



MS. Geeta Chettri

From The Chairperson's Desk

Education today is not what it used to be in the past. It has undergone a sea change. Gone are those days when education meant teachers, classrooms, blackboards, chalk and books. In the past education was teacher centric and sports was not an integral part of the school curriculum. Modern education is absolutely different. It is students centric. Technology has given a new meaning to education. Technology has made our classrooms smarter. Computers are more widely used in schools. Sports and co-curricular activities are an inseparable part of the school system.

I urge students do reap the benefits of modern education. The school does not only impart knowledge. It shapes students into responsible citizens of this world by helping them to hone their skills in order to face the challenges of the highly competitive world in which we live. It provides students an opportunity to become good human beings. Social skills, leadership skills, presentation skills, life skills are some of the skills which are developed at school. The school is a place where students can showcase their creative skills in music, dance, play and in other forms of performing arts. Students should make full use of the opportunities provided by the school. They should realise that the present is more important than the past or the future. We do not have control over our past but we have control over the present. If we make the best use of the present we are likely to have a successful future.

ACADEMIC YEAR 2075

The new session began on 5 Baishak 2075. Residential students reported to school on 4 Baishak 2075. This year, school has prepared a School Calendar which includes the activities and programs the school will organize in the current academic session. All activities/programmes will benefit our students in the long term.

This year school has applied for **International School Award (ISA)** at British Council through the program – **Connecting Classrooms**. It is a global programme for schools, designed to prepare young people for life in a global society and work in a global economy. They support teachers to develop their classroom practice in core skills – the six essential skills that young people need to prosper in the 21st Century. This will help them shape the future for themselves and generations to come. Connecting Classrooms is a partnership between the British Council and the Department for International Development. Our school has developed **9 Action Plan Projects** in Jestha, which have been approved and will be implemented by Shrawan 2075.



Proud to deliver



The school has decided to continue with **The Duke of Edinburgh International Award** Program for students in the age group of 14 years and above. It is pleasure to inform all the parents that the 4th NATIONAL AWARD CEREMONY has been confirmed for Thursday, 14 Bhadra 2075 at British Embassy. Students who have completed their Bronze and Silver Award will be receiving the award from His Excellency the British Ambassador to Nepal, Mr. Richard Morris.

The Digital Art Education program - **3DI School-Nepal** will be delivered to students of classes 1 to 4. This education program has been designed and developed in collaboration with academicians from New Zealand. Ms. Swati Vadla, 3DI Expert will be taking the classes.



In collaboration with the **Karkhana** team, the school has created a space within the school premises. The space is called **Makerspace**. Students of classes 7, 8 and 9 have teamed up to create this space to obtain practical experience inside the school. This year, a Memorandum of Understanding (MOU) has been signed with Karkhana. As per the MOU, Karkhana will provide integrated co-curricular activities to the students of Classes 5, 6, 7 and 8 within the school premises.

School has made an agreement with the Youth Thinker's Society to initiate **Galaxy Model United Nations (GMUN)** for the students of classes 10. This is an extra-curricular activity in which students typically role-play delegates to the **United Nations** and simulate **UN** committees. (Details in Page 5)



Yoga has been an effective tool in creating and identifying the self. It has benefitted the students to understand consciousness. Students of Classes 5 and 6 will be able to take yoga classes from Yoga Guru, Krishna Hari Acharya.

School competitions have been lined up this year so that the school can provide opportunities to the students to showcase their talents. The School has planned several competitions: Spelling Competition, Quiz Competition, Badminton Competition, Table Tennis Competition, Handwriting Competition, Art & Craft Competition, Basketball Competition, Futsal Competition etc. Besides these there will be other regular activities like Field Trips, Plantation, Model Making, Teamwork, Documentary, Students' Conference/Parent's Day, Science Exhibition, Design Challenge etc.

1. Secondary Education Examinations 2075 (SEE-2075)

Secondary Education Examination or SEE is the final round of examinations in the secondary school system of Nepal. Students must take these examinations after completing their 10th grade syllabus. After passing SEE, students can join higher secondary or intermediate level education (i.e. 12th grade). The new grading system used in SEE is expected to increase the literacy rate. According to the Education Act of 2016 AD (2073 BS) the national level examinations conducted for students who have completed Class 10 are known as Secondary Education Examinations or SEE. Students of Galaxy Public School have always performed brilliantly in these examinations. This year also, the success rate of our students is 100%.

Secondary Education Examination (SEE) Result - 2074



2. Election of the Head Boy and Head Girl



The election of the Head Boy and the Head Girl of the school was held on 14 Baishak 2075. All students of Class 10 participated in the voting system. The election was held at the senior section. By allowing students to participate directly in the election, students got hands-on experience on the election process. Three boys were nominated for the position of the Head Boy. The nominees were Bibek Aryal, GirwanPaudyal and Anmol Daulyal. Three girls were nominated for the position of the Head Girl. They were Shreela Gurung, Pichsinee Ghimire and Pratistha Niraula. The nominees were given a time frame within which they launched their election campaign, visited different sections and influenced voters to vote for them. The students of the school were excited to know the results of the election. Votes

CONGRATULATIONS!



were counted at the end of the voting process. Voting counting was done in the presence of representatives of each candidate. Shreela Gurung and Bibek Aryal were elected as the Head Girl and the Head Boy for the year 2075. Shreela got 87 votes while Bibek got 92 votes. During the school assembly, both the Head Boy and the Head Girl were felicitated. They were presented with certificates and badges by their respective Head Teachers. During the assembly they addressed the students and pledged to discharge their duties and responsibilities with great sincerity.

3. Investiture Ceremony

Investiture Ceremony is a formal program in which students are presented with Captain Badges. This ceremony is held during the school assembly. Class captains play a crucial role in assisting class teachers in the smooth functioning of the class. A Class Captain is the overall in-charge of the class and coordinates all class activities. Class Captains possess excellent inter-personal communication skills, leadership skills and managerial skills. Two captains were selected from each class. Captain badges were presented to all the captains on 20 Baishak 2075. The young leaders were formally vested with responsibilities by their Head Teachers, Coordinators, Teachers-in-charge, Class Teachers and teachers. The names of the Class Captains are given below:



Class	Class Captains	Class Captains	Class	Class Captains	Class Captains
1G1	Abison Bikram Shahi	Neha Sharma	7G1	Ashlin KC	Jia Mandal
1G2	Shreyash Nepal	Saina Singh	7G2	Anmol Ghimire	RitikaKarki
1G3	PrakhyatBaduwal	PrashnaMaharjan	7G3	SudinNeupane	NimaYangi Sherpa
2G1	SoyamNiroula	Binita Pahari	7G4	Susan Pahari	GrishmaAdhikari
2G2	Aryan Chapagain	Joyaa Shrestha	8G1	PrayashKanel	AsthaMaharjan

Class	Class Captains	Class Captains	Class	Class Captains	Class Captains
2G3	Ankit Jaiswal	KunjalataTamang	8G2	Nisith Shrestha	Bhawana Thing Tamang
3G1	Sudhir Shah	RidimaKarki	8G3	Subhanjan Shah	Shreya Wagle
3G2	Sandeep Giri	SleshaTuladhar	8G4	SamyamBalayar	Aaja Chand
3G3	Rohit Gupta	AnushreeThapa	8G5	Tejtan Shrestha	DikiDoka Sherpa
4G1	PratyushSapkota	Lorissa Sharma	9G1	Peshal Kumar shrestha	PrayushaPudasaini
4G2	Sushant Pandey	DikshyaBista	9G2	Hritik Raj Gupta	Arju Bhandari
4G3	Sang TsheringGurung	Tshering C. Sherpa	9G3	ShashankBhujel	AakritiRisal
4G4	PrabhaktaGurung	Suprima Basnet	9G4	PrashunJha	Silbiya Lama
5G1	Janis Neupane	Jinee Shah	9G5	RojanAdhikari	RojinaDulal
5G2	Bashu Bhandari	NyuktiKarki	10G1	Bijayan Rai	July Chapagain
5G3	Shree DevanshGoenka	Eva Shrestha	10G2	SamyamGurung	SmriteeRegmi
5G4	Naman K. Choudhary	Sudikshya Shrestha	10G3	Oscar Gurung	VinishaRajbahak
6G1	Saksham Basnet	Bidusee Sharma	10G4	Sujay M Pradhan	Chetana KC
6G2	Sumit Saini	Shreya Paudel	10G5	SambhuTamang	Aashma Shrestha
6G3	Alin Lama	Shristy Bhandari			
6G4	AnveshanBhattarai	Sera Jangmu Sherpa			

With the intention of maintaining discipline in school buses, Bus Captains for 17 different bus routes were also elected. They were also presented badges at the school assembly. For each bus, two captains were appointed. They took charge of their posts on 24 Baishak 2075. The names of bus captains are given below:

Name	Cl/Sec	Name	Cl/Sec	Bus Routes
RaghavMaharjan	10G4	Venisha Rajbahak	10G4	1
SakshamChhatkuli	10G1	ShyamBayalkoti	10G5	2
MeekishTamang	10G3	RupikaUpretry	9G2	3
SagarGhimire	10G5	Samriddhi Shrestha	10G5	4
Anish Karki	10G3	Riya Nepal	10G5	5
Karan Karki	10G3	Pramila BK	9G5	6
ShrijalUlak	10G4	SmritiRegmi	10G2	7
ShatakshiMalla	10G4	SadichchhaPanthi	10G1	8
Prashant Tiwari	9G2	Jamuna Shrestha	9G2	9
Avhinab Rizal	10G3	BinuThapa	10G2	10
SushanNath Shrestha	9G3	RitikaJaiswal	10G1	11
Cyrush Lal Singh	10G5	TirsanaSapkota	10G2	12
Anmol Daulyal	10G4	SnehaGautam	10G1	13
SoyamBhusal Singh	9G5	SabigyaGyawali	10G1	14
HimalGhising	10G4	PrerinaTamang	10G5	15
Sujaya Shrestha	9G1	PrinsaBhattarai	10G1	16
NishantRakechha	9G3	NumaLawati	9G4	17



4. 3Di Classes

3Di School is a digital art education programme developed in New Zealand and delivered to educational institutions across the globe since 2011. These programmes are developed in partnership with academies in New Zealand. The 3Di programme has access to content and delivery styles utilized in contemporary arts education programmes in New Zealand. Digital media is the main focus of the 3Di programme. The programme strives to teach students different concepts of art by utilizing creative technology as the foundation for learning. Its vision is to develop new techniques of learning, improve soft skills and introduce future technologies. Ms. Swati Vadla, 3Di teacher has joined us this year to instruct our students of Classes 1-4. Our young students are learning to make animations on computers. They are also learning to interpret their work digitally.



5. The Duke of Edinburgh International Award

The Duke of Edinburgh International Award is a global non-formal education framework, with more than 60 years of experience challenging young people to dream big and discover their potential. By creating opportunities for young people to learn a new skill (or to develop an existing one), get physically active, give service to their communities, and take part in an adventure, the Award challenges young people to leave their comfort zones - and that's when the good stuff happens. They build self-confidence and greater resilience which help them to achieve success in today's uncertain world. This programme is open to anyone within the age group of 14-24 years; regardless of gender, background or abilities. Young people design their own Award programmes, set their own goals and record their own progress. The only person they compete against is themselves. They do so by challenging their own beliefs about what they can achieve. The Duke of Edinburgh's International Award is the world's leading youth achievement award. Our Award participants are competing for Bronze and Silver Awards. The Adventurous Journey Section encourages a sense of adventure and discovery by undertaking a team journey or an expedition. As part of a small team, participants plan, train for and undertake a journey with a purpose in an unfamiliar environment. Our Award participants went on an adventurous journey to Jarsingpauwa from 17 -19 Baishak 2075. Bronze participants competed for two days and one night while Silver participants struggled for three days two nights. In the school, students have been doing physical activities for a six months, skills training for 3 months and providing service for three months. Physical activities include playing badminton, basketball, cricket, gymnastic and futsal. In the Junior Section, Service involves classroom cleaning, temple cleaning and conducting literacy programmes.

Proud to deliver



6. Olympic Day 2018: Inter-School Table Tennis Competition

On the occasion of Olympic Day, Inter-School Table Tennis Competition was held in the school premises on 3 Ashad 2075. The Chief Guest of the program was **Mr. Chaturananda Bajracharya, President of All Nepal Table Tennis Association**. Mr. Dharmaman Bhattacharya, Vice-President and Chief Coach of All Nepal Table Tennis Association also graced the program. All together 9 schools of Kathmandu valley participated in the event. The participating schools were Galaxy Public School, Adarsa Vidya Mandir, The Excelsior School, Pennwood Academy, Ankur Vidyashram, Bright Future School, Paragon Public School, Nightingale School and Joseph School. 64 Boys competed in Boys Singles and 17 girls competed in Girls Singles in the under 16 categories. Among the boys, Rubin Maharjan clinched the first position, Sujan Gadal stood second and Bishal Gole and Rohan Dahal secured the third position. They were from Adarsha Vidya Mandir (AVM). Among the girls, Bianca Rai of AVM clinched the first position, EvanaThapa Magar of AVM stood second while Shreeya Gurung of Galaxy Public School and Samira Shrestha of AVM were placed third. There was a tough competition amongst the players.



7. First Galaxy Model United Nations – 2018 (GMUN - 2018)

Galaxy Public School hosted the prestigious Model United Nations in the school premises. The event which was held from 10-12 Ashad 2075 involved all the students of class 10. Galaxy Model United Nations (GMUN) is an extra-curricular activity in which students play the role of delegates to the United Nations and simulate UN committees. This involves substantial researching, public speaking, debating, and writing skills, as well as critical thinking, teamwork, and leadership abilities. The Programme was Inaugurated by **Ms. Diva Shrestha, Programme Director of Nepal Leadership Academy**. We had 5 committees namely; United Nations Human Rights Council (UNHCR), United Nations Environment Programme (UNEP), International Labour Organization (ILO), Disarmament and International Security Committee (DISEC), and United Nations Entity for Gender Equality and the Empowerment of Women (UN Women). During the Closing Ceremony, **Mr. Chewan Rai, Founding President, Youth Thinker’s Society** inspired students to participate in MUN. *More photos of this programme is shown on the last page of this newsletter.*

The names of the students who stood out from the rest during the committee sessions are as follows:

Committee	Best Delegate	Best Strategy	Best Orator	Special Mention
UNEP	Ritika Shah (Chile)	Stuti Kafle (Italy)	Sabigya Gyawali (Colombia)	Rejendra Shrestha (Albania) Sarasij Bhadra Karna (Brazil) Smritee Regmi (Iran) Surabhi Joshi (Mexico) Smriti Khatri (Sweden)
UN WOMEN	Adarsha Rai (Bangladesh)	Bidushika Dahal (Denmark)	Aahana R.L. Kunwar (Chile)	Aayundra Shrestha (Albania) Aditya Agrawal (Brazil) Aashma Bhatt (Colombia) Zaved Krishna Agam (Germany)
DISEC	Nischal Singh Bista (Albania)	Pranav Shrestha (Germany)	Pichsinee Ghimire (Poland)	Prince Sharma (Brazil) Menaka Shrestha (Chile) SakshiJha (Italy)
UNHRC	Pratistha Niroula (Ghana)	July Chapagain (Burundi)	Girwan Paudyal (Albania)	Nayan Shree Rawal (Germany) Avhinab Rizal (Iran) OjashwiUprety (Libya) BibekAryal (Switzerland)
ILO	Shreela Gurung (Bahamas)	Biplabi Dahal (France)	Aahooti Subedi (Jamaica)	SarjakNeupane (Belgium) Shreeja Pradhan (Angola) ShehaGautam (Brazil) ShrishJonchhen (Burundi) Samriddhi Shrestha (Israel)



8. Health and Hygiene Awareness Program

Menstrual Periods are a natural monthly phenomenon for all mature girls. It is often a very difficult time for girls. Apart from the pain and fatigue, girls are expected to follow stringent norms during their periods. Menstrual Hygiene Management is a subject of ‘Science’. Discussion on this topic among women or even

between mothers and daughters is very limited. Menstruation is a very important natural phenomenon among women. It cannot be avoided. It is a distinct step into womanhood for adolescent girls. Therefore, it is imperative for every girl to be aware of menstrual hygiene. Menstruation becomes difficult for young girls because they lack basic information about this natural phenomenon. Awareness at the right age can make a big difference in the betterment of their health and hygiene. Procter & Gamble (P & G) conducted an awareness program in the school auditorium on 6 Jestha 2075. Girls studying in class 6 and their mothers attended the program. The main objective of this program was to make young girls and their mothers aware about menstruation cycle and menstrual hygiene, puberty and health. This program was a huge success largely due to its significance and the involvement of students and their mothers.



9. Parent-Teacher Meeting (PTM)

Galaxy organized a Parent-Teacher Meeting (PTM) at Everest Hall, Galaxy Public School in the First Mid Term. Parent-teacher meeting is an opportunity to refine your child's individual learning plan and to make sure the roles of teacher, student and parents are clear, specific and designed to bring out the best in your child. This programme is also an opportunity for our new parents to get to know about the system of the school and to meet teachers teaching their child. At the meeting, teachers informed parents about the methods used by them to teach the subjects assigned to them. Ms. Surina S. Gurung, Vice-Principal of the school, informed parents about the various activities and achievements of the school. The Vice Principal's speech was followed by presentations by Teachers-in-charge and Coordinators. At the end of the meeting, **Mr Uttam Dahal** spoke on various issues related to the overall development of a child and discussed the behavioural and environmental conditions needed to nurture children. Mr. Dahal is an Early Childhood Development Trainer associated with United Nations International Child Development Program (UN-ICDP). He has been associated with the school for last two years and has been involved basically in guiding teachers to create a child -friendly education environment in the school. Given below is the schedule of the PTMs held in the recent past.

Classes	PTM Dates
Pre-school	30 Jestha 2075
Classes 1, 2 & 3	1 Ashad 2075
Classes 4 & 5	4 Ashad 2075
Classes 6 & 7	6 Ashad 2075



10. Inauguration of Makerspace

Makerspace was an idea created by Karkhana and New York University, Abu Dhabi (NYUAD) in association with Galaxy Public School. Makerspace means a place in which people with shared interests work together, especially in computing or technology. People can work together on projects by sharing their ideas, equipment, and knowledge. A few



students from NYUAD visited our school on 14 Falgun 2074. They conducted an orientation program on the need for Makerspace in schools. Nikhil Sangroula has been coordinating on behalf of Karkhana for Makerspace. A Makerspace has been created inside the school premises to give hands-on experience to young learners. Makerspace was inaugurated by the Vice Principal, Surina S. Gurung on Friday, 4 Jestha 2075. These classes will also be effectively used for Teamwork and Model making activities.

11. Galaxy Plantation Project (GPP) - Maize Plantation: Classes 4 & 5

Galaxy Plantation Project (GPP) is a plantation project conducted by the school to help children learn about the origin of their food. They take a great delight in tasting fresh vegetables and food. It is also an opportunity for children to learn outdoors. Students and teachers are both involved in the plantation projects conducted by the school. Students of classes 4 and 5 planted maize at the school garden on 14 Baishak. The benefits of the plantation project are listed below:

- Increase knowledge of nature and plant growth
- Positive social interaction around the garden
- Promotion of healthy development
- Increasing consumption of fresh fruits and vegetables
- New producer-consumer relationships
- The role of agriculture in the children's lives (food chain)
- Cultural and personal integration
- Reduction of behavioral problems
- Becoming citizens and participants in a democratic society (communal garden choices)



12. Commemoration of 205th Bhanu Jayanti

Students of the school commemorated 205th Bhanu Jayanti on 29 Ashad 2075. This day marks the birthday of Adikavi Bhanubhakta Acharya who was the first Nepali poet to translate the great epic, "Ramayana" from Sanskrit into Nepali. Motiram Bhatta first referred to him as Adikabi while writing Acharya's biography in 1981. He clarified that Acharya was 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 (*marmā*) of poetry. During the school assembly, children offered garlands on the portrait of the poet. Teachers highlighted the importance of Adikavi in the field of Nepali Literature. They recited and discussed famous poems written by the poet.



13. National Rice Plantation Day

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 this season. They go to the paddy fields, play with mud and water, plough the field, plant rice, sing folk songs and eat beaten rice and yoghurt. Students of Classes 1 to 3 planted rice in the school premises. They will be harvesting the rice in the month of Mangsir. Students and teachers of other classes celebrated this day by savoring yoghurt and beaten rice.



14. Planetarium Observation

A planetarium is a room with a dome-shaped ceiling on which the night's sky is displayed through a star projector. The term *planetarium* was originally used to describe a type of mechanical model designed to portray the orbital motions of the planets and their moons. A similar type of portable planetarium dome was installed in Everest Hall to educate students of classes 9 and 10 on 5 Ashad 2075. Students observed the various constellations in the night sky in the direction of Northern and Southern hemispheres. They observed the position of stars and various positions of the moon.



15. School Badminton Competition

The school Badminton Competition was held at Everest Hall on 29 Jetha 2075. Students of classes 4 to 10 participated in the competition. This competition for classes 4 & 5 were held on 19 Ashad. School has its own three indoor badminton courts. This allows our students to practice in an overall environment necessary for their practice. For instance, student's schedule of practice is not interrupted even in rainy seasons. There are

lots of benefits of playing badminton such as physical fitness, increased muscle tone, flexibility and muscle strength, mobility, weight loss etc. The following students excelled in the competition:

BOYS							
Position	Class 10	Class 9	Class 8	Class 7	Class 6	Class 5	Class 4
First	Bijayan Rai	Rambabu Tiwari	Dipen Shrestha	Sushan Pahari	Samik Limbu	Aatif Khan	Wangchuk Sherpa
Second	Khagendra Mahaseth	Hritik Raj	Surendra Bhujel	Shrijan Raut	Nischit Tripathi	Raunak Mishra	Kshitiz Lama
Third	Digbijay S Rathaur	Puskar Bhandari	Nikesh Pokhrel	Rahul Gupta	Urgen Sherpa T	Basu Bhandari	Avanish Deo Bhatta
Third	AashishSah	Karma Gurung	Gautam Yadav	Gaurav Bhandari	Rahul Thapa	Sumit K. Shah	Sudip Rokka
GIRLS							
Position	Class 10	Class 9	Class 8	Class 7	Class 6	Class 5	Class 4
First	Shreeya Gurung	Pramila BK	Saru Shrestha	Nima Y Sherpa	Sera J. Sherpa	Prachi Maden	Tshering C. Sherpa
Second	Shreeja Pradhan	Silbiya Lama	VidhiChettri	Astika Acharya	Khusbu Tiwari	Sambriddhi Bhurtel	Srijana Giri
Third	Binita Yadav	Debanshi Singh	Sandhya Shah	Palden Gurung	Anjina Dhakal	Barkha Joshi	Dikshya Bista
Third	Manju Magar	Arju Bhandari	Shristina Poudel	Dilasha Niraula	Nigma Gurung	Jinee Shah	Suzeen Gurung



Class 4 Winners



Class 5 Winners



Class 6 Boys Winners



Class 6 Girls Winners



Class 7 Boys Winners



Class 7 Girls Winners



Class 8 Boys Winners



Class 8 Girls Winners



Class 9 Boys Winners



Class 9 Girls Winners



Class 10 Boys Winners



Class 10 Girls Winners

16. School Table Tennis Competition

The school Table Tennis Competition was held at Everest Hall on 31 Jestha 2075. Students of classes 4 to 10 participated in the competition. Students playing Table Tennis will benefit in their overall physical fitness. It will help to improve hand-eye coordination, develops mental acuity, improves reflexes, burns calories and stimulates various different parts of the brain. In the school, Annapurna Hall, also called TT Hall has 5 Table Tennis boards that allows students to practice. The following students excelled in the competition:

BOYS							
Position	Class 10	Class 9	Class 8	Class 7	Class 6	Class 5	Class 4
First	Upen Parajuli	Rozan Adhikari	Anish Atreya	Susan Pahari	Samik Limbu	Naman Chaudhary	Pranjal Rajbahak
Second	Bijayan Rai	Ashmit KC	Satya Bhadnari	Srijan Raut	Sujal Shrestha	Nima Wancuk Sherpa	Saiyam Maskey
Third	Shambhu Tamang	Bikalpa Shrestha	Pranav Sharma	Sandesh Chaudhary	Sushant Timalcina	Sargav Lamsal	Nimesh Pandey
Third	Reghav Maharjan	KritulBaniya	Ram Hari Basnet	Ambika Rai	Suyesh Naulakha	Ronish Sunar	Anik Rana
GIRLS							
Position	Class 10	Class 9	Class 8	Class 7	Class 6	Class 5	Class 4
First	Chetana KC	Arju Bhandari	Sandhya Shah	Nima Sherpa Y.	Bisma Singh	Sisrikshya Dulal	Khiyama Rai
Second	Ranjita Shrestha	Chesta Nyachhyon	Saru Shrestha	Nirjala Gurung	Sera J. Sherpa	Anushriya Tuladhar	Unika KC
Third	Shreeja Pradhan	Nidhi Rauniyar	Anjali Bhandari	Palden Gurung	Susnima Tamang	Ashley Rasaily	Sneha Thapaliya
Third	Manju Magar	Sadikshya Joshi	Riva Shrestha	Namsang Ingam	Angel Rai	Sisrikshya Dulal	Khiyama Rai



Class 4 Winners



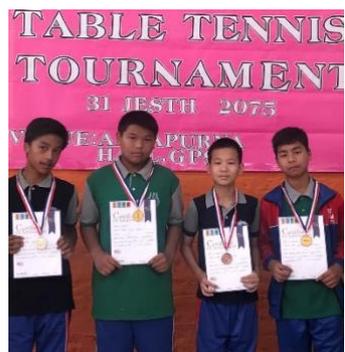
Class 5 Winners



Class 6 Boys Winners



Class 6 Girls Winners



Class 7 Boys Winners



Class 7 Girls Winners



Class 8 Boys Winners



Class 8 Girls Winners



Class 9 Boys Winners



Class 9 Girls Winners



Class 10 Boys Winners



Class 10 Girls Winners

17. Inter-School Basketball Competition

The school Basketball team won the second position in the Inter-School Basketball Tournament, organized by Bishalnagar Library. The basketball team comprised Suyog Man Pradhan, Bijen Rai, Pushkar Bhandari, Karma Gurung, Sulove Shrestha, Phinjo Sherpa, Umang Maharjan, Bikalpa Shrestha, Pasang Dawa Sherpa, Nirvik Karki, Suraj Shah and Shambu Tamang.



18. Samarpan Meditation

Samarpan Meditation is a unique practice in which simply through a pure wish one can experience the awakening of 'Kundalini Energy', the 'divine energy' that exists within each one of us. This awakened energy connects with the Divine Universal Consciousness which allows us to experience our own 'innate divinity' which in turn propels a process of INNER TRANSFORMATION within one's Self. Samarpan Meditation is a universal meditation technique to connect with the Universal Consciousness. It is beyond the realm of religion and is practiced all over the world. Samarpan means complete surrender (of negativity, of the ego and of thoughts of the past and the future) so that we may experience the connection with the divine within our own self. When we completely surrender everything, forget our physical existence as a body and identify ourselves as a pure and divine soul, our mind becomes still. There are no thoughts and we reach a state of 'Thoughtlessness', which is the stepping stone to our 'Inward Journey'. Thus, Samarpan Meditation does not involve any physical exercises and anyone can easily practice it. There are no restrictions of age, belief, background or lifestyle. It is a path for direct, individual experience of the Divine, Universal Energy. With this aspiration, students of classes 8 to 10 attended two sessions of Samarpan Meditation on 27 and 31 Jestha 2075.



19. Awareness for Wheelchair Basketball: ENGAGE

ENGAGE, a non-profit organization promoting social inclusion in Nepal, organized the second edition of the Turkish Airlines Empowering League. The league started on May 27. The premier wheelchair basketball tournament featured 10 teams — six in the men's sections and four in the women's category. The participating teams will play against each other at various college and school courts and the top four will make it to the semi-finals, informed the organizers at a press meet today. On 7 Ashad 2075, the founding members of ENGAGE, Mr. Simone Galimberti and Kalpana Gurung oriented our students of class 9 about the initiation of Wheelchair basketball in Nepal. All the wheelchair basketball players introduced themselves to the students and made them aware of the difficulty and challenges in the life of the differently-able people. Then the



wheelchair participants played a game in the presence of our students. Our students complimented the players on their skillful demonstration. Lastly, they

invited all our students to watch their final match. Residential students observed the match at Covered Hall, Dashrath Rangashala Stadium, Tripureshwor on 16 Ashad 2075.

20. Gymnastic for All (GFA)

From 8-10 Jestha 2075, Gymnastic for All (GFA) team from Germany visited our school to impart training to the concerned people of Nepal. Many gymnastic enthusiasts received training from the team. GFA is a sport for everybody. We can develop amazing skills while getting strong and flexible in fun and challenging ways. It is a sport for life with something for all ages and all abilities. The basic skills of landing, rolling and being upside-down can be developed and enhanced to suit whatever kind of movement we love the best: performing with our friends; trying a competitive gym sport; keeping fit or taking it to a whole new freestyle level. While the team was here in the school, it conducted three demonstration sessions for our students. Members of the team displayed amazing acrobatic gymnastic moves and danced their hearts out.



21. International Kids of the Year

Our student, **Ribhya Tandukar** of class 3 participated in the International Kids of the Year 2018 at Thailand and won Second Runner Up as International Mini Miss of the Year 2018. She had also won the title of Photogenic in the Little Prince and Princess 2018. The event was organized by Better Galaxy Entertainment Pvt. Ltd.



22. Second Inter School World Cup Football Quiz



Students from Class 8, namely **Sudip Shah** and **Prajol Rawal** participated in the 2nd Inter School World Cup Football Quiz. The event was organized by N.K Singh Memorial English Preparatory Secondary School. Both of them received the certificate of participation.

23. Spelling Competition

The school has fundamental spelling competition every year and encourages more students to participate. There are 5 rounds of spelling competition. The 1st and 2nd Round of spelling competition was held on 27 Jestha and on 8 Shrawan 2075. The students who made it through 2nd Round has been advanced to the 3rd Round. The name of the participants who have advanced to 3rd Round are listed below:

Team	Class 1 - Names	Class 2 - Names	Class 3 - Names	Class 4 - Names	Class 5 - Names
1	Aavash Sharma Poudel	Bihan KC	Aansh Agrawal	Preciosa Pandey	Janis Neupane
	Adhiraj Oli	Biwathshu Dev Pandey	Abhiyan Sapkota	Krish Lama	Kushal Dahal
	Ayuv Karki	Deep Giri	Ankit Gupta	Slesha Joshi	Aayush Panta
2	Kashyap Tiwari	Prakhyat Khadra	Himesh Bhattarai	Maulik Dangol	Ojaswee Neupane
	Saurav Baniya	Grace Rai	Prachi Bista	Lorissa Sharma	Niranjana Manandhar
	Uday Tamang	Kreesha Budhathoki	Priyadarshi Manandhar	Unika K.C	Siddhartha Tamang
3	Prakhyat Baduwal	Laxmi Rai	Saksham Regmi	Wishpa Gurung	Shraddha Gautam
	Subhang Sharma Acharya	Nabyata Khatri	Samyam Tripathi	Neha Lawati	Palista Shrestha

	Amulya Ghimire	Priyam Goel	Sarbagya Gyawali	Kshitiz Tamang Lama	Nilisha Bhandari
4	Agrim Panta	Abyakta Rajbahak	Arju Kafle	Wonjala Maharjan	Aron Thapa
	Binamra Choudhary	Aditya Pudasaini	Arpita Dhungana	Samridi Basnet	Aajju Maharjan
	Denish Rajbahak	Ahim Chandra Subedi	Ashma Devkota	Shriu Adhikari	Pracheeta KC
5	Nirjal Prasai	Manasvi Shah	Krishna Agam	Oneira Shrestha	Lakchhit Khaniya
	Soham Acharya	Mijila Manandhar	Sahasra Siddhartha Gautam	Unnati Gurung	Grisma Gyawali
	Aashrika Pandit	Prayatna Silwal	Abhinav Yadav	Shambavi Shahi	Shreeyan Shah
6	Bungwama Rai	Rose Adhikari	Nishant Shahi	Nimesh Pandey	Sisrikshya Dahal
	Eshita Srivastava	Saloni Jha	Prashad N Rana	Dikshya Bista	Aayushu Upadhaya
	Malika Bhungel	Aarosh Singh Maharjan	Preygans Tamang	Cephas Raj Paudel	Jinee Shah
7	Nancy Gurung	Ayub Kaji Gamal	Pansy Sintan	Priyasha Baduwal	Simon Bogati
	Pahal Agrawa	Baibhav Jain	Saayena Nepal	Srijana Giree	Sargav Lamsal
	Aaron bhujel	Bibek Gupta	Shreeya Gautam	Tshering Chutin Sherpa	Purnima Ghimire
8	Agraj Gyawali	Ishaan Maharjan	Jawaj Jung Thapa	Samridha Yonjan	Sujaynee Maharjan
	Amol Shrestha	Kargil Gurung	Manas Roddan	Hyowon Bhandari	Dipesh Gupta
	Deepson Nepal	Kargil Gurung	Nishit Aryal	Akankshya Basnet	Sukrin Thapa
9	Shreya Bhandari	Yachuna Karmacharya Suwal	Rohit Shah	Nirvik Shrestha	Nyukti Karki
	Arav Timsaina	Zaina Shah	Rubit Dhoj Khanel	Suzeen Gurung	Nilisha Chaudhary
	Ishup Dahal	Sambrit Aryal	Sanim Pradhan	Rihana Sherchan	Arika Pant
10	Jewell Rajbahak	Baishnavi L. Magar	Sudin Maharjan	Kritan Joshi	Anis Sharma
	Earth Shrestha	Satish Karki	Akshara Yadav	Lakshyadeep Shrestha	Ilesma Saud
	Sanym Naulakha	Sayuri Basnet	Amanda Sumi Shrestha	Suprima Basnet	Ameek Pandey
11	Bira Khanal	Yajju Maharjan	Ishika Yadav	Diya Rajouriya	Eva Shrestha
	Prabika Bhattarai	Yelas Lama	Mahi Murarka	Kritika Thapa Magar	Kabir Darnal
	Prinsa Khadka	Suwigya Adhikari	Ragini Mandal	Kusum Gajmer	Anushriya Tuladhar
12	Abishon Bikram Shahi	Soyam Niroula	Rijju Bhandari	Sujit Nepal	Soovam Pokharel
	Raayan Rauniyar		Stuty Nepali	Sudip Roka	Prashav Parajuli
	Mirav Thapa		Siddhi Nemani	Nabin Lamsal	Roshish Manandhar

Team	Class 6- Names	Class 7 - Names	Class 8 - Names	Class 9 - Names	Class 10 - Names
1	Bidusee Sharma	Aarjit Shah	Pabina Shrestha	Aaditya Dhungana	Shreeja Pradhan
	Prachi Bashyal	Aashish Risal	Samridhdika Dahal	Aaditya Kumar Singh	Sneha Gautam
	Samragi Aacharya	Pranay tuladhar	Shristina Poudel	Arnav Darnal	Bibek Aryal
2	Swastika Khatiwada	Sudin Kafle Sharma	Kripa Khadka	Aayesha Parajuli	Aayundra Shrestha
	Chanchal Shah	Ashbin KC	Priyanka Pateny	Anushka Karna	Abhisek Lamichhane
	Astha Poudel	Sachit Uprety	Vidhi Chhetri	Grishma Panta	Adarsha Rai
3	Aayusha Subba	Namuna Bista	Alvin Yadav	Prasanna Dhungana	Sarasij Bhadra Karna
	Kavya Pradhan	Nirjala Gurung	Armaan Mustafa	Sakshyam Pandey	Aashma Bhatt
	Rownak Bhandari	Swarn Rauniyar	Prashraya Dhakal	Sujaya Shrestha	Kohinoor Shrestha
4	Krish Jaiswal	Ichya Kandel	Tashi Tsh.Gurung	Sanskriti Poudel	Aditya Agrawal
	Pradhyot Adhikari	Bipasana Shrestha	Agya Mishra	Sneha Roy Yadav	Bijayan Rai
	Shaswat Karki	Rhichan s. Yamphu	Anjali Bhandari	Aarambha Jung Shahi	Girwan Paudyal
5	Aagaman Giri	Raghav Basnet	Riya Chitrakar	Baibhav Shrestha	Krishna Ghimire
	Bidhan KC	Rojan Khati	Shreya Wagle	Christopher Raj Paudel	Reeya Gautam
	Saksham Basnet	Sayan Raja Dahal	Simran Chaulagai	June Chapagai	Ridhika Koirala
6	Anjina Dhakal	Dilasha Niraula	Sneha Gupta	Anusha Thapa	Meekish Tamang
	Isha Sundas	Niki Yadav	Swikriti Kayastha	Arju Bhandari	Niwesh Dhital
	Shristi Shrestha	Samridhi Shrestha	Uibha Rao	Debansi Singh	Parash Lamichhane
7	Aadarsh Pokhrel	Shreebriddhi Pandit	Diki Doka Sherpa	Nandini Gupta	Manju Pulami Magar
	Anmol Udash	Prasiddhi Shrestha	Sashant Shah	Riya Panta	Rajya Thapa
	Nodan Poudel	Ritika Karki	Siddhartha Basnet	Rupika Uprety	Ruhani Shrestha
8	Sabin Dhakal	Binisha Nagarkoti	Sandhya Shah	Harshika Kundaliya	Kusum Lama
	Aadesh Humagain	Luna Rajbahak	Shivani Shah	Khushi Sawartha	Nysa Rai
	Prabesh Chaulagain	Rujita Pandey	Shristi Bhandari	Nistha Aryal	Prajakta Rawal

Team	Class 6 - Names	Class 7 - Names	Class 8 - Names	Class 9 - Names	Class 10 - Names
9	Adesh Kafle	Austin Karki	Samip Prasai	Smriti Agrawal	Simon Jung Karki
	Rishabh Jha	Banu Upadhaya	Asenla Ghale	Swikriti Tambahangphe	Aashra Shrestha
	Arya Planchoke	Genius Bhandari	Bhawana Thing Tamang	Bishesh Bhattarai	Erika Ghimire
10	Aakash Bhattarai	Oasis Paudel	Adonis Sharma	Prayusha Pudasaini	Sakshi Jha
	Amulya Rai	Bimal Pathak	Aryan Shrestha	Puja Gandhari	Sneha Aryal
	Sushant Roy Yadav	Sulav Sundar Nakarmi	Digbijay Shah	Shreeya Shrestha	Tirsana Sapkota
11	Moliska Ghale	Prajjwol Manandhar	Bebisha Rajbahak	Prabhash Dev	Gaurav Tulsian
	Sumika Shahi	Aashraya Bhattarai	Pratyusha Adhikari	Prashant Tiwari	Pranav Shrestha
	Krishna Tamang	Prithivi Agrawal	Aayusha Karki	Siddhartha Shrestha	Sabil Lal Amatya
12	Shreya Acharya	Shuvam Khanal	Mandip Thapa	Ananya Lakhotia	Samyam Gurung
	Sitashma Baniya	Samridha Adhikari	Nishith Shrestha	Asmita Bastola	Siddhartha Thapa
	Suhana Pandey	Akchit Adhikari	Prithak Khadka	Sadikshya Joshi	Binu Thapa



24. Quiz Competition

Like Spelling Competition, Quiz Competition has been designed in 5 rounds and encourages more students to participate. The 1st and 2nd Round of Quiz Competition was held on 28 Jestha and on 9 Shrawan 2075. The students who made it through 2nd Round has been advanced to the 3rd Round. The name of the participants who have advanced to 3rd Round are listed below:

Team	Class 1 - Names	Class 2 - Names	Class 3 - Names	Class 3 - Names	Class 5 - Names
1	Abison Bikram Shahi	Prasiddha Katel	Aaradhya Bhattarai	Divyesh Baidya	Aayush Sharma
	Chirayu Gurung	Rahul Budhathoki	Advay Gharti Magar	Pratyush Bhattarai	Avirudda R. tuladhar
2	Earth Shrestha	Sajal Puri	Baibhav Narayan Shah	Sambriddha JBR	Yojann Bhattarai
	Gaurav Shakya	Soyam Niraula	Niraj Yadav	Rishav Rai	Kuldeep Raj. Joshi
3	Harshit Marwari	Anushka Sharma	Pranik Tandon	Anik Rana	Obhama Shrestha
	Kunal Kishore	Anwasha Thapa	Siddhartha KC	Bidha Pandit	Sakina Karmacharya
4	Raayan Rauniyar	Baishnavi L. Magar	Sudhir Shah	Saurav Raj Yadav	Archit Marwadi
	Saubhagya Jung Karki	Binita Pahari	Sushant Chaudhary	Saiyam Maskey	Rudra Saraswati
5	Upesh Dhakal	Rashi Giri	Esme Tamang	Aranish Deo Bhatta	Aryan Kumar
	Aaroohee Basnet	Rishika Chandak	Gargi Shah	Aawaz Niroula	Samyog Regmi
6	Nitisha Budhathoki	Sayuri Basnet	Ridima Karki	Manogya Nepal	Rinchen Tamang
	Prashamsa Maharjan	Suwigya Adhikari	Roji Acharya	Sushant Pandey	Bashu Bhandari
7	Saunigya Pathak	Yajju Maharjan	Shreyashi Adhikari	Aryaa Tara Rijal	Avash Shrestha

	Shaaya Rana	Prem Shah	Sumiran Mishra	Arpan Chalise	Pratyush Tiwari
8	Simran Khanal	Sabin Gurung	Kritagya N Shrestha	Nischal Gautam	Adhiraj Rasailey
	Jesun Rana Magar	Sameep Paudel	Prabal Manandhar	Aroj Basnet	Sambriddhi Bhurtel
9	Gaurav Shakya	Suvamsu Basnet	Shreeyansh Dahal	Joel Nardip Rai	Aditya Subedi
	Aayush Kumar	Yugam Dhakal	Sujit Kumar Shah	Khigama Rai	Prashams Poudel
10	Prashant Kunwar	Shraddha Pandey	Akshyata Tuladhar	Saujan Shrestha	Samana Baniya
	Sajal Bhatta	Smarika Giri	Aslesha Singh	Sang Tchering Gurung	Anushuya Shrestha
11	Samrag Jung Raut	Suprashna Mainali	Prachi Khadgi	Suryams Basnet	Himanshu Sharma
	Shreyash Nepal	Trisha Pokhrel	Priyanci Poudel	Arambha Ghimire	Avishek Nepal
12	Dikshya Bhandari	Aakrishta Ghimire	Shreyana Thapa	Suyog Nepal	Arya Baral
	Prakriti Swar	Ashwi Singh Yadav	Sleshna Tuladhar	Agyashree Sapkota	Diyana Tandukar

Team	Class 6 - Names	Class 7 - Names	Class 8 - Names	Class 9 - Names	Class 10 - Names
1	Aayush Adhikari	Aman Mustafa	Sudip Shah	Pratima Dhital	Isha Bista
	Ronit Agrawal	Manish Adhikari	Prajol Rawal	Shristi Prajapati	Surabhi Joshi
2	Sujal Shrestha	Prajwol Bhandari	Priyanka Gautam	Rohan Lekhak	Aahana R.L. Kunwar
	Urkan T. Sherpa	Aditya Rauniyar	Somya Mishra	Pranay Raj K.C	Bidushika Dahal
3	Mayank Dongol	Shirshak Aryal	Aayush Das	Anant Lakhotiya	Sabigya Gyawali
	Aryan Singh Bhandari	Vatsal Khetan	Pranika Bista	Rohit Bhandari	Sadichchha Panthi
4	Rasesh Neupane	Jiya Mandal	Samragi Khadka	Birat Chand	Chetana KC
	Srijal Prasai	Nicole Ghimire	Vaishnavi Shah	Kushal Marwadi	Dawa Tshering Sherpa
5	Bardan Karki	Pujan Shrestha	Prayash Kanel	Prasanna Deep Basnet	Stuti Kafle
	Sameer Dahal	Dipsun Kafle	Subhank Srivastava	Peshal Kumar Shrestha	Upasana Dhakal
6	Sachhem Amatya	Bishrant Ghimire	Aaditya Raj Trivedee	Jamuna Shrestha	Shreela Gurung
	Omkar Pudasaini	Subham P. Rijal	Sandarv Aryal	Ayush Gaire	Avash Raj Joshi
7	Samir Rauniyar	Aaska Rizal	Dipti Adhikari	Anupama Subedi	Sakriya Maharjan
	Suheel Bir. Dhajistha	Meri Dolma Pakhrin	Sheetal Chitrakar	Ganga Shrestha	Zaved Krishna Agam
8	Prajwol J. Karki	Aastika Acharya	Arpita Pant	Raj Baral	July Chapagai
	Unnav Man Sthapit	Grishma Dangi	Karishma Bhandari	Biva Maharjan	Ritika Shah
9	Abhinav Shakya	Sudin Neupane	Prerana Neupane	Deepa Upadhyay (Samridhi)	Ranjita Shrestha
	Sumit Kumar Saini	Tenzing S. Gurung	Shreya Maharjan	Jigyasha Sonam	Smritee Regmi
10	Shreya Poudyal	Aaditya Sapkota	Sahil Devkota	Mayank Acharya	Nischal Singh Bista
	Monika Rai	Sachhyam Karki	Siddhartha Pokhrel	Rabi Kumar Shah	Prayatna Pokhrel
11	Sohail Khan	Raj Dhakal	Parisha Lamichhane	Samman Jung Basnet	Digbijay Singh Rathour
	Anveshan Bhattarai	Ishan Adhikari	Paruhangma Limbu	Shreyans Mahaseth (New)	Sandip Tharu
12	Shreyan Gurung	Soham Ghimire	Asish Kunwar	Saumya Sigdel	Nairitya Rimal
	Puja Rijal	Gaurav Bhandari	Dipen Shrestha	Bijin Thapa	Prayash Magar



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



Fun on Circle Time – Circle time is conducted every day in the morning. During Circle Time, children share their thoughts, listen to one another, actively participate in activities, introduce new concepts and ideas, read together, sing together, and build a sense of respect and support for one another. It helps to develop positive relationships between children. It aims at giving them tools to engage in and listen to each other.

Friday Fun Activities: On Fridays all the Pre-school students attend school in informal dress depending on the theme for the day. Every Friday there is a different theme.

Students were dressed in football jerseys on the day the theme was FIFA World Cup 2018. On this day students are mostly engaged in doing their project work which is usually some kind of craft work which they all take home after school.



National Rice Plantation Day– On 15 Ashad all the Pre-school students observed rice plantation in the school premises and enjoyed eating beaten rice and yoghurt.



School Project: Maize Plantation – Early childhood educators have an important opportunity to help create a positive environment which connects with young children’s senses, allowing them to plant, grow, harvest and ultimately prepare healthy eating experiences. Therefore, the Pre-school students planted maize in flower pots and will be observing the development of saplings until they bear maize. If maize grows well, it will be consumed during their tiffin. From this project, Pre-school children come to know the source of the food that is served on their plates.



Spelling and Quiz Competition – All students of the school take part in the Spelling and Quiz Competition which is held in the school. They need to participate in all the five rounds of the Spelling and Quiz competition. Because of this, they learn spelling, picture recognition, conversation and pronunciation.



Parent-Teacher Meeting (PTM) –Parents’ involvement is necessary for the overall development of a child. Parent- Teacher meeting of the Pre-school was conducted on 30 Jestha 2075. During the program, all the teachers introduced themselves to the parents and told them the methods used to teach their children. This programme is also an opportunity for our new parents to get to know about the system of the school and to meet teachers teaching their child. This program **Mr. Uttam Dahal**, Early Childhood Development Trainer who is associated with the United Nations International Child Development Program (UN-ICDP) imparted parental awareness to the parents.





Animals have home

Once upon a time, there lived a tiger's family in a jungle. The jungle area was close to the village. The villagers used to cut trees for their daily needs. This was slowly destroying the home of the forest animals. When the tiger used to approach the village area for food, the villagers used to chase the tiger away because they wanted to save their cattle and livestock. One day, the tiger said to the villagers "I have a family too and I want to save my family". The villagers then realized their mistake that they were destroying the homes and food supply of the tiger as well as other forest animals. Lastly they understood that animals have home too and we should not destroy their home.

- Neha Sharma (1G1)

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w]/} klxn] Pp6f s'v'/f lyof] . Tof] s'v'/f Hofb} rnfv lyof] . p;n] :ofn;Fu ldt nufPsf] lyof] . :ofn / s'v'/f ldn]/ a:y] . Ps lbg :ofn nfO{ Psbd} ef]s nfUof] . :ofnn] s'v'/fnfO{ b]v]/ d'vdf kfgL cfo]f . s'v'/fnfO{ vfg vf]Hbf s'v'/f rnfv ePsf]n] efu]/ lhp arfof] .

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King and the Nobleman

One day a king decided to row a boat in a nearby river. As he was rowing the boat, he became hungry. But the hotel was very far, so he continued rowing the boat. As the hotel finally arrived, he became happy and as he was trying to reach out for the river banks, he slipped from the boat and fell into the river. A nearby man saw him and he helped him."Thank you very much", the king said "Welcome king, but how did you fell down from boat?" asked the man "I could not balance the boat" replied the king. "Why you could not balance the boat?" the man asked, the king then replied," As I was rowing the boat, I became hungry and when I saw the hotel I couldn't control my hunger anymore. In hunger, I tried to get off the boat when I suddenly slipped and could not balance and fell into the water." They both laughed together and the king took the nobleman on a feast with him to the hotel.

-Himal Roka (2G1)

Love your Grandparents

Once upon a time there lived a boy named Ram with his grandmother, mother and his father. Grandmother was very old and used to be sick all the time. Due to this reason, Ram's parents were always stressed. They started thinking that she had become a burden to the family. One day they decided to get rid of her. They planned to leave her in the jungle. Ram decided to accompany them. As all of them were walking together, they reached the dense part of the jungle. There was a big hole dug by Ram's parents beforehand. As they reached the spot, Ram's father pushed grandmother into the big hole. Ram was shocked to see his father's shameful act. Grandmother started crying for help but neither his father nor his mother cared and decided to walk back home. Ram quickly told his parents that when they would also become old and sick, Ram would also get rid of both of them in similar way. His father and mother was suddenly shaken and was shameful for their act. They asked forgiveness with grandmother and brought her back home. They started looking after her properly thereafter.

-Ankit Gupta (3G1)

Cartoon

Cartoons are very funny
Cartoons are very nice
Sometimes I see them laughing
Sometimes rolling dice
 They can do whatever they want
 It is amazing right?
 Sometimes I see them crying
 When they start to fight
They also have silly names
Like: Doraemon and Oggy
Sometimes the day is rainy
Sometimes little foggy
 Sometimes they get hit with rocket
 But they don't even die
 They also eat the food we eat
 Like: Cookies and apple pie

- Aryaa Tara Rizal (4G2)

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Spring Season

Spring season is very colourful season. Different flower blossoms everywhere in spring season. I love spring season weather because it is neither very hot nor very cold. It is my favourite season. In spring season, my family generally goes for a picnic and we have lots of fun. Once in a spring season, we saw a baby bird hatching from an egg. We even took a video of it. After sometime, the mother bird came to see her baby. She was happy with joy. We were all also very happy to see the little bird chirping. After that we spent the entire day playing games, dancing to music and eating the tasty cuisines. This was the best day of my spring season for a long time.

- Oneira Shrestha (4G1)

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/fd'sf] ufpFdf Pp6f ;fgf] lJBfno lyof] . Tof] lJBfnodf Pshgf ;a}nfO{ dfof ug[] u'cfdf x'g'x'GYof] . pxfFn] ;a} lJBfyL{nfO{ dfof ug'{x'GYof] . /fd' abdf; / rrsr] lJBfyL{ lyof] . p;nfO{ k9\g / n]Vg dg nfUb}g lyof] . pm u'cfdfn] k9fpFbf g;'lgsg v]n]/ a:Yof] . o;/L g} ;do laTb}uof] . k/Llffsf] ;do cfof] . /fd'nfO{ kf7sf] s]xL klg cfpFb}g lyof] . To;}n] pm k/Llffdf km]n eof] . km]n ePsf]n] /fd'nfO{ p;sf cfdfa'afn] ufnL ug'{eof] . t/ u'cfdfn] p;nfO{ /fd|f];Fu Wofg lbP/ ldlxg]tsf ;fy k9]df cj:o klg ;kmn eOG5 eg]/ ;Demfpg' eof] . /fd'n] klg u'cfdfn] eg]h:t} u/L k9\g yfNof] . pm k/Llffdf /fd|f] c^a\s NofP/ kf; eof] . u'cfdfn] p;nfO{ :ofaf;L lbg'eof] .

d]/f] ;fgf] km"naf/Lsf slt /fd|f km"n oL km"nnfO{ l6Kg] gu/f]F x} e"n d]/f] km"nsf] n:s/ x]bf{ b]lvG5 em'n'a\ u] k'n oL km"nsf] /; r':g cfpF5g\ df]/Lsf x"n km"naf/Lsf km"n l6Kbf nfU5 dnfO{ kfk xfdLaf6 ulNt eP ulb{g' x} dfkm km"naf/Ldf 3'Dg cfp k'tnLsf x'n of] sljtsf] zLif[s rflxF ...k"mnaf/Lsf km"nÚ

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xfdLn] kmh'n vr{ ug}{ afgL x6fpg'k5{ . xfdLn] cf^gf] k};f sfd gnfUg] s'/fdf vr{ ug'{ x'Fb}g . xfdLn] cf^gf] k};f hyfefjL vr{ u}of]F eg] k]/sf] a]nfd c?nfO{ d2t ug{ xfdL;Fu k};f x'Fb}g . l5d]sLnfo{ ;xof]u ug{ g;Sbf xfdLnfo{ g} cK7\of/f] k5{ . To;}n] xfdLn] cgfjZos vr{ gu/L k};f arfP/ /fVg'k5{ geP eljiodf xfdLnfo{ b'Mv x'G5 . eljiodf cfjZoskb{ arfPs]f k};fn] d2t x'G2 . To;}n] xfdLn] ;fg}af6 ldtJool agL k};f arfP/ /fVg'k5{ . o;f] u/]df xfdLnfo{ eljiodf b'Mv x'Fb}g / c?nfO{ klg d2t ug{ ;lsG5 .

- >Lo' clwsf/L-\$hL!_

Help

Once upon a time there was a small boy named Shankar. He belonged to a poor family. One day, he was walking through the forest carrying some woods. He saw an old man who looked hungry. He wanted to give him some food but he didn't have any with him. So he continued his journey back home. Then, he saw a deer that was very thirsty. He wanted to give it some water, but he did not have any water for himself. So he moved ahead. He then saw a man who wanted to make a camp but did not have any woods. So Shankar gave some of his woods. In return, the man gave him some food and water as a thank you gesture. Shankar then went back to the old man and deer and gave them food and water.

One day, on his way back home Shankar fell down the hill. He was badly hurt and was in great pain. He couldn't move nor was there anyone to help him. Just then the same old man whom Shankar had given some food before, was walking nearby. He heard him and quickly came for his rescue. He tried to comfort Shankar by offering him some water. Fortunately, the same deer which Shankar had given water before, came close and saw his wounds. The deer quickly went back to the forest and brought some magical herbs for his wounds. Thus, Shankar was rescued. He was saved because of his willingness to help others.

- Maulik Dangol (4G1)

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ljsf; gfd u]/sf] Pp6f s]6f lyof] . pm cToGt 3d08L :jefjsf] lyof] . pm wgL afafsf] 5f]/f ePsf]n] p;df wgsf] 3d08 lyof] . h;n] ubf{ pm sf]xL klg ;fyLxç;Fu ldn]/ a:b}gYof] . ;w}F ;fyLxçnfO{ lh:Sofpg], emu8f ug]{ ub{Yof] . Pslbgsf] s'/f xf] af6f]df lxF8\b} ubf{ p;sf] gfsaf6 /ut aUg yfNof] . /ut /f]lsFb} /f]lsPg . ;Fu} lxF8\g] p;sf ;fyLxçn] b]v]/ p;nfO{ glhs]sf] c:ktfn nu] / ljsf;sf] 3/df klg kmf]g ul/lbP . Psl5g kl5 ljsf;nfO{ 7Ls eof] . kl5 yxf eof] ls h'g ;fyLnfo{ p;n] slxNo} /fd|f] Jojxf/ u]/g ;w}F emu8f uYof]{ , cfh ltg} ;fyLxçn] olt 7"nf] ;xof]u u]/] p;sf] Hofg arfP . To;kl5 p;n] ;a} ;fyLxç;Fu dfkmL dfUb} ;xof]u u]/sdf wGojfb lbof] .

-lflth nfd-\$hL!_

<p>A mother is someone who always cares She is someone who's always there She always prays Her love is very rare When things get rough When life gets tough When nothing is to bear God's words she shares God's light is on me So blessed I feel to be with God gave us a precious gift I wonder how lucky we are.</p> <p style="text-align: center;">- Aayush Panta(5G1)</p>	<p>Internet is very useful for us. Internet is popular all over the world. We are able to watch movies, songs and to download various different type of application. It has made our lives easier and faster as well. Even small children have started using internet. We can send messages, call person or watch latest movies all through the help of internet. Not only that we are able to get the information and the latest news that is happening currently around the world. But internet has its advantages as well as disadvantages. It takes our valuable time and we don't realize the time we waste on it. It can also make us less concentrated in our studies. It can also affect our eyesight. Due to internet, there is less physical activity which aid in poor health too.</p> <p style="text-align: right;">- Pracheeta KC (5G1)</p>
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<p style="text-align: center;">Truth That Saved the Girl</p> <p>Once upon a time there was a girl named Sumiti. Her parents loved her very much. Sumiti always got whatever she asked for. Sumiti was a bright student. She was also polite and helpful to everybody. But her teachers did feel that Sumiti was a little pampered child as she always managed to get whatever she liked. If she happened to like somebody's pencil, she was quick enough to give one of her own things to get that pencil.</p> <p>It so happened that one morning all the students were gathered around Sumiti's friend Tina. Everybody was admiring her new pen. Sumiti also saw the pen. She wrote her name with it. The pen was excellent. Then the bell rang and every body rushed downstairs for the assembly. While they were making line in the assembly, the teacher called Sumiti and asked her to bring some chalk from the classroom. When Sumiti entered the class she could not stop herself from peeping into Tina's bag. She took out the pen to see it one more time. Just then she heard some foot steps. She saw Vibha entering the class as she was not feeling well. Sumiti ran out with the pen and kept it in her pocket. After the assembly was over; Tina started searching her new pen as it went missing. The teacher called for Vibha and accused her for taking the pen as she was in the class. Poor Vibha started crying. Sumiti felt very bad for Vibha. She decided to keep the pen back in Tina's bag. She thought about it many times and the next morning, she went to the teacher. She went on saying that, " I was looking at the pen yesterday, then Vibha suddenly entered the class, I was scared so I put it in my pocket. I was afraid to tell you. I am very sorry. I will never do it again." Teacher then replied, "Sumiti, you are a brave and honest girl. We all make mistakes and are always afraid to admit it. Im proud of your honesty. You should say sorry to Vibha." Sumiti then asked forgiveness from Vibha and Vibha forgave Sumiti.</p> <p>Moral: We should always be honest and should never be afraid to admit the truth.</p> <p style="text-align: right;">-Kenisha K.C. (5G2)</p>	<p style="text-align: center;">A Dream I Can't Forget</p> <p>Dreams aren't always wonderful. Sometimes, they can turn out to be nightmares. Imagine beautiful gardens with unicorns, or meeting a famous personality are the types of dreams we see most of the times. But people may also dream of demons, ghosts or some incident they would never want to happen. I have also had scary dreams now and then. But the one that scares me a lot is the one I saw yesterday. Even thinking about it, still sends shivers down my spine. It goes as: I woke up in a bed of lava and my body was burning into ashes. The only portion remaining was my head. There was a crowd of people running around me and the lava suddenly disappeared. My body parts were back too. Just then I saw one frightening figure just across the road. His face was covered with a black cape and had a knife in his hand. Wherever I went, the figure followed me and ultimately stabbed me with the knife and I was dead. There was blood all over the place and the area turned into an ocean of blood! I got drowned deeper into the ocean where my body got eaten by a shark. Now only my eyes remained to see the most dreadful images. Six ghosts were hanging from one tree. Suddenly I saw myself with my heart stabbed with the same knife. Then a volcano erupted and I ran to save my life. Suddenly there was a blast and I woke up just to find myself in my bedroom covered with sweat and a racing heart. It was an awful dream; a dream I can't forget.</p> <p style="text-align: right;">- Bipasana Shrestha (7G1)</p>
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v/fa afgL Tofuf}F, ;a}sf] Kof/f] agf}F

xfDLn] v/fa afgL x6fpg' kb{5 / ;a}sf] Kof/f] aGg] sf]lzz ug{'k5{. xfdL v/fa aGg s]jn Ps ldg]6 klg nfUb}gf}F t/ ;a}sf Kof/f] aGg xhf/f}F lbg nfUg] ub{5 . xfdL ;a}hgf Ps c;n JolQm ag]/ ;a}sf] Kof/f] aGg] sf]lzz ug{'k5{ . o;n ubf{ xfdLnO{ ;a}hgn] dfog klg u5{g\ . v/fa JolQm eg]sf] o:tf] JolQm xf] h'g Psbd} g/fd |f] :jefjsf] x'G5 . v/fa JolQm slxNo} klg s;}sf] Kof/f] aGg ;Sb}g / p;nfO{ s;}n dfog klg ub}{g . ;a}hgfsf] Kof/f] aGg ;lhnf] x'Fb}g t/ xfdLn] sf]lzz cjZo ug{'k5{ . xfdL Pp6f c;n JolQm ag]/ ;a}sf] dg lht]/ ;a}sf] Kof/f] JolQm aGg ;S5f}F . xfdL v/fa JolQm slxNo} aGg' x'Fb}g . xfdL Ps pksf/L / u'OfL JolQm ag]/ ;a}sf] Kof/f] aGg'k5{ . cGtM hLjgs]f d"ndGq g} v/fa afgL Tofuf}F, ;a}sf] Kof/f] agf}F x'g'k2{ .

- lbkLsf k|wfg -%hL!_

Key to Happiness

Once upon a time, there lived three brothers named Jacob, William and James. They lived in a cottage nearby the forest. They were all honest and hardworking. Everyday, they would make their journey into the forest for wood. Later in the evening, they would sell it in the market where it would fetch them a decent price. The three brothers were living a happy and contented life.

One day, while Jacob, William and James were returning from the woods, they saw an old woman trying to carry a sack on her back. They immediately approached the woman and offered to carry the sack all the way to her home. The sack contained apples that she had collected in the forest. Jacob, William and James were very tired by the time they reached the old woman's home. She offered them water and some food. A little girl named Mila was watching everything from a corner. She had heard a lot about the three brothers. When the time came for them to leave, she followed them in order to see what she had heard about them was true or false. She had heard that they were always happy and cheerful, and she wanted to know the real reason behind it. As she followed them, she noticed that the three brothers helped everyone on their way, they even helped a puppy who was stuck in the mud, and they helped the old ladies in carrying their belongings.

One day, there was a fire on a house and a newborn baby was stuck in the fire. Jacob, William and James immediately came for the rescue and helped the baby. Everybody praised them for their heroic move. The little girl who was observing them for quite sometime now was moved by their heroic move and made the decision to return home. Her old grandmother was very happy to see her back. She had understood the key of living a happy life.

- **Ichya Kandel 7G1**

cfb/ gug]{ k]8f}

Psfb]zdf Pp6f k]8f] gfdsf] s]6f] lyof] . pm Psbd} n]eL / 5'Rrf] :jefjsf] lyof] . p;n] cf^gL cdfnfO{ klg cfb/ ub}{gYof] . p;sL cdfn] p;nfO{ ;'wfg{ w]/} sf]lz; ug'{ePsf] lyof] . cdfn] p;nfO{ u[xsfo{ u/ eGbf klg pm laxfg u5{ egL :s'n hfg l9nf u/L u[xsfo{ u¥Yof] . Pslbg p;sL cdfn] sf/k]G6/ sfsfnfO{ af]nfp m eGg'eof] . p;n] hlt eg]klg cdfsf] s'/f dfg]g . p;sf] hGdlbg ef]lnkN6 lyof] . ef]lnkN6 klg p;sL cdfn] sf/k]G6/ sfsfnfO{ af]nfp m eGbf c'} k]8f]n] eg]sf] dfg]g . Tof] a]n'sf p;n] cf^gf ;fyLx¿nfO{ af]nfof] . ;fyLx¿ cfP/ ;f]kmfd a:bf ;f]kmf g} ef]lrof] . of] b]v]/ k]8f]nfO{ a]OHHTf cg'ej eof] / cdfsf] s'/f gdfGbf k2'Tff] eof] . To;sf]dfYfL ;fyLx¿ l;/fP/ uP . ;f] lbg]lv p;n] ;a}nfO{ cfb/ ug{ yfNof] / eg]s.] dfGg klg yfNof] . clg p;n] cdfnfO{ cfb/ ug{ / eg]sf] dfGGf] afrf klg u¥of]

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;8s afnafnsf

xfdL clxn] Pp6f o:tf] h'lgdf afFlr/x]sf 5f]F ls hxfF k];f g ;a}eGbf 7"nf] b]jtf xf] . k};fâf/f xfdL b'lgofFsf] ;a} ;'ljwf lsGg ;S5f]F . k};f ePsf] dflg;x¿ s/f]8f]Fsf] 3/df al;/x]sf x'G5g\ eg] k];f gePsf dflg;x¿ cf^gf] hLjg ;8sdf latfpg afWo x'G5g\ . afNosfnb]lv g} ;8sdf a];sf afnafnsfnfO{ ;8s afnafnsf elgG5 . xfdLn] o; wtL{df kfOnf 6]ls;s]kl5 xfd|f cfkmGtn] xfdLnfO{ dfon] x'sf{Psf x'G5g\ . t/ tL ;8s afnafnsfx¿sf] s;}n] klg x]/rfx ub}{gg\ . pgLx¿sf cfkmGt klg sf]xL x'Fb}gg\ . pgLx¿sf] :jf:Yo 7Ls g/xFbf klg pgLx¿nfO{ sfddf hfg'kb{5 . geP pgLx¿ ef]s]n] d5{g\ . /ftdf clnsit vfgf kfpf klg pgLx¿nfO{ lbgel/ ldlxg]t ug'{kb{5 . hlt ldlxg]t u/]klg s;}n] pgLx¿nfO{ jf:tf ub}{gg\ . vfgf lsGg k};f gk'Ug] lbg pgLx¿nfO{ c;fWo} ufx|f] x'G5 . To; lbg pgLx¿n] c? dflg;âf/f ^oflsPsf vfg]s'/f vfg afWo xg'''kb{5 . hLjg slQ sl7g x'G5 eGg] kf7 pgLx¿ eGbf /fd|/L c? s;}n] hfGf]sf x'b}gg\ . ;fgf] s'/fdf v';L /xg / ;x]/ ePklg cf^gf] lhGbuL rnfpg pgLx¿ afx]s s;}n] klg hfg]sf x'b}gg\ . ;8s afnafnsf h:t} sl7g hLjg xfdLdWo} s;}n] klg ef]u]sf 5}gf]F / xfdL o;sf nflu v';L x'g'k5{ . of] xfd|f] ;f]efUo xf] . ;/sf/n] oL afnafnsfx¿nfO{ Gof o lbg Pp6f 7"nf] sbd p7fpg' k5{ . pgLx¿ klg xfdL h:t} ;fwf/Of dflg;x¿ x'g\ / pgLx¿sf] klg o; wtL{df cf/fdsf ;fy a:g kfpf] clwsf/ 5 . Tf;{y xfdL ;a} hgtf ldn]/ o;sf] lj?4 cfjfh p7fpg'k5{ .

-**s[if h]zjfn -^hL!_**

A Perfect Day

I saw from the window,
 What a beautiful day!
 Everybody's busy in their work,
 But I would better play.
 I went to the kitchen,
 Wow! A chocolate cake,
 A tasty cake, my mother baked.
 It was starting of a perfect day.
 I went to the living room,
 My grandmother gave me a bangle,
 Was beautiful from every angle.
 It was the starting of a perfect day
 I went to the garden,
 My sister made a pink flower crown,
 Look, how talented is she!
 It was the starting of a perfect day

-**Pranika Bista (8G1)**

A Bird's Flight

Hatched from an egg a tiny gull.
 Whose mother protected her from every fall?
 Time passed, so did she grow.
 Little did she know, to fly she had to go.
 Timidly, she looked down from the cliff,
 At the sight of the vast ocean, she became stiff
 What if her body didn't lift?
 What if she, with the ocean currents, drift?
 She looked up to her mother with hope.
 Living on land; was there any scope?
 She jumped off the cliff with fright
 Spread her wings, and let her body be lightened.
 The fast air current pushed her up high,
 She flapped her wings to move
 With her hopes and esteem raised high.
 Above the clouds she flew, in the sapphire sky.

-**Arnav Darnal (9G1)**

w]/) klxn]sf] s'/f xf] /fdk'/ eGg] Pp6f ufpF lyof] . vfg nfpgsf] s'g} b'Mv geP klG To; ufpFdf k9\gsf nflu b'Mv lyof.] To;]n] To; ufpFsf dflg; wgL ePklg lzllft eg] lyPgg\ . To; ufpFdf Pshgf s[i0f gfd u/]sf a|fXd0f a:by] . pgsf tLg 5f]/fxč lyP . h]7f] 5f]/fsf] gfd lj/fhdfg, dfOnf]sf] gfd xl/dfg / sfG5f] 5f]/fsf] gfd a'l4dfg lyof] . Itg}hgf 5f]/fxč c;n, Odfgbf/ / cg'zfl;t lyP . 5f]/fxč lzllft ag'g\, pgLxčsf] hLjgdf ;'wf/ cfcf]; \ eg]/ Itg}hgf 5f]/fxčnfO{ /fd|f] lzlff bLlff lbg] lg0f{o u/] . afa'sf] cf1f cg';f/ tLg}hgf 5f]/fxč k/b]z uP . ItgLxčn] jiff};Dd ldlxg]tsf ;fy cWoog u/] . Itg}hgf 5f]/fxčn] cf-cf^gf] ljifodf uxg 1fg xfl;n u/] . h]7f] bfO / dfOnf] bfO lsfal 1fgdf lGk"0f{ lyP / pgLxčdf xfdL hfGg] 5f]F eGg] 3d08 r9]sf] lyof] . To:t} sfG5f] efOn] 1fg t lnPsf] lyof] t/ pm Jojxf]/s s'/f a9L hfGbYof] . s'g} klG sfd ug'{eGbf cufl8 ToF] sfd ug'{ l7s xf] jf xf]Og eg]/ tTsfn 5'6\ofpg] sfd uYof]{ . cWoog eGbf a9L Jojxf/df a9L rf;f] lng] ePsfn]]], b'O{ bfh'xčn] efO a'l4dfgnfO{x]Ky] . p;n] eg]sf] klG 6]b}{gy] . t/ a'l4dfgn] bfh'xčnfO{s]xL klG eGb}gYof] . cWoog k"/f ePk15 3/ kms{g] a]nf u'?n] ljLwk"}{s ljbf ug'{eof] / pgLxčn] klG u'?nfO{ cfb/ k"}{s gd:sf/ ub}{ ljbf eP .

lxF8\b f lxF8\b} pgLxč 3gf h^undf k'u] . h]7f] bfh'n] af6f] d'gL s'g} emf8Ldf ;k{sf] sFr'nL / sfF8fxč 5l/Psf] b]Vof] . p;n] eGof] ænf], oxxf t d/]sf] ;k{sf] sFr'nL / sfF8fxč 5l/Psf] /x]5 . cfh g} xfdLn] k9]sf] 1fgsf] k/Llff lng'kYof] .Æ bfh'sf] s'/f ;'g]/ dfOnf]n] sFr'nL / sfF8fxč hDdf kfYof] / ;k{sf] cfsf/df df; , 5fnf / /ut eYof] . h]7f] bfh' cufl8 ;/]/ To;df k|f0f eg{ cFf6]sf] b]v]/ o;}anf ;Dd r'krfka;]sf] a'l4dfgn] eGof], æbfh' , tkfO{Fxč d/]sf] ;k{nfO{ lhpFbf] agfpFb} x'g'x'G5 . of] lhpbf] eof] eg] xfdLnfO{ df5{ . o;}n] To:t} d'Vof{OF gug'xf]; \ .Æ efO a'l4dfgsf] s'/f ;'g]/ h]7f]n] eGof] æca d]n] k|fkt u/]sf] 1fgsf] k|of]u ug]{ ;dodf tF dnfO{ /f]S5; \ .Æ efOn] eg]sf] s'/fdf bfh'xčn]]j]f:tf u/L ;k{nfO{ lhpFbf] agfpG cu|;/ eP . o;} qmddf sfG5f] efO a'l4dfgn] b[9tfk"}{s cfkm"};Fu ePsf] h'lQm / a'l4 nufO{ bfhxčnfO{ arfpgsf nflu s]xL 9'Ēf / sf7sf n6\7Lxč hDdf kfYof] . h]7f] bfh'n] ToF] ;k{sf] zl//df k|f0f e]/ / / ;k{nfO{ lhljt t'Nofof] . ;k{ lhljt ePk15 ToF] ;k{n] h]7f] bfh'nfO{ 6f]Sg emD6/ cfof] . of] b]v]/ dfOnf bfh' cf^gf] Hofg arfpg s/fpFb} efUg yfNof] . o;} qmddf a'l4dfgn] h]7f] bfh'nfO{ ;k{n] 6f]s]/ dfG]}{ eof] eGg] nfu]/ b[9tf k"}{s w}o{/ ; +od eO ;k{nfO{ 9'a\uf / n7\7Ln] lxsf{of] . a'l4dfgn] xfg]sf] 9'a\uf / n7\7Lsf] rf]6n] /GylgFb} 3fOt] eO ToF] ;k{ ToxL dYof] . ;k{ d/]kl5 cfkm"}n] b[9tfk"}{s a'l4 lj]sn] ;k{nfO{ df/L bfh'xčsf] Hofg arfpg ;s]sf]df a'l4dfg k|zGg eof] . bfh'xčn] klG efO a'l4dfgnfO{ wGojfb lbFb} eg] æefO xfdLnfO{ w]/) s'/f hfGb5f]F eGg] cxd\ lyof] . ToxL 3dG8 g} em08} cfh d[To'sf] sf/Of ag]sf] lyof] . ltdL wGo 5f] .Æ To;k15 Itg} bfh'efO ufpF k'u] . Toxf sfd u/L 3/hd u/L a;] .

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lzlfs	df6f]
<p>lzlfssf] dg t 5 ;kmf / ;fFr]f] . cfb/ ug'{kb{5 u'?sf] knf{ lg vfFr]f] .. u'? t xf] aUb} u/]sf] ;kmf / zfGt vf]nf. u'? h:tf] t of] ;+;f/df sf]xL 5}g xf]nf .. ;kmntf / pGg]tsf] af6f] lxF8\g l;sfpF5g\ . xfd } /fd f]sf] nflu eg]/ u'? s/fpF5g\ .. cf^gf] 3fF6L ;'sfO-;'sfO /fd f] u/ eGb5g\ . u'?sf] s'/f Wofg lbP/ ;'Gg] ;a} c;n JolQm aGb5g\ .. v/fa JolQmnfO{ c;n agfpg] u'?sf] sfd . c;n / /fd f] JolQms} sf/Of x'G2 u'?sf] gfd .. pgn] k9fPsf] ;a}hgf c;n agf]; \ eGg] pgsf] ;kgf . ca xfd } sfd xf] of] ;kgfnfO{ ablnP/ agfpg] lakgf .. lzlfssf] dg t 5 ;kmf / ;fFr]f] . cfb/ ug'{kb{5 u'?sf] knf{ lg vfFr]f] .. u'? t xf] aUb} u/]sf] ;kmf / zfGt vf]nf . u'? h:tf] t of] ;+;f/df sf]xL 5}g xf]nf .. - ljb'ifL zdf{ -^hL! _</p>	<p>d g]kfnL x'F, df6f]sf] /lff u5' , d df6f]sf] /lff ug{ hlXNo} cufl8 ;5' . d]/f] b]zsf] df6f] Psbd} /fd f] 5, pm df6f]sf] /lff ug{, pm cfkm}F g} d5{ . df6f]sf] /lff ug{ g]kfnL ;^sf]r dfGb}gg\ . b]zsf] df6f] phf8\g s;]nfO{ lbb}gg\ , xfdL ;a} ldnL df6f]sf] /lff u/f]F , o;sf] nflu k/ slXNo} g;/f]F . df6f]af6 ldn5 xfdLnfO{ vfg, oxL xf] xfd f] hLjgsf] ;fwg . df6f]sf] /lff u/L b]zsf] OHht a9fcf]F , b]zsf] /lff ug{ ;a} cufl8 a9f]F . df6f]sf] /lff ug{ g]kfnL ;^sf]r dfGb}gg\ , b]zsf] df6f] phf8\g s;]nfO{ lbb}gg\ . df6f]sf] /lff ug{ tof/ 5 xb{d , df6f]n] u5f]F xfdL ljleGg sfd . - lbnfzf lg/f]nf -&hL! _</p>

1fgsf] vfgL k':tsfno

xfdL ljBfyL{ xf]F / xfdL ljBfno hfG5f]F . ljBfnodf w]/) 1fg cfh{g u5f}{F . ljBfsL b]jL eg]/ ;:jtL dftfnfO{ lrlG5 . pgL;Fu cyfx 1fgsf] e08f/ 5 . ljBfnodf lzlfs / lzllfsf ;:jtL dftsf čkdf xfdLnfO{ k9fpF5g\, n]vfpF5g\ / cfkm"}df ePsf 1fg xfdL;Fu afF8\5g\ eg] 3/sf lzlfs / lzllfsf xfd\ f cdf, a'af, bfO / lbbL x'g\ . pxfFx?n] xfdLnfO{ y'k|} 1fg k|bfg ug'x'G5 . xfdLn] 1fg ljBfno / 3/df dfq kfpFb}g]F, c? 7fpFdf klG cfh{g ug{ ;S5f]F . s] tkfO{FnfO{ yxfx 5 ToF] s'g 7fpF xf] < xf], ToF] 7fpF k':tsfno xf] . k':tsfno o:tf] 7fpF xf] hxFF xfdL zfGt;Fu cWoog ug{ ;S5f]F . o;nfO{ c^u|]hLdf nfOa|]/L klG elG5 . xfd|f] st{Jo eg]sf] k':tsfnodf zflGt sfod /fv]g] xf] . olb k':tsfnodf zflGt sfod /fv]g] eg] hl/jfgf Itg'k}k} x'G5 . k':tsfnodf xfdL y'k|} lsl;dsf lsfaxč kfpF5f] / xfdLn] Toxf uP/ tL lsfaxč k9\g ;S5f]F . lsfax k9\g' c;n afgL xf] . xfd|f] b]z g]kfnf sf7df8f] ljZljBfnosf] Pp6f 7"nf] k':tsfno 5 . Toxf ;d"x ;d"xdf

laleGg ljifosf lsfaxč 5'6\ofOPsf x'G5g\ . ToxfF dflg;xčsf] x'n x'G5 . w/}h;f] ToxfF ljbFyL{xčn] cfkm"nfO{ dgk/]sf lsfaxč kl9/x]sf x'G5g\ . To;]n] xfdL klg k':tsfno hfg'k5{ . k':tsfnon] xfdLnfO{ 1fg cfh{g ug{ ;xof}u u5{ . To;]n] xfdL ;a]n] k':tsfnosf] dxTj a'%og'k5{ .

-Crg ;/ud ofDkm"-&hL!_+

d]/f] dg
 b'MvL / c;xfosf] ;xof}u ug]{ ,
 cčsf] dg v';Ln] eg]{ .
 nfesf] efjgdf rflx]Fb]g dnfO{ wg,
 o:tf] :jefjsf] 5 d]/f] dg .
 elijodf b]zsf] nflu sfd ug]{ ,
 cf^gf] hGde"ldnfO{ /Ě g} /Ěn] eg]{ .
 o:tf] ;kgf d cf^gf] dgdf /fv5' ,
 / o;nfO{ k"/f u/L 5f8\5' .
 k]fs[Its ;Dkbf]n] el/k"Of{ 5 d]/f] b]z,
 cem d]/f] dg /dfpF5 b]vL ljleGg efiif / e]if .
 cf^gf] ;+:s[ltnfO{ a9fpg] d]/f] rfxgf 5,
 o;sf] nflu d;Fu d]/f] bfh' efOčsf] ;x/f 5 .
 c? v';L ePsf] b]Vbf d /dfpF5' ,
 sxLF cGofo ePsf] b]v]F Gofosf] nflu s/fpF5' .
 ha d lgnf] cfszsf afbnxč b]V5' ,
 d]/f] dgdf Pp6} ;]r cfpF5,b]zsf] nflu dl/
 d]6\5' ÚÚ.
 -l;|li6gf kf}8]n(*hL!)

My Shadow
 My shadow is a crazy little fellow,
 I can see him clearly when the light is yellow,
 He jumps when I jump and shouts when I shout.
 Who is he, I have a doubt.
 He is very much gray,
 He doesn't talk when I say,
 He has been following me my whole life.
 I don't know whether he has his own life.
 He is kind, good fellow,
 He mostly comes when the light is yellow,
 He is such a big cheater.
 I don't know why he follows me either.
 My shadow is very lazy,
 Always following me like crazy,
 He doesn't work and sleeps with me.
 I wish he could work for me; as you see.

-Meri Dolma Pakhrin (7G1)

d]/f] hLjgdf cg'zf;gsf] dxTj
 dfgj hLjgdf rflxg] /fd|f] Jojxf/ tyf cfr/OfnfO{ g} cg'zf;gsf] čkdf lnOg] ul/G5 . x/]s dflg;nfO{ cf^gf] hLjg :t/df ;Gt'ng Nofpgsf nflu cg'zf;gsf] cfjZostf kg]{ u5{ . p;nfO{ olb cf^gf] ;dfhdf Pp6f zflGt"Of{ cyjf åGå sd ePsf] hLjg k|fKt ug'{ 5 eg] cg'zf;g sfod /fvG'k5{ . olb Ps dflg; cg'zfl;t 5 eg] p;sf] hLjgdf /fd|f] efjgf cyjf cfr/Of cfpF5 . p;nfO{ ;dfhn] /fd|f] dfG5g\ / pm ;a]sf nflu pbfx/Of klg aG5 . o;/L p;n] ;dfhdf klg cg'zf;g Nofpg ;S5 . x/]s dflg;nfO{ ;a;Fu ldnLh'nL a:g / Pp6f v';LofnLn] el/k"Of{ hLjg latfpg klg cg'zf;gsf] cfjZostf kg]{ u5{ . olb s'g} dflg; cg'zfl;t 5]g eg] p;nfO{ ;dfhdf s'g} dflg;n] sb/ ub}{g . p;sf] hLjg Psn / b'Mvn] el/k"Of{ x'G5 . o;/L cg'zf;gn] xfd|f] hLjgdf Pp6f dxTjk"Of{ e"l dsf v]Nf]sf] x'G5 . xfdLnfO{ cg'zf;g 3/ ,dfh tyf ljbfnodf dfq geP/ ;a} 7fpFdf cfjZos k5{ . o:t} u/L d]/f] hLjgdf klg cg'zf;gsf] dxTj 5 . olb d ljbfnodf cg'zfl;t gePdf d Pp6f g/fd|f] pbfx/Of aGg ;S5' . o;n] c?nfO{ klg c;/ u5{ . d]/f] rrf{ t x'G5 t/ g/fd|f] rrf{ . aflx/ dfq geP/ dnfO{ klxn] 3/af6 cg'zfl;t x'g l;Sg' cfjZos k5{ . Pp6f dflg;n] /fd|f] hLjgofkg ug{sf nflu cf^gf] hLjgdf cg'zf;g sfod /fvG l;Sg'k5{ . o;/L dflg;n] cf^gf] aflx/Laf6 geP/ cf^gf] dgnfO{ klg z'4 /fvL cg'zfl;t x'g l;Sg'k5{ . olb d 3/df cg'zfl;t 5]g eg] o;n] d]/f] 3/ kl/jf/sf] ;b:ox?sf] Jojxf/df c;/ ug{ ;S5 . o;n] ubf{ d]/f] 3/ kl/jf/df g/fd|f] cfr/Ofsf] ljsf; x'g] ;Defjgf x'G5 . o;/L cg'zf;gn] d]/f] hLjgdf Pp6f dxTjk"Of{ e"l dsf lgjf{x u/]sf] 5 . d]/f] hLjgdf dfq geP/ ;a} dflg;sf] hLjg ;xh / /fd|f] agfpg d2t ug]{ u5{ . cg'zf;gâf/f dflg;sf hLjgsf sl7gfOxč klg x6/ hfG5g\ . clGtddf cg'zf;gn] dflg;sf] hLjgdf ;sf/FTds kl/jt{g Nofpg] s'/fdf b'O{ dt gxf]nf .

-kljgf >]i7 (*hL!)

<p style="text-align: center;">cl:tTj</p> <p>s] cl:tTj lyof] / d]/f] < cl:tTj agfOlbof}, d]/f] v';Lsf lglDt, ;+;f/ g} ;hfOlbof} .</p> <p style="padding-left: 40px;">b'lgofFn] a]sf/ 7fg] klg, ltdLn] dnfO{ cf^gf] ;+;f/sf], RfxFlsnf] tf/f agfOlbof}, s:tf] c6'6 ddtf ltd f] .</p> <p>5f]/L dfG5] eP/ klg xfnf] . k9\g n]Vg kfOg, t/ b'lgofFaf6 n'sfP/, ltdLn] dnfO{ k9fO lbof}, b'lgofnfO{ 5f]8]/ dnfO{ ckgfof},</p> <p style="padding-left: 40px;">b'lgofFn] h] eg] klg, xfF;LxfF;L ;Xof}, dfofsL vfgL ltdL .</p> <p>bofsL wgl ltdL, ;fob ltdL gePsf] eP, d]/f] cl:tTj g} x'Fb}g lyof] xfnf] . ;fob ltdL gePsf] eP .</p> <p style="text-align: right;">-lu :df kGt ((hL!))</p>	<p style="text-align: center;">A world we ignore</p> <p>Do you hear it? The scream? The Earth, it's screaming No, you don't, you have your headphones on, You are lost, lost in the crowd, Curled up on your couch, Watching videos on the internet, Wasting all of your energy to slouch. Is your world clean? Well, your cloud-world might be, It's been floating on the internet, Since you started 'World-ignoring' The world's fate, what will it be? Trump and Kim, will they end it? Arent' you on cloud -9? In your virtual world, may be It's been so long since you have stepped outside, You wonder what outside world might be. Why not do things? Why only slaching? Why not stop the world, from turning to monstrosity?</p> <p style="text-align: right;">- Adarsha Rai (10G1)</p>
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<p style="text-align: center;">:j:y hLjgsf /x:oxç</p> <p>:j:y hLjg ePsf] dflg; hlxn] klg v'zL /xG5, eg] c:j:y hLjg ePsf] dflg; hlxn] klg b'MvL /xG5 . :j:y hLjg ePsf] dflg;nfO{ /f]un] ;tfpFb}g, t/ c:j:y hLjg ePsf] dflg;nfO{ /f]un] ;tfO/x]sf] x'G5 . :j:y dflg;n] sfdwGbf /fd f] u]/ k];f sdfpF5, eg] c:j:y dflg;n] sfdwGbf ug{ ;Sb}g / k];f klg sdfpg ;Sb}g . To;]n] ubf{ :j:y dflg; v';L / c:j:y dflg;sf hLjg b'MvL x'G5 . :j:y hLjgsf sof]F /x:oxç 5g\ h;nfO{ xfdLn] kfngf u¥of] eg] xfdL klg Pp6f :j:y / v';L dflg; aGg ;S5f]F . xfdLn] kfngf ug'{kg}{ klxnf] s'/f eg]sf] zf/LI/s Jofofd x]f] . zf/LI/s Jofofdn] ubf{ xfd f] z/L/ / kfrg tGq /fd f] x'G5 ,h;n] ubf{ xfdL :j:y /xg ;S5f]F . zf/LI/s Jofofdâf/f xfdL /f]u;Fu n8\g] lfdtf kfP/ /f]uxçaf6 k/ /xg ;S5f]F . zf/LI/s Jofofdn] :jf:YonfO{ klg /fd f] kf5{ . :j:y hLjgsf] csf]{ /x:o eg]sf] :jR5 lkpg] kfgL / ;kmf vfg]kfgL klg x]f] . xfdL;Fu :jR5 kfgL 5 eg] xfdL :j:y /xg ;S5f]F . xfd f] vfg] kfgLn] ubf{ xfdL 6fOkmfO8, Hj/f] h:tf /f]uxçaf6 aRg ;S5f]F . /fd f] vfg]kfgLn] xfd f] zf/LI/s l:ylnfO{ klg /fd f] agfpF5 . g/fd f] / kmf]xf]/ vfg] kfgL eof] eg] xfdLnfO{ /f]uxçn] w]/} ;tfpF5 . To;sf/Of /fd f] vfg]kfgLn] klg :jf:YonfO{ l7s kf5{ . csf]{ tTj eg]sf] /fd f] vfgf / kf]ifOf x]f] . xfdL kf]lfnf] vfgf vfG5f]F eg] xfd f] zf/LI/s l:ylt alnof] / /f]u;Fu n8\g ;Sg] aG5 . t/ xfdL s]xL kf]ifOf gePsf] vfgf vfG5f]F eg] xfdL sdhf]/</p>	<p style="text-align: center;">Importance of English Language</p> <p>We all human beings are living in the same planet yet there are some vast diversities among us. There are so many countries, their specific festivals, cultural heritage and language. All the countries have their own language but there is a global language through which we can communicate with other people from all parts of the world and that global language is English. English is deemed as a universal global language because it is spoken and understood almost all over the world. Being a Nepali, I speak my mother tongue Nepali, but in order to interact with other people from different country my medium of communication will be English. English has become an interntional platform where one can discuss, participate, and express their feelings with people belonging to different country with different culture and language. Due to globalization, the world has become smaller place. People need to interact and deal with people all over the world, hence making English language mandatory. Due to its importance, English has been a mandatory subject in different schools and the students are made to speak and interact in English at school hours. Furthermore, students who are interested ingoing abroad for higher studies should be able to speak in English flawlessly as you will have to correspond with concerned people there in English, only then will you be able to convey and express your thoughts with the University. Failing to do so, your chance of success is merely low. Secondly, in setting up business too, you have to deal with foreign parties frequently. So, it is essential for you to speak English, failing to do so, there occurs a communication gap and the business might suffer a tremendous loss. Similarly, there are various programs, seminars that are conducted in English targeted to all kinds of people, numerous radios and television shows are aired in English and even there are some English learning applications that are designed to improve your written as well as spoken English: the only thing you need to do is open your mobile and start practicing. There are opportunities everywhere, you just need to open your eyes and pick that one suitable for you and just get going. Learning English never fails you, it only enriches your way of living thus</p>
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kf]lifnf] vfgfn] ubf{ xfd|f] kfrg tGq kl
/fd|f] x'G5, kf]ifOf gePsf] vfgfn] xfd|f] kfrg
tGq g/fd|f] x'G5 . o;}sf/Of xfdLn] kf]lifnf]
vfgf vfg'k5{ . csf]{ tTj eg]sf] xfd|f] ;/;kmfO
xf] . olb xfd|f] z/L/ kmf]xf]/L 5 eg]
xfdLnfo{ /f]uxç nfUg ;S5g\, xfd|f] z/L/
;kmf 5 eg] xfdLnfo{ /f]unfUg sd x'G5 .
xfdLn] lbg|bg} g'xfpg] / ;kmf 7fpFdf a:of}F
eg] xfdL :j:y x'G5}fF . t/ xfdL cfkm" kl
kmf]xf]/ ,a:g] 7fpF klk kmf]xf]/ 5 eg] xfdL
c;/lft x'G5f}F . :j:Yo hLjgsf /x:oxç logLxç
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-l;df]g kf08] ((hL#)

help you achieve success in all aspects of life.
- **Aayesha Parajuli (9G1)**