed simply because they are GIRL before they are able to see this world with their beautiful eyes.

-Pasang Sherpa 10G3

EDUCATION - A SOLUTION TO ALL SOCIAL EVILS

Education and knowledge are the most powerful tools of our life. We lose our friends, our money and all but the only thing that will stay with us is the education that we get. It removes the darkness from our life and makes us wise. For a country like Nepal where social evils are at its peak, education is very important to make the people literate and aware them about social evils existing in our society and their negative impacts in our day to day life. Since, most of the people are unaware and illiterate; they still follow the orthodox traditions. Traditions like dowry system, caste system, discrimination on the basis of financial background, gender inequality are some of the evils prevalent in Nepalese society. The only way to end or to eradicate all the social evils is by imparting education. Educating the society means to make them aware of all the social evils. If people are made aware about the negative impacts of social evils, they will eradicate those social evils. Slowly, society can be organized and there will be peace in the society.

Unity is also maintained. They can involve themselves in development works. Due to effort of all the local people, development of a country will be fast. Similarly, there will be no factors that affect the development i.e. due to eradication of social evils. People will be literate enough to use and utilize the resources of their own place for development work. Since, people are literate they can easily get jobs and hence they will not have any economic problems. Lifestyle of people can be improved as well. In this way education creates awareness which ends up all the social evils prevalent in society and helps to move the country in the path of development.

- Ashish Raj Adhikari/10G1

SOMETIMES LATER BECOMES NEVER

Time flies by very fast and it's totally true. Because when you think of it, 15 years of your life has already passed. Remember there was a time when one day felt like a whole week and in today time, a week seems to be as short as a day and than a year passes by in the blink of an eye. Remember the last time when you promised yourself to start studying the day after but a month passed already and you are still to keep your promise. Remember the last time when you decided to go on a diet from next week but the next month have already passed but your tomorrow still remains tomorrow. Remember the day when you thought of becoming a new, better person but your body was so much lazy that your new self might still have years to come.

One day you probably decided to do all your homework, wake up early, help your mother out in the kitchen and do something productive when you were free but just because you postponed that one day to tomorrow even after a year you are punished at school for not doing your assignment, you are still late for the day, you woke up late, your mother still complain about you not helping her in the kitchen and at your free time, all you do is eat and sleep. You postponed everything into tomorrow when you still had a chance. And years after when you are nowhere, the only thing you will be left out is with "only if". The thoughts of "only if" will make you regret your whole life. So whatever you think of, whatever you plan, start today, start now because sometimes later becomes never.

-Aashiyana Karki 10G2