



Estd. 1975



Bungmati/Khokana, Lalitpur, Nepal

2018/2019

Celebrating



Honouree
Student of the
Year Award
2018/2019



Puspa Gaire, Grade X

This year, Gyanodaya has honoured Puspa Gaire with the prestigious Student of the Year Award. This honour goes to a student who has manifested excellence not only in the academics but also in various activities being a true ambassador of Gyanodaya.

Man with a Purpose



Chiri Babu Maharjan
Mayor
Lalitpur Metropolitan City

FOZ cum ECO Club Activities



Gyanodaya Grade XI & XII...

Gyanodaya *plus2* program

ESTD
1996

The Higher Secondary wing of Gyanodaya which was registered with the Higher Secondary Education Board in 1996 (2053 B.S.) and started 10+2 classes. Presently, Gyanodaya is focussing on a full fledged **Management Programme (under NEB)** to build a stronger foundation for future managers; administrators; CAs.

Here, our vision is to ensure a fun-filled, friendly yet disciplined, student-focussed learning environment with small class figures and meaningful student-teacher interaction. The main mission is to instill & encourage in our students the desire for academic excellence, individual achievement, personal growth, cultural enrichment and civic responsibility. What is more is to **awaken** them, keeping true to our moto, to **truth & wisdom** and make them good human beings and inspired citizens.

With the shift of educational paradigm Gyanodaya has inculcated 21st Century teaching learning pedagogy which can take students far beyond classrooms to enable them to develop and understand disciplined teamwork, cooperation and collaboration.

SUBJECT OFFERED

COMPULSORY SUBJECTS

Grade XI : English, Nepali,
Accountancy, Economics

Grade XII : English, Accountancy, Economics

Optional I

- Business Study Computer Science
- Hotel Management

Optional II (for XII)

- Business Maths Marketing



Excursion

Bandipur-Pokhara-Ghandruk

Gyanodaya +2 embarked on another milestone journey through its endeavor across the Nepalese landscape with the theme of 'Knowledge through Excursion', on a comfortable tourist bus.



The chief aim of this trip was to develop skills in students to undertake research through project studies and expose them to the culturally rich Nepal through the captivating nature of Pokhara, Bandipur and Ghandruk along with the purpose of forming a close bond between teachers and students and among the students themselves.

The trip was special and unique in more ways than one, as such it was conducted through teaching learning pedagogy, where students were assigned to form clusters for undertaking minor research project through the journey. This kept us constantly involved, thinking, analyzing and co-relating our curriculum with the real life issues. The projects assigned to us exposed us to the world that we will enter in the near future and enable us to develop unique and individual perspective in line with the world view.

The project topics were carefully and diligently chosen through an extensive interaction process so as to ensure our relevance and significance to applied knowledge and ranged from diverse fields and subjects relating to study of environment, ecology, urbanization, tourism, socio-culture and governance issues for a better tomorrow. The trip was organized for a four-day period starting from 21st to 24th November 2018.

In conclusion, this trip was amongst the most successful of the Gyanodaya Project series so far. It brought forth a new dimension of teaching with the ways of research and project study orientation to learning, with the support of experienced and responsible mentors. Truly speaking, Nepal is full of natural beauty with diverse flora and fauna spread all over the hills and mountain range that gives a divine feeling to the close observer which I realized during this trip. This trip is one of the best memories of my life. I am immensely grateful to our teachers for taking such a good care of us during the whole trip and special thanks to our founder principal ma'am who kindly gave an opportunity to explore and learn life-lessons beyond classroom, enjoying the beauty of our country.

Anuksha Dangol, XI





SEE Batch 2019

Peer Pressure

Peers influence your life even if you don't realize it. You will learn from them, and they learn from you. They can have a positive influence on each other. You might admire a friend who is always a good sport and tries to be more like him or her. This is an example of how peers positively influence each other. Sometimes peers influence each other in a negative way, for instance a few kids in schools might try to get you to cut class with them.

Some kids get into peer pressure because they want to be liked to fit in or because they worry that other kids might make fun of them if they don't go along with the group. Others go along because they are curious to try something new that others are doing. The idea that "everyone is doing it" can

influence some kids to leave their better judgment, or their common sense behind.

It is tough to be the only one who says "NO" to peer pressure, but you can do it. Paying attention to your own feelings and beliefs about what is right and wrong can help you know the right thing to do. Inner strength and self-confidence can help you stand firm, walk away, and resist doing something when you know better.

You've probably had a parent's or a teacher's advice to "choose your friends wisely." Peer pressure is a big reason why they say this. If you choose friends who don't use drugs, cut classes, smoke cigarettes, or lie to their parents, then you probably won't do these things either, even if other kids do. It can be powerful for one kid to join another by simply saying "I'm with you, let's go"

Even if you are faced with peer pressure while you're alone, there are still things you can do. You can simply stay away from peers who pressurise you to do a stuff you know is wrong. If you continue to face peer pressure and you're finding it difficult to handle, talk to someone you trust. Talking to a parent, teacher or school counselor can help you feel much better and prepare you for the next time you face peer pressure.

Peer pressure is not always a bad thing, example positive peer pressure can be used to put pressure on bullies into acting better towards other kids. If enough kids get together, peers can influence each other into doing what's right.

Reshma Mahata, IX'R'

A Baby Sparrow

One day I was cycling down the hill. I saw a baby sparrow by the side of the road. It was trying to fly but it had no feathers. I took it home and put it in a shoe box. I gave some food and water to it. After a few days I took the

sparrow out in the garden. It started to hop and flap its wings. Soon other sparrows came around and the baby sparrow and flew away with them. I felt very happy at the same time I was sad too because the sparrow was no longer with me. One fine morning, I

heard a bird chirping outside the window near my bed. When I opened my window I felt very happy to see the same sparrow that I saved.

Premashish Khawas, IV

Poem

A Friend

Whenever I needed you,
You were not there;
That's why I made a friend
A friend who loved me,
A friend who cared for me.
More than anyone else,
He was the best part of my life;
He taught me what life is.
We were best of friends
But you could not see that
You are forcing me
To break our friendship.
But I don't want to do that
I had promised him that
I would never leave him
And be his best friend forever.

(This poem is just an imagination reflecting the feeling of true friendship between two, while one is trying to break their friendship)

Gareema Dahal, VIII'A'

Our Earth

The earth is yours, his and mine,
Of every little girl and boy;
Save its beauty, all be aware,
It's for one and all to enjoy.

All the children, come out of home,
Who want to laugh, play and run;
Go round the trees, dance in the field,
Feel the flowers and have some fun.

Let's clean up all the mess and trash,
Let us make the air fresh and clean;
Get the oceans back pristine,
Let the mountains dress up in green.

Oh ! be wise, save resources,
Reduce, recycle and reuse;
Care for it and never abuse,
It's for generations to use.

Sudikshya Basnet, VIII'A'

True Friendship

With you, it's all about voiceless communication
Always knowing what to say, but never
Actually having to say it
Utterly, intentionally or by any means

Your eyes glow just for me,
And I know you're proud
You flash your magical, healing smile my way,
And I know everything will be all right.

When no one seems to be listening, you hear.
When I'm hurt but don't show it, you know.
When I turn away to hide my tears, you see.
When I feel like I can't get through to anyone, you understand.

You know everything there is to know about me;
What worries me, keeps me up at night
And what shames me so badly,
That I can't share with anyone.

Most importantly, though,
None of those things bother you.
You've restored my faith in people
And proved that there is a thing called true friendship...

Anusuya Aryal, VII

Visit Nepal 2020

After the grand success of 'Visit Nepal 1998' and "Nepal Tourism Year 2011" the tourism board of Nepal presents adventure lovers, travellers and culture enthusiasts with "Visit Nepal, 2020". This has particularly drawn my attention as I happen to be a culture enthusiast myself, loving the rich culture and the natural beauty, and secondly my family often deals with tourists and every now and then I receive some information regarding this grand project.

Visitors are welcomed to celebrate the year 2020 with us. The government and tourism department of Nepal authentically reported that Nepal will take the year 2020 as a grand national tourism year for Nepal. The upcoming campaign is being held in the intention of making Nepal an ideal hotspot for travel, culture & cuisines; a year solely

Being Lazy: a True Art

Everybody devises a day to relax and let things go. As teenagers, we tend to be more relaxed than we probably should be, as we say we'll just 'go with the flow'. Only a true artist can master the art of laziness and it takes a professional to master all the elements. Laziness is a first step towards efficiency, sometimes people are not lazy, they are just on their energy saving mode. For e.g. if a person is sleeping before a race while others are busy exercising, the person is not lazy, he or she is simply conserving energy.

People are not lazy they simply have important goals but goals that do not inspire them. People like that are highly motivated to do nothing. Deep summer is when people become lazy. I take it that we all know the story of Cinderella she never asked for a prince, all she asked for was a night off & a dress.

So, take a bit of time off and it may be worth it. You become more quiet, you may be able to hear more. Scientifically, when the body is at rest, the neurons that transport information from brain toward the spine work faster.

To sum it up, a well-known author once said, 'laziness is sickness to success'. There may be no excuse for laziness but laziness is nothing but a habit of resting before you get tired. Lastly, do not take laziness as an excuse for not reaching your goals. Never let yourself down.

Arya Tuladhar, X'R

committed to developing the tourism industry of Nepal. After the significant decline in the number of tourists experienced after the seismic tremor felt in 2015, visit Nepal 2020 is believed to be a major event to recover what we have lost.

Tourists are always fascinated by pristine geographical features, great climatic variations, historical, cultural and archaeological significance, diverse races and tribes and also the unique lifestyle. These entities have been imprinted in their heads and is the identity of the Nepalese. We are hospitable, polite and kindhearted by nature. We are accustomed to live with variation. The non natives are enchanted by these features, our cultural landscapes and the mountains which seems to be embracing the clouds. Visit Nepal 2020 visions to quench the thirst for adventure, create a warm friendly

environment also while providing them with much needed security and above all, provide them with an experience like never before.

"Visit Nepal 2020" aims to regain the number back to the pre-quake state or even higher. The tourism board and the Nepali Government are aiming to house 1 million visitors during the year of "Visit Nepal 2020". This campaign is bringing high hopes for the economic growth and diplomatic relationship with foreign countries and enhancing the travel experience previously experienced in Nepal, making every visit a totally new adventure, thrill and excitement.

Now, what remains in our part is to deliver the best Nepal and its inhabitants have to others and leave no stone unturned in uplifting the industry of tourism doing all the needful.

Raag Yetchu Maharjan, X'A'

Stress in Student Life

There are different stages in our life. One of the most important stages is student life or our school days. It is the time when one gains knowledge, learns to socialize, aims for future and also enjoys life a lot. It is considered as a golden period of our life as it is believed to have immense bliss, happiness and stressfree. But many students are found to be in stress. There is a load of pressure on students, from assignments to future plans and much more. Many worry about not getting good grades or managing time to study for exams and activities. High expectations of parents and teachers alike

pressurizes children so much that there are times they can't even have a good rest as work goes beyond their capacity to accomplish. Also, as the students go to higher grades, obviously the courses get vast and the pressure keeps mounting. It is understandable that the expectations of parents, guardians or teachers are for nothing but good future and satisfactory yield for a happy life. Whatever the reason, it ultimately comes as a huge pressure on students.

As every problem has a solution, this stress can be overcome and this part of life can really be

enjoyed. Certain activities and some healthy habits can make things different. Meditation, listening to soft music, short breaks at times can soothe us and reduce stress. Exercise, balance diet, refraining from toxic substances and planning work to get sufficient sleep help a lot. In addition, most importantly, if freedom is given to students in the choice of the subjects of their interest and arrangements are made as per their aptitude, they will not have to bear stress in their heads; they will start enjoying their classes and courses and move ahead happily.

Dilasha Shrestha, IX'A'

Red Panda and its Conservation

Only when the last tree is cut, the last river is poisoned and the last fish is caught, we realize that we cannot eat money. Greed – it has controlled our hearts and mind for years. It has rooted itself deep enough in ourselves and incited us even to kill our fellow creatures. We mustn't forget that the existence of every creature is linked to maintain a balance in the ecosystem. Being an FOZ (friend of the Zoo) member. I am giving a little information about a beautiful endangered animal named Red Panda that requires the care and concern of everyone primarily in Asia.

Mostly feeding on bamboo, the reddish brown mammal, scientifically called "Ailurus Fulgens" is the size of a small dog and usually inhabits in the Himalayan portion of its range (2200-4800 m) in just five countries – Nepal, India, China, Bhutan and Myanmar. Being a heat sensitive mammal, Red Panda can stay well only in the temperature range of 17°-25°C. The red Panda is a species of special interest because

it is taxonomically distinct and is listed to be "Vulnerable" on the IUCN Red list of threatened species since 2008 and is proclaimed to be the 'protected species' by the government of Nepal. It is also the state animal of Sikkim.

Threats to the living of red pandas begin with the fragmentation and degradation of their habitat due to various human activities and forest fires while most of the cubs of the pandas die while still young since they are very weak and cannot cope up with the changing climate. The risk of extinction remains persistent on the red pandas due to their highly valued bushy tails and skins from which hats are produced. The naturally low birth rate (one or twins at a time in a year) and high death in the wild is another threat to the existence of these mammals.

Their shy and secretive nature, their nocturnal habits and their decrease in the population makes the study, observation and conservation of these pandas a tough task. Despite difficulties, countries like China, India, Nepal,

Technology: A Boon to Mankind ?

We avail of a multitude of gadgets and appliances to make our life comfortable or get information or entertainment. From the television we watch to the mobile phone we use to connect with our near ones; from the car we drive to the refrigerator we use to store our food; from the air conditioners we use to control temperature to the laptops we use to accomplish various tasks; everything is a gift of technology.

Technology, an integral part of our life today is responsible for our changing lifestyle. Newer technological inventions and advancements have helped in the growth and development of mankind as a whole. Those inventions have made living convenient. The lifestyle of an individual has been enormously influenced by the technology. But

is it really a boon to mankind? Well, this has always been a topic of debate. While technology has paved the way for a better living, its downside cannot be overlooked. The perpetual use of technologically advanced tools and equipments as well as the process of their production has led to a drastic rise in all types of pollution. The rising pollution has become the cause of several health issues. Excessive use of technology has also contributed to problems such as obesity, visual impairment and much more. It has isolated people socially more than connecting them. The problems in employment opportunities are also seen to rise gradually by virtue of the advancement in technology.

Technology certainly has given way to an improved lifestyle and contributed towards the growth of economy. As much good as the technology has done to mankind, we cannot deny the facts that it has also caused as much harm to our surroundings. Living in the world of information and technology, and having a better living has undoubtedly made us forget about it being a bane too. If the rampant use of the advanced tools is not acknowledged at the right time several ramifications may rise gradually. Considering the exacerbating effect, it is advisable to have rational thinking on this crucial matter to make the world a better place for all.

Aayush Maharjan, X'B'

Amazing Facts

1. The strongest muscle in our body is our tongue.
2. The sentence, 'The quick brown fox jumps over the lazy dog' uses every letter in English language.
3. The shortest war in history was between Zanzibar and England in 1896 AD, Zanzibar surrendered after 38 minutes.
4. Typewrite is the longest word made in one row of a keyboard.
5. Money is not made out of paper it is made out of a special blend of cotton and linen.

Rishika Lama, VIII'B'

Ritisha Shrestha, IX'A'

Media and Social Behaviour

Media is the communication channels through which news, entertainment, education, data or promotional messages are disseminated. Media includes every broadcasting and narrowcasting medium such as news papers, magazines, TV, radio, internet telephone, fax, etc. Social behavior of human is the reciprocation of individuals or groups of human to internal and external stimuli. Media and social behavior are deeply associated with each other. Social media alters the social behavior of a human.

Media has its two sides; it depends on our perspective on how we perceive it. Many people admire it as a revolutionary invention and some seem to take it as a negative impact on the society. Social networks have provided us the opportunity to connect with people and build better relationship with friends with whom we are unable to meet personally. Many might have found their old pals who were out of touch due to some reasons. It helps us to allocate our thought over various topics with large number of audience and raise our voice. Media has been proved really beneficial in business matters. There are a number of platforms whose main purpose is to promote the products or brands. Social media plays a vital role to improve social relationships and socio-economic status of a person which assuredly influences the social behavior of a person. If a person is connected with his/her family and friends then he/she must be emotionally exquisite. Similarly, if people have a good socio-economic status then they might not get frustrated. These things can effect on the social behavior of a person in a good manner.

Likewise, many studies have shown that the extensive use of media can actually cause addiction to the users. Extreme usage of social media has reduced the level of human interaction as well. Media can also directly impact our physical health. We can get eyestrain from staring at screens for too long. Some people keep staying up too late using the media and lose their valuable sleep. It has been one of the major causes for lack of exercise. One of the most dangerous potential consequences of media

addiction is being distracted while driving. People might ignore their family or friends who are with them because of excess use of media. Some people might also get tensed because hacking of their informations are bullying through media which may result in bad change in their social behavior. Media can also influence other unhealthy behavior, including smoking, drinking alcohol and drug addiction which not only impact on an individual but also on the family and society. A person might change his/her social behavior in a bad way because of these unhealthy behaviour. People can also get cheated through social media which may cause tension, depression, rude behavior towards the people in the surrounding and much more. Thus, media also results in inadequate behavior of people towards the society.

Everyone is a product of their environment. People react as per their mental, physical and emotional status which can be affected by media. If media is used consciously and in moderation, it can have positive impact on our life, health and social behavior. But it can also cause stress and negative emotions if it is not utilized in a proper manner. Therefore, media have both optimistic and fatalistic points for the social behaviour of humans. It stands somewhere in between.

Niharika Sah, V'A'

Importance of Education

Education plays a great role in the life of everyone all through the life. Just as a healthy food is necessary for a healthy life, a proper education is very necessary for a successful and a happy life. Education develops personality of the people, provides physical and mental standard and transforms people's living status. Good education is constructive in nature which constructs our future forever. It helps a person to improve his/her status of mind, body and spirit. It is a single and vital way to the success as well as personal growth. Earning certificates and good salary from the recognized and reputed organizations, companies or institutions does not always mean being a well-educated person, however, a well-educated person means to be a good and social person in life. The first purpose of getting good education is being a good citizen and then being successful in personal and professional life. We are incomplete without a good education because education makes us right thinker and correct decision maker. In such a competitive world, education has become a necessity for human beings after food, clothes and shelter. It is also able to provide solutions to all problems; it promotes good habits and awareness about corruption, terrorism, and other social issues among us.

Education is the most important tool which offers inner and outer strength to a person. Education is the fundamental rights of everyone and capable of bringing any desired change and uplift the human mind and the society.

Sujama Shrestha, X'R'

Jokes



Teacher 1: What happened ?

Student: My mother is in hospital and my father is in police station.

Teacher 1: Oh ! Sorry, now, what will you do ?

Student: I want to go home.

Teacher 1: Ok, permission guranted, you can go.

Student: Bye, Bye, (*Student was going and suddenly another teacher asks*)

Teacher 2: What happened ? Where is she going ?

Teacher 1: She is going home.

Teacher 2: Why ?

Teacher 1: Because her mother is in hospital and her father is in police station.

Teacher 2: It may be because her mother is a nurse her father is a policeman.

*Source – Mark Angel Comedy
Sanskar Shrestha, IX'A'*

Teacher: Last week we talked about addition and ...

Student: Subtraction

Teacher: Let me ask you a question from last week. If Emeka has 50 cubes of Sugar and Emeka licks 40 cubes of Sugar what will Emeka have ?

Student: If Emeka licks 40 cubes of sugar she will have diabetes.

Being yourself

I believe its important that we are always fully ourselves Even if it means we don't fit in with other people because when we are not truly ourselves it is impossible for us to be happy. It is impossible for us to be fulfilled. So when you're hanging out with people that you really don't fit with, and you get that feeling deep down, that's your inner self telling, you're not comfortable, which means you're not happy. So it's very important, that we are always, always, fully ourselves. See, no one can tell you what a successful life is. No one can tell you what a great life is. No one can tell you how to be happy, or what you should or shouldn't be doing with your life. No one can. Because you are unique, what success is for another may not be success for you. What a great life is for another may not be so great for you. What lights up another may dim your light. The only way ou can be happy in this life, the only way you can be successful is if you be yourselves. The only way to get the most out of this life is to follow your own path. Listen to your heart, that's where the answers are, the answer to every question you need the answer for.

So many are unhappy in this world, because they are living lives they don't want to live so

that, they can fit in, or may be someone completely different from them gave them advice on how they should be living. This doesn't mean that there isn't useful information out there. There are so many great teachers to learn from. It simply means you only take in what resonates with you. What you know will work for you. You are unique. And you must follow your unique path. Get out your head and into your heart. Do the things that make you light up. Do the things that make you forget to check your phone. More of the things that make you smile, more of the things that make you laugh like a little kid. More of the things that make proud to be you.

It's ok to say no sometimes. To say no with passion. With authentic certainty because you know what is best for you.

So, to achieve success in life, it is very important for us to be true to ourselves. We must be confident of ourselves and do thing that we love.

Thus, to conclude, I would like to say, wake up every morning being no one but hundred percent yourself.

Aanin Limbu, X'R'

Is Technology destroying creativity ?

It is more common to find people on their phones looking at social apps, playing games, or texting rather than communicating face to face. It has created physical gap among people. Today's generation find it difficult to talk to people owing to the lack of softskills and it is easier to be on the device rather than a phone. As technology keeps advancing, will it result in the loss of creativity ? Technology is created to make one's life easy, but have we gone to a point where we rely on technology too much that it actually harms society rather than help.

In early 90's people thought TV and computer games, would affect creativity but people are still creating things. On the contrary, every time we find ourselves bored it is more easier to pull out a device than to innovate and find something else to do. In addition, it is easy to find anything online somewhere; we don't give ourselves room to solve problem and innovate on our own room" if a situation becomes too difficult, it is easier to search for answer online than trying to figure it out. However, the fact remains that every single piece of technology has been created by a creative person. So even with all the data we have available and content already out there, we still need innovation and creativity to know what to do with it. Technological innovations themselves require creative thoughts to get them

going, otherwise how would we end up with google user ?

Technology has extended the boundaries of what's possible with creative pursuits such as movie making, music and graphic design. This has provided more scope of creativity, possibly even invited more participants to join in. Look at youtube videos or even contents on instagram – these are accessible platforms that allow anyone to participate and create. That accessibility runs across the gamut of creative pursuits. In other way, Technology is sparking communication. It is through internet we can chat, share ideas with people even at a large distance, hence helping to generate creative ideas. With the internet more people are discovered online every day. Online knowledge has launched the creative careers of many. Through tehnolgy we can access the information required easily. The educational sites can benefit the students and expand their creativity.

To sum up, as a technology user myself, I see teachnology has a vast difference in our lifestyle. Technology has both pros and cons. Hence, there needs to be a balanced use of technology to avoid the misuse.

Bristi Maharjan, X'A'

Bullying and Its Impact

Bullying is unwanted, aggressive behavior towards weak ones by the stronger ones. Bullying is done for attention, fame, satisfaction and entertainment. Bullying causes great impact on the teens. Teens are bullied everywhere, streets, schools, colleges and even in social media nowadays.

Bullying has serious impacts on a teen's life. The irritation in them bursts out into anger. This also results in depression, mental disabilities and many physical problems. Bullying not only harms the teens but, also their family and the society. The teens start to get aggressive, use drugs and steal money, show anger to parents, teachers and friends. Bullying can never be good for anyone. Sometimes teens even go

under needles and knives because of a bully. They start hating themselves.

The teens bullying their friends won't even remain happy always. They will regret one day. Even though they are very much happy at present, the happiness won't last long. Nobody can be happy by harming and disturbing others. Bullying has to be stopped. If it goes on this way then the teen life will turn on from bad to worst. The best way to get rid of bullying is to inform the parents, guardians, seniors or teachers about what is going on.

Parents and guardians at home should support and love their children. They should make their children able to fight back for themselves if they are being bullied and stop others from being bullied.

Asuka Bhattachan, IX'R'

Life

Every creature in this world is born and eventually dies as a rule of nature. The span of life of human beings, animals, birds and insects is uncertain. So it is important that we live every moment. Life is beautiful but not always easy, it has problems too and we have to face them with courage which makes the pain bearable by providing hope. Life is full of moments of joy, pleasures, success and comfort but at the same time there is misery, defeat, failures and problems.

I think there is no human being on Earth, strong, powerful, good, bad or wise, who has not experienced struggles sufferings or failures. Those who think that good times last forever, either prove wrong or get unpleasant shocks or are easily disheartened during difficulties. They can not put in required efforts and struggles because they break down easily.

Life is, of course, way more

My Biggest Strength

As a small child I grew up with my inner strength, my mother, who always taught me the true value of life. She was always willing to sacrifice her earning, time to her precious beloved son. I was sent to a boarding school at an early age but I never considered it as a punishment but an opportunity to discover more of me and explore the beautiful and the ugly side of the cruel world. When my tiny little feet stepped in this new life of learning, I discovered myself to love dancing rather than playing football. Since my childhood, I was judged about what I like and what I do. I still remember my mom shouting from the crowd "Yes my son

you are perfect and I am proud of you." As a teen, I had always viewed myself from other peoples' eyes that I was unsecured about myself not being perfect, but my mother always supported me in every step of my life.

She once told me to trust the one who you see the most and I used to see myself on the mirror the most. The reflection of mine on the mirror always said to me, "You are perfect." She taught me to trust myself and that money cannot buy love but love can buy the value of money. She also said money might have the greatest value in the world but greediness leads our life to darkness. She taught me not to blame God for making me different but to take this as an opportunity to brighten the lonely way.

Mingma Pakhrin, IX'R'

Distraction In a Student's Life

Distractions is basically something that prevents someone from concentrating on something else.

In this fast paced world, it is not surprising to find students who spend more time lavishly in things that cause distraction rather than pursuing their careers. We find that we can never complete a task within the deadline; we procrastinate. It seems 24 hours is never enough in a day. This is because almost half of the time spent is in inconsequential work. It is because knowingly or unknowingly, we are indulging ourselves in distractions. They hinder our productivity and hamper our careers in the long run. The following is a compilation of the most common distractions in a student's life.

Social Media

These days it's quite impossible to

Motivation

Motivation is a very important life skill. It plays a vital role in everyone's lives, everyone in this world has something that keeps them going. Which gives them strength during their hard times. Everyone can find their source of motivation but some people cannot find it or find it later than others, and because they don't have motivation some people seem to slack around instead of finding what they like or what they want to do or want to become they think that they cannot do it and they give up. While some people find their source of motivation in their surroundings, as for an instance the nature or the people they live with, while other find their source in celebrities, some in music while some in sports the things you can take motivation from is endless but you just have to find the right one.

You have to find the one that keeps you from giving up, the one that tells you to try harder, the one that always forces you to strive harder. When you have a strong motivation, you will also have a strong will, having a strong willed heart always help you achieve your goal.

Everything is a destiny

Everything happens for a reason. The happenings in life don't every time taste good. It just depends on us, how we take it. Every good or bad thing that happens to us teaches us what actually we are capable of. Most of the time, we take good things so well and happily and all the bad ones as our bad luck. In fact, we don't realize that all those bad happenings have made us stronger than what we were. It has helped us to climb the whole mountain from where we were even afraid taking the first step. Hard times are not bad. Hard times today will lead to easy life tomorrow. No one knows what will happen next. We

sit at one place and not have the urge to go and check out what the latest updates in social networking sites are. What seems to be a 5-minute check turns into an hour long loitering. Social medias like facebook, Instagram, Whatsapp, twitter, etc prevent students from concentration on their studies.

Smart phones and other electronics.

Electronics are a major distraction in a student's life. When a student sits down to study, a small 'ping' invites them towards their smart phone. Playing video games, watching television shows, etc are some of the activities that find their way into our busy schedule.

Girls and Boys

For some of the students, people of opposite gender tend to distract them from their usual course. They spend more time

that necessary in 'pursuing' or 'checking out' people.

In a student's life we should focus on our academics more than the social medias, electronics, etc.

To sum it up, There will be distractions in our life we can't completely shun the technology. However, we can curtail the use of social medias, the smart phones and other electronics gadgets, we must balance everything in our life being students.

Samyak Lama, X'R'

School Uniform

When I think of school uniform I imagine a group of small boys and girls all wearing the same coloured attire, assembled in front of a school.

School uniforms should definitely be used in school system, which are both good for school as well as for the students. Wearing uniforms will help build a sense of unity within the school. First, wearing matching uniforms can make students feel equal; poor students would no longer feel excluded because they are not wearing branded clothes like the richer kids.

So, with reference to the above points, here at Gyanodaya school uniform code is one of the most maintained component, because we feel that the school uniform codes are important to maintain a sense of oneness and unity. Therefore, students must come to school in their stipulated uniform. They may wear coloured clothes of their choice on their birthdays but they have to maintain the regulations for sportswear, formal wear, and Monday and Friday clothing accordingly. More important, the bottom line for clothing is comfort and decency, students are not allowed to wear jewellery, expensive watches or make up. Similarly hair must be of natural colour, decent length and style. Next, they should trim their nails. Furthermore they need to wear trousers, skirts and shirts according to specifications. And the most important thing is that, they ought to follow the instructions of the discipline incharge or else in not doing so or breaching school uniform codes may result in detention students ought to respect the school rules and regulations of the school. Maintaining school uniforms codes is our duty which we should do with utmost sincerity.

Motivation is important in our life. It propels you to success. It is important that we find the source of motivation and inspiration at the appropriate time and age.

Kriti Lama, IX'R'

are not ready for anything that will come in future. We expect just good things but we miss out that every coin has a head and a tail. Keeping ourselves weak and feeling that we are not strong in our hard times will keep us really down and dent our confidence. That will pull us down when we try to rise up. However, we must be positive and try to face all the hard times that come to us rather than running away from it. Life is not a bed of roses, it has ups and downs but, don't worry and just be happy as after a night there is always a beautiful morning to welcome you.

Puspa Gaire, X'R'

Dilisha Khadka, X'R'

Chiri Babu Maharjan

Mayor: A Man with a Purpose

Chiri Babu Maharjan's growth as a person and a politician is exemplary. He began his political career as a Ward Chairman and now holds the position of the Mayor of Lalitpur Metropolitan City. He is proud of the cultural heritage of the city and has great vision for its future. He has a challenging task of maintaining the rich heritage of the city while embracing modern development in league with the millennium sustainable goals.

Below is the excerpt of his conversation with Gyanodaya.



Please tell us, what was your ambition when you were a child?

As a child, I was interested in engineering - infrastructures big or small and traditional as well as modern constructs. Achievements of civil engineering in the western world mesmerized me whilst I was engrossed by traditional temples built in the 1600s here - the sheer feat required to build the most durable heritages that have stood the test of time made me awestruck.

Can you tell us about an incident in

your childhood that you still remember very fondly?

As the son (one of 8 siblings) from a farmer's family, there was a lack of money for me to attend school but my one and only wish at the time was to study.

I used to help my brother in law with his carpentry work during the Dashain holidays so as to save some money to pay my school bills. I remember when I was 6 years old, I was assisting him at Ms. Indira Yakthumba's place (founder of Gyanodaya School). When she saw me working, she beckoned me and said, 'I want you to study and I will

help you. From now onwards I do not want to see you come to work here'. That moment changed my life and Ms Yakthumba kept her word supporting my education until the 10th standard.

You have seen Lalitpur transform into a modern city. Do you miss the Lalitpur that you saw and experienced as a child?

Yes I do miss the rich cultural heritages of

kind craftsmanship. I remember drinking water from numerous traditional spouts which were not dried up, green fields and rice plantations stretching miles and miles, innumerable rituals and traditions - some of which have died out. But I have also seen development which has helped the people of Lalitpur such as accessibility to health services, expansion and diversification of

reduced significantly; as for instance, child marriage.

What features or highlights of Lalitpur that sets it apart from other cities of Nepal?

Regarded amongst the oldest settlements in Nepal, Lalitpur stands out as a city with rich cultural heritage, arts and crafts. Stone, wood and metal carving have been ongoing for decades here. I am proud to call it the city of artists and artisans. Here, fine ancient art meets thriving, innovative businesses as seen in Mangal Bazar's heritage homes for example.

What made you join politics?

I have always believed that it starts at the local level and that organized groups of people with a vision for greater good of the country and its inhabitants can make profound impact. That belief has been my guide into politics.

The vision displayed by the Congress party

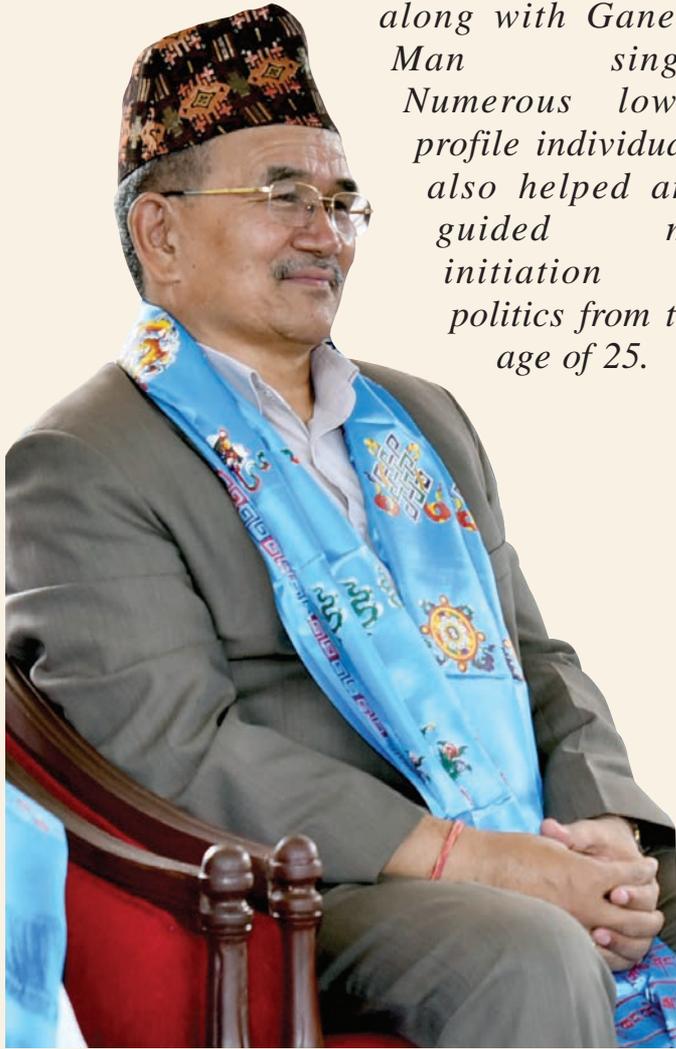


Lalitpur which have lost some of their shine now as modern houses and constructs have overshadowed one of a

businesses, greater education levels and overall increased awareness about traditional, harmful practices which have

founder BP Koirala who was a revolutionary leader, inspired me immensely to join politics. He led the 1951 revolution

overthrowing the Rana regime and played a profound role in structuring and restructuring the political system of Nepal, fighting traditional forces, along with Ganesh Man Singh. Numerous lower profile individuals also helped and guided my initiation in politics from the age of 25.



You started your political career from the grass root and now, you have become the Mayor of Lalitpur. How do you describe your political journey so far?

I started as a ward chairman of my locality at Pulchowk, viz. ward no 3, subsequently winning three times in a row. I have garnered trust from the people with my hard work, fulfilling every single promise I make and working with honesty at every step. These were the impetus that resulted in my win as the Mayor too.

My political journey so far has given me immense satisfaction and room to learn as well as grow personally. To see the developmental changes in my own ward to the changes occurring in the city altogether is

very fulfilling, despite the challenges that I face daily.

What is your vision for Lalitpur Metropolitan city?

I envision LMC as a clean and green city, upholding traditions and cultures, welcoming innovations and inclusiveness. LMC will follow its carefully designed annual plans to achieve this vision. First and foremost, it is necessary to tackle longstanding issues such as restoration of homes and heritages destroyed by the earthquake, road expansion, water pipeline planning, etc.

LMC aims to support implementation of comprehensive plans benefitting all residents through collaborative work with governments as well as national and international

organizations.

Are you satisfied with your performance so far?

My job is not complete yet and neither is my vision. Hence, I am 60% satisfied with my work so far.

What message would you like to give to the youth, who wish to join politics?

The youth are the ones who will make a change. I was a youth ones, with aims and ambitions that I have carried along up until now. Some achievements may take longer but you should never lose hope or patience.

Lastly, how do you see the future of our country Nepal?

An equitable society with a strong, competitive and sustainable economic growth.

Grade X 2019 Graduates



Parents' cum Cultural Day at a Glance







School re-opens for the academic year 2019/2020

The new academic session for both day & residential students begins on 22nd April 2019 with the hostel re-opening two days earlier.

Educational Trip

10th May 2018
On 10th May 2018, an educational cum curriculum trip was organized for the



students of grade VIII to ICIMOD. The trip was organized with an aspiration for the students to get primary knowledge about the life of people in mountainous region. Simultaneously, it was an opportunity for the students to be close to nature and connect with it.

Gyanodaya Excels in Elocution



1st June 2018

A sublime display of hard work and confidence by Aanin Limbu and Puspa Gaire, helped secure themselves 1st and 2nd position respectively in the elocution contest held at the central zoo, Jawalakhel. The contest was organized on 1st June 2018 by Nepal Cancer Relief Society to create awareness among the youth about the ill effects of the use of tobacco. A fair number of prominent schools in the valley had participated in the competition.

Environment Week

5th June 2018

Every year Gyanodaya dedicates the third week of Jestha to environment. This year, advocating the slogan "Beat Plastic Pollution. If you can't reuse, refuse it," environment day was observed in Gyanodaya. Different activities took place during this environment week. Various co-curricular competitions were organized for the students. Plantation programs and cleaning campaign were undertaken by the students in and around the school premises. This environment week helps to raise awareness about the environment around us.

Paddy Plantation

29th June 2018

Every year the primary section students of Gyanodaya school take active participation in the paddy plantation as a task on



curricular activity. Likewise, the senior students join the farmers of Khokana for the paddy plantation in their fields. During the plantation season

Gyanodaya wins big in Extempore Competition

10th July 2018

Nepal APF School, Kirtipur, organized inter school extempore competition on 10th July at the school premises where forty students from prominent schools in the valley



have participated. Gyanodaya overwhelmed the competition with Aanin Limbu securing the first position with his powerful speech and Puspa Gaire, with an inspirational speech bagged the third position.

Teacher's Day Celebration



27th July 2018

Every year, teacher's day is celebrated to pay honor to the selfless teachers and their priceless job. On 27th July, the students expressed their admiration through musical and cultural routine at Gyan auditorium. The routine included number of songs, dances and dramas.

the farmers here celebrate a special day as 'Dhaan Diwas' paddy day. The process indeed helps the students to adjust with the urbanization and have

a good time and get an opportunity to be associated with the earth and soil and experience the feeling of being close to the nature.

Teej Celebration



12th September 2018

Teej celebration was observed with huge excitement by entire lady staff members of Gyanodaya family. The day saw dazzling display of cultural dress, ornaments and festivity with the usual flair and flavor of songs and dance. Gyanodaya focuses on cultural preservation and promotion. Teej, also as a mark of respect to the ladies is always in the priority here.

Children's Day Celebration

14th September 2018

Children's Day Celebration was celebrated on Sept. 14 coinciding



with the international children's day. The day as every year brought a lot of fun and entertainment to children. Teachers performed for children. The programme was followed by refreshment.

Nightingale Spelling Bee

21st September 2018

Gyanodaya Bal Batika lifted Nightingale Spelling Bee 2018 Trophy the second time this year,



contesting with 94 students from 27 school in the valley. The contest was an individual contest comprising of general, visual, meaning, option and buzzer rounds. Piyush Dahal from grade IXA lifted the winner's trophy and received a cash prize of Rs. 11,000. Last year Rakshya Kharel from grade XA had won the same trophy. The prizes were distributed in a function by Founder Chairman of Nightingale School and member of House of Representatives, Mr. T. L. Chaudhary.

Animal Feeding

2nd October 2018

Several groups of students from Gyanodaya took part in different phases of animal feeding. This is one of the important activities for children and significant step to aware them of the food, habitat, animal health and the need for the conservation of animals. Animal feeding is an activity children take as great fun, exhibiting their attachment and concern towards animals.

Hand Work Exhibition

5th November 2018

As a part of co-curricular activity of the school, every year Gyanodaya Primary



section hosts hand work exhibition which has become a great help and encouragement for the tiny tots in the process of learning. This opportunity provides the primary children to exhibit and enhance their skills through the medium of art and craft. This year the exhibition was held on 5th Nov. 2018. The parents and guardians were invited to witness the exhibition.

Tihar Celebration

5th November 2018

The Residential section continued the trend of reviving the cultural values with Deusi



Bhailo programme in the school premises. Amid a colourful celebration with colours, lights, sweets, selroti and catchy tihar musical flow, parents and students had a fun time. The programme presented a typical charm and aura of the very pleasant festival Tihar. The Deusi chanting roused a true festive mood in the tranquil ambience of the school.

Mha Puja

5th November 2018

On 5th Nov. 2018 Mha Puja was celebrated as usual by the primary section students of Gyanodaya Bal Batika school.



The puja was celebrated with great enthusiasm. The involvement of a few guardians from the Newari community and the teachers added more excitement to the puja. The Mha puja falls during the Tihar festival which has a sacred meaning of self love and respect and self importance. According to Newari culture, it's a special day to show love and respect to oneself. This puja is celebrated in Newari community all over Nepal, having its own cultural and traditional importance. The Mha puja is a pleasant ritual that was indeed a sight to see.

Baseball Training

20th November 2018

Games have become an integral part of modern education. Academics and

several other clubs from other schools received baseball training in our school premises. The training was organized by



games have to go hand in hand for a child's overall development. This year also, members of Gyanodaya's junior baseball club with

Nepal Baseball Association (NBA) for a period of four days where several matches were played between different schools.

Gyan Carnival

1st December 2018

Gyanodaya successfully accomplished the silver jubilee edition of Gyan

Mr. Buddha Bir Lama, chairman of the school management committee.

In this edition of the carnival



Carnival this year with the usual spirit, enthusiasm and gusto with participation of schools from Kathmandu valley and outside.

This edition organized a grand opening with parade and cultural activities. The function was presided over by

matchers were organized in two phases with basketball in the first phase and football in the second. Every contesting school manifested the expected discipline, spirit of sportsmanship and fair play with co-operation and understanding.

November Festival

5th December 2018

November Fest was a major attraction and a massive

different schools. Once again the school premises had an exhilarating environment with



excitement for students, parents and well wishers alike. The fest saw a huge number of visitors including our ex-students, parents, well wishers and students from

food, fun, live music and a joyous gettogether. November fest featured prominent bands of young generation with Swapna Suman, a popular young singer as a major attraction.

Christmas tree Celebration

14th December 2018

The entire Gyanodaya family found contentment on 14th December as we celebrated an



annual event of Gyanodaya, "The Christmas Tree Celebration". The primary students sang Christmas carols exuberantly and needless to say, Christmas is incomplete without Santa Claus. Our dear Santa blessed us with gratification by distributing Christmas presents and sweets to the children.

Backpack Course for Students

10th February 2019

As a part of field trip and technical education, Gyanodaya collaborated with Initiative Outdoor



(a professional outdoor activity organization) and organized a backpack course for the students of grade IX as usual in this winter season. The course was a three

Parents' Day Celebration

23rd February 2019

Parents' Day was a joint celebration with the Cultural Day

shows. Continuing the trend, the day was literally made a special day for the parents.



which provided added charm to the programme. Various programmes including comedy skit 'Gender Equality Begins at Home' and a classic drama 'Sleeping Beauty' were staged for the entertainment of the parents. Considering the convenience of the parents and guardians, the programme was organised in two

days trekking and camping from 10th to 12th February on the Shivapuri hills. Accompanied by teachers and the professionals of Initiative

Farewell to SEE Bound Students



6th March 2019

As a token of gratitude and appreciation, the students of grade IX hosted a farewell party for the SEE bound students of Gyanodaya on 6th March at Moksh restaurant, Jhamsikhel. The congregation saw some lively and exhilarating performances to the excitement of the students and the teachers alike. Amidst thunderous applause and enlivening audience Master AaninLimbu was declared Mr. Gyanodaya and Miss Aishworya Laxmi Pradhan was crowned Miss Gyanodaya 2019.

Baikuntha Manandhar Marathon

9th March 2019

BinayakKhapangi from gradeIX stood victorious in the boys' category of



'Baikuntha Manandhar Marathon 2019' organised by PyashManch on March 9, 2019. Binayak bagged a cash prize of Rs.5000. More than 200 boys and 160 girls from 13 different schools took part in the marathon. 34 runners from Gyanodaya took part in the run. Along with the winners, 20 top runners from both the categories were awarded too. 7 boys and 11 girls from our school managed to enlist themselves in the top 20 and won medals. The prizes were given away by the Legendary Nepalese Marathon Champion Mr. BaikunthaManandhar.

Hetauda Trip

7th February 2019

A group of 56 students from grade X after their Pre-Board Examination took an exciting, mind-refreshing trip toHatauda, G o r k h a andChitwan. The trip served a dual purpose of entertainment, recreation and excursion in connection with the academics. Students visited

the historical palace of King Prithivinarayan Shah, the unifier of Nepal. They also visited Hetauda Cement Factory and collected information about the production of cement, its market and its technical aspects. Further



Outdoor, students experienced closeness with nature, learned about life skills and got enlightened about the environment and its conservation.

in the visit they reported to have had a fantastic, exhilarating jungle safari in Sauraha, Chitwan, enjoying the wild and

witnessing animals in situ. The trip also included visits to Shahid Park and ShaawotDham. Students were accompanied and taken care of by Founder Principal Mrs. Indira Y a k t h u m b a , senior vice principal Mr. Bhanu A., Vice principal Mr. Raju Gurung, Mrs. Sharada Yakthumba, Mrs SdhanaPanday, Mrs Deena Sthapit, medical incharge Mr. Binod Dahal and Mr. R.S. Walling.

Gyanodaya winning various Inter School Competitions



AWARDS & PRIZES 2017

S. No.	Competition/ Contest	Name of Participants	Dates	Organizer	Position	Awards	TOD
1.	Inter School Art Competition	Bishista Bajracharya	XB	2075/01/07	DNPWC	Consolation	Bhakti Ghimire
2.	Valleywide Inter School Nepali Poem Writing Competition	Bristi Maharjan	XA	2075/02/17	N.C.R.S	Second	Bhakti Ghimire
3.	Valleywide Inter School Nepali Poem Writing Competition	Hricha Thapa	XA	2075/02/17	N.C.R.S	Consolation	Bhakti Ghimire
4.	Valleywide Inter School English Elocution Competition	Aanin Limbu	XR	2075/02/17	N.C.R.S	First	Arun Lama & Bhakti Ghimire
5.	Valleywide Inter School English Elocution Competition	Pushpa Gaire	XR	2075/02/17	N.C.R.S	Second	Arun Lama & Bhakti Ghimire
6.	Valleywide Inter School Art Competition	Bijay Praja	VIII R	2075/02/17	N.C.R.S	Third	Padam Thapa & Bhakti Ghimire
7.	Valleywide Inter School English Essay Writing Competition	Aanin Limbu	XR	2075/03/17	FINA	First	Arun Lama & Bhakti Ghimire
8.	Valleywide Inter School English Essay Writing Competition	Bristi Maharjan	XA	2075/03/17	FINA	Third	Sudarshan Shrestha & Bhakti Ghimire
9.	Valleywide Inter School Nepali Poem Writing Competition	Pushpa Gaire	XR	26 June 2018	Home Ministry	Third	Bhakti Ghimire
10.	Synchronicity Music & Dance Fest. (Battle of Bands)	Sijen Byanjankar Nijaw Tuladhar Samuel Rai Subhum Khadgi Samyam Aryal	XB	20/7/2018	Mulpi School	First	Certificate, Trophy & voucher worth Rs. 5000/-
11.	Inter School Extempore Competition	Aanin Limbu	XR	3/8/2018	Nepal APF School	First	Trophy, Medal & Certificate
12.	Inter School Extempore Competition	Pushpa Gaire	XR	3/8/2018	Nepal APF School	Third	Trophy, Medal & Certificate
13.	Inter School English Essay Writing Competition	Pushpa Gaire	XR	24/8/2018	Modern Indian Sc.	Third	Trophy & Certificate
14.	Inter School Nepali Essay Writing Competition.	Hricha Thapa	XA	13/9/2018	Education Branch Lalitpur Metropolitan	Consolation	Certificate and Rs. 2000/-
15.	Science Exhibition Competition.	Rahul Mandal Bristi Maharjan Nischal Rai	XA	16/9/2018	Ashmita English School, Lalitpur	First	Certificate, Medal & Trophy
16.	Inter Tug of War Competition.	Darpan Magar Sijen Byanjankar Rahul Mandal Nijaw Tuladhar Bishal Byanjankar Diwan Rai Ridik Manandhar Adarsha Moktan Subodh Karki Raag Yechu Maharjan	XA XB XA XB XA XB XB XB XB XA	19/9/2018	National Tug of War Association of Nepal, Lalitpur	Second	Certificate & Medal
17.	Nightingale Spelling Bee Competition.	Piyush Dahal	IXB	21/9/2018	Nightingale Int'l Secondary School, Kuponole	First	Certificate & Rs. 11,000/-
18.	9 th Machhapuchhre Swimming Championship (Relay)	Shreejal Joshi Sunny Ghale Sohil Gautam	VII R V R VII R	11 & 12/10/2018 (2075/6/ 25 & 26)	Nepal Swimming Association Penguin Swimming Pool, Hyamja, Kaski	First	Certificate, Medal
19.	9 th Machhapuchhre Swimming Championship (Breastsroke)	Sushan Shrestha	V R	11 & 12/10/2018	Nepal Swimming Association Penguin Swimming Pool, Hyamja, Kaski	Second	Certificate, Medal
20.	9 th Machhapuchhre Swimming Championship (Breastsroke)	Samar Gurung		(2075/6/ 25 & 26)	Nepal Swimming Association Penguin Swimming Pool, Hyamja, Kaski	Third	Certificate, Medal
21.	9 th Machhapuchhre Swimming Championship (Freestyle)	Sushan Shrestha	V R	11 & 12/10/2018 (2075/6/ 25 & 26)	Nepal Swimming Association Penguin Swimming Pool, Hyamja, Kaski	Third	Certificate, Medal
22.	Inter School FOZ Chess Competition	Bibek Chaulagain	8R	2075/09/14	NTNC Central Zoo	Third	Trophy, Certificate & Medal
23.	Inter School FOZ Nepali Story Writing Competition.	Pushpa Gaire	10R	2075/09/14	NTNC Central Zoo	First	Trophy & Certificate
24.	Inter School FOZ Nepali Story Writing Competition.	Hricha Thapa	10A	2075/09/14	NTNC Central Zoo	Second	Trophy & Certificate
25.	Inter School Baikuntha Manandhar Marathon (5km) Competition. (Boys)	Binayak Khapangi	9R	9/3/2019	Prayash Manch	First	Certificate, Medal & Rs. 5,000/-
26.	Inter School Baikuntha Manandhar Marathon (5km) Competition. (Boys)	Avash Malla Gaurav Gurung Bijay Praja Figo Giri Swojan Gauchan Ujjan Manandhar	VII VII VIII IX IX IX	9/3/2019	Prayash Manch	Top 20	Certificate, Medal
27.	Inter School Baikuntha Manandhar Marathon (5km) Competition. (Girls)	Tenzing Dhaesel Tenzing Gurung Reshmi Nagarkoti Pritisha Guvaju	V VII Day VI VII	9/3/2019	Prayash Manch	Top 20	Certificate, Medal
		Isha Rai Sampada Tamang Swornima Baiday Eshimi Sherchan Krispal Sharma Anupama Dahal Reshika Lama Ayusha Bhattachan Anuska Lama Asmita Gurung Pritishma Guvaju Shreshtha Maharjan	VII VII VII Day VIII VIII VIII VIII Day IX IX IX VIII Day				

‘देश विकासमा युवाको भूमिका’

कुनै पनि राज्यको मूल कडीका रूपमा त्यस देशका युवाहरू रहेका हुन्छन्। युवा जनशक्ति नै राष्ट्र विकास र निर्माणका मुख्य आधार हुन्। नेपालको राष्ट्रिय युवा नीति, २०७२ अनुसार युवा भन्नाले १६-४० वर्ष उमेर समूहको महिला, पुरुष तथा तेस्रो लिङ्गलाई समेत जनाउने भनिएको छ। युवा उन्नतिको नायक हुन्, उत्साहका परिचायक हुन्, राष्ट्र निर्माणका प्रमुख स्रोत हुन्।

युवालाई देशका प्राणवायु (अक्सिजन) मानिन्छ। सही अर्थमा देश विकासलाई अघि बढाउने हो भने अन्य कुराका अतिरिक्त हामीसँग रहेका युवाशक्तिको समुचित उपयोग गर्नेतर्फ ध्यान केन्द्रित गर्नुपर्दछ। नयाँ जोस र होस भएका युवाहरू ज्ञानका ऊर्जा र मुलुकका पुर्जा हुन्। खोज-अनुसन्धान, आविष्कार र प्रयोग गर्न एवम् गराउन सक्ने आशाका केन्द्र मानिने युवाहरूको ज्ञान, सीप र अनुभवलाई राष्ट्रको निर्माणमा लगाउन सक्ने हो भने राष्ट्रले काँचुली फेर्न सक्छ, दुःख पीडा र रोदनका दिन सकिन्छन् अनि एउटा आशाको फूल पूर्ण रूपमा

पुस्तकालय

पुस्तकालय भनेको किताब नै किताबले भरिएको ज्ञान हासिल गर्न सक्ने पुस्तकहरूको घर हो। पुस्तकालयमा मानिसहरू बसेर किताब पत्रपत्रिकाहरू पढ्छन्। पुस्तकालयमा विभिन्न क्षेत्रका पुस्तकहरू छन्।

पुस्तकालय व्यक्तिगत र सामुदायिक हुन्छन्। व्यक्तिगत पुस्तकालय कुनै व्यक्तिले आफ्नै प्रयोजनका लागि बनाएको हुन्छ। सामुदायिक पुस्तकालय सबैले प्रयोग गर्न पाउनका लागि बनाइएको हुन्छ।

पुस्तकालय ज्ञानको सागर हो। हामीले यसमा रहेको ज्ञानलाई धारण गर्न सक्थौं भने ज्ञान र विवेक प्राप्त गर्न सक्छौं। हामीले समय मिलाएर नियमित रूपमा पुस्तकालय जाने र मन परेका पुस्तक पढ्ने गर्नुपर्छ।

रिमा प्रधानाङ्ग, कक्षा ६

रोबोटलाई नागरिकता

साउदी अरबमा रोबोट अर्थात् यन्त्रमानवलाई नागरिकता दिइएको छ। रोबोटलाई नागरिकता दिइएको यो विश्वकै पहिलो घटना हो। सोफिया नाम गरेकी महिला रोबोटलाई नागरिकता दिएर रियादको लगानी सम्मेलनमा सार्वजनिक गरिएको हो। साउदी अरबमा पुरुषको तुलनामा महिलालाई कम अधिकार दिइएको छ। महिला रोबोटलाई नागरिकता दिइएको यो घटनाले निकै चर्चा पाएको छ। हडकडको हान्सन रोबोटिक्स कम्पनीले यो रोबोट बनाएको हो। नागरिकता पाएपछि अङ्ग्रेजी भाषामा सम्बोधन गर्दै सोफियाले भनिन्, यसका लागि म निकै सम्मानित र गौरवान्वित महसुस गरेकी छु। नागरिकता पाउने विश्वकै पहिलो रोबोट हुन पाउनु ऐतिहासिक हो।

किरण अमात्य, कक्षा ७

फरकन सक्छ। युवा वर्गमा आधुनिक सोच भएको हुँदा विकसित देशहरूलाई भैं हाम्रो देशलाई पनि परिवर्तनको बाटोतर्फ लगेन सकिन्छ। विकसित देशहरूको विकास हुनुको मुख्य कारण नै युवा वर्गको परिचालन हो। त्यसैकारण जवानीको जोसले भरिएका युवायुवतीहरूको श्रम र सीपलाई राष्ट्रको विकासमा खन्याउने हो भने कालो बादल पानी अनि पानी बिजुली र बालीमा परिवर्तन भए जस्तै अशिक्षा र अविास शिक्षा र विकासमा परिवर्तन हुन सक्छ।

इतिहासका पाना पल्टाएर हेर्ने हो भने २००४ सालको जयतु संस्कृतम् आन्दोलन, २०३६ सालको विद्यार्थी आन्दोलन, २०४६ र २०६२/०६३ सालका आन्दोलनमा युवाको निर्णायक शक्तिलाई उदाहरणका रूपमा लिन सकिन्छ। देश विकासमा युवाको भूमिका ठूलो भए तापनि अहिले भने ५ लाख युवाहरू रोजगारीका लागि श्रम बजारमा प्रवेश गर्ने जनसङ्ख्या मध्ये ३ लाखभन्दा बढी आप्रवासमा जान्छन्। स्वदेशमा रहेका मध्ये १० प्रतिशतले मात्र स्वदेशमा रोजगारी पाउँछन्। अरु ९० प्रतिशत कामका लागि वर्षभरि भौतारिन्छन्। साथै युवाहरू सामाजिक विभेदको सिकार पनि हुने गरेका छन् जसको परिणाम अपराधको जन्म तथा द्रुन्दको सिर्जना हुन्छ। वैदेशिक रोजगारलाई सुरक्षित, मर्यादित र व्यवस्थित गर्न सकिएको छैन। युवामैत्री वातावरणको अभाव रहेको छ। जसको कारण भौगोलिक विकटता र सामाजिक आर्थिक अवसरको न्यून उपलब्धतामा बाँचेका गरिब र निमुखा

विद्यार्थी जीवनमा अनुशासनको महत्त्व

विद्यालयमा पढ्न र लेख्न जाने व्यक्तिलाई विद्यार्थी भनिन्छ। विद्यार्थी शब्द ‘विद्या’ र ‘अर्थी’ दुई शब्द मिलेर बनेको छ। यसको अर्थ विद्या आर्जन गर्ने मानिस भन्ने हुन्छ। अनुशासन भनेको नियमको पालना हो। यो शब्द ‘शासन’ आधारपदमा ‘अनु’ उपसर्ग लागेर बनेको छ। विद्यार्थी र अनुशासनको अर्थ विद्यार्थीले ज्ञान प्राप्त गर्न नियमको पालन गर्नुपर्छ भन्ने हुन्छ।

विद्यार्थी शब्द भन्न सजिलो भए पनि विद्यार्थी बन्न गाह्रो हुन्छ। एउटा असल विद्यार्थी बिहान छिटै उठ्छ। ऊ आफ्नो व्यक्तिगत सरसफाइमा ध्यान दिन्छ। ऊ विद्यालयमा समयमा पुग्छ। उसले कक्षाभित्रको अनुशासन, विद्यालयको अनुशासन, साथीहरू विचको अनुशासन राम्ररी बुझ्नेको हुन्छ। ऊ विस्तारै मिठो स्वरमा बोल्छ। ऊ गुरुगुरुआमालाई, साथीहरूलाई आदर र सम्मान गर्छ। आफूभन्दा सानालाई ऊ माया र सहयोग गर्छ। ऊ हल्ला, बदमासी र ठगने कामबाट सधैं टाढा रहन्छ। ऊ कक्षाकार्य, गृहकार्य, परियोजना कार्यहरू समयमा राम्ररी गरेर गुरु-आमालाई देखाएर ज्ञान बढाउँदै जान्छ। यसैले विद्यार्थी र अनुशासनका विचमा नड र मासुको जस्तो नछुटिने सम्बन्ध हुन्छ।

कुनै विद्यार्थीमा अनुशासन हुँदैन। यस्तो विद्यार्थी विद्यालयको पोसाक लगाउँछ। किताब कापीको भोला बोक्छ। विद्यालय जान्छ तर उसले आफ्नो काम बुझ्नेको हुँदैन। ऊ स्कूल गएर कक्षामा बस्छ। साथीहरूसँग चल्छ, भगडा गर्छ। ऊ

जनताको जीवनशैलीमा कुनै परिवर्तन ल्याउन सकेको छैन र देशमा विकासको किरण छरिन सकेको छैन।

युवासम्बन्धी विभिन्न समस्याहरू समाधान गर्न राष्ट्रले प्राविधिक र व्यवहारिक शिक्षामा जोड दिनुपर्छ, रोजगारीका अवसरहरू सिजना गर्ने र युवाहरूलाई रोजगारी दिएका आधारमा कम्पनी, उद्योगलाई राज्यले सुविधा र सहूलियत दिने व्यवस्था जोड दिनु पर्ने आजको आवश्यकता रहेको छ। साथै गरिबी न्यूनीकरणका अधिकतम प्रयास गरी वैदेशिक रोजगारीलाई मर्यादित, सुरक्षित र व्यवस्थित बनाउनुपर्छ। स्वरोजगारका लागि प्रोत्साहन, सरल तरिकाले सस्तो व्याजमा ऋण उपलब्ध गराइ राज्यले युवाहरूलाई सरल र सुलभ स्वास्थ्य सेवा उपलब्ध गराउनु पर्दछ साथै युवामैत्री वातावरण र विकासका हरेक नीतिनियम निर्माणदेखि कार्यान्वयनका चरणहरूमा युवाहरूको सक्रिय सहभागिता सुनिश्चित गर्नुपर्छ।

देशको जनसङ्ख्याको ठूलो हिस्साको रूपमा रहेका युवा जनशक्तिलाई देश विकासको मूलधारमा सामेल नगराई राष्ट्र निर्माणको अभियानले कदापि सार्थकता पाउने छैन। त्यसैले विगतका कमी, कमजोरीबाट पाठ सिक्दै युवाहरूमा आशा, भरोसा, आँट, विश्वास, उत्साह र उमङ्ग भन्दा राष्ट्र विकासको अभियानमा नेतृत्वदायी भूमिका निर्वाह गर्नु आजको आवश्यकता रहेको छ।

अनुकशा डंगोल, कक्षा ११

नेपालको सङ्क्षिप्त परिचय

नेपाल धेरै थरिको विविधता भएको देश हो। यहाँ भौगोलिक विविधता छ। यहाँ धेरै जातजाति, भाषाभाषी र धर्म मान्ने मानिस बस्छन्। विश्वका दश उच्च हिमशृङ्खला मध्येको सगरमाथा सहित आठ ओटा यहाँ नै अवस्थित छन्।

उर्वर रहेको दक्षिणतर्फको भू-भागमा समेत सहरीकरण हावी हुँदै गएको छ। केही तथ्याङ्कका आधारमा नेपालमा अरु मुलुकमा भन्दा हिन्दु धर्मको बढी नै प्रभाव रहेको देखिन्छ। सन् २०११ को तथ्याङ्कमा कूल जनसङ्ख्या मध्ये ८१.३ जनता हिन्दु, ९ बौद्ध, ४.४ मुस्लिम, ३ किराँत, १.४ क्रिस्चियन र ०.९ ले अन्य धर्म पछ्याइरहेका छन्। प्राकृतिक दृश्य, उच्च हिमशृङ्खला, सांस्कृतिक विविधता तथा अनगिन्ती विशिष्टताले

नेपाललाई विश्व माफ पर्यटनको क्षेत्रमा परिचित बनाएको छ तर पनि पर्यटनको विकास देशको सीमित क्षेत्रमा मात्र गर्न सकिएको छ। यसको विकासले देश अगाडि बढ्न सक्छ।

हालको नयाँ सरकारले पर्यटनको क्षेत्रलाई निकै चासोका साथ लिइरहेको छ। यसको विकासले आर्थिक वृद्धि गरिबी उन्मूलन भई समग्र राष्ट्रको विकास हुन्छ। नेपाल विश्वको गरिब मुलुकहरूको लहरमा छ। यहाँ करिब दुई करोड नब्बे लाख मानिसहरू वसोवास गर्छन्। हाम्रो देश नेपाल जलस्रोतको क्षेत्रमा विश्वमै दोस्रो धनी देश हो।

अनुसुया अर्याल, कक्षा ७

नेपाली संस्कृति

नेपालमा परम्परादेखि चल्दै आएका चालचलनहरू नै नेपाली संस्कृति हुन्। नेपाली संस्कृतिमा नेपालीहरूको भाषा चाडपर्व, खानपान, पहिरन, धर्म आदि पर्दछन्। नेपाली संस्कृतिका धेरै विशेषताहरू छन्। नेपाली संस्कृति सबै नेपालीहरूको साभ्ना विशेषता लिएर बनेको छ। नेपालीहरू विचको एकता नेपाली संस्कृतिको मूल विशेषता हो।

नेपालमा चार जात छत्तीस वर्णका मानिसहरू बस्छन्। उनीहरू आपसमा सुख र दुःख बाँड्छन्। नेपाल संस्कृतिका लागि बहुरङ्गी फूलवारी हो। यहाँका धेरै जाति, भाषा र धर्मले मानिसहरूलाई चिनाएको छ। नेपाली संस्कृतिको अर्को विशेषता आ-आफ्नो भिन्न संस्कृति भए पनि आपसमा मिलेर बस्नु हो।

नेपाली संस्कृतिको अर्को विशेषता परोपकार र समाजसेवा हो। नेपालीहरू दुःखी, गरिब, बालक, बुढाबुढी, रोगीलाई दिल खोलेर सहयोग गर्छन्। उनीहरू पाहुनालाई पनि राम्रो सम्मान र सत्कार गर्छन्। नेपाली संस्कृतिको राम्रो पक्ष धर्मशाला, पाटी, विद्यालय मन्दिर, चौतारो आदि बनाउने हो।

संस्कृतिको विशेषता हो ठुलालाई आदर गर्ने, सानालाई माया गर्ने। अतिथि देवो भव, हरेक नेपाली समाजको मूल मन्त्र हो। यसैले नेपालीहरू पाहुना, आमा, बुवा र गुरुलाई देवता समान मान्छन्। करुणा, मैत्री, दया, क्षमा नेपाली समाजका मूल विशेषता हुन्।

नेपाली संस्कृतिमा केही नराम्रा विकृतिहरू पनि बढ्न थालेका छन्। हामी आयातित संस्कृतिका पछि लागेका छौं। हामी हाम्रो सभ्य संस्कृतिलाई लत्याएर छाडा संस्कृतिका पछि दौडिरहेका छौं। यो विकृति हो। हामी नेपालीहरूले नेपाली संस्कृतिका कसिङ्गार बन्न पुगेका यस्ता विकृतिहरूलाई हटाउनुपर्छ। सबै नेपालीहरूले नेपालीहरूको हित गर्ने, नेपाललाई जोगाउने

र चिनाउने नेपाली संस्कृतिको संरक्षण गर्नुपर्छ। यसका लागि हामी सबैमा एकता, सद्भाव, मेलमिलाप, सहनशीलता र सहयोगको भावना हुनुपर्छ।

कुनै जाति, देशको संस्कृति विश्व संस्कृतिको एक भाग बनेको हुन्छ। त्यसरी नै विश्वको मिश्रित संस्कृति कुनै देश वा जातिको संस्कृतिमा मिसिएको छ र यसको नयाँ स्वरूप बन्दै छ। विज्ञान र प्रविधिको द्रुतगतिको विकासले मानिसका व्यवहारहरू अवस्था अनुसार सरल र जटिल दुवै बन्दै गएका छन्। समाजमा विकृतिहरू पनि बढ्दै गएका छन्। मोबाइल, कम्प्युटर र इन्टरनेट जस्ता सञ्चारका अत्याधुनिक साधनहरूले विद्यार्थीहरूलाई समय सापेक्ष ज्ञान दिन सकेका छन्। विद्यार्थीहरू, गृहिणीहरू, कर्मचारीहरू आदि सबै क्षेत्र र वर्गका मानिसहरूमा यस्ता सञ्चारको माध्यमले कुनै खेलमा लत बसाइदिएर होस् वा सामाजिक सञ्जालको दुरुपयोगको लत ल्याइदिएर होस् वा अन्य क्रियाकलापहरूमा विकृतिहरू बढाइदिएका छन्। अर्को शब्दमा आज समाजमा साइबर संस्कृति भित्रिएको छ। यसले विश्वलाई र यसका गतिविधिलाई आफ्नो हत्केलामा सीमित बनाइ दिएको छ। अर्को साइबर संस्कृति विकृति पनि बन्दै गएको छ। सम्बन्धित पक्ष र सरकारले यसतर्फ ध्यान दिनु आवश्यक भएको छ।

एकता, मित्रता, परोपकार, समाजसेवा, सहयोग सहनशीलता नेपाली संस्कृतिका मुख्य मुख्य विशेषता हुन्। नेपाली संस्कृति आफू बाँच अरुलाई बचाऊ भन्ने आधारमा अडिएको छ। नेपाली संस्कृति विश्वका अरु मानिसका लागि पनि अनुकरणीय बनेको छ।

रिजन भण्डारी, कक्षा १० 'क'

चुटकिला

एउटा बाबुको नाम गोविन्द थियो। त्यसको छोराको जाँच चलिरहेको थियो। बुवा आफ्नो छोरासँग कुरा गर्न थाल्यो :

बाबु: आजको जाँच कस्तो भयो त?

छोरा: थोरै विग्रियो जस्तो छ।

बाबु: भोलि फेरि विग्रियो भने मलाई बा नभन्नु।

छोरा: हुन्छ।

भोलिपल्ट छोरा जाँच सकेर आउँछ।

बाबु: आज जाँच कस्तो भयो त?

छोरा: सरी गोविन्दजी आज पनि विग्रियो।

कल्पना थापा मगर, कक्षा ७

ऋचा भण्डारी, कक्षा ६

वातावरण प्रदूषण समस्या र समाधान

वातावरण भनेको पृथ्वीको चारैतिर फिँजिएको हावा वा आसपासको प्रत्यक्ष वा अप्रत्यक्ष रूपले प्रभाव पार्ने अवस्था वा परिस्थिति हो भने प्रदूषण भनेको दूषित पार्ने काम वा रोगव्याधि पैदा गर्ने वा स्वास्थ्यमा दूषित गर्ने तत्त्वको साराइ हो। कोशीय अर्थलाई हेर्दा हाम्रो प्रकृति वा हाम्रो वरपर रहेको हावा, पानी, आदि दूषित हुने अवस्थालाई प्रदूषण भन्ने बुझिन्छ।

प्रकृति को काखमा हुर्किएको मान्छेले प्रकृतिलाई नै तहसनहस बनाएर आफ्नो खुट्टामा आफ्नै बन्चरो हानिरहेको छ। प्रकृतिका नदी, हावा, रुख, हरियाली विकृत बनाएको छ। उद्योग कलकारखानाको धुँवा र त्यहाँबाट निस्केको दूषित पानीबाट हावा र पानी दूषित बनेको छ। औद्योगिक विकासले वातावरण भन्नु बढी प्रदूषित

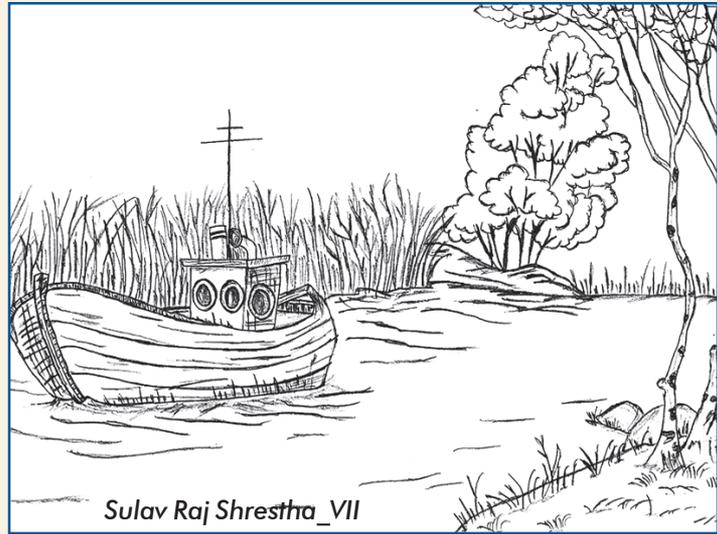
बनेको देखिन्छ। उद्योगको विस्तार गरी वनजङ्गलको अत्यधिक प्रयोग गरी अव्यवस्थित सहरीकरण आदिले प्रदूषण अझ बढी वृद्धि भएको देखिन्छ। यसले वातावरण प्रदूषणमा मात्र होइन पारिस्थितिकीय प्रणालीमै असन्तुलन आएको पाइन्छ। वनजङ्गलको विनाशबाट वन्यजन्तु चराचुरुङ्गी विस्थापित भई अतिवृष्टि, अनावृष्टि, भूक्षय, बाढी, पहिरो सुखा आदिका कारणले वातावरण प्रदूषण भएको छ। अर्कातिर शस्त्रास्त्रको होडवाजी, युद्ध आदिले प्रदूषणमा बढी विकराल समस्या थपिएको पाइन्छ। वातावरण प्रदूषणको उदाहरण काठमाडौं पनि हो। हामी आफैले यसको असर भोगिरहेका छौं। त्यसैले हामी सबै चनाखो भई तत्काल वातावरण संरक्षणमा प्रभावकारी कदमहरू चालनुपर्ने देखिन्छ।

पृथ्वीको पारिस्थितिकीय प्रणालीमा

सन्तुलन राख्न सबै राष्ट्रको सामूहिक पहल अनिवार्य भइसकेको देखिन्छ। अव्यवस्थित सहरीकरण, बसाइँसराइ, वनफँडानी, अवैज्ञानिक कृषिप्रणाली, कृषिउपजमा विषादिको प्रयोग तथा रासायनिक पदार्थको दुरुपयोगले वातावरण प्रदूषण तीव्र रूपमा भइरहेको छ। यसले मानिस तथा अन्य जल तथा स्थलचर प्रणालीको स्वास्थ्यमा नकारात्मक प्रभाव पार्छ। ओजनतहको विनाशले हरितगृह प्रभावित भएको छ।

त्यसरी वातावरण संरक्षण हामी सबैको कर्तव्य हो। वातावरण संरक्षण गर्नका निम्ति शिक्षा, जनचेतना, प्रभावकारी ऐनकानून धनी राष्ट्रको अहमताको त्याग तथा वातावरण सन्तुलनका लागि निश्चित आय रकम छुट्याई कार्यान्वयन तीव्रताका साथ गर्नुपर्छ। पृथ्वीको वातावरणीय पक्ष सबल रहेमा मात्र पृथ्वीवासीको भविष्य सुनिश्चित छ।

दृष्टि महर्जन, कक्षा १० 'क'



Sulav Raj Shrestha_VII



Suveksha Maharjan_VI



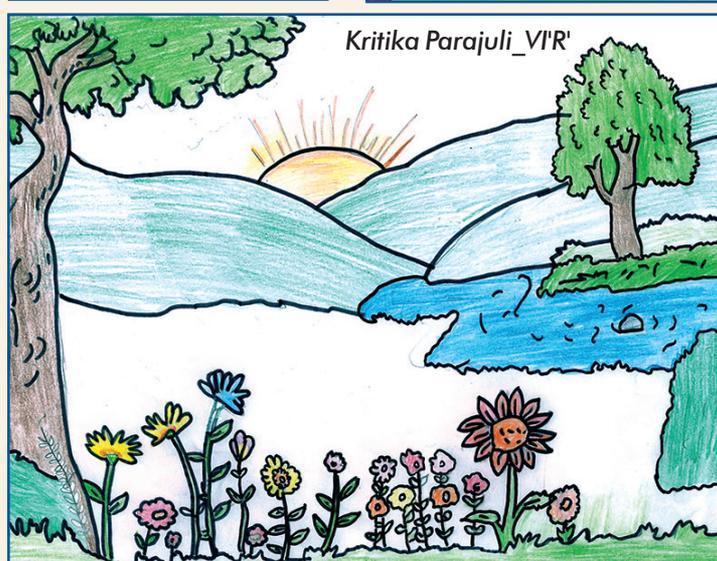
Chungta Gurung_VI'R



Sinora Subedi_VI



Rohit Gupta_VI



Kritika Parajuli_VI'R



सरो तामाकार



नेवाः हार्दिक तामाकार



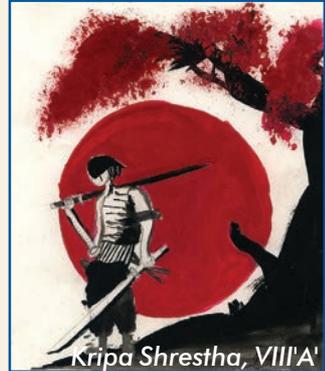
Niharika Sah



नामः अन्नियान पाठे
कक्षा: ३



आमा
आमा तिमी महान हो
संसार देखाउने तिमी नै हो
ती महिना गर्भमा राखेर कष्ट सहने
तिमी नै हो
बोली बोल्न सिकाउने आमा नै हुन्।
आमाको साथ अपरुपार छ
आमा जस्तै हक कोही हुन्
सहयोग र साथ दिने तिमी नै हो
सारा संसारको माया तिमी नै दिनेछे
काम गरेर हाम्रो पेट भई
खुसी लाग्छ सुत्ने तपाईं मेरी
आमा तिमी महान हो
संसार भरीको खुसी तिमी नै हो।
आमा
आमा



Kripa Shrestha_VIII'A



Shreya Thapa_VI



Reshmi Nagarkoti_VI'R



Kripa Shrestha_VIII'A

वसन्त ऋतु

वसन्त ऋतु मलाई मनपर्ने ऋतु हो । यो ऋतुमा वातावरण रमाइलो हुन्छ । कोइलीले कुहुँ-कुहुँ गर्दै गीत गाउँछ । यो ऋतुमा डाँडाकाँडा सबैतिर हरियाली छाएको हुन्छ । साथै लालीगुराँस ढकमक्क फुल्लाले डाँडै हाँसेजस्तो देखिन्छ । वसन्त ऋतुमा नै

हाम्रो भन्डा

हाम्रो भन्डा मलाई धेरै मन पर्छ किनभने हाम्रो देशको भन्डा अरु देशको भन्डा भन्दा फरक छ । यो तीनकुने छ र विचमा काटिएको जस्तो छ । यसको माथिल्ला भागमा जून र तल्लो भागमा

मेरो विद्यालय

मेरो विद्यालयका नाम ज्ञानोदय बाल बाटिका हो । यो ललितपुर जिल्लाको खोकनामा छ । मेरो विद्यालयको वातावरण हरियालीले भरिएको छ । यहाँ स्वच्छ खानेपानीको सुविधा छ । यहाँ एउटा ठूलो पुस्तकालय पनि छ र यहाँ विभिन्न किसिमका किताबहरू पाइन्छन् । यहाँ ठूलो विज्ञान प्रयोगशाला, गणित प्रयोगशाला र कम्प्युटर

‘म मोबाइल हुँ’

म मोबाइल हुँ । म एउटा तार नचाहिने सञ्चारको साधन हुँ । मलाई प्रयोग गरेर मानिसहरू धेरै गीत सुन्छन्, खेल खेल्छन् समाचार हेर्छन् । मलाई बोक्न पनि सजिलो छ । म खल्ती भोला जहाँ पनि अड्छु । मसँग मानिसलाई लट्ट पार्ने अद्भुत शक्ति छ । मलाई सबै मानिसहरूले माया गरेर बोकेर

सरसफाइको महत्त्व

सरसफाइको हाम्रो जीवनमा धेरै महत्त्व छ । सरसफाइ भनेको आफ्नो वरिपरिको वातावरण र आफूलाई सफा राख्नु हो । हामी सबैले आफ्नो वरिपरिको वातावरण सफा राख्नुपर्छ । हामीले जथाभावी फोहोर फाल्नु हुँदैन । किनकि यस्ता फोहोरमा विभिन्न किरा, फट्याङ्गाहरू र कीटाणुहरू बस्छन् र यी कीटाणुहरू हाम्रो घर-आँगनमा फैलिन्छन् । यी कीटाणुहरू हाम्रा खानाहरूमा पनि पर्न

पानीको महत्त्व

पानी हाम्रो जीवनको अति आवश्यक पदार्थ हो । यसले हाम्रो जीवनमा धेरै महत्त्वपूर्ण भूमिका खेलेको हुन्छ । खाना पकाउन, कपडा धुनु, खेतीपाती गर्न, विजुली उत्पादन गर्न, सरसफाइ आदि

पशुपतिनाथको मन्दिर

पशुपतिनाथको मन्दिर हाम्रो देश नेपालको काठमाडौँमा रहेको प्रसिद्ध मन्दिर हो । यो मन्दिर बागमती नदीको पश्चिम किनारमा अवस्थित छ । पशुपतिनाथको मन्दिर धेरै ठूलो छ । यसको वरिपरि अरु धेरै मन्दिरहरू पनि छन् । यो मन्दिरमा चारवटा ठूला

कमिलो

एउटा ठाउँमा तीन किसिमका कमिलाहरू थिए । ती कमिलाहरूमध्ये कोही राता, काला र सेता थिए । एक दिन कालो कमिलाले रातो कमिलालाई सोध्यो, ‘तिमी किन यति रातो भएका छौ?’ रातो कमिलाले भन्यो, ‘म सधैं मान्छेको रगत पिउँछु र यसैले म रातो छु ।’ अनि रातो कमिलाले सेतो

सबैभन्दा धेरै फूल फुल्छन् । सुन्दर फूलहरूले सबैमा नयाँ-नयाँ उमङ्ग भरिदिन्छ । शिशिर ऋतुको तुसारो पछि वसन्त ऋतुको आगमन हुन्छ । चैत वैशाख महिनामा वसन्त ऋतु पर्छ । मलाई वसन्त ऋतु मन पर्छ ।

प्रशंसा पाण्डे, कक्षा २

घामको चित्र छ । भन्डाको भुईँमा रातो रङ र किनारामा नीलो रङ छ । यो भन्डाले नेपाललाई संसारमा चिनाएको छ । भन्डा हाम्रो गौरव हो ।

सम्मान श्रेष्ठ, कक्षा १

प्रयोगशाला छन् । यहाँ दुईवटा बास्केटबल कोर्ट र एउटा फुटबल मैदान पनि छ । विद्यालयले हामीलाई कहिलेकाँही शैक्षिक भ्रमणमा पनि लैजान्छ । यहाँ धेरै शिक्षकहरू हुनुहुन्छ । हामीलाई हाम्रा शिक्षकहरूले राम्रा राम्रा कुराहरू सिकाउनुहुन्छ । मलाई मेरो विद्यालय धेरै राम्रो लाग्छ ।

भूमिका कार्की, कक्षा ४

हिँड्छु । मैले मानिसको फोटो खिच्नु समय बताउँछु । म भएर टि.भी. र रेडियोको पनि महत्त्व घटेको छ । त्यसैले म शक्तिशाली छु । मेरो सही सदुपयोग गर्नेहरू लक्ष्यमा अगाडि बढ्ने छन् । सदुपयोग गर्न जाने म असल साथी पनि हुँ ।

अविक्षा मानन्धर, कक्षा ४

सक्छन् र त्यही खाना हामीले खाँदा हामीलाई विभिन्न रोगहरू लाग्न सक्छन् । हामीले फोहोर फाल्नाका लागि ठाउँ-ठाउँमा कन्टेनर राख्नुपर्छ । हामी सबैले जहिले पनि फोहोर कन्टेनरमा नै फाल्ने बानी बसाल्नु पर्छ । यसले गर्दा दूषित वातावरण हुन पाउँदैन । दूषित वातावरण नभएपछि हामीले स्वच्छ र ताजा हावापानी पाउँछौं र हामीलाई कुनै रोग लाग्न पाउँदैन । जसले गर्दा हामी सधैं स्वस्थ र फुर्तिलो भएर काम गर्न सक्छौं ।

रोनिस बाबु, कक्षा ३

कार्य गर्नका निम्ति पानी आवश्यक पर्दछ । धारा, नदी, पौवा, खोलानालाबाट हामीले पानी पाउँछौं । यसैले गर्दा पानी हाम्रो जीवनमा अति आवश्यक पर्दछ ।

करून्य रजक, कक्षा ३

ठूला ढोका छन् । यी ढोका चाँदीका छन् । मन्दिरको छाना सुनैलो छ । पशुपतिनाथको अर्को नाम शिवजी हो । पशुपतिनाथको मन्दिरभित्र शिवलिङ्ग छ । शिवरात्री र तिजका दिन यो मन्दिरमा धेरै भक्तजनहरूको भीड हुन्छ । यो दिनमा यहाँ ठूलो मेला लाग्छ ।

जिना महतो, कक्षा २

कमिलालाई सोध्यो, ‘तिमी किन यति सेता छौ?’ अनि उसले भन्यो, ‘म सधैं मान्छेको घरमा गएर चोरेर क्रिम लगाउँछु । त्यसैले म यति धेरै गोरो छु ।’ अनि सेतो कमिलाले कालो कमिलालाई सोध्यो ‘तिमी किन यति धेरै काला छौ?’ ‘म सधैं घाममा धेरै काम गर्छु त्यसैले म यति धेरै कालो छु ।’ कालो कमिलाले भन्यो ।

कविता

नेपाल

मेरो देशको नाम नेपाल
छ सुन्दर शान्त विशाल
चार जात छत्तीस वर्णको
साफा फुलवारी
हिमाल, पहाड तराई
मिली बनेको
लेक बेसी चौतारी
धेरै चरा पाइने
तल छहरा र छाँगाहरू भएको
एसियामा पर्ने सानो मेरो देश
नेपालको आफ्नै जाति भाषा र भेष
चारीतिर हरियालीले ढाकिएको
विश्वमै नेपाल
जलस्रोतको धनी देश
पूर्वमा मेची
पश्चिममा महाकाली बगिरहेको
नेपालमा हाँसिरहेको
विश्वको अग्लो सगरमाथा

सन्ध्या खनाल, कक्षा ५

हामी विद्यालय

ललितपुरमा रहेको छ हाम्रो विद्यालय
असल ज्ञानी विद्यार्थी नै हाम्रो परिचय ॥
ज्ञानोदयमा पढेका छौं सबै बाबु नानी ।
विद्यालय जान्छौं हामी मन्दिर जस्तो ठानी ॥
ललितपुर नगरभित्र पर्ने सुन्दर एउटा गाउँ ।
पढ्ने जति सबै जना यतातिर आउँछौं ॥
हाँसी खेली रमाउँदै पढ्ने गर्छौं हामी ।
सबैलाई सहयोगी हातले तानी तानी ॥

आकृति यादव, कक्षा २

मेरी आमा

जगत् जननी दयाकी मूर्ति ममताकी खानी
निर्मल, पवित्र, सम्बेदनशील अनि मनकी रानी
राजकुमार र परीको कथा सुनाउँछिन् मेरी आमा
कल्पनामै पनि रमाउन सिकाउँछिन् मेरी आमा
चौतारी हो तिम्रो विशाल हृदय मेरो दुःख विसाउन
सल्लाह सुझाव र दुःखमा दिएको तिमिले ज्ञान
मसँग दिक्क हुँदा पनि मलाई माया गर्ने
सारा गलतीहरू माफ गरेर स्नेहले आँचलमा वेर्ने ।

वन्सिका गुरुङ्ग, कक्षा ७

दुर्व्यसन मुक्त समाजको निर्माण गरौं

दुर्व्यसनीले कहाँ सक्छ

सगरमाथा चढ्न
यज्ञको आगो फुक्न
शान्तिको मन्त्र जपै
वेदका ऋचाहरू गुन्जाउन
अह, सक्दैन
उकालोमा दौडिन
टेढाहाड्डो क्यानबनोल
भरिएको दिमागले
कसरी अन्तरिक्ष पढ्न सक्छ ?
शारीरिक सन्तुलन गुमाएको
बारम्बार रिसाइरहने युवाले
कसरी सक्छ
भ्रमपल र गैँती चलाउन
कसरी बन्छ बाटो
कसरी गुड्छन गाडीहरू

कसरी चिढिन्छ समृद्धिको सिँढी

बनाउनुछ मन्दिर, बजाउनुछ घण्टी
गुन्जाउनुछ ओमकार ध्वनिहरू बस्तीमा
अनि
स्मरणशक्ति ह्रास भएको नौ जवानले
कसरी सक्छ उचाइ नाप्न सगरमाथाको
त्यसैले छाडिदेऊ गाँजा, अफिम, मार्फिन, हेरोइन
जोश, जाँगर धनजन नाश गर्ने
लागु पदार्थका स्रोतहरू
त्यागी देऊ
कुलतका पथहरू
रगत चुस्ने जीवननाशक
हाइड्रोकार्बन र साइनाइड तत्वहरू
देऊ तिलाञ्जली
जीवनधनका नाशकहरूलाई

प्रगतिका बाधकहरूलाई ।

ट्रेन्किवलाइजर प्रयोग गर्नेले
कसरी न्याय अन्याय छुट्याउन सक्छ
कसरी गुड्छ देशमा सुशासनको रथ
प्रयोग गर्दिन म लागु औषधहरू
शरीरलाई बन्धक राखेर सधैं पछुताउन
मृत्युको तमसुक लेख्न
दुर्व्यसन मुक्त समाज
लागुपदार्थरहित तन र
नीलो आकाश चाहिएको छ मलाई
म चाहन्छु स्वस्थ तनले
भन्डा फहराएको हेर्न
मन्दिरमा दियो बाल्न
समृद्धिको सुनैलो यात्रा थाल्न ।
पुष्पा गैरे, १०

सपना

ठीक यतिबेला
म सुस्ताइरहेछु
यादहरूको चौतारीमा
विगतको लगामले
मेरो वर्तमान लगाइरहेछ
सपनाको धमिला कूवाबाट
कसरी बाँचे म वर्तमानमा
सोच्दासोच्दै
मनको आँगनमाथि
निलो गगनबाट
कावा खाँदै उडिरहेछुन सेता परेवा
पूर्व क्षितिजतिर
जहाँ भर्खर उभिएरै
म सपना देखिरहेछु ।

अभय बस्नेत, कक्षा ७

विद्यार्थी

हामी साना विद्यार्थी
पढ्ने हाम्रो काम
पढी लेखी देशका लागि
राख्नुपर्छ नाम ।
विद्यार्थीले स्कुलमा
धेरै कुरा सिक्छन्
सिकेको कुरालाई
व्यवहारमा उताउँछन् ।
विद्यार्थीको कर्तव्य हो पढ्ने लेख्ने
पढी लेखी ठूलो भई
देशको विकास गर्ने हो ।

सज्जान घिमिरे, कक्षा ३

शिक्षक

ज्ञान, विज्ञान, सङ्गीत सारा विधा सिकाउने
प्रेरणा श्रोत शिक्षक हुन् अज्ञान पूरा हटाउने
शिक्षा, दीक्षा र भिक्षाको गरिमा गुणगानमा
शिक्षक नै मार्गदर्शक हुन सीप आर्जन गर्नमा
सदिच्छा सुख-शान्तिको दिन्छन् सन्देश शिक्षक
अनुशासन, सदाचारले पार्दछन् पूर्ण निर्भीक
पुण्य हो शिक्षण, कर्म हुन् शिक्षक बहु साधन
तिनका प्रगतिप्रति नहोऊन् कोही वाधक ।

मालिका ओझा, कक्षा ६

हामी साना नानी

साना साना नानी हामी
सूर्य सँगै उठने बानी
सफा भई खाना खाने
मोला भिरी स्कुल जाने
बस्छौ कक्षामा बनी हामी ज्ञानी
पढ्छौ मिलेर हामी सबै नानी
खेल्दै पिउँछौ हामी पानी
भगडा नगर्ने हामी साना नानी
गृहकार्य बोकी घर आउँछौ हामी
पढ्न लेख्न सिध्याइ, सुत्ने हाम्रो बानी
आँउछिन रातमा सपना कि रानी
चालै नपाई हुन्छु मिर्मिरे बिहानी ।
भरिन बोगटी, कक्षा २

कलम

कलम मेरो साथी
लाग्छ मलाई जाति
पढ्न लेख्न चाहिने
थरिथरिका कलम पाइने
शिक्षकदेखि विद्यार्थीलाई
मन्त्रीदेखि जनतालाई
कलम मेरो साथी
लाग्छ मलाई जाति
राख्छु सधैं टेवलमाथि
प्राप्ति खरेल, कक्षा ४

लालीगुराँस

वै भरी फुल्यो लालीगुराँस
टिप्न मन लाग्छ हेर मलाई त
हरियो पात छन रातो फूल फुल्ने
यही फूल देखेर सबको मन भुल्ने ।
राष्ट्रिय फूल भनेर चिनिने यो फूल
हाम्रो देशको गौरव बढाउने यो फूल
नाम मात्रले पनि रङ्ग जनाउने
लालीगुराँस फूल हेरी सबै रमाउने ।
स्वर्णिम महर्जन, कक्षा ३

स्वच्छ, सफा र हराभरा महानगरपालिका निर्माणमा विद्यार्थीको भूमिका

‘स्वच्छ’ शब्दले कुनै प्रकारको फोहार मैला वा दूषित तत्त्व नभएको निर्मल सफा अवस्था भनेर बुझाउँछ । त्यसैगरी मन, भूमि, कानून, न्याय, पानी, बाटो सबै सुन्दर हुनुलाई सफा र हरिया घाँसपात बोट विरुवा लतावृक्ष आदि वनस्पतिले चारैतिर आकर्षण देखिनाको भावलाई हराभरा भनिन्छ । सोही

अनुसार सडक, बजार सहित धेरै मान्छेहरूको बस्ती भएको र गाउँभन्दा बढी भौतिक साधन र सुविधा भएको विकसित ठाउँ, सहर, पुरलाई महानगरपालिका भनिन्छ भने शिक्षण संस्थामा नियमित रूपले विद्याको आर्जनमा लाग्ने व्यक्तिलाई विद्यार्थी र योगदानलाई भूमिका भन्दछन् । स्वच्छ, सफा र हराभरा महानगरपालिकाको निर्माणमा विद्यार्थीले दिन सक्ने देन नै महानगर निर्माणमा

विद्यार्थीको भूमिका हो । स्वच्छ, सफा महानगरपालिका निर्माण गर्नु कुनै एक व्यक्ति वा समूहबाट सम्भव हुने कुरा होइन । यसका लागि हरेक वर्ग र पेसामा आवद्ध व्यक्तिहरूको बुद्धि, सीप र कार्यको आवश्यकता पर्दछ । नेता, प्रशासक, प्राध्यापक, डाक्टर, इन्जिनियर, समाजसेवी, स्वस्थ्यकर्मी, कलाकार, साहित्यकार, शिक्षक, विद्यार्थी, किसान, ज्यामीदिखि भरियासम्मको सामूहिक प्रयासबाट मात्र महानगरको निर्माण सम्भव छ, एउटा घरको निर्माणमा हरेक ईँटाको भूमिका हुन्छ । घरको गारोका बिच भागबाट एउटै मात्र ईँटालाई भिकिदने हो भने त्यो भत्कन सक्छ । स्वच्छ, सफा र हराभरा महानगरपालिका निर्माण विद्यार्थी विना सम्भव छैन । महानगरपालिका निर्माणको महान् यज्ञमा विद्यार्थीहरू अपरिहार्य आवश्यकता हुन् । सिपमूलक आदर्श जनशक्तिका रूपमा अभूतपूर्व योगदान दिन सक्ने विद्यार्थी आशा र आस्थाका केन्द्र हुन् ।

नर्सरीमा अध्ययन गर्दै रहेको शिशुदेखि महाविद्यावारिधि गर्दै रहेको प्रौढसम्मका व्यक्ति विद्यार्थी नामले सम्बोधित हुन्छन् । ज्ञान आर्जन गर्नु र केही सिप सिक्नु उनीहरूको मूल उद्देश्य हुन्छ । विद्यार्थीकालमा उनीहरूले जे सिक्छन्, आर्जन गर्छन्, त्यही नै भोलि समस्त राष्ट्रमन्दिरमा फूल वा भेटी बनेर चढ्छ । यस कालमा जस्तो कुरा आर्जन गर्छन्, त्यस्तै कुरा भोलि उनीहरूले समाज तथा देशलाई दिने गर्छन् । वास्तवमा विद्यार्थी भनेका त्यस्ता विरुवा हुन्, जसले पातबाट ताप र जराबाट मल लिएर भोलि पुष्पित र सुवासित हुने फुलले भै गुणको विकास गर्दछन् । महानगर

नामले ठूलो, राम्रो र विशाल छ । सफा नगर भए दिमागलाई सकारात्मक असर पर्छ भने प्रतिकूल वातावरण भए दिमागलाई नकारात्मक असर पर्छ । महानगरको विकास निर्माण गर्ने जिम्मेवारी महानगरवासीको हुन्छ । महानगरको निर्माण गर्न स्वच्छ, सफा हराभरा बनाउन विद्यार्थीहरू उपयुक्त माध्यम हुन् ।



महानगर स्वच्छ सफा हराभरा छैन जतातते फोहार, धुँवा, धुलो, दुर्गन्ध छ । पुराना यातायातका साधनबाट निस्कने दूषित धुवाँले स्वच्छ आकाशलाई मैल्याएको छ । विजुलीका तारहरू तन्द्रयाङ्ग तुन्द्रङ्ग भुन्डिएका देखिन्छन् । महानगरमा पानीको समस्या धेरै वर्षदेखि विकराल बन्दै गएको छ । महानगरवासीले अझै कति दिन काकाकुल बन्नु पर्ने हो थाहा छैन । नगरपालिकाका नदी किनारतिर गन्हाएर हिँड्नु गाह्रो भएको अवस्था हामीले भोगेका छौं । महानगरले इन्टरनेटलाई सामाजिक अपराध गर्न छुट दिइरहेको छ । वन विनाशका कारण वातावरण प्रदूषण तीव्र रूपमा बढेको छ । कतिपय ठाउँमा फोहारको डुङ्गुर डुङ्गुर गनाउँछ । त्यसको सूचना गर्ने र खबरदारी गर्ने काम विद्यार्थीहरूले गर्न सक्छन् । घरघरबाट जैविक र अजैविक भनेर छुट्याइएको फोहार सङ्कलनले एकै ठाउँ मिसाएर फोहार फ्यालेको हामीले देखेका छौं । त्यसैले फोहार सङ्कलन गर्ने जनशक्तिलाई तालिमको व्यवस्था गर्नुपर्छ । फोहारलाई मोहोर बनाउने हो भने आम्दानी पनि हुने सफा पनि हुने दोहोरो फाइदा हुन्छ । महानगरका जन प्रतिनिधिहरू वातावरण संरक्षणका अभियानमा संवेदनशील नवनेका हुन् कि भन्ने आशङ्का बढेको छ ।

आजका विद्यार्थीहरूलाई कुनै यात्रामा यात्रारत यात्रीका रूपमा पनि हेर्न सकिन्छ । उनीहरूको यात्रालाई वरपरबाट नियालेर हेर्ने दर्शकहरू पनि हुन्छन् । उनीहरूले कायम गरेको डोबलाई हेरेर अन्य व्यक्तिले पनि आफ्नो यात्राको दिशा निर्धारण गर्दछन् । मानवताको दियो चहकिलो बनाउने, महानगरको इज्जत फैल्याउने, समाजमा चेतना जगाउने अन्धविश्वास, कुरीति आदि हटाउने खालका काम विद्यार्थीबाट प्रभावकारी ढङ्गले हुन सक्छन् । वृक्षारोपण गर्ने, सामूहिक रूपमा सरसफाइ गर्ने, महानगरपालिकालाई स्वच्छ, सफा र हराभरा राख्नुपर्छ भनेर घरदेखि समाजसम्म चेतना फैल्याउने कार्यमा

विद्यार्थीको भूमिका महत्त्वपूर्ण हुने गर्दछ । जुन समयमा जे काम गर्नुपर्छ त्यही गर्दा नै महानगरपालिकाले केही पाइरहेको हुन्छ । असारमा धान रोप्ने साउन-भदौमा गोडने मल हाल्ने गर्दा नै मङ्सिरमा वाली भित्र्याउन पाइन्छ । विद्यार्थीद्वारा गरिने विद्याजर्नलाई पनि धानको रोपाईँ र गोडाइजस्तै मान्न सकिन्छ । विद्यार्थीले प्राप्त गरेका ज्ञानले समाज निर्माणका लागि भोलि महत्त्वपूर्ण भूमिका खेल्न सक्छ ।

हामीले महानगरमा बस्न पाएको विषय खुसी लाग्दो विषय हो तर ‘महा’ हुनुलाई सामाजिक, आर्थिक, शैक्षिक, भौतिक सुविधाको सम्पन्नताले भरिभाउ हुनुपर्छ । भौतिक सुधारले मात्रै महानगर बन्दै होइन । यसका लागि सामाजिक सुधारको खाँचो हुन्छ । कतिपय ठाउँमा महिलाहरू बेचबिखनमा परेका, दुःख पाएका बालबालिकाहरू र कालो बजारी बढेको अवस्था महानगरपालिकामा देखिन्छ । यसका लागि सरकार एकलैले केही गर्न सक्दैन । यसमा विद्यार्थीले जनतामा चेतना जगाएर सुन्दर सफा महानगरपालिका निर्माण गर्न हाते पत्रिकाका माध्यमबाट जनचेतना जगाउन सक्छन् । यसका लागि महानगरको बाटो सरसफाइ गर्ने, पार्कको स्थापना गर्ने, बोट विरुवा रोप्ने, उचित ठाउँमा फोहारको व्यवस्थापन गर्ने नागरिकमा चेतना फैलाउने जस्ता काम विद्यार्थीले गर्न सक्छन् । त्यसैगरी महानगरले फोहार सङ्कलन गर्ने जनशक्तिलाई तालिमको व्यवस्था र काममा प्रोत्साहन गर्न आवश्यक छ ।

विद्यार्थी सूचना सम्प्रेषणका भरपर्दा आधार हुन् । विद्यार्थी माफत गरिने सूचना जनचेतनाका कामको सकारात्मक असर परिवारका प्रत्येक सदस्यमा पर्दछ । उनीहरूले यसमा सकारात्मक भूमिका खेल्न सक्छन् । सानैबाट सिकेको ज्ञान सिपले भविष्यमा नेतृत्वदायी भूमिका खेल्दा सहज र सजिलो हुन्छ । तसर्थ महानगरपालिकाको कायकल्प गर्ने सामाजिक जागरण ल्याएर विकासको सूत्रपात गर्ने एक सशक्त वर्गको रूपमा विद्यार्थीहरूलाई लिन सकिन्छ । विद्यार्थीको भूमिका महानगरपालिकाको विकासको जग हो । जहाँका विद्यार्थी आफ्नो भूमिकाप्रति सजग र सचेत हुन्छन्, त्यस महानगरले स्वच्छ महानगर निर्माण गरी अधि बढन धेरै दिन लाग्दैन ।

जहाँ इच्छा, त्यहाँ उपाय, ढिला नगरौं आजैबाट सुरु गरौं । हातमा हात मिलाऔं, काँधमा काँध मिलाऔं । मन, वचन र कर्मले महानगरको निर्माणमा लागौं । महानगर हाम्रो हो । हामीले नै यसलाई समृद्धिको सगरमाथातर्फ डोहोर्नाऔं ।

ऋचा थापा, कक्षा १० ‘क’

कविता

समयको महत्त्व

जीवन हाम्रो आँधीवेरी चैतको हुरी वसन्तले छोडिँदा पुग्छौं स्वर्गपुरी । सङ्घर्षले नै जीवन हुन्छ वसन्तका फूल गरौं काम समयमै नगरौं है भूल ॥

शिशिरको कोपिला नै वसन्तको फूल त्यही फुलले फस्टाउँछ विकासको मूल । कुमालेको चक्रजस्तै हाम्रो जिन्दगानी उँभो कहिल्यै फर्कदैन त्यो खोलाको पानी ॥

जिन्दगी हो खोलाजस्तै आँसु हाम्रो पानी समयमै गरौं काम नलिई अल्छी बानी । मूल्यवान् समय यो खेर फाल्नु हुन्न समयमै गरे काम सक्छौं सफल बन्न ॥

कर्तव्यको पालनाले हाम्रो मान बढ्छ समयलाई चिन्न सके हरेक काम बन्छ । पढी गुनी हामीहरू शिक्षित बन्नुपर्छ विकासको रथ हो शिक्षा हरदम चुन्नुपर्छ ॥

निशिता साह, कक्षा ६

कलम

कलम भन्ने शब्द भन्दा अनौठो नै लाग्छ । चलाएर हेर्दा अझै लेखन जाँगर लाग्छ, किताबका पानाहरू लेख्ने कलम नै हो, सही गलत सबै कुरा लेख्ने कलम नै हो ।

रातो निलो कालो अनि थरिथरि रङ्गा बच्चादेखि बुढासम्म केलाएर ढङ्ग, सानो छँदा छुट्टै हुने छुट्टै ठूलो हुँदा जति लेखे नसकिने कलमका बुढा ।

कलम नभई खाली पन्ना भर्नुलाई गाह्रो यही नभइ ज्ञानका कुरा सिक्न पनि साह्रो त्यही भएर कलमलाई सम्मान गर्नुपर्छ जहिले पनि ज्ञानको लागि कलम हुनुपर्छ ।

आयुष्मा पन्त, कक्षा ६

हाम्रो आवाज: दुर्व्यसन मुक्त समाज

स्वास्थ्यको नाश सडकको बास व्यक्तित्व नासिन्छ रोगको घर, मरिने डर, सम्पत्ति मासिन्छ इन्जेक्सन हान्छौं, मुखमा खान्छौं, नाकमा सुइदछौं एचआइभी हेपाटाईटिस जस्तो घातक रोग सार्दछौं ॥

चिन्तामा डुब्छ परिवार सधैं तिमीलाई सम्भेर भोकाउँछौं तिमी, एकान्त खोज्छौं, नशामा डुबेर बर्बाद भयो जिन्दगी कतै सुनौलो संसार सामाजिक रूपमा बदनाम भयो विग्रियो घरवार ।

काल हो लागु पदार्थ जान सेवन नगर एकपल्ट चाख्छु भनेर यसको फन्दामा नपर साथीको दोस्ती विग्रन्छु भनी चाखनलाई नथाल सुनौलो जीवन रमाइलो संसार बेकारमा नफाल ॥

मानव चोला पाएर यसको उपयोग गर्नुछु गरेर काम राखेर नाम कालमा मर्नुछु वन्नुछु भने अम्मली बन दुध, दही, घिउको हृष्ट र पुष्ट भएर बाँच ख्याल राख जिउको ॥

प्रयास एक्लो विफल हुन्छ मिलेर गर्नुछु सुनौलो लागु पदार्थ मुक्त समाज हेर्नुछु सबैको आवाज समाज लागुपदार्थ मुक्त होस् आगामी पुस्ता सुरक्षित बनोस् हृष्ट र पुष्ट होस् ॥

गरिमा दाहाल, कक्षा ८

उल्टो दिमाग

एकादेशमा एउटा केटो थियो । उसकी आमाले भन्नुभयो, ‘बाबु पसलबाट पापड ल्याऊ ।’ ऊ पापड किन्न गयो ऊ पापड पापड भन्दै गयो । एकछिनपछि ऊ पसल पुगे बेलासा एउटा खाल्टोमा खस्यो र भापड भापड भन्दै पसल पुग्यो । उसले पसलेलाई भन्यो, ‘दाइ मलाई भापड दिनुस न ।’ पसलको दाइले उसलाई एक भापड दिनुभयो । त्यसपछि ऊ घर जाँदा उसकी आमाले भन्नुभयो, ‘बाबू, खै पापड ।’ ‘आमा हजुरले मलाई पापड पो लाउनु भन्नु भएको ।’ उसले भन्यो ।



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