

## FROM THE PRINCIPAL'S DESK

**M**any foreign languages are spoken in Nepal but English occupies a special and significant place in Nepal. The Government of Nepal has adopted English as the official language for international communication. That is why the school gives top priority to the teaching of English in this school.

English is also the language of instruction in most colleges and universities in Nepal as well as across the globe. There are students who opt for English language as a major subject in higher studies. But these students have problems because of their difficulty in grasping the nuances of the language due to the cultural differences between Nepal and England. A language is loaded with culture. Only when someone has a good command over the English language, will that person be able to read classics, and understand the culture.



Previously English language was taught only as a means of communication but today, in order to remain in the race in this highly competitive world, one must have proficiency in English. In the absence of a link language in a globalised world, the importance of English is on the rise. Unfortunately the national level of proficiency in English is far from satisfactory. There is much room for improvement. For a developing country like Nepal,

English language is very important because it can open the doors to new opportunities. The youth of Nepal prefer to pursue their higher studies in countries like the USA, the UK, Australia, India, Bangladesh, Pakistan because English is the medium of instruction in the colleges and universities of these countries.

Since Nepal is going through a political transition, there are differences among educationists about the national language policy. However, there is absolute unanimity about the need to strengthen English learning in Nepal given the importance of English in a globalised world. Private schools in Nepal provide regular training and support to its teachers to upgrade their skills in English but in the community schools of Nepal, which cater to 80% of Nepalese students, such training or guidance is almost missing.

*Ms. Geeta Chhetri*

## 23<sup>RD</sup> INTERNATIONAL CONFERENCE OF NEPAL ENGLISH LANGUAGE TEACHERS' ASSOCIATION (NELTA)



The 23rd International Conference of Nepal English Language Teachers' Association (NELTA) was conducted at Galaxy Public School from 3-5 Falgun 2074. Nearly, 1000 English language teachers, practitioners, researchers and the scholars from 18 different countries including Nepal participated in the conference. The

theme of the conference was "Content, Language and Technology: Perspectives and Prospects". The conference was inaugurated by the **Chief Minister of Province 3, Honorable Dorman Poudel**. He stressed in the role of NELTA in order to promote and develop English language practices in the Federal Democratic State of Nepal. He congratulated NELTA for its successful accomplishment of 25 years for supporting English language teaching practitioners through its rigorous English Language Teaching (ELT) related activities, and he conveyed his best wishes for the success of the conference. **Dr. Maggie Sokolik** from the USA, Prof. **Dr. Richard Smith** from the UK, Prof. **Dr. S. Mohanraj** and Prof. **Dr. Paul Gunashekar** from India addressed the conference as keynote speakers. The Principal of our school, **Mrs. Geeta Chhetri** dwelt on the importance of the English language because it can open the doors to new opportunities. The conference was organized to promote professional skills of English language teachers in the content of teaching; language for communication;

and technological innovations in teaching English. The conference featured 12 Plenary sessions, 2 Panel discussions, 200 Presentations, 23 Interactive Language Fairs (ILF), NELTA social event and networks, and book exhibitions. NELTA celebrated its 25 year old successful journey by organizing this conference. At this event, it felicitated its founders, contributors, supporters, editors, sponsors and publication houses. NELTA also launched its 23rd volume of NELTA journal, 4th volume of NELTA ELT Forum, NELTA Proceedings and Newsletters on the occasion of its Silver jubilee. The inaugural session was chaired by the president of NELTA, **Motikala Subba Dewan**. All the English Teachers of our school actively participated in the conference. 36 students from classes 8, 9 and 10 participated as volunteers. Successful hosting such a huge conference was a big achievement for our school.



## SMART WAY TO SAVE & GROW MONEY: A PROGRAM BY SANIMA BANK



Research shows that children are “developmentally capable” of saving by the age of five. A piggy bank or a savings account gives them a hands-on way to build a savings mindset. And parents take note: your child may acquire a taste for financial planning that lasts well into adulthood. The same research shows that children who grow up with a savings account are more likely to hold “diverse asset portfolios and to accumulate more savings as young adults.” That’s a powerful piggy bank!

With this objective, Sanima Bank had designed a program where students of classes 5 and 6 were engaged in a Drawing Competition with the theme “Chad parha ra Ma”. The competition was open to all and students drew pictures during Dashain and Tihar Holidays. These drawings were collected and evaluated. The best 25 drawings were awarded with Piggy Banks and Certificates. The honoring program for the students was held in Everest Hall, Galaxy Public School on 18 Poush. Sanima Bank Ltd. conducted a program with the theme “Smart way to Save and Grow Money”. Brand Ambassadors, **Mr. Madan Krishna Shrestha** and **Mr. Hari Bansha Acharya** were present at the program. Hari Bansha Acharya shared his memories about how he used to drop both his sons at Galaxy Public School when they were students. The students who were acknowledged with the Certificates and Piggy Banks were listed below:-

Name	Sec	Name	Sec	Name	Sec	Name	Sec
Sabin Dhakal	5G1	Aagaman Giri	5G1	Aishwarya Gupta	5G3	Ambika Rai	6G4
Isha Sundas	5G1	Krish Jaiswal	5G1	Ursula Joshi	5G3	Prasansha Kanu	6G2
Ayusha Subba	5G1	Kriyasa Adhikari	5G1	Oskar Gurung	5G3	Raghav Basnet	6G1
Shaswat Karki	5G1	SuHeel Bir Dhajistha	5G1	Shawanti Sharma	5G4	Richeen Sherpa	6G4
Sayan Raja Dahal	6G1	Rahul Gupta	6G2	Sera Jangmu Sherpa	5G4	Rushana Khand	6G4
Rhichan Sargam Yamphu	6G1	Ritika Karki	6G2	Prabha Shrestha	6G3	Nimesh Raj Thapa	6G2
Meri Dolma Pakhrin	6G1						

## EDUCATIONAL TRIP TO LONDON, 2018

Students participating in an educational trip abroad not only have a fabulous and unique time during their trip, but also benefit from the many other advantages for their life after they return to “normal life”. Education beyond the border is a new concept for educating young minds. 15 students from our school participated in the Educational Program which was designed by Oxford House College (OHC) in association with Universal Language and Computer Institute.

OHC had planned an educational trip to London from 16 – 31 January 2018. This trip comprised 3 hour classes every working day followed by an educational tour and excursion to various places in London. The group’s team leader was Mr. Uttam Prasad Pant, CEO of Universal Language and Computer Institute and Ms Surina S. Gurung, Acting Principal of Galaxy Public School. The names of the students participating in the trip were: Sonam Dolkar Lama Sherpa, Shreya Gurung, Dawa Tshiring Sherpa, Rubi Shrestha, Smriti Agrawal, Khushi Sawartha, Pemba Doarjay Sherpa, Tarun Budhathoki, Bishowjit Basnet, Abinash Tamang, Ayush Kumar Yadav, Anish Chitrakar, Sanjay Paudel, Anish Kumar Atreya and Pancham Rana.

On the first day of the class, Tim Matthew, the Principal of OHC welcomed our team. He informed the participants about the rules and regulations to be followed in class. This was followed by an introduction by the members of our team. Their classes basically comprised Thematic learning and sharing. Students visited a lot of significant places in London. They visited the British Museum, the London Eye, The London Dungeon, Madame Tussaud’s, Natural History Museum, Oxford, Cambridge, the Tower of London, City of Bath and Stonehenge. They went on a cruise along the Thames from Westminster to Greenwich. Our students had a wonderful opportunity to meet His Excellency **Dr. Durga Bahadur Subedi**, Ambassador of Nepal to the United Kingdom and Permanent Representative of Nepal to the IMO. His Excellency shared his fond memory of visiting Galaxy Public School long time back.

There are various advantages of foreign educational trips. An overseas trip is an amazing opportunity for students to practice their language skill, especially communication skills and to understand and speak the target language in a real-life context. Students experience different country’s culture first-hand. Reading a course book about local customs never really means much to students until they actually have the opportunity to be a part of that culture and live it. Students also get a chance to meet new people, offering lots of opportunities to practice their social skills. Sharing certain experiences strengthens the bond of friendship between people and gives people an opportunity to relive the experiences with others again and again in the future. With the increase in globalization and internationalization, it is vital for students to expand their vision of the world and to appreciate other cultures. Taking students abroad offers them a chance to learn about other societies and value other people and their customs.





Students meeting with His Excellency **Dr. Durga Bahadur Subedi**, Ambassador of Nepal to the United Kingdom and Permanent Representative of Nepal to the IMO.

## MEETING THE BRITISH AMBASSADOR TO NEPAL

Students who were interested to visit London in January 2018 got the opportunity to meet His Excellency the British Ambassador to Nepal, Mr. Richard Morris. The Ambassador welcomed all the students to his residence and told the students about his role and responsibilities in Nepal. He informed the students about the work done by the British Embassy in Nepal ever since its establishment. He told them that he was the representative of Her Majesty the Queen and the UK Government. He added that Ambassadors were responsible for all the activities of the Embassy and its Consulates, including political work, trade and investment, press and cultural relations, and visa and consular services. All the students took photographs with His Excellency before having refreshments.



## FOOD FOR LIFE

Food for Life (FFL) Nepal believes in providing children with the right nutrition to support their education. This program is based on the belief that “You are what you Eat”. Therefore, one nutritious meal a day brings thousands of children to school. You can help every child in this country get an education, if you donate that one wholesome meal. Presently they serve 1600+ meals every day in 7 government schools. The majority of the population in Nepal is still unable to get even one complete square meal for the day, only because they are stuck in the vicious circle of poverty and illiteracy. **Food For Life Nepal (FFL)** has resolved to liberate the underprivileged from this vicious cycle by serving children with sanctified food. Imbued with a spiritual ambience in ISKCON Nepal Kitchen, the khichdi prepared, nourishes the mind, body and soul alike. The Khichdi is prepared with the highest standards of hygiene and quality ingredients that meet the nutritional requirements of growing children. But most importantly, FFL Nepal mixes a secret ingredient to the khichdi it serves – love, devotion and compassion that adds an unparalleled taste of purity to the meal. FFL Nepal is a non-profit, non-religious, non-sectarian public charitable trust.

With the intention to support FFL Nepal, our school, along with the volunteers of FFL Nepal, organized an orientation program in the school. Students were made to realize the importance of a meal in their daily life and the harsh reality of the poor and the underprivileged students in the rural areas. Students of classes 7 to 10 attended this program. Every day they saved a Rupee to donate for this noble cause. This way every month they saved Rs. 30. In Poush, students donated Rs 30,765 to FFL Nepal. Students showed dedication in saving the money to donate for the cause.



## TEEN STAR 2018 – SAMRIDDI SHRESTHA

An event packaged for teenagers and school going children and kids was recently held in Kathmandu on 18 Magh 2074. The event was organized by Morning Glory Entertainment and was choreographed by Jasmine Gurung. Showcased at Army Officers club, Sundhara, the battle among the teenagers called Teen Star Nepal 2018 ended with the selection of Samriddhi Shrestha as the winner. Along with the title she also bagged the titles of Miss Best Dress and Miss Photogenic. The school fraternity would like to congratulate Samriddhi Shrestha for her achievement.



## AWARD LEADERS TRAINING



Award Leaders training is training imparted to interested teachers who are willing to involve in the prestigious International Award, The Duke of Edinburgh International Award. Three teachers from our school, **Mr. Mahesh Bhandari**, **Mr. Deepak Basnet** and **Mr. Kiran Shan** took part in the training programme which was held at Nepal Scout Head Office, Lainchaur on 16 Mangsir 2074. This was a one day training session, where the facilitators oriented the participants about Award Leaders and the Duke of Edinburgh International Award. They delivered ideas to carry out plans and follow necessary guidelines to conduct this program. After the training, all three teachers became certified International Award Leaders. Now, we have eight Award Leaders in our school to conduct this program in our school.

## FINAL ROUND: SPELLING COMPETITION

The Spelling Competition consisted of five rounds to allow more students to participate. At the end of each round, some participants were eliminated while the others moved to the next round. The Final Round of the Spelling Competition was held on Third Mid Term. The names of the winners are as follows:

Position	Nursery	LKG	UKG	Class 1	Sec	Class 2	Sec
First	Aariyana Sharma	Anshu Shrestha	Neha Sharma	Yajju Maharjan	G3	Pranav Khadgi	G2
	Amish Poudel	Ashraya Ghimire	Eshita Shrivastava	Subigya Adhikari	G1	Esmee Tamang	G1
	Aaron Tuladhar		Pahel Agrawal	Shree James Pun	G3	Sumiran Mishra	G1
Second	Nancy Shrestha	Udichya Khaling Rai	Raayan Rauniyar	Baishnavi L. Magar	G1	Advay G. Magar	G1
	Harshit Agrawal		Earth Shrestha	Kunjolata Tamang	G3	Sidhi Nemani	G3
	Sandesh Bogati		Dibyan Gautam	Satish Karki	G2	Samyam Tripathi	G1
Third	Subani Shrestha	Dibisha Jamarkattel	Saunigy Pathak	Anuja Choudhary	G1	Gargi Shah	G1
	Subani Shrestha	Aagaman Mishra	Aryan Khatiwada	Heman Pandey	G1	Himesh Bhattarai	G1
	Subani Shrestha		Nirjal Prasai	Yugam Dhakal	G3	Roji Acharya	G1

Position	Class 3	Sec	Class 4	Sec	Class 5	Sec	Class 6	Sec
First	Pratyush Bhattarai	G1	Palistha Shrestha	G2	Krish Jaiswal	G1	Bipasana Shrestha	G1
	Preciosa Pandey	G1	Sisrikshya Dulal	G2	Bidushee Sharma	G1	Jiya Mandal	G1
	Grishma Thapaliya	G1	Kushal Dahal	G2	Sannidhya Aryal	G1	Rhichen S. Yamphu	G1
Second	Rishav Rai	G1	Shreni Aryal	G1	Prachi Bashyal	G1	Shirsak Aryal	G1
	Divesh Baidya	G1	Rojesh KC	G1	Adarsha Pokhrel	G1	Manish Adhikari	G1
	Oneira Shrestha	G1	Aron Thapa	G1	Swastika Khatiwada	G1	Aaditya Sapkota	G2
Third	Swopnil Ghimire	G3	Ayush Sharma	G1	Aagaman Giri	G1	Aarjit Shah	G1
	Sushant Pandey	G2	Grishma Gyawali	G2	Shaswat Karki	G1	Pujan Shrestha	G1
	Saman S. Buddhathoki	G3	Shraddha Gautam	G1	Pradhyot Adhikari	G1	Sayan Raja Dahal	G1

Position	Class 7	Sec	Class 8	Sec	Class 9	Sec	Class 10	Sec
First	Prashraya Dhakal	G1	Harshika Kundaliya	G1	Aadarsha Rai	G1	Nirdesh Adhikari	G2
	Samridhdika Dahal	G1	Aayesha Parajuli	G1	Aditya Agrawal	G1	Sanjog Chhetri	G1
	Shristina Poudel	G1	Khushi Sawartha	G1	Aayundra Shrestha	G1	Khushyant Bahety	G1
Second	Uibha Rao	G1	Baibhav Shrestha	G1	Manju Pulami Magar	G2	Swikriti Lama	G4
	Swikriti Kayastha	G1	Christopher Poudel	G1	Shreeja Pradhan	G1	Pratishta Aryal	G4
	Sneha Gupta	G1	Aaditya Dhungana	G1	Khinoor Shrestha	G1	Krishna Siwakoti	G4
Third	Agya Mishra	G1	Arnav Darnal	G1	Sarasij Bhadra Karna	G1	Shreyaska Silwal	G2
	Pabina Shrestha	G1	Prasanna Basnet	G1	Zabed Krishna Agam	G1	Shilasha Jonchhen	G2
	Bhawana Lama	G1	Peshal Shrestha	G1	Girwan Poudyal	G1	Shikshya Singh	G2





## FINAL ROUND: QUIZ COMPETITION

The Quiz Competition consisted of five rounds to allow more students to participate. At the end of each round, some participants were eliminated while the others advanced to the next round. The Final Round of the Quiz Competition was held on Third Mid Term. The names of the winners are as follows:

Position	Nursery	LKG	UKG	Class 1	Sec	Class 2	Sec
First	Subani Shrestha	Aagaman Mishra	Upesh Dhakal	Prasiddha Katel	G3	Samyam Tripathi	G1
	Darpana Koirala	Udichya Khaling Rai	Aarohee Basnet	Priyam Goel	G1	Advay Gharti Magar	G1
Second	Amish Poudel	Soumya Shrestha	Sana Shah	Yajju Maharjan	G3	Gargi Shah	G1
	Aaron Tuladhar	Ashraya Ghimire	Chirayu Gurung	Biwathu D. Pandey	G1	Sakshma Regmi	G1
Third	Nancy Shrestha	Dibisha Jamarkattel	Nitisha Budhathoki	Anvesha Thapa	G1	Krishna Agam	G2
	Aariyana Sharma	Aahana Srivastava	Bungwama Rai	Rahul Budathoki	G1	Pranik Tandon	G2

Position	Class 3	Sec	Class 4	Sec	Class 5	Sec	Class 6	Sec
First	Pratyush Bhattarai	G1	Yojan Bhattarai	G1	Urken T Sherpa	G2	Kripa Siwakoti	G1
	Rishav Rai	G1	Ranee Rizal	G1	Sujal Shrestha	G2	Bipasana Shrestha	G1
Second	Tshering Chutin Sherpa	G3	Abhishek Dhakal	G2	Krish Jyoti	G2	Nirjala Khadka	G1
	Saiyam Maskey	G1	Niranjana Manandhar	G1	Akshyat Bista	G2	Meri Dolma Pakhrin	G1
Third	Upashak Prajapati	G1	Janis Neupane	G1	Ayush Adhikari	G1	Aman Mustafa	G1
	Shriu Adhikari	G1	Aayush Panta	G1	Shreyan Gurung	G1	Manish Adhikari	G1

Position	Class 7	Sec	Class 8	Sec	Class 9	Sec	Class 10	Sec
First	Subhank Srivastava	G1	Piyush Rauniyar	G1	Ritika Shah	G1	Awish Regmi	G1
	Sudip Shah	G1	Kushal Marwadi	G1	Bidushika Dhakal	G1	Pranesh Shresthacharya	G1
Second	Nairitya Satyal	G1	Pranay Raj KC	G1	Shreela Gurung	G1	Ojas Sapkota	G1
	Prajol Rawal	G1	Rohan Lekhak	G1	July Chapagain	G1	Pranjal Chalise	G1
Third	Adhiraj Maharjan	G3	Shristi Prajapati	G2	Aahana RL Kunwar	G1	Durga Shrestha	G2
	Siddhartha Pokhrel	G3	Pratima Dhital	G2	Sabigya Gyawali	G1	Swikar Koirala	G1



Winners of Spelling and Quiz Competition 2074 - Class 8



Winners of Spelling and Quiz Competition 2074 - Class 9



Winners of Spelling and Quiz Competition 2074 - Class 10

## ROBO RACING CHALLENGE

Robo Racing Challenge was held on 25 Mangshir 2074. This challenge was organized by Karkhana and was held at Labim mall. The students participating in this challenge were Pasel Kumar Shrestha (Class 8), Baibhav Shrestha (Class 8) and Riwaz Shrestha (Class 8). Students of classes 5 to 8 participated in Bee Creative classes at Karkhana premises. Technical Ideas and concepts necessary for making Robo Cars were given by the teachers of Bee Creative classes. Students were given necessary materials to make Robo cars which could be operated by remote control. Students who qualified after three preliminary rounds advanced to the final. Our school team secured the second position in the competition.



## SCHOOL PROJECT: WHEAT PLANTATION BY CLASSES 6 & 7

Understanding how our food arrives on our plates, from the soil to the market, and from the market to our plates is one of the key learning objectives of this school project. School vegetable/crop gardens are a great way for students to learn about the place from where their food comes. Students realize the need for eating fresh vegetables. Wheat is the third important cereal crop of Nepal after rice and maize both in area and production. Wheat is consumed in the form of flour. From flour various edible food are made eg. Chapati, biscuits, cookies, bread etc. Our school has small gardens where students gather and plant as per their planned school project on plantation. Wheat plantation was carried out by the students of classes 6 and 7 at the school premises on 29 Mangsir 2074. Now the wheat plants have grown to a height of one foot. They will be harvested by Jestha 2074.



## ANNUAL GAMES AND SPORTS MEET

Annual Games and Sports Meet for Classes 1, 2 and 3 was held on 4 Poush. Similarly, the same program was held on 5 Poush for classes 4 and 5 and on 7 Poush for Kindergarten students. Playing a sport has always had an important and mostly positive effect on children. Games are essential to retain body fitness. Sports enhance the mental and physical growth of children. Kids participate in sports for a number of reasons: be it for fun, due to personal motivation; to acquire the status that playing a sport brings; for fitness; due to parental pressure; or a desire to be like a famous sports person a child admires. Whatever the reasons for a child to engage in a sport may be, they most definitely reap the benefits of it. Sports are necessary for children for overcoming anxiety, to develop self esteem and confidence, to instill a spirit of discipline and dedication, and to foster team spirit, cooperation and leadership skills. The names of the winners of the Annual Games and Sports Meet are as follows:

Nursery				
Name of the Game	Building the Blocks	Fill the Jug with Sand	Biscuit Race	Collecting Ball
First	Aaron Tuladhar	Aariyana Sharma	Nancy Shrestha	Nancy Shrestha
Second	Sandesh Bogati	Prasidda Shrestha	Amish Poudel	Amish Poudel
Third	Sarah Shah	Sarah Shah	Swasti Ghimire	Swasti Ghimire
LKG				
Name of the Game	Bursting Balloon	Molding Sand	Hula-Hoop Race	
First	Subham Jaiswal	Prajma Lamichhane	Aagaman Mishra	
Second	Aahana Srivastav	Soumya Shrestha	Udichya Khaling Rai	
Third	Aashraya Ghimire	Anshu Shrestha	Dibisha Jamarkattel	

UKG				
Name of the Game	Cone Race	Pick up the Bag and Run	Dressing Up	Relay Race
First	Binamra Choudhary	Ayush Kumar	Saunigya Pathak	Earth Shrestha, Harshit Marwadi, Chirayu Gurung, Saunigya Pathak, Sana Shah, Subham Chauhan, Kunal Kishore, Nirjal Prasai
Second	Raayan Rauniyar	Abison Bikram Shahi	Neha Sharma	Soham Acharya, Saubhagya Jung Karki, Anup Karki, Aaroohee Basnet, Jesum Rana Magar, Prashamsa Maharjan, Raayan Rauniyar
Third	Dibyan Gautam	Harshit Marwadi	Nitisha Budhathoki	Shaaya Rana, Bungwama Rai, Gaurav Shakya, Pahal Agrawal, Aryan Khatiwada, Nitisha Budhathoki, Mirva Thapa



Name of the Game	1G1	1G1	1G1	1G2	1G2
	Car Race	Garland Making	Rolling Mats	Finding Partners	Bursting Balloons
First	Sameep Poudel Bidhan Thapa	Nayan Dhoj Joshi	Anuja Choudhary	Subhangum S. Thapa Ankit Choulagain	Aryan Chapagai
Second	Utsav Kafle Ahim Chandra Subedi	Bihan KC	Grace Rai	Naman Singh Thapa Karanjeet Rao	Ankit Choulagain
Third	Suvamshu Basnet Sajal Puri	Heman Raj Pandey	Baishnavi Lungeli Magar	Atharba Jha Satish Karki	Ishan Maharjan
Name of the Game	1G2	1G3	1G3	1G3	2G1
	Filling Balls	Eating Sweets	Musical Chair	Flower Race	Passing the Ball
First	Trisa Pokharel	Aarush Upreti	Ankit Tamang	Kunjalata Tamang	Prajwal Dahal
Second	Shraddha Pandey	Deep Giri	Rahul Budhathoki	Yajju Maharjan	Prachit Bista
Third	Aakrishtaa Ghimire	Yugam Dhakal	Sambricit Aryal	Suwigya Adhikari	Saksham Regmi
Name of the Game	2G1	2G1	2G2	2G2	2G2
	Balancing Balloons	Garland Making	Building Pyramid	Balancing Balls	Filling Sand
First	Sudhir Shah Baibhav N. Shah	Shreyashi Adhikari	Rohit Gupta	Prabin Khadka Siddhartha Mahandhar	Akshara Yadav
Second	Samyam Tripathi Advay G. Magar	Ridima Karki	Srijal Ghimire	Priyadarshi Manandhar Arya Singh Bohara	Manavi Dhungel
Third	Sarbagya Gyawali Niraj Yadav	Suyan Limbu	Sushant Chaudhary	Ankit Gupta Pranav Khadgi	Aslesha Singh



Name of the Game	2G3 Balloon Friction	2G3 Balancing Relay	2G3 Blow & Burst Balloons	3G1 Building Pyramid	3G1 Ball Race
<b>First</b>	Arnav Palanchoki	Ang Dawa Sherpa Shashank Karna	Sofiya Magar	Tshering D. Gurung Divyesh Baidya	Rishav Rai
<b>Second</b>	Ryan Bhandari	Sanim Pradhan Saurab Dahal	Ashu Tiwari	Ayush Abiral Poudel Kshitiz Tamang Lama	Avanish Deo Bhatta
<b>Third</b>	Ishant Poudel	Yubaraj Bhattarai Jawaj Jung Thapa	Anushree Thapa	Pranjal Rajbhak Bidhan Pandit	Saiyam Maskey
Name of the Game	3G1 Dressing Up	3G2 3 Legged Race	3G2 Balancing Boxes	3G2 Skipping	3G3 Sack Race
<b>First</b>	Neha Lawati Wishpa Gurung	Samip Chaudhary Nimesh Pandey	Sudip Roka	Unika KC	Samriddha Yonzon
<b>Second</b>	Kritika Thapa Magar Simran Ray	Maulik Dangol Saujan Shrestha	Utkarsha Basnet	Anney Rajthala	Nabin Lamsal
<b>Third</b>	Preciosa Pandey Wonjala Maharjan	Sushant Pandey Kundan Silwal	Aryan Jung Thapa	Bishaka Shrestha	Sang Tshering Gurung



Name of the Game	3G3 Balance Relay	3G3 Spoon & Marble	4G1 Kangaroo Race	4G1 Spoon & Potato Race	4G1 Peeling Potato Race
<b>First</b>	Tanishq Prajapati	Anshu Rai	Aryan Kumar	Samyog Regmi	Niranjana Manandhar
<b>Second</b>	Samrit Chettri	Kusum Gajmer	Janis Neupane	Siddhartha P. Tamang	Ranee Rizal
<b>Third</b>	Lakshydeep Shrestha	Khushi Tamang Moktan	Archit Marwadi	Suraj Yadav & Rojesh KC	Palistha Shrestha
Name of the Game	4G2 Memory Race	4G2 Lifting Chair Race	4G2 Doughnut Race	4G3 Hopping Race	4G3 Passing the Parcel
<b>First</b>	Kushal Dahal	Basu Bhandari	Ashley Rasaily	Aditya Kharel	Sree Devansh Goenka
<b>Second</b>	Ameek Pandey	Simon Bogati	Sujaynee Maharjan	Lizal KC	Saksham Shrestha
<b>Third</b>	Rudra Saraswati	Sargav Lamsal	Niyukti Karki	Amrit Dhital	Sikhar Gurung
Name of the Game	4G3 Skipping Race	4G4 Dressing Race	4G4 3 Legged Race	4G4 Tying Ribbon	Best Yoga Performer – Class 4
<b>First</b>	Khushi Mahat	Saksham Singh	Jeison Samsohang Adarsha Malla	Supriya Guragain	Jinee Shah
<b>Second</b>	Archita Kairatee	Prajon Kansakar	Akash Mandal Raunak Mishra	Aditi Singh	Basu Bhandari
<b>Third</b>	Anjina Prajapati	Rayan Shakya	Nima W. Sherpa Aditya Jung Basnet	Swastika Tamang	Prabanda Gurung Swastika Tamang





Name of the Game	5G1	5G1	5G1	5G2	5G2
	Treasure Hunt	Eat & Run Race	Hula-Hoop Race	Balloon Burst	Balancing Race
<b>First</b>	Raunak Bhandari	Bidhan KC	Bidusee Sharma	Amulya Rai	Kriyasa Adhikari
<b>Second</b>	Shaswat Karki	Krish Jaiswal	Sannidhya Aryal	Ram Kumar Shah	Supriya Kunwar
<b>Third</b>	Ronit Agrawal	Pradhyot Adhikari	Astha Poudel	Eros Singh KC	Nigma Gurung
Name of the Game	5G3	5G3	5G3	5G4	5G4
	Sack Race	Bangle Race	Frog Race	Needle & Thread Race	Caterpillar Race
<b>First</b>	Srijal Prasai	Aishworya Gupta	Samik Limbu	Ice Karki Reva Ojha	Manash Chaulagai
<b>Second</b>	Raunak Adhikari	Arghee Rana	Naseeb Pandit	Shawanti Sharma Prayukta Khadgi	Ang Nawang Sherpa
<b>Third</b>	Unnav Man Sthapit	Suzain Subedi	Samrat Baral	Rashika Sharma Arshiya Bujhel	Suheel Khan
<b>5G2 – Tug of War (First)</b>		<b>Class: 5 - Yoga Best Performer</b>		<b>Class: 5 - Yoga Consolation</b>	
Urken T. Sherpa		Manash Chaulagai		Ronit Agrawal	
Animesh Pathak		Suzain Subedi		Shristy Bhandari	
Sumit Kr. Saini		Molishka Ghale		Eros Singh KC	
Suheel Bir Bhajistha		Kavya Pradhan		Shawanti Sharma	
Shreeyan Gurung					



## FIRST FUTSAL TOURNAMENT 2074

This session, the new Futsal ground was opened at the Senior Section. This ground has been providing all the necessary amenities to enhance students' love for Futsal and to help them to understand the game. The First Futsal Tournament was held at our home ground on 6, 7 and on 9 Poush 2074. Students of classes 6 to 10 participated in the tournament. There were two categories: i. Boys and ii. Girls. The knock out system was followed. The winners of the Futsal Tournament are given below:

Boys- Class 6			Girls – Class 6		
First - 6G4	Second – 6G2	Third – 6G1	First - 6G3	Second – 6G2	Third – 6G1
Susan Pahari	Roshan Rawal	Ashbin KC (C)	Nima Sherpa	Prasamsha Kanel	Bipasana Shrestha (GK)
Saksham Bayalkoti	Rahul Gupta	Prajwal Bhandari	Palden gurlung	Aaskla Rizal	Karuna Raut (C)
Zubean KC	Jenish Neupane	Aman Mustafa	Bedika Shahi	Mehak Banu	Rujita Pandey
Krish Shrestha	Nimesh Raj Thapa	Bikram Century	Diya Shrestha	Aayusha Pudasaini	Kripa Shiwakoti
Himanshu Sharma	Pratisthit Khaniya	Pujan Shrestha	Soniya Rai	Binisha Nagarkoti	Jiya Mandal
Ambika Rai	Aaditya Sapkota	Aarjit Shah	Subheksha Jain	Ritika Karki	Nicole Ghimire
Tshering Phinjo Sherpa	Sakshyam Karki	Pranay Tuladhar	Palistha Prajapati	Luna Rajbahak	Nirjala Khadka
Tenzin S Gurung	Shachit Uprety	Raghav Basnet	Panna Bhandari	Anushka Shrestha	Smarika Basnet
Nivan Shrestha	Sudin Kafle	Manish Adhikari	Erika Shrestha	Shreevridhi Pandit	Ichhya Kandel
Sudin Neupane	Bishram Paudyal	Bishrant Ghimire			
	Suhrid Ghimire				



**Winners of First Futsal Tournament 2074 - Class 6 Boys Category and Girls Category**

Boys- Class 7			Girls – Class 7		
First - 7G1	Second – 7G4	Third – 7G3	First - 7G5	Second – 7G4	Third – 7G3
Gautam Yadav	Dipen Shrestha (C)	Jeevan Basnet (C)	Saru Shrestha (C)	Supriya Singh (C)	Tanisha Yonzan (C)
Abhinna Sapkota(C)	Sujan Pokhrel	Aayush Das (GK)	Diki Sherpa	Aayusha Karki	Liza Gurung (GK)
Sudip Shah	Ayush Kunwar	Bishesh Magar	Nashla Shakya	Inam Chaudhary	Anju Mishra
Anish Atreya (GK)	Pawal Rai	Anmol Magar	Swastika Magar(GK)	Aishwarya Thapa	Parisha Lamichhane
Sangam KC	Raul Pandey (GK)	Ramesh Shah	Nupur Atal	Bebisha Rajbahak	Satya Joshi
Prajol Rawal	Sagun Shrestha	Subham Rana	Niharika Oli	Neha Samsohang	Simran Chaulagain
Ram Hari Basnet	Bodhi Shakya	Naresh Koirala	Swikriti Pradhan	Reeva Rajak	Monika Senchuri
Alvin Yadav	Samyam Balayar	Samip Prasai	Agrishma Katwal	Angel Rai	Riya Chitrakar
Prashraya Dhakal	Sital Oli	Naman Raj Baskota	Jasmi Pandit	Riva Shrestha (GK)	Vaishnavi Shah
Prayash Kanel	Ayush Gurung	Surendra Bhujel			



**Winners of First Futsal Tournament 2074 - Class 7 Boys Category and Girls Category**

Boys- Class 8			Girls – Class 8		
First - 8G4	Second – 8G2	Third – 8G5	First - 8G3	Second – 8G2	Third – 8G4
Pasang D Sherpa(C)	Karma Gurung	Rozan Adhikari (C)	Aditi Chand	Siddhi Jain	Anuska Shahi
Kritul Baniya	Norden Sherpa(C)	Ram B Tiwari	Shakshi Karmacharya	Apekshya Bhandari	Ananya Lakhotia
Aman Neupane	Hritik Raj (GK)	Anish Chitrakar	Salina Neupane	Pratima Dhital	Ayushi Chaurasiya
Pratyush Koirala	Sumit Gupta	Sujal R Shrestha (GK)	Aakriti Risal	Anupama Subedi	Silbiya Lama
Prabesh Nidhi Tiwari	Umang Maharjan	Ashmit Khadka	Numa Lawati	Sneha Roy Yadav	Muskan Rauniyar
Aadivya Shrestha	Rohan Gupta	Sushant Thapa	Arya Bhandari	Debansi Singh (GK)	Vaishnavi Goyanka
Diparshan Shrestha	Hridaya Giri	Ronish Nepali	Neharika Sangat	Arzoo Bhandari (C)	
Prashun Jha	Riwaj Shrestha	Purab Gajurel	Palistha Shrestha	Nandini Gupta	
Nishant Jain	Girish KC	Ashim Thapa		Rupika Upreti	
Samman Jung	Parikshit Jha	Shrayan Karanjit			



**Winners of First Futsal Tournament 2074 - Class 8 Boys Category and Girls Category**

Boys- Class 9			Girls – Class 9		
First - 9G4	Second – 9G1	Third – 9G3	First - 9G2	Second – 9G3	Third – 9G4
Subash Yadav	Bijayan Rai	Oscar Gurung	Ranjita Shrestha (C)	Ashmita Gurung (C)	Pichsinee Ghimire
Khagendra Mahaseth	Sakshyam Chhatkuli	Rohil Rai	Shreeja Pradhan	Shristi Saraf	Aashna Shrestha
Sambhu Tamang(C)	Solove Shrestha	Lalit Magar	Binita Yadav	Venisha Rajbahak	Chetana KC
Simon Onta	Sarjak Neupane	Meekish Tamang	Charu Bansal	Soni Khadka	Simon Rajak
Dawa Sherpa	Zabed K Agam	Umang K Khanal	Binu Thapa	Biplavi Dahal	Kusum Lama
Manjil Khadka	Shayam Chettri	Upen Parajuli	Tirsana Sapkota	Niharika Bhagat	Riya Singh
Shreejan Raj Bhandari	Nischal Singh Bista	Yubraj Upadhyay	Saniya Jain	Sonam Dolkar	Sajina Gurung
Aashish Ojha	Nirvik Karki	Omi Karki	Stuti Kafle	Shreya Gurung(GK)	Smriti Giri
Digbijay Singh Rathor	Praytana Pokhrel	Avinab Rizal	Shriti regmi	Durga Pahari	Smriti Karki
Suyog Man Pradhan	Sakriya Maharjan		Upasana Dhakal		Kripa Sapkota



**Winners of First Futsal Tournament 2074 - Class 9 Boys Category and Girls Category**

Boys- Class 10			Girls – Class 10		
First - 10G5	Second – 10G3	Third – 10 G1	First - 10 G3	Second – 10G4	Third – 10G1
Abinash Tamang	Pemba sherpa	Pranjal Chalise (C)	Pasang D Sherpa	Soniya Pandey	Amisha Bhattarai
Rabindra Hamal	Diwas Giri	Samip Lamsal	Shreya Deoja	Kusum Adhikari	Kripa Bhattarai (C)
Suyog Kafle	Manish Bhandari	Aditya Raj Panta	Bijaya Dhungel	Krishna Siwakoti	Aditi Kharel
Arjun Bhatta	Darshan Poudel	Aman Shrestha	Apekshya T. Magar	Sabu Bhandari	Sitasma Adhikari
Tarun Budhathoki	Utsav Shakya	Ashish Raj Adhikari	Priya Khadka	Rishu Tiwari	Tisa R Prajapati (GK)
Prayatna Rajlawat	Bhupesh Basnet	Swikar Koirala (GK)	Anushreya Kapali	Shristi Rauniyar	Rubisha Shrestha
Aniketh Dongol	Basant joshi	Prakrit Timilsina	Sunaina Karmacharya	Binita Panta	Punam Katuwal
Manish Shrestha	Manav Shrestha	Nibish Tamrakar	Prabina Tiwari	Prisha Joshi	Rakshya Aryal
Ramdeep Shah	Sanskar Chaulagain	Sanjog Chettri			Akshata Poudel
Prashun Basnet	Pujan Gandhari	Pranesh Shresthacharya			Sanskriti Pandey



**Winners of First Futsal Tournament 2074 - Class 10 Boys Category and Girls Category**

## DABUR IMMUNO CHAMP 2074

Dabur Immuno Champ 2074 was held at the school premises on 7 Mangsir 2074. The height and weight of students of classes 3 to 8 were taken by the volunteers of Dabur Nepal. Besides height and weight, attendance and marks obtained by students in all the terms were also taken into consideration while evaluating students. The awards were distributed by officials of Dabur Nepal at the School Auditorium on 26 Magh 2074. Students with highest attendance and Body Mass Index (BMI) scored 21.75. This is the mean of 18.5 to 25; i.e the student within the normal range was declared the winner from the class. There were winners from every class. The winners of the Dabur Immuno Champ are as follows:

Class	Student's Name	BMI (Body Mass Index)
3	Aayam Rajak	21.52
4	Shlok Khanal	21.74
5	Anmol Udas	21.75
6	Ritika Karki	21.50
7	Zen Chakradhar	21.73
8	Anshuk Maharjan	21.71



## PURPLE WINTER WONDERLAND

During the winter vacation, Purple Events Nepal conducted a Winter Camp called Purple Winter Wonderland at our school premises. The winter camp lasted for two weeks. Altogether 36 students participated in the Winter Camp. This program was facilitated by Kripa Lohani, Rosy Lama, Chadani Lama,



Subechha Shrestha and Romy Lama. The students who took part in the Winter Camp took part in various activities designed to hone the skills of children.

## BASANTA PANCHAMI AND SARASWATI PUJA

Shree Panchami or Basanta Panchami or Saraswati Pooja is one of the most important festivals in Nepal. Saraswati Pooja is observed on Magh Sukla Panchami. Basanta Panchami is the day when winter ends and spring starts. Vasant Panchami falls in January-February (Magh - Fagun). We worship Goddess Saraswati on this day. Goddess Saraswati is the goddess of knowledge. She is the source of all intelligence and creativity. Her blessings make us innovative and wise. She is the creator of art, music, science and all branches of education. Saraswati is one of the greatest creations of Lord Bhrama. She is believed to be the most beautiful creation of Brahma.

या कुर्वेदु तुषारहार धवला, या शुभ्र वस्त्रावृता !  
या वीणावर दण्डमंडितकरा, या श्वेतपद्मासना !!

The day is very auspicious. This is the day on which many children start writing for the first time in their lives. Children are taken to Saraswati temples and are asked to read and write letters of the Nepali or English alphabet. The walls of Saraswati temples across the country are scribbled with letters of the Nepali and English alphabet, numbers and slokas. Therefore, it is a very important day for every student. It is believed, Shree Panchami is the best day to start learning new things. Students worship books, pens, notebooks and other instruments. Musicians worship their musical instruments. Professionals worship their tools. In our school, our Principal, Ms Geeta Rana Chhetri conducted Saraswati Puja along with the students of the school. This pooja was followed by Kinder Carnival where students had fun savoring great food from the stalls. They enjoyed playing games.



## BHAWISHYA: NATIONAL STEAM CHALLENGE



Bee Creative, Karkhana organized a large-scale event on 28 Magh 2074. The event served as a platform for young students to be engaged in essential problem-solving skills such as Creativity, Collaboration, Critical Thinking and Communication. Bhawishya: National STEAM Challenge is an initiative led by the Ministry of Science and Technology, co-organized by Nepal Academy of Science and Technology, in collaboration with UNESCO, BeeCreative, Karkhana, Robotics Association of Nepal (RAN), and Nepal Innovative Lab (NIL). In this challenge students brought their own materials and prepared a solution based on Science, Technology, Engineering, Arts, and Mathematics (STEAM) fields to address the

problems highlighted under the United Nations Sustainable Development Goals (SDGs). The students prepared their project on the spot. However, students were given access to an exclusive maker space equipped with basic building tools to help their project. The names of the students who participate in this challenge are Unish Giri, Debanshi Singh, Arju Bhandari, Miraj Adhikari, Jigyasha Sonam and Prabesh Sigdel. They made a vacuum cleaner and a quad copter.

## MEET AND GREET: WOMEN'S FEDERATION FOR WORLD PEACE – NEPAL (WFWP-NEPAL)



WFWP- Nepal is a women's NGO, founded in 1992, with the motto, "Humankind is a family living in one global home, the Earth." Since 1994, WFWP has been dispatching volunteers to countries throughout the world. WFWP is committed to the achievement of freedom from poverty, as well as to the implementation of activities aimed at improving the financial wellbeing of women and families, based on local needs. With the common purpose of meeting and greeting WFWP-Nepal conducted a program at Everest Hall on 29 Magh 2074. Mrs. Kappu Adhikari, Head Teacher welcomed all the guests present at the program. Vice Principal of the school, Ms. Surina S. Gurung, made a presentation on the school's endeavors in imparting quality education to its students. Mr Alok Kafle, Coordinator of the school made a presentation on the 21st Century Education. Ms. Blessie Dhakal, President of WFWP- Nepal highlighted the need for development and construction of schools in various districts of Nepal and how WFWP- Nepal has been providing education to the underprivileged students in the remote villages of Nepal. She also informed the gathering about the current projects of WFWP- Nepal and its future plans. Fifty members of WFWP-Nepal attended the programme.

## CHRISTMAS CELEBRATION BY KINDERGARTEN STUDENTS

Children all over the world celebrate the joy of Christmas with their families and friends. This festival is especially popular among young children because they get to savor good food and receives lot of gifts, assuming that the gifts were sent by Santa Clause. On 9 Poush 2074, Kindergarten students celebrated Christmas at their premises by a Cake Mixing session followed by a baking session. They danced to music and received gifts. Finally the children savored the cake which they had baked. They even had a face painting session. The basic idea of celebrating various festivals in school is to educate children the about the value and importance of festivals in a multi- cultural society.





## INTER SCHOOL STORY TELLING COMPETITION

Inter School Story- telling Competition was organized by English Preparatory School (EPS). The students of our school secured the third position. The names of the students who participated in the competition were Bidusee Sharma and Krish Jaiswal from class 5 and Shraddha Gautam and Ranee Rizal from class 4. The students were accompanied by Mr. Saurav Shrestha, English Teacher. The team was moderated by Mrs. Sheela Gurung, Head Teacher of Classes 4 & 5.



## STUDENTS' ANNUAL PROGRAM

The need for cultural awareness is steadily increasing as a means of fostering harmonious coexistence between people. This coexistence between people is enhanced by the talent and skill that each one possesses. Once these children grow up, they will interact with people of diverse cultures, traditions and behaviours. Thus our students are taught various kinds of folk dance, national songs and cultural plays. Students are taught to play various musical instruments. Students catch these things young. Students' Annual Program is one of the platforms that the school provides to our students to showcase their talents. This session the Annual program of classes 8, 9 and 10 was held from 18 Poush to 23 Poush 2074. For Nursery to 7, this program was held from 10 Falgun 10 to 28 Falgun 2074. This year students from every section presented something different. The programme consisted of instrumental music, recitation in English and Nepali, folk dance, vocal music (English and Nepali), Nepali songs, English and Nepali plays. The content of the Annual Program changes every year.





## HOLI CELEBRATION - RESIDENTIAL STUDENTS

Holi is one of the major festivals of Hindus. It is celebrated in South Asian countries, especially in India and Nepal. Holi is the festival of colours. It is celebrated in the spring season to welcome spring. Hindus believe that spring is full of colours so they throw coloured water on each other. Holi is based on a legend about King Hiranyakashipu. Hiranyakashyapu had a son, Prahlad. Prahlad was the greatest devotee of Lord Vishnu. Hiranyakashyap wanted to kill his son, so he called his sister, Holika. She had a magic robe. This robe had the power to save the wearer from burning in fire. Hiranyakashyap ordered his sister to sit on a burning fire along with Prahlad. He thought that his sister would not be harmed by the fire because of the magic robe and Prahlad would be burnt to death. But the result was the opposite of what the evil demon king planned. As is believed, no one can harm the person who has God as his savior. Thus Prahlad came out of the burning fire safely and Holika was burnt to death. The other day is celebrated with joyful colours to mark the victory of virtue and goodness over evil. Holi was celebrated at the school premises on 17 Falgun 2074. The residential students celebrated holi with the teachers.



## NUTRITIONAL ANALYSIS

Health Matters Nepal analyzed nutritional status based on student's food behavior and anthropometric measurement. It analyzed student's individual food habit for one week and also took their measurement (height & weight) and formed relevant clinical examinations. It will be providing detailed report of individual child with necessary guidance regarding a child's food behavior and necessary changes. Students of classes 1-3 were examined to maintain their health report on 16 Poush 2074. The follow up program on the balanced nutritional program will be followed so that students will be aware about the balanced nutritional food.

## TOYOTA DREAM CAR CONTEST 2018

Altogether, 23 students aged between 8 to 15 participated in the selection round of Toyota Dream Car Contest 2018. The selection round was held on 20<sup>th</sup> Mangsir 2074. The best 12 drawings were selected and sent to the organizers on 13 Poush 2074. Participants of the selected drawings received Certificates of Participation. The names of the participants are: Brabhim Adhikari, Meri Dolma Pakhrin, Monika Senchuri, Richan Sargam Yamphu, Saniya Jain, Karuna Raut, Tashi Tshering Gurung, Pranika Bista, Rahul Thapa, Nidhi Rauniyar, Pradhyot Adhikari, Karishma Bhandari. Every year students of our school have been participating in this contest.



## SUCCESS STORY OF OUR STUDENT

**Mr. Prabin Subedi**  
**2060 SLC Batch, Galaxy Public School**

Prabin Subedi has completed his LL.M studies in Information Communication Technology Law from the University of Oslo, Norway (under Norwegian Government's Scholarship). He has submitted his dissertation entitled 'Cyber Crime in Nepal: Comparative study with European Standards', as a partial fulfillment of his Norwegian degree. He has acquired his LL.B degree from Kathmandu School of Law, Purbanchal University, 2012. He has been decorated with national award of 'Nepal BidhyaPadak Ga', 2014 from President of Nepal and Hulaschand Golcha Kanoon Bachelor Gold Medal from Prime Minister of Nepal for being topper of his university. His outstanding performance in Bar Council Exam (2012) was recognized being decorated with Nepal Bar Council Award, 2012 from Chief Justice of Nepal. He is also decorated with 'NeLSA Emerging Lawyer of the Year', 2016 by Nepalese Law Students Association.



Mr. Subedi, Founding Partner at Paramount Legal Advisory Services is practicing lawyer representing many clients in all tier of the court in Nepal and legal advisor to Hydropower companies, construction companies, hospitals, investment companies, software development companies, restaurant and others. Mr. Subedi is also member of teaching faculty in Kathmandu School of Law teaching Public International Law, Banking and Insurance Law, Law of Contract and Cyber Crime. He has also served as consultant and staff at various reputed NGOs in Nepal. During graduate course at law school, he represented Nepal in 51st Philips C. Jessup Moot Court Competition, USA (2010), 5th Henry Dunant Regional Moot Court Competition, Bangladesh (2009) and D.M Harish International Moot Court Competition, India (2009). He has been granted with fellowship to participate in HKU Media Law and Policy Workshop, Hong Kong (2016). He was awardee of fellowship of TRIAL- Tracking Impunity Always, 2015 and Research Fellowship awardee of National Judicial Academy, 2015.

He has also been resource person in National Judicial Academy, Armed Police Force of Nepal, Nepal Law Campus and other NGOs. Mr. Subedi has worked as consultant and researcher of World Bank, Embassy of Switzerland in Nepal, Nepal Telecommunication Authority, NGO Federation Nepal, Law and Society, Srilanka, and other academic and civil society organization of Nepal and abroad. He has also served as resource person in various workshop and conferences organized by NGOs having support of Embassy of Germany, Embassy of United States of America. He has published his paper and presented paper in National Conferences of Jaycees, Lions of Nepal. In addition, Mr. Subedi has also committed his resource in pro bono activities filing cases against illegal detention of children, filing public interest litigation cases related to media trial (2010), deterioration of flora and fauna by operation of industry (2010), against immediate rehabilitation and reparation of conflict victims (2011), protection of river resources (2010) in Supreme Court of Nepal.

We are very proud that he has achieved so much at this tender age. School fraternity would like to congratulate him for his future endeavors.

## ARTICLES BY GALAXIANS

मामा	Star	घडी	तारा
<p>मामा, मामा, मामा कति राम्रो मामा किनिदिनुस् मलाई नयाँ राम्रो नाना</p> <p>नयाँ नाना लगाएर मामाघर जाउँला मामा सँगै बसेर मिठो खाना खाउँला ।</p> <p style="text-align: right;">-सुबीजा न्यौपाने (१जी३)</p>	<p>Star, look at that star Such a beautiful star I like a star Come with me and Play with me my dear You are up I am also up You twinkle. I twinkle I love my star</p> <p style="text-align: right;">-Sayuri Basnet (1G1)</p>	<p>मेरो सानो घडी टिकटिक गर्छ माथि हुन्छ घडी हातमा हुन्छ घडी ।</p> <p>मेरो रातो रङ्गको घडी तिम्रो नीलो रङ्गको घडी मलाई मनपर्छ सानो घडी तिमीलाई मनपर्छ कस्तो घडी ?</p> <p style="text-align: right;">-सुधिर साह (२जी१)</p>	<p>आकाशमा देखिन्छन् अनगिन्ति तारा ती तारा देखेर रमाउँछन् संसार सारा ।</p> <p>दिनमा कहाँ जान्छन् तारा सोध्यन् संसार सारा तर रातिमा देखिन्छन् अनि हुन्छन् सबका प्यारा ।</p> <p style="text-align: right;">-प्रत्युस भट्टराई (३जी१)</p>

Birthday	Brother
<p>Once upon a time there was a big house painted with many colours. There lived a little boy and his family. One day the boy was sitting in the garden. He didn't know that it was his birthday today. When he went to his room and as he opened the door, "Surprise", his parents said together and sung a birthday song together. They wished him happy birthday and gave him a gift. The boy was very happy. There were many candles on his birthday cake. The boy blew the candles, cut the cake and everyone enjoyed together.</p> <p style="text-align: right;">- Prasanna Kanel (2G1)</p>	<p>Once there lived two brothers Ram and Gopal. They used to play with each other. One day they planned to go out to watch a cricket match. But Ram didn't want to go. Gopal got angry with Ram. Gopal went alone to watch the cricket match. While returning back from the match, heavy rainfall occurred and Gopal was in a dilemma how to reach home safely. Just then, Ram came on the way with an umbrella. Gopal felt so happy to see Ram. He thanked Ram for the umbrella. They became friends again.</p> <p style="text-align: right;">-Yajju Maharjan (1G3)</p>

घमण्ड	मिठाई
<p>एउटा जंगलमा ठूलो हात्ती बस्थ्यो । ऊ आफू बलियो भएको घमण्ड गर्दथ्यो र सबैलाई उसले थर्काउँथ्यो । एक दिन हात्तीको घमण्ड देखेर कमिलालाई रिस उठ्यो र कमिलाले पनि हात्तीको सुँडभित्र पसेर चिल्यो र यसले हात्तीलाई पीडा भयो । हात्तीले अबदेखि ठूलो नहुने कसम खाई माफी माग्यो र कमिला सुँडबाट बाहिर आयो ।</p> <p style="text-align: right;">-वैशनभी मगर (१जी१)</p>	<p>एकादेशमा एउटा केटा थियो । उसलाई मिठाईहरू धेरै मनपर्दथ्यो । ऊ धेरै मिठाई खान मन पराउँथ्यो । एकदिन उसको दाँतमा किरा पन्यो । उसले आफ्नो आमालाई भन्यो - "आमा, मेरो दाँतमा किरा पन्यो । आमाले उसलाई डाक्टरकोमा लगनुभयो । डाक्टरले भन्नुभयो "मिठाई धेरै नखाऊ" । त्यस दिनदेखि ऊ थोरै मात्र मिठाई खान थाल्यो र मिठाई खाएपछि दाँत सफा पनि गर्न थाल्यो । त्यस दिनदेखि उसको दाँतमा किरा परेर दुख्न छाड्यो ।</p> <p style="text-align: right;">-सुयन लिम्बु (२जी१)</p>

My Country
<p>My country's name is Nepal. It is very nice. In world map it is very small but in real it is very big. I like my country very much. It has 14 zones and 78 Districts. Its famous world heritage sites are: Lumbini, Chitwan National Park, Changunarayan temple, Pashupatinath Temple, Patan Durbar Square, and Boudhanath etc. It is very big. I love my country very much.</p> <p style="text-align: right;">-Sukrin Thapa (4G2)</p>

Rainbow	Festivals
<p>Rainbow is in the sky It is so beautiful event There are seven colours in the sky Let's see the rainbow everyday</p> <p>Rainbow is in the sky It has Red, Blue, Yellow, Green, Violet, and Indigo An Orange and Red in the sky That's why its a colourful sky.</p> <p style="text-align: right;">-Arju Kafle (2G1)</p>	<p>Tihar is the festival of lights It makes Nepal look very bright Delicious food with selroti and sweets We greet our parents and have family meet. Brothers take blessing from their sisters They give them gifts like teddy bears We play with friends and have fun Play cards and play along the sun</p> <p style="text-align: right;">- Neha Lawati (3G1)</p>

**मौसम**

एकदिन हरिलाई उसको बुबाले आफ्नो फार्म हाउस लग्नुभयो । त्योदिन एकदम रमाइलो र राम्रो मौसम थियो । उसकी आमाले फार्म हाउस जाँदा छाता लगेर जानुभन्नुभएको थियो । तर मौसम एकदम राम्रो भएकोले हरिको बुबाले "यस्तो राम्रो मौसम छ किन चाहियो छाता, होस पर्देन" भन्नुभयो । हरि र उसको बुबा फार्महाउस तिर जानुभयो । त्यो दिन एकदम टन्टालापुर् घाम लाग्यो । हरिले मनमनै सोच्यो "ओहो ! आमाले छाता लगेर जानुभन्नुभएको थियो, लिएर आएको भए छाता ओढ्न पाउँथ्यो" अनि एकछिन पछि ठूलो पानी पर्न थाल्यो । पानीले गर्दा हरि र उसको बुबा निरर्थक भिज्नुभयो । हरिका बुबाले सायद बूढीको कुरा सुनेर छाता लिएर आएको भए आज घाम र पानी दुवैबाट बच्न सकिन्थ्यो भन्नुभयो । यो कथाले हामीलाई जहिले पनि कहिले जाँदा मौसमको भर पर्नु हुँदैन किन कि मौसम परिवर्तन हुनसक्छ त्यसैले कतै जाँदा आफूलाई चाहिने विज बोकेर हिँड्नुपर्छ भन्ने सिकाउछ ।

-ओनीरा श्रेष्ठ (३ जी१)

**My little rabbit**

Oh! My rabbit bunny  
You are so funny  
You are too cute  
And you never keep yourself mute  
You like to eat carrot of den  
And see the movie Ben Ten  
You are the clown who wears his hat half  
You are the one who makes us laugh  
But I have to say my bunny  
You are my honey  
You are very heavy  
But you are my little baby

-Sisrikshya Dulal (4G2)

**Dance**

Once upon a time in a big city there lived a boy named Ram. He loved to Dance but his parents did not want him to become a dancer. He always told his parents that he was going to his friend's house but actually he used to go to his dance teacher. One day, he was late for home. His parents were worried. When Ram reached home, his parents asked him, "Why were you so late?" He honestly replied that due to his parent's disapproval, he lied them about going to his friends house. Seeing his determination and passion for dance, his parents said, "If you love to dance so much you can learn dance". Ram was happy that his parents believed in him and allowed him to follow his dreams.

-Aawaz Niraula (3G1)

**आमाको ममता**

आमा तिमी जन्म दिने मलाई  
आमा तिमी प्राण दिने मलाई  
आमा तिमी बोट है भने  
म त्यस बोटमा फूलेको फूल हुँ  
आमा तिमी मलाई हर्दम ममता दिने  
आमा तिमी मलाई हर्दम ममता दिने  
मलाई ममताको आँचल  
फैलाएर सुरक्षा गर्ने  
आमा तिमी मलाई एकदमै माया गर्ने

-दिपीका प्रधान(४जी२)

**तिहारको रमाइलो**

मलाई तिहार चाड मनपर्छ । हामीहरूले तिहारमा धेरै रमाइलो गर्छौं । हामीले तिहारमा दिदी बहिनीको हातबाट टीका लगाउँछौं । घरमा मान्छे बोलाउछौं र रमाइलो गर्छौं । तिहारमा हामी बाहिर घरमा जान्छौ र पटाका पटकाउँछौं । दाइ, दिदी सँग रमाइलो गर्छौं । तिहार एउटा रमाइलो चाड हो। धेरै जसो मान्छेहरूलाई तिहार मनपर्छ । तिहार हरेक वर्षको एक चोटी आउँछ । तिहारको बेला नयाँ नयाँ लुगा किन्छौं । यही हो तिहारको रमाइलो ।

-अनसुया श्रेष्ठ (४जी३)

**Chocolate**

I eat my chocolates and it is in my tummy  
It is very yummy and I like all that gummy  
I share it to my friends and my pocket is empty  
I love all that chocolates because it is very tasty.

I ate too much of chocolates  
One day I reached my school late  
Because I went to the dentist  
And he pulled out one of my teeth

Now, I have become a bit clever  
Because I have grown little bigger  
I have decided not to eat much  
And share with my best friends as much.

-Nibodh Shrestha (5G3)

**तिहार**

तिहार आयो घर घरमा,  
नाच्दै छन् केटाकेटी रहर रहरमा  
सबै घरमा खुसी छायो  
फिलीमिली बत्ती घरघरमा आयो

पुजा हुन्छ कागको पनि  
कुकुरको पनि  
देउसी भैलो आए भने  
पैसा दिन्छन् गनी गनी

नयाँ कपडा लाउँछन् नुहाइ धुवाइ गर्छन्  
देउसी भैलो आए भने गीत पनि गाउँछन्  
फिलीमिली बत्ती पनि सजाएर दियो  
राम्रो देखिन्छ सजाएर दक्षिणा राम्रो थियो ।

-नमुना बिष्ट (६जी १)

**साथी**

आउन प्यारी मैनाचरी  
मेरो साथी बन न  
हामी साथी साथी मिली  
कही घुम्न जाउँला

राति पर्दा तिमी गुँडमा  
म चाहिँ घर जाउँला  
बिहान मलाई उठाउन  
चिरचिर चिरचिर गरन

आँखा खोल्ने बित्तिकै म  
मुख धुन जाउँला  
त्यसपछि हामी साथी  
मीठो गीत गाउँला  
हामी साथी खेल जाउँला  
ऊ त्यो पाखामा गीत गाउँला  
-एशिका शाहि (५जी२)

## Environment

Environment means our surrounding where we live. Nature has made our environment and filled it with humans, living things, trees, hills, mountains, rivers, lakes, ocean etc. But we are gradually damaging the environment with factories, buildings, polluted air, polluted water and too much vehicles. This has slowly caused environment problems like deforestation, global warming, and ozone layer depletion, water and air pollution and climate change. So, we have to prevent pollution to save our environment.

To save our environment, we should conserve water; recycle products, save electricity, use solar energy. Everyone likes clean environment so we should minimize overuse of private transport and promote walking and cycling etc. Clean environment is essential for healthy body and mind so we should all work towards saving our environment and help clean it.

—Jay Joshi (5G4)

## मेलमिलाप गरौं

मेलमिलाप गर्ने बानी हामीले बसाल्नुपर्छ । मेलमिलाप गर्नु राम्रो बानी हो । हामीले कहिले पनि साथीहरूलाई एकलै छोड्नु हुँदैन । हामीले मेलमिलाप गर्ने बानी बसाल्नुपर्छ । हामी सबै जनाले मेलमिलाप गर्नु भने कहिले पनि अरुसँग भगडा गर्नुपर्दैन । हामी सबैले मिलेर बस्ने बानी बसाल्नुपर्छ । हामी सबै मानिस हौं र हरेक मानिसहरूमा भावना हुन्छ । हामी सबैले अरुको भावना बुझेर बोल्नु अथवा केही गर्नु पर्छ । हामीले सबै साथीहरूको भावना बुझ्नु पर्छ भन्ने भावना राख्नुपर्छ । हामी सबैले एक अर्काको मद्दत गर्नुपर्छ । यसलाई नै मेलमिलाप भनिन्छ । हामी सबैले एक अर्काको मद्दत गर्नुपर्छ । सबैसँग मिलेर बस्नुपर्दछ ।

—कृया अधिकारी (५जी२)

## नेपालमा कृषिको महत्व

आधुनिक काल भएकाले विश्वका सबै देश विकासतर्फ लागिरहेका छन् । कृषिप्रधान देशहरू औद्योगिक क्षेत्र तिर जान खोजी रहेका छन् भने औद्योगिक देशहरू अझ विकासकातर्फ लागिरहेका छन् । यसै विचमा हाम्रो देश नेपाल पनि कृषिबाट औद्योगिक क्षेत्र तर्फ लागि रहेको छ । नेपालको अर्थ पनि मुख्य पेसा कृषि नै भएकोले यो देश कृषि प्रधान देश नै हो । हाम्रो देशमा कृषिको महत्व एकदम धेरै रहेको छ । हाम्रो देशको ७० ५ मानिस कृषि पेशामा संलग्न रहेका छन् । नेपालमा विभिन्न समयमा उब्जने धेरै बालीहरूले गर्दा हाम्रा किसानलाई फाइदा पुगेको छ । नेपालमा उब्जने धेरै बालीहरू (जरस्तै धान, मकै, कोदो) जस्ता अन्नहरू विदेश पनि जाने गरेका छन् । यसले गर्दा पनि हाम्रा किसान तथा हाम्रो देशलाई पनि फाइदा पुगेको देखिन्छ । हाम्रो देशको राजधानी काठमाडौंमा पनि विभिन्न तरकारी तथा फलफूल बजार छन् । (जरस्तै कालिमाटी, बल्लु तरकारी बजार) यी बजारले पनि कृषि क्षेत्रमा विकास पुऱ्याएका छन् । अतः कृषि हाम्रो देशको मुख्य पेसा हो । हाम्रो देशमा उब्जिएको बालीले गर्दा हाम्रो देशमा धेरै पैसा भित्रिन्छ । यसले गर्दा हाम्रो देश विकासमा टेवा पुग्दछ । यसले साबित हुन्छ कि नेपालमा कृषिको धेरै महत्व छ ।

—मानिस अधिकारी (६ जी१)

## घमण्डी मान्छेको भावना

एकादेशमा कुनै एउटा सानो गाउँमा बुढा मानिस बस्दथे । उनी साह्रै सोभ्रा र दयालु भावका थिए । तर उनको छिमेकीमा एउटा घमण्डी मान्छे थियो । ऊ अरुको प्रगति देखेर रिस गर्दथ्यो । एकदिन बुढा मानिस जङ्गलमा घुम्न गए । त्यहाँ एउटा ठूलो आँपको रूख थियो । उनी रूख चढी आँप खाँदै थिए । त्यही बेला एउटा राक्षस आयो र भन्यो "मलाई भोक लागेको छ र म रूख चढ्न सकिदैन । मलाई पनि दुई चारओटा आँप तल ल्याई दिनुस् न ।" बुढाले आँप ल्याइदिए । त्यसपछि राक्षसले आँप खाँदै बुढालाई उसको घर लग्यो । राक्षसले बुढालाई रोटी बनाउँदै गर्नु म बजार गएर आउँछु भन्यो । हस् भनी बुढा रोटी बनाउन थाले । एकछिनपछि एउटा मुसा दुलोबाहिर निस्कियो र भन्यो । "बा मलाई एउटा रोटी दिनुस् न ।" बुढाले रोटी दिएपछि मुसाले भन्यो । "त्यहाँ राक्षस बस्छ । राति तपाईं निदाएपछि त्यस राक्षसले तपाईं खान्छ । त्यो कोठामा राक्षसले चोरी गरी टनै सुन राखेको छ । सक्दो सुन लिएर यहाँबाट जानुहोस् ।" हुन्छ भनी बुढाले टनै सुन लगे । यो कुरा गएर उनले त्यस घमण्डी मानिसलाई भने तर उनले मुसाको बारेमा भन्न भुले । त्यस मानिसलाई बुढा जरस्तै धनी हुन मन लाग्यो । ऊ पनि आँपको रूखमा गएर बस्यो । भोलिपल्ट राक्षस आयो र त्यो मानिसलाई घरमा लगी रोटी बनाउन लगायो । हिजोको जरस्तैगरी मुसा आयो र रोटी माग्यो । मानिसले रोटी दिनुको साटो एक लट्ठी हान्यो । त्यसो गरेपछि मुसा डरले भाग्यो । रात पर्दै गयो र राक्षस पनि आयो । उसले त्यो मानिसलाई त्यही सुत्न अनुरोध गर्‍यो । हुन्छ भनी उनीहरू रोटी खाइ सुते । राति निदाएपछि राक्षस उद्यो र मानिसलाई मारेर खायो । घमण्डी मानिस संसारबाट विदा भयो तर उता भने बुढा सुन बेची धनी भए ।

—प्रज्वल भण्डारी (६जी१)

## A Wise Stranger

In one autumn night, in a village house, the wind was blowing. The lights went off. Suddenly, there was a knock at the door. The members of the house were afraid. When they opened the door, there was a stranger at the door wanting to know if he could get to stay there in that windy night. The stranger said, "It's too dark. Can I spend a night in your house?" The owner said, "Yes, why not." But they were quite afraid and hesitant. There was actually no space to sleep but the members made quick arrangements for the stranger to sleep and they decided not to sleep all night. The stranger fell uncomfortable. The stranger then decided to thank them with some money in the morning. Then they served him with tea and some bread. The stranger ate it up. Then the stranger kept a decent amount of money in an envelope and wrote "This is for your kindness, with all due respect this in for you all." The stranger left without telling anyone and kept the envelope near the bed.

Moral: We should try to help each other in any way we can. If we give love and respect, it comes back to you.

—Prashraya Dhakal (7G1)

## Courageous Friends

Long time ago there lived a boy called Pasang with his family in a village. One night he saw a dream of climbing a peak alone, as his usual dream was to become a mountaineer. But before he finished his dream journey, his mother splashed water on his face. He woke up to find out that he was getting late for school. Without wasting anymore time, he became fresh and ran to his bus stop. When he reached his school, he told the dream story to his best friend Sahil as he was excited to listen to him. After six years, both of them graduated from school. They were nineteen. Oneday, Pasang thought of climbing the highest peak of the world, Mount Everest. He also requested Sahil to join him. Sahil was nervous but decided to go on for the adventure. Pasang asked some money to his parents, for the expedition. As the day of the expedition was nearing, Pasang fell ill. It took about two months for Pasang to recover his condition and get ready for the expedition.

After two months, soon both the friends started their journey. After two long months of expedition, they finally reached to the top of the Mount Everest and fixed their National flag. There was no boundary of happiness and contentment for the friends. But as they finished their climb and were returning a harsh snowstorm came on their way. They were stuck in the middle of their journey. Due to the heavy snowstorm, they couldn't advance with their journey and was stuck in the Himalayas for 1 week without food or water. News broke that Pasang and Sahil might have lost their lives in the dangerous snowstorm. Both the families were heartbroken and were wishing for a miracle for the boys' safe return. Both the boys were adamant and didn't give up. They remained with each other and didn't give up despite the harsh weather and scarcity for food and water. Slowly, the snowstorm came to end and Pasang and Sahil stayed with one another and returned finally. Their parents were very proud that the two teenagers climbed Mt. Everest, survived the snowstorm, didn't give up despite the harsh weather and it was all because of their courageness.

Moral: Always be determined forward to achieve your goal that you have targeted.

-Rhichan S. Yamphu (6G1)

### तिहार

तिहार पछि कार्तिक शुक्ल पूर्णमाको महिनामा  
 भिलिमिलि बत्ति बाल्छौं घरको आँगनीमा  
 नयाँ नयाँ लुगा लगाइ नाचौं भैलिमा  
 रमाइलो गरी नाचौं आफ्नै शैलिमा  
 भिलिमिली बत्तिले संभिएको हुन्छ हर घर  
 लक्ष्मी भित्र्याई खुसी र सुखी हुन्छ हरपल  
 भैलिमा नाच्दा नाच्दा पैसा कमाउँछौं  
 पाएको पैसाले नयाँ नयाँ लुगा लगाउँछौं  
 तिहारको बेलामा मनाउँछौं हामी भाइ टिका  
 लगाइ टिका आफ्नो दाइ भाइलाई कमाउँछौं हामी पैसाको सिक्का  
 कोहि मनाउँछन् तिहार कोहि मनाउँछन् छट  
 सबै जाति एकै हुन्छन् नगर्नु है छुवा छुत  
 तिहार पछि कार्तिक शुक्ल पूर्णमाको महिनामा  
 बत्तिहरू बाल्छौं घरका आँगनीमा  
 मनाइ तिहार र भैलि रमाइलोसँग  
 सकिएपछि जान्छौं आ-आफ्नो घर परेर दङ्ग

-कृपा खड्गी १७ जी१०

### My Room

In the corner of the first floor  
 There is room with a welcome sign on door,  
 And let me tell you what is more  
 There is a picture of a lion with a roar

After you'll open the door and enter  
 You will find my room warm even in winter,  
 You can see a big clock on the wall  
 And all my books are spread, like in a book tall.

And what you'll see, is a complete mess  
 Paper and books in every single place on the hanger you will  
 see my dirty school dress  
 Then words will flow off your mouth what a messy place!

You'll find a flower rose on a big brown table  
 Beside the table are the books of fable  
 And let me tell you that you will never  
 See a room dirty like this ever!!!

-Samridhdika Dahal (7G2)

### आफूले पुरस्कार पाएको चित्र पत्रिकामा देखा उत्पन्न अनुभूति

आज शनिबार हो । आज म बिहान उठेर आफ्नो मुख धोएर तल भान्सामा (किचेनमा) चिया पिउन गएँ । चिया पिएपछि एकछिन बाहिर हिँडडुल गरे । त्यसपछि म बैठक कोठामा गएँ । बुबा पनि त्यहिँ चिया पिउँदै पत्रिका पढिरहनु भएको थियो । म पनि पत्रिकामा केही कथा छ कि भनेर हेर्न गएँ । अर्को पृष्ठ (पाना) पल्टाउँदा त त्यहाँ मैले पुरस्कार पाएका चित्र पत्रिकामा थियो । त्यो देखेर मलाई अचम्म लाग्यो । मैले र बुबाले त्यो चित्र एकछिन केही न बोलेर हेरीरह्यौं । त्यो देखेर हामी दुवैजना जिल्ल पयौं । अनि बुबाले मलाई स्याबास् भन्नुभयो मैले पनि धन्यवाद भने । मैले आफ्नो चित्र पत्रिकामा देखा ज्यादै खुसी लाग्यो । त्यो पत्रिका मैले आफ्नो ममीभएको ठाउँमा लगेर देखाएँ । उनी पनि खुसी हुनुभयो । त्यसपछि मैले मेरो हजुरबुबा, हजुरआमा, भाइ सबैलाई देखाएँ । सबैजनाले मलाई स्याबासी दिए, बधाइ दिए र खुसी भए । मेरो यो चित्र पत्रिकामा पहिलो पटक आएकोले म अत्यन्त खुसी थिएँ । अन्तिममा मलाई मेरो मिहिनेतको फल पाएँ । मैले यो पुरस्कार चित्रकला प्रतियोगिमा पाएको हो । हिजो चित्रकला प्रतियोगिता थियो । मैले यस प्रतियोगिताको लागि धेरै मिहिनेत गरेको थिएँ । यस पुरस्कार मैले हिजो सबैको अगाडि पाएको थिएँ । तर पत्रकार आएर म प्रथम भएर पुरस्कार लिएको फोटो खिच्ला भन्ने सोचेको थिइन । केही समयपछि मेरो माइजु र मामाको फोन आयो, उनीहरूले पनि मलाई बधाइ दिन खुशी भएर फोन गरेका रहेछन् । त्यसपछि फेरी मेरो फुपा र फूफूको फोन आयो, उनीहरूले मलाई स्याबासी दिए र खुसी भए । मलाई पनि आफूमा गर्व भयो र खुसी लाग्यो । मलाई त्यो पुरस्कार हेरेर खुसी लाग्यो । अर्कोपाली पनि म यस्तै मिहिनेत गर्छु, र प्रथम हुने प्रयास गर्छु । म कलामा ध्यान दिन्छु र पढाइमा पनि ध्यान दिन्छु। यो दुवै मेरो लागि महत्वपूर्ण छन् ।

-सत्या श्रेष्ठ (७ जी१)

### Money is not everything

For human beings money is an essential thing. Money can buy all solid things in our world but money is not everything. Money does not give person happiness. People always have some burden on their shoulders and they are unable to stay happy. Even the richest people in the world cannot buy happiness. Money is not everything. It does not make a person's life better emotionally. Money usually makes a man evil. Money makes the person selfish and makes the person want even more. It makes the person forget all the values he has learnt in his life. Some people even choose the wrong path to earn money or to make extra money. They tend to harm other only for their satisfaction and greed. People can live a good life without having a lot of money. Money cannot be compared with famil. Money tends to bring cruelty and selfishness into people's mind. Money always harms the person making the person unable to think properly. The person becomes paralyzed mentally. Though the person can move and work properly but cannot think and always performs a crime. Only few people in the world having a lot of money can have a good life. People who are beautiful from the inside are able to control money and not be controlled by money. People can live without have a lot of money. All they need is money for food, clothes and other basic daily requirements. People can live without vehicles, big mansions and all grand things. There are a lot of things that money can't buy and they are happiness, family, intelligence, honesty, peace, beautiful mind etc. Money is important but it also can ruin a person's life. Money has its advantages as well as disadvantages. People get trapped, they become selfish when they get or see money. Money always harms a person and may even kill the person. Money is a good thing to have but also a bad thing. Good people can also become evil and cruel. As a fact money can't buy everything and money isn't everything. We should try to not become selfish. Having money is good but becoming evil with money can be bad for the world and the person itself.

- Alvin Yadav( 7G1)

सुन्दरता	In the bazzars of Kathmandu	सगरमाथा
हिमाल, पहाड, तराई छन् मेरो देशमा घमण्ड गरेको होइन साथी भनेको कि सुन्दरता छ मेरो देशमा चिनिन्छौं हामी यहाँ विभिन्न भेषमा	The noise travels through the place Everyone waiting for their turn in haste, The blowing of the horns covers the road It only happens in the bazzars of Kathmandu	नेपालको गौरव नेपालको शान सगरमाथा हो हाम्रो पहिचान कहिल्यै भुकाउँदैन आफ्नो शिर प्राकृतिक सम्पदा हाम्रो आखिर ।
नेपालमा भएका तालतलैया भरना सबैले सुन्दर बनेको छ मेरो देश घमण्ड त गर्दै गर्दिन तर भन्छु सुन्दरताले भरिपूर्ण छ मेरो देश	The discussion of the rates Denies the willingness of fate, Bargainers of all kind in Nepal Can be seen in this place	विश्वकै सबैभन्दा अग्लो चुचुरो हाम्रा लागि यो हो गर्वलाग्दो कुरो दिनहुँ आकर्षण बढाउँछ देशको सगरमाथाबिना नेपाल अधुरो ।
खोला, नदी हाम्रो देशमा बग्छन् माछा, पानीमा बस्ने जनावर त्यही बस्छन् यस्ता कुराहरूले भरिपूर्ण छ नेपाल सुन्दरतामा अघि छ हाम्रो नेपाल	The dust floods the face Everyone hurrying as it is a race, Pushing has become a trend And in the bazzars of Kathmandu, it will never end	हिमालयको कोखमा बिसाएर आफ्ना हिमालहरूको परिवार सगरमाथाकै कारण इर्ष्या गर्छन् नेपालको सारा संसार
धर्म, संस्कृति विभिन्न जातमा मानिस छन् सबै मिलेर बस्छन् घमण्ड गरेको होइन साथी मेरो देश नेपाल सधैं छ साथी -पियुस रौनियार (८ जी१०)	I feel myself lonely to think of it From where and how to bring it, And the realization comes to me as I observe I'm lost in the bazzars of Kathmandu -Baibhav Shrestha (8G1)	यस्तो बहुमूल्य सम्पत्तिको हामीले गर्नुपर्छ संरक्षण संवर्धन गर्छ आर्थिक सहयोग देशलाई गरी पर्यटन प्रवर्धन -विदुषिका दाहाल(९जी१)

### देश विकासमा नागरिकको कर्तव्य

लोकतान्त्रिक शासनमा नागरिकहरू नै देश सञ्चालनका मुख्य स्रोत हुन् । देश चलाउने नै नागरिकले हो । देशमा विकासका पूर्वाधारहरू स्थापना गर्ने प्रमुख स्रोत देशका नागरिक हुन्छन् । अहिलेको युगमा देश विकास गर्न नागरिकको भूमिका महत्वपूर्ण रहन्छ । नागरिकको प्रमुख कर्तव्य नै राम्रो, विवेकशील पार्टी तथा प्रतिनिधिलाई चयन गर्नु हो । नागरिकले राम्रो व्यक्ति छनोट गरेमा देशको उन्नति हुन्छ । मानिसहरू आफ्नो मान्छेलाई भोट हाल्ने गर्छन् । हाम्रोलाई होइन राम्रोलाई भोट दिइयो भने देशको भविष्य उज्ज्वल हुन्छ । यसैगरी मानिसहरूले कर तिर्ने तथा कानूनको पालना गर्नुपर्छ । यसले गर्दा देश नियमित रूपमा चल्छ । कानूनको पालना नगरेमा देशको आर्थिक नियन्त्रण कमजोर हुँदै जान्छ । यसले गर्दा विकास क्रममा बाधा पुऱ्याउँछ । देशमा नागरिको असहमताले गर्दा देश कमजोर हुँदै जान्छ । देशमा नागरिकले जनचेतना फैलाउनुपर्छ । देशका प्राकृतिक सुन्दरता तथा राष्ट्रिय मूल्य मान्यतालाई संरक्षण तथा सुरक्षा गर्नुपर्छ । अरुको अधिकारको पनि सम्मान गरेमा देशको भलाइ हुन्छ । देशमा आउने समस्याहरूको सबै मिली समाधान गर्नाले राम्रो प्रभाव पार्छ । देशमा अतिक्रमण र आक्रमणहरू धेरै हुन्छन् । यस्ता समस्याहरूलाई कम गर्न नागरिकहरूले ठूलो भूमिका खेलेका हुन्छन् । उनीहरूले त्यस्ता समस्याको विपक्षमा खबरदारी गराएर आफू र अरु वासिन्दाहरूलाई सचेत बनाउनुपर्छ । यसले पनि देश विकास गराउँछ । देशका विभिन्न समस्याहरूलाई हटाउँदै देशको शान्ति र समृद्धि पक्षको लागि नागरिकहरूले विकास योजनामा सहभागी भई राम्रो निर्णय लिनुपर्छ । त्यसैले देश विकासमा नागरिकको कर्तव्य महत्वपूर्ण हुन्छ ।

-आदित्य बुङ्गाना (८जी१)

## Health Hazards in today's world

Our health is very important to us. We should always take care of our health. If not, many health hazards will occur which will result to our overall poor health. A health hazard has the potential to cause damaging effects to our health in the long run. Health hazards in today's world are caused mainly due to our sedentary modern lifestyle, poor eating habits, work stress, pollution and other environmental factors. In today's world, due to various types of pollution such as air pollution, water pollution and soil contamination, people suffer from fatigue, headache, respiratory illness, cancer risk, nausea and skin irritation problem. Similarly, due to increase demand on work, one is likely to suffer from health hazards such as mood swings, increased blood pressure, stomach cramps, nausea and poor immune system. Likewise, we have made eating fast food as our culture. Most fast foods are junk food with little or no nutritional value but high in fat, sugar, calories. They are basically very harmful to our health. Prolonged consumption of these kinds of food results to many health problems like obesity, dental disease, heart diseases, cancer, kidney failure, jaundice, low energy level high blood pressure etc. Lastly, due to urban lifestyle people nowadays have little or no physical activity at all which results to health hazards such as mental health issues (low self confidence, low self esteem), risk of obesity, poor sleeping habits, heart diseases, risk of lethargy, risk of hypertension, risk of diabetes, etc.

Health hazards are also caused by various environmental factors. If these health hazards are not treated in time, it can prove harmful to our life. So, we should always take care of our health and avoid the factors responsible for the health hazards. Many factors can be controlled by us in order to minimize the hazards. We unknowingly contribute to the factors responsible for the health hazard. This is why it is also said that what we give comes back to us. So we should always work towards active lifestyle and work stress free environment to be safe from health hazards.

—Smriti Agrawal (8G1)

### नेपालमा शुद्ध खानेपानीको समस्या

नेपाल एक भूपरिवेष्टित देश हो । यसको मतलब यो देशको कुनै पनि भागले समुन्द्रलाई छोएको छैन । तापनि नेपाल जलस्रोतको कुरामा दोस्रो धनी राष्ट्र मानिन्छ । यहाँका नदीहरूमा स्वच्छ र सफा पानी पाइन्छ । हरियालीको कुरामा पनि नेपाल उत्तिकै धनी छ । यो कुरा त हामी सबैलाई राम्रोसँग थाहा नै छ । नेपालको यही विशेषताले नेपाल विश्व सामु चिनिएको पनि छ । हामीले यस्ता प्राकृतिक स्रोतको सही सदुपयोग गरी त्यसको संरक्षण गर्नु पनि अति आवश्यक नै छ । नेपाल जलस्रोतमा दोस्रो धनी भए पनि नेपालमा खानेपानीको अवस्था भने अति नाजुक छ । खाने पानी अझै पनि हामीले किनेरै खानुपर्छ । भन्नु त्यो किनेको पानीमा पनि धेरै विषादी भएर होला मानिस बिरामी हुने सम्भावना पनि बढी हुने गर्छ । नेपालमा खानेपानीको व्यवस्था भने त्यति राम्रो पाइँदैन ।

खानेपानी स्वच्छ र सफा होस् भन्ने सबै मानिसको इच्छा हुने गर्छ । तर यस्तो फोहोर पानी खानुपर्दा बिरामी हुने जनताको सङ्ख्या बढी नै रहेको पाइन्छ । यो पनि एउटा आश्चर्य मान्नुपर्ने विषय हो तर कसैलाई यसको कुनै मतलब नै छैन । सबै आफ्नो भलो मात्र सोच्ने गर्छन् र नेता चाहिँ कसरी घुस खाने बारे सोच्छन् । अनि यस समस्याको समाधान कसरी सम्भव हुन्छ , यसको बारेमा केहीक्षण सोचौँ त ? नेपाली जनतालाई पिउनका लागि स्वच्छ पानी चाहिन्छ भन्ने आश्वासनमा मेलम्ची खानेपानीको व्यवस्था गरिएको थियो । त्यस प्रोजेक्टको सुरुवात भएको निकै वर्ष भइसक्दा पनि जिम्मेवार निकायले कुनै कदम चालेका नै छैनन् । नेपाली जनताले त जे कुरामा पनि विकास होइन तर विकासको आश्वासन चाहिँ अवश्य पाउने भए । दुर्गम भेगका जनताले त भन्नु भुकम्पमा राहतका बारे धेरै खबर पाएर राहतका लागि बाटो हेर्दै बस्थे । तर जनताहरूले राहत होइन केवल राहतको आश्वासन मात्र पाए । यो त साह्रै नै लाजमर्दा कुरा भएन र ? यस्तो भइसक्दा पनि जिम्मेवार निकायहरू कहाँ लुकेर बसेका छन् त ? नेपालमा यस्तो समस्या धेरै समय पूर्वदेखि नै देखा परेको हो । यस्ता समस्याको समाधान सकेसम्म छिटो भन्दा छिटो निकालिनु पर्ने हो, तर जिम्मेवार निकायहरूलाई त मतलब छैन, अनि कसरी देश विकास हुन्छ त ! यस्तो पारा हो भने त देश विकास हुन असम्भव नै छ भन्दा कुनै प्रकारको फरक नपर्ला किनभने यो समस्याको समाधान छिटो भन्दा छिटो निकालिएन भने त नेपाली जनताले धेरै सास्ती भोग्नु पर्नेछ । हामी विद्यार्थी भोलि देशका चम्किला कर्णधार हौं । अब सबैलाई सचेत गराउने काम हामीले नै गर्नुपर्छ र यसको लागि आवाज पनि उठाउन सिकाउनु पर्छ । होइन भने देश विकास हुन कति समय लाग्छ भनेर कल्पना गर्न पनि निकै नै कठिन हुनेछ । अब भने हामी जाग्नै पर्छ ।

—स्मृति रेग्मी (९जी२)

### पिपल र चौताराको सम्बन्ध

बाटो हिँड्ने बटुवा आउँछ र चौतारामा बस्छ । उसलाई घामको रापले गर्मी र तिर्खा लागेको हुन्छ । पिपलको छहारी मुनि चौतारामा बसेर उसले आराम महसुस गर्छ । त्यही पिपल र चौताराको सम्बन्ध गहिरो छ । चौतारा बनाउँदा ढुङ्गा, माटो, ईटाहरूले बस्ने ठाउँ बनाइन्छ भने लगभग बिचतिर पिपलको बोट रोपिन्छ । चौतारो एउटा यस्तो ठाउँ हो जहाँ मानिस थाकेको समयमा बस्न आउँछ । पिपलको बोटबिना त्यो चौतारोको अस्तित्व नै रहँदैन किनभने त्यही पिपल हो जसले मानिसलाई शीतलता प्रदान गर्छ । पिपल र चौतारा बीचको सम्बन्ध निकट हुन्छ, नङ र मासुको सम्बन्ध भन्दा पनि निकट सम्बन्ध, फूल र सुवासको जस्तै पवित्र सम्बन्ध छ । जसरी रातिको आकाश जून र ताराबिना अधुरो हुन्छ, त्यसैगरी पिपलको बोटबिना चौतारो अधुरो रहन्छ । विष्णु भगवानको रूप हो पिपल जहाँ धर्म कमाइन्छ । पिपलको बोट त सबैले देखेकै होलान् । कति ठूलो र फराकिलो हुन्छ त्यो । चौतारोमा पनि हामी सबै एक न एक पटक बसेकै छौं होला । चौतारामा बसेर पिपलको बोटका पातहरूले फरफर गरेर हम्किरहेका हावाको मज्जा नै एउटा अलग अनुभूति हो । पिपल र चौताराको निकट सम्बन्धको कारण नै होला जब चौतारामा पिपल देखिन्छ, रमाइलो लाग्छ । त्यहाँ गएर बस्नुको रमाइलो त शब्दमा बयान गर्न सकिँदैन । जब कुनै बटुवा आएर चौतारामा बस्छ, तब उसले त्यस चौतारा बनाउने मानिसको भलो सोच्छ र त्यस चौतारा र पिपलको गुन गान गाउँछ । गहिरिएर सोच्ने हो भने पिपल र चौतारा बिचको मानवसँग सम्बन्ध गहिरो रहेको छ ।

—सिताषमा अधिारी (१०जी१)

Growing Up	आमा
<p>Growing up! life's not fun anymore Everything from studies to work is a huge bore The urge to unleash my childish vigor Is overpowering I can't stand it anymore.</p> <p>And those were the joyful times! Gleaming and running not a care for a dive But now, in the backyard, swings are hanging empty As I pore over my works, tired, hollow and empty</p> <p>Too much responsibility! I think I'm going to crack! Missing the happiness that now I lack Work, eat, sleep and repeat Facing my own loss and defeat!</p> <p>Ack! The pressure! I feel like a caged bird Unable to spread my wings to the free, outside world I don't even dream anymore Life is becoming a huge bore.</p> <p style="text-align: right;">-Girwan Poudyal (9G1)</p>	<p>आमा तिमी जन्म दिने मलाई लड्दा पनि आँला समाई उठाउने मलाई हुर्काउने, बढाउने, बाँच्न सिकाउने रूँदा पनि काखमा ली हँसाइ फकाउने ।</p> <p>आमा तिम्रो माया कस्तो ? कसले गर्ला र मलाई माया यस्तो ? बरु आफू भोकै बसी गाँस मलाई दियो नौ महिनाको दुःख खपी मलाई स्वास दियो</p> <p>मलाई चोट पर्दा तिम्रो मुटु चस्कियो नराम्रो सपना देख्दा मैले, तिम्रो निद्रा भस्कियो नगर आमा माया मलाई आफू आँसु बगाएर नदेऊ आमा सुख मलाई आफ्नो खुसी त्यागेर ।</p> <p>तिम्रो त्याग जाँदैन खेर यति बाचा गर्छु म सुखको छाया दिई तिम्रीलाई खुसी सधैं पार्छु म तिम्रा सारा सीपहरू सधैं म याद राख्नेछु आफ्नो पालो आएपछि बाचा पूरा गर्नेछु ।</p> <p style="text-align: right;">-आसीयाना कार्की (१०जी२)</p>

**Extracurricular activities**

Everyone is aware of the importance of extracurricular activities in today's competitive world. Education used to be the most important thing that a person required. But nowadays, they also need to be physically fit in order to maintain a healthy lifestyle. Extracurricular activities or simply ECA is a term mostly used in schools. They help to widen a student's knowledge and improve physical status. Extra-curricular activities are just as important as academics. They both complement each other to develop a well-rounded student with more social skills than one who only concentrates on their books. Education should go beyond the four classroom walls; it should be more than just books. Usually ECA means sports or exercise but it can also involve skills like day work, origami and playing instruments. They may also include scouting. Many teachers and schools give less priority to ECA but it is very important in a student's life. Academic such as in-depth reading and complex problem-solving go far to strengthen the mind, but extracurricular activities will take this mind strengthening even further.

These activities can also work to build professional skills that a classroom alone cannot always foster. A leadership-oriented club, for example, will help students to learn essential skills in management and delegation, while a debate or speech club will provide additional public speaking practice for students. Sports most often have the effect of fostering strong team-building skills and training students in achieving long-term goals. In short, extracurricular activities can arm students with many of the skills future employers will be looking for. These programs are also fun and offer students the opportunity to spend time with others of similar interests. Students can meet friends from different social groups in the process and extend a wider social circle.

We know that there is no scope of sports in Nepal as ECA is not given as much importance as education. But if we look at countries like USA, China and Japan they all have different clubs for different activities. For example, arts and sports students are given equal opportunity to showcase their skill, unlike Nepal, where people only aim to become doctors, engineers or pilot. This is about time that every student and school gives priority to ECA in Nepal. If we assume that education is the only way to become successful in life. Think about it, can patients of different diseases be given the same medicine? If done, results will be tragic. Similarly, everyone is blessed with different talents and needs different approach to become successful in life. Extracurricular activities can prove to give you that much needed boost and confidence to believe in your dreams and help you achieve your life ambition.

-Nirvik Karki (9G1)



# ADMISSION NOTICE 2075

Galaxy Public School invites applications for admission to classes **Nursery to 6**



Building the students' capacity through various activities, field trips and participation with a global approach.



## Date / Time of Admission Test

10, 17 & 24 Chaitra, 2074 / 10:30am - 1:00pm

**Galaxy**  
Public School

More details can be obtained from school office or visit us at

[www.galaxy.edu.np](http://www.galaxy.edu.np)

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