



Bungmati/Khokana, Lalitpur, Nepal

2017/2018

Celebrating



Congratulations

SEE District Topper

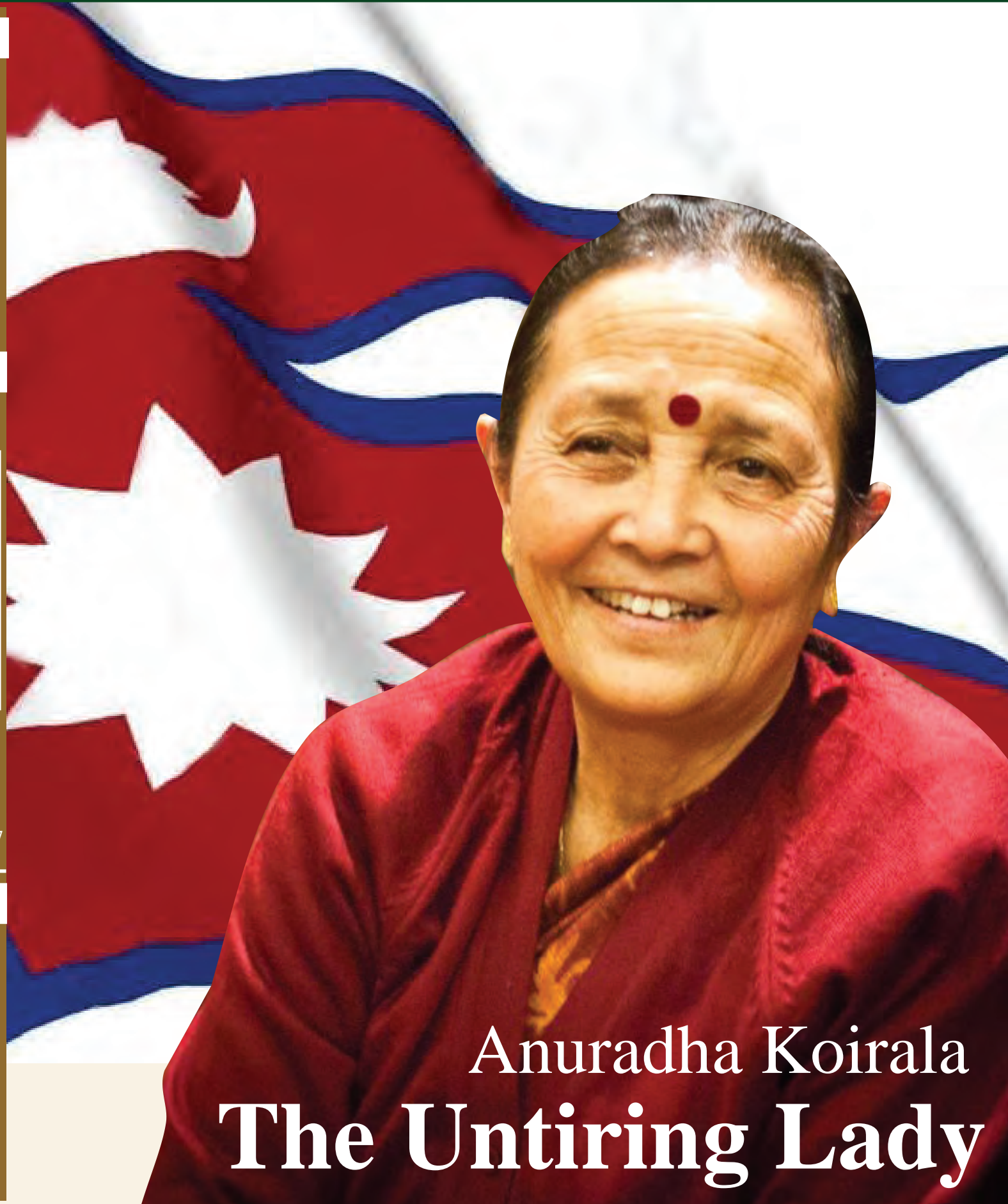


Suprabha Jha

SEE 2073, GPA 3.95
Lalitpur District Topper
&
Gyanodaya
Student of the Year 2017
Award Winner

Celebrating

**Gyanodaya
Celebrates
30 years
of
SLC & SEE
Graduation**



**Anuradha Koirala
The Untiring Lady**





Gyanodaya: 43rd Foundation Day Celebration



Foundation Day is an important function observed every year paying a sincere homage to the noble patriot, valiant son of Nepal and fighter for democracy His Excellency Late Gyan Bahadur Yakthumba. Gyanodaya celebrated its 43rd foundation day on Falgun 12, that commenced with a floral tribute to H.E. Late Yakthumba

in whose memory the school was founded. In the function entire Gyanodaya family felicitated honorable founder principal ma'am Mrs. Indira Yakthumba on the successful completion of the founding of Gyanodaya. On the occasion children dedicated a choir 'I believe' by R.K.Lee, to the founder principal for her selfless dedication, care and leading the school towards success and glory. The students' representative made a resolution to awaken in truth and wisdom, be good ambassadors of Gyanodaya and responsible citizens of Nepal. The program concluded with distribution of sweets and snacks to children.



Grade Xers Singing with School Junior Choir

विगत र वर्तमानमा ज्ञानोदय

ज्ञान बहादुर याक्थुम्बा प्रजातन्त्रप्रेमी, स्वतन्त्रताप्रेमी र शिक्षाप्रेमी व्यक्ति हुनुहुन्थ्यो। उहाँले प्रजातन्त्र प्राप्तिका लागि दिएको योगदान अविस्मरणीय छ। उहाँ स्वतन्त्रता र प्रजातन्त्रका लागि समर्पित हुनुहुन्थ्यो। उहाँले २००७ सालको प्रजातान्त्रिक आन्दोलनमा सक्रिय भूमिका निर्वाह गर्नुभयो। उहाँ जनताका तर्फबाट २०१० सालमा पहिलो पहेरी महानिरीक्षक बन्नुभयो। उहाँ दक्षिणपूर्व एसियाका प्रथम राजदूत बन्नुभयो। उहाँले २०२७ सालमा यस संसारबाट विदा लिनुभयो। उहाँका नाममा श्री इन्दिरा याक्थुम्बाले ज्ञानोदय बालवाटिका स्कूलको स्थापना २०३१ सालमा गर्नुभएको हो। यस विद्यालयले विभिन्न आरोह अवरोहहरू पार गर्दै ४३ वर्षको यात्रा पूरा गरिसकेको छ।

भ्रम्सीखेल, कुपोण्डोल, सानेपा, पुलचोक हुँदै अहिले यो विद्यालय ललितपुर महानगरपालिका वडा नं. २२ खोकना-बुङमतीमा अवस्थित छ। २०४५ सालबाट प्रवेशिका परीक्षा दिन सुरु गरेको यस विद्यालयले सोही साल छात्रातर्फ बोर्डमा द्वितीय स्थान ल्याउन सफल भयो। त्यस्तै २०५१ सालमा बोर्डमा आठौँ स्थान प्राप्त गर्न सफल भयो। एस.एल.सी. मा उत्कृष्ट नतिजाका लागि २०६१ सालमा वीरेन्द्र विद्या क्षेत्रीय वीरेन्द्र शिल्ड, धवजा, नगद रु. ५०,०००/- र प्रमाणपत्र प्राप्त गर्न सफल भयो। त्यस्तै २०६२ सालमा वीरेन्द्र विद्या राष्ट्रिय शिल्ड, धवजा र नगद रु. १,००,०००/- र प्रमाण पत्रद्वारा पुरस्कृत भएर विद्यालयले आफ्नो छविलाई उच्च बनाउन सफल भयो भने २०६८ सालमा एस.एल.सी. उत्कृष्ट नतिजाका लागि शिक्षा मन्त्रालयबाट प्रमाण-पत्र प्राप्त गर्‍यो। २०७३ सालको माध्यमिक शिक्षा परीक्षा (SEE) मा यस विद्यालयकी छात्रा सुप्रभा झा (GPA 3.95) ले प्रथम स्थान प्राप्त गर्न सफल भइन्। शैक्षिक उन्नतिको साथै विभिन्न समयमा विभिन्न सङ्घ संस्थाहरूबाट विद्यालय र विद्यार्थीहरू पुरस्कृत र सम्मानित भइरहेका छन्। विद्यालयले बालबालिकाको पढाइका

साथै चौतर्फी विकासका लागि अतिरिक्त क्रियाकलापलाई समेत विशेष जोड दिँदै आएको छ। विद्यालयमा अत्याधुनिक कम्प्युटर प्रयोगशाला, विज्ञान प्रयोगशाला,



गणित प्रयोगशाला तथा पुस्तकालयको व्यवस्था छ भने फुटबल खेल मैदान, भलिबल, बास्केटबल खेल मैदानको समेत



राम्रो प्रबन्ध रहेको छ। विद्यालयमा वर्षभरि कथा लेखन, निबन्ध लेखन, चित्रकला, वक्तृत्वकला, कविता वाचन तथा लेखन प्रतियोगिता, बास्केटबल, फुटबल प्रतियोगिताहरू आयोजना गरिन्छ।

अहिले यो संस्था ज्ञानोदय बालवाटिका मा.वि. (पूर्व प्राथमिकदेखि कक्षा १२ सम्म), ज्ञानोदय रेसिडेन्सियल स्कूल, ज्ञानोदय सामाजिक सेवा विभागका रूपमा निरन्तर अगाडि बढिरहेको छ। हरेक वर्ष यस

विद्यालयले विशेष र उल्लेखनीय कार्यहरू गर्दै आएको छ। समाजसेवाका नाममा यो विद्यालय अग्रस्थानमा आउँछ। बाढीपीडित, भूकम्पपीडित, वृद्धाश्रम, बालआश्रमका

पदमा निर्वाचित हुनुभयो। २०७४ साल जेठ ३१ गते नवनिर्वाचित मेयर श्री चिरीबाबु महर्जनज्यू, उपमेयर श्रीमती गीता सत्यालज्यू, वडा नं. २, ३, २१, २२, २५ का वडाध्यक्ष र वडा सदस्यहरूज्यूहरूलाई विद्यालयले सम्मान कार्यक्रमको आयोजना गर्‍यो। कार्यक्रममा सभासद श्री उमेश श्रेष्ठ, सार्क टिचर्स फेडरेसनका अध्यक्ष तथा नेराशिसका केन्द्रीय अध्यक्ष श्री बाबुराम थापाज्यू र विभिन्न विद्यालयका प्रधानाध्यापकज्यूहरूको समेत उपस्थिति थियो। कार्यक्रममा सभासद श्री उमेश श्रेष्ठज्यू, विद्यालय व्यवस्थापन समितिका अध्यक्ष श्री बुद्धवीर लामाज्यू र प्रधानाध्यापक इन्दिरा याक्थुम्बाज्यूले नवनिर्वाचित जनप्रतिनिधिलाई सम्मान गर्नुभयो। कार्यक्रमका वक्ताहरूले ज्ञानोदय बालवाटिका स्कूलले शिक्षाका क्षेत्रमा दिएको अतुलनीय योगदानको तारिफ गर्दै यसको निरन्तरताको अपेक्षा गर्नुभयो।

सोही कार्यक्रममा २०६३ सालमा भएको कक्षा ८ को जिल्ला स्तरीय परीक्षा ललितपुर जिल्ला अन्तर्गत बुङमती स्रोत केन्द्रमा उत्कृष्ट हुने विद्यार्थीहरूलाई समेत सम्मान गरियो। उक्त सम्मान कार्यक्रममा ज्ञानोदय बालवाटिका स्कूलका ऋचा थापा (छात्रातर्फ प्रथम), आयुष महर्जन (छात्रातर्फ प्रथम) र रितिश भा (छात्रातर्फ तृतीय) लगायत विभिन्न विद्यालयका ८ जना विद्यार्थीहरू सम्मानित भए। सम्मानित विद्यार्थीहरूलाई तत्कालीन ललितपुर जिल्लाका जिल्ला शिक्षा अधिकारी दिलनाथ पुरी, बाबुराम थापा र प्रधानाध्यापकज्यूले प्रमाणपत्र तथा मेडल प्रदान गर्नुभयो। सो अवसरमा जिल्ला शिक्षा अधिकारी दिलनाथ पुरीले जी.वी. याक्थुम्बाले प्रजातन्त्र प्राप्तिका लागि गरेका योगदानको स्मरण र चर्चा गर्दै विद्यालयले शिक्षामा दिएको अतुलनीय योगदानको प्रशंसा गर्नुभयो।

रक्षा खरेल, कक्षा: १०



My Memorable Days in Gyanodaya

School may be hard, annoying and irritating. But admit it you are going to miss it when it ends." Three years about to pass and this is my last year in Gyanodaya. It feels like I just joined Gyanodaya a few days ago and the reality is three years of my life have passed in Gyanodaya with the blink of an eye. I still remember the first day of my school in Gyanodaya. I felt so uncomfortable and nervous among many unknown faces but today those unknown faces have become my brothers, sisters and friends with whom I enjoy a lot. When I joined Gyanodaya in grade VIII one of the most memorable and

embarrassing moment which I will never forget in my life was the bench where I was sitting broke down and I was dashed to the floor. I felt so embarrassed because every one was giggling and making fun out of me. I passed grade eighth with the sweep of time. In grade nine we were taken to trekking to Kakani and Shivapuri. It was a beautiful experience for me. Along with trekking we used to play games, cook food with our team mates and we also used to meditate in the morning. More important, we were taught about different life skills. This year is the last year in Gyanodaya. I have a mixed feeling because this year I will be a SEE graduate. I am going to miss my teachers, friends and my school **Gyanodaya.**

Esha Dangol

The Value of Time

"Time and tide waits for none." So, we have to use our time wisely. Time, once gone never comes back, we cannot hold up the time. Those people who use time wisely trying not to waste a single second brings happiness and wealth to their homes. Success in life depends on the right use of time. Time is very valuable we must not ignore the importance of time otherwise it will be too late to realize. Knowing this we must utilize every minute, every hours and every period of time carefully. To manage time our time we must make a proper planning where the major things should be given more time. Most of the youngsters and teenagers never tend to understand the value of time. They even don't have a proper planning and do what

they like. And this also lowers their grades in the exam. Time is divided into three parts. They are the past, the present and the future. The past can never be changed, it can just be remembered as a history. But we can work hard and do our best in the present to change our future. We must learn from the mistakes that we have made in the past and try not to repeat it in the present. The present is the most important time as it shapes our life. There is a saying that "If you plant an apple tree you will get apple but if you plant a potato you cannot expect to get an apple." Hence, the saying tried to explain that if you work hard in the present you will get a bright future but if you waste time at present then you will get a horrible future. Therefore, we should make each and every moment fruitful.

Isha Dangol

Cleanliness at School

School is our second home, it is a place where we gain education and pick up good habits. As students, keeping the premises of our school clean is a way of showing basic courtesy and respect to our faculty. There are many reasons as to why keeping our second home sanitary should be given much importance and priority in our daily lives. Children can make a positive impact in academics and health wise with a clean environment because we know that cleanliness is the opposite of dirtiness and dirtiness is the mother of all diseases. So, where there is cleanliness, there is lesser room for falling ill and more room for learning. Having a clean school also reduces the chances of

promoting a bad impression in front of guests who frequently visit our school. It also encourages students to go to school. I wouldn't be encouraged to go to a filthy school and I am sure your wouldn't either. In conclusion, I would like to say that it is expected from us to keep our surrounding clean because the responsibilities rest on all of us not just the custodial staff throwing wastes in dustbins, reminding a friend how littering is a bad habit, recycling papers, and discarding pieces of papers, wrappers and plastics lying on the floor even if you weren't the culprit, are just some easy and simple steps to making a huge impact on the school's environment. So, let us all unite and help each other take small steps like these to maintain a clean and healthy ambience.

Shina Gurung

Effects of Mobile Games in Teenager

Mobile phones have become a widespread phenomenon in the present time. These pocket sized tools are no less than a mini computer. They can do anything—from a call to surf the internet. Not just adults, this technology is affecting the kid as well. But did you know, what are the harmful affects of mobile phones on children? Today's children are growing up in a radio-frequency of environment that never existed in human history before. It can affect the human health very badly because in the recent years, there has been a lot of speculation about the impact of cell phone

Virtual Reality

Virtual reality (VR), a technology that began in military and university laboratories more than 20 years ago, may be called Artificial Reality, cyberspace or synthetic reality VR is a computer created sensory experience that allows a participant to believe and barely distinguish a virtual experience from a real one. VR uses computer graphics sound and image to reproduce electronic ally of real life situation. A break through in virtual reality came with the development of a head mounted display with two time stereoscopic screens positioned just few inches in front of eyes. The most popular VR system is one designed by field pioneer, Jason Lamer. The system features a head mounted display called eye phone. User also wear a data glove that generates movement and interaction in virtual environment.

There are many applications of VR as well. Surgeons many soon use VR to walk through the brain or rehearse a surgical operation on a virtual patient. Just as flight simulator are integral part of pilot training. A surgical simulator might revalorize medical training. Despite enormous potential practical application VR, in its current state has drawbacks. It is extremely expensive. The graphic are still cartoonish, and there is still a slight, but perceptible time lag between the users body movements and their translation in cyberspace. The equipment that users wear like gloves, head gear and other device also needs refinement.

The electronic industries association a Washington DC based trade group representing hundreds of defense contractors national wide, conducted a study that projected annual sales of virtual reality technology. Ten years ago VR was science-fiction fantasy. Today it is a developing technology seen primarily in research labs, theme parks and trade shows. Tomorrow, it may be as common as television in every houses.

Kushal Kunwar

radiation on our body. A study by the journal of the American Medical Association stirred the debate when it investigated the repercussion the mobile phones could have on the brain activity. The WHO has classified cell phone radiation as possibly carcinogenic to humans. Children absorb more than 60% of radiation into the human brain than adults. Their brains thinner skin tissue and bone allow them to absorb the radiation twice than the grownups. [Cardiogenic: a substance capable of causing cancer].

Children, just like teens, are addicted to mobile phones. They play games, chat and talk to their friends on their mobile phone all the time. Thus they not only use

the mobile they also misuse it that's why they fall behind the other students. Also when the teacher teaches them they chat to talk about the games in the class too. This is why they not only fall back but also fail in exams or get average marks. And due to these games when they do not study and fall back they try to cheat in exams. Some make use of it as calculator while others store information in it. Some also use it to send objective answer in the examination hall. It can end the student's career if caught. No one can deny the importance and usefulness of mobile phone in our life but we should learn to use them wisely.

Hostel Life

Hostel life is a place where fooding and lodging are provided to students or certain groups of workers or tourists. Life in a hostel is different from the life at home.

Generally a student stays in a hostel when his/her residence is located far from his/her educational institution or when parents don't get time to look after their children and are very busy in their own work. Hostel life indeed shows us the right path that makes us a great person. Life in a hostel is very interesting as well as different from the life at home. A student becomes independent and develops good leadership qualities. It makes him/her smart, active and discipline. In a hostel students comes from various regions. Students have to do their duties and study themselves. Life in a hostel instills

confidence and develops personality. In a hostel, students come from different families and have different family background. Some are very studious who remain busy in their studies and some are mischievous who give little time to studies and most of the time playing, bullying, moving around and making fun of others. I being a hostel student, I have a great experience of staying in hostel for many years. I joined this school in grade III and has been almost eight years till now. Being a boarder, I have learned to be self disciplined, regular and punctual and also to be helpful and be co-operative to one another. Everyone in a hostel learns social etiquette and to lead a better and disciplined life.

Shrena Amatya

Self Respect

Show respect even to the people who do not deserve it, as it is not a reflection of their character but a reflection of your own character. Self respect cannot be purchased. It can never be fabricated out of public relations. It has to be imbibed in us. Self respect is an important part of human life especially for students like us. Self respect must be cultivated right from a very early age. We can also say that self respect is a jewelry which adds to the beauty of a person. In our context, we Gyanodayans have got each and every facilities provided in our school. Our teachers and elders always teach us to be respectful. It has been two years since I joined this school and from the very first day till now I have learnt many things from my respected teachers and

even from my beloved friends. My teachers made me realize that self respect is very important for us to know who we are. Not just self respect but I have also learnt to be well disciplined. Our teachers have left no stone unturned to provide us a better and a condusive environment. As a student it is the right time to instill self discipline in us. Remember school life is meant to avail all the opportunities provided by the teachers and school. It is the preparation now that would make a great impact in our later life. Remember, the world sees what you put out there, so hold yourself to a high standard of grace and elegance.

Puja Rokaya

Health Consiousness

What is health education? It is the series of health and physical education, a prominent attempt for developing the habits of good health and physical knowledge in the students. It also gives us accurate knowledge about personal hygiene, environment sanitation, safety and first aid, food and nutrition. But what I found in our society is that none is conscious about their health. At Gyanodaya we maintain a strict time table for all the staff and students. Likewise wise we wake up early in the morning and then

we go to ground for some exercise so that we can maintain physical fitness. Also we are given nutritious food and fruits in abundance that helps us to remain active and energetic throughout the day. Students of Gyanodaya are very active so they play games and exercise a lot but some time accident might happen. So for this purpose the school has been providing first aid treatment and services through the school infirmary for the students. Everybody knows that health is wealth. Thus stay fit physically and mentally as the saying goes 'Prevention is better than cure.'

Utkarsh Grandon

Bullying

Bullying is one of the common act and behavior that is mainly seen in the school aged children it is one of the aggressive act followed by the people and mainly in the school. This act involves a real or perceived power of imbalance. The act of bullying is repeated, or has the potential to be repeated. These cause problems to both the people who are bullied and the one who bully. Bullying includes the act like making threats, attacking physically or verbally, etc. Bullying mostly occurs during or after school hours. Most of the bullying happen in the school building, and other places like playground, buses etc. Bullying happens while travelling to or from the school, in the youths, neighbourhood or on the internet.

Bullying affects both the victims as well as the ones who bully. Bullying is one of the main cause of the people to commit suicide. Many people end up their life because of this activity. The one who is getting bullying start to lose interest in school, suffer from physical injuries and mental health issue, look sad and lonely, they suffer from eating and sleep

disorders and lose interest in the extra activities that they used to enjoy. These people also may suffer from depression and anxiety. Bullying also affects the people who bully. People bully others because they feel insecure as well as to hide their own weakness that they have in them people bully others to have fun, to make themselves feel proud of them. The more they bully others the more they get encouraged to bully. Bullying affects the people who bully in different ways as they get involved in the bad habits like they start taking alcohol and drugs, they start to get engaged in fights and vandalism, some of the students also end up as the school drop-outs to enjoy their life.

Bullying is the act that can never stop until and unless a strict action is taken against it. The more the act of bullying is ignored, the more the act increase. It is because of the people who don't take any action against it after or whole getting bullied. The act of bullying should always be reported to the adults in order to prevent from the activity. Every people, every student should be against such type of activity. Students should be aware and warned about the effects of bullying in life.

Swornika Chhetri

Sleep Deprivation

Sleep is a natural occurring state of mind and body characterized by altered consciousness, relatively inhabitants of nearly all voluntary muscles and reduced interactions.

But the lack of sleep can lead to sleep deprivation sleep deprivation is the condition of not having enough sleep it can be either chronic or acute, A chronic sleep-restricted/ State can cause; fatigue daytime sleepiness, clumsiness etc. Sleep deprivation also effect one's personal mental physical and social health.

Sleep is very important for school students like us. We the students need adequate amount of sleep at least 7 to 8 hours in order to actively

participate in the process of learning. Students with proper sleep and rest can be active and have a better understanding of all the topics taught by the teachers in the class. To have a sound sleep and to be energetic for the whole day, we need to maintain a strict timing for everything for instance, proper eating at the right time and to bed at a regular time. In order words, we need to maintain a strict time table. To instill this habit we need to start right away.

Having proper sleep and rest along with proper exercise will prevent sleeping in the class, being restless and failing to comprehend the lesson taught by teachers. Have proper sleep, rest and remain active throughout the day.

Aayush Gauchan

Poem

Fear

Oh! Dear my examination is near

And I'm full of fear

My mind is not so clear

Oh! Dear why the examination is so near.

I really can't handle my fear
When the examination comes so near

Why do you come every year?

Without a break to haunt me oh dear

I'm tired, worn out and down
My works are not completely done

Neither am I prepared properly

Nor do I know my lessons clearly

What do I do now?

Oh! Dear my examination is so near

And I am full of fear.

-English Club

Think! Think!

Before you say an unkind word

Think of someone who can't speak

Before you complain about the taste of food

Think of someone who has nothing to eat

Before you say any harsh words to your parents

Think of those unlucky ones we don't have theirs.

Before you complain of cleaning the house

Think of someone who lives on the streets.

Before whining about the distance you drive

Think of someone who is always on foot.

Before considering your study - a headache

Think of the underprivileged who don't go to school

Before you point your finger at others

Remember that nobody is perfect and without fault,

Always put a smile on your face and be thankful

As life is a beautiful gift.

-English club

Importance of Female Education

Education is the process of facilitating learning or the acquisition of knowledge, skills, values, beliefs and habits. It is an important requirement for human life. It has become a basic element of our life. Although, most of the people are getting education, some girls are still lacking behind. They are in the dark. They just work in their houses. Women cover more than half of the total population. A woman of a house has a much wide range of work to do more than a man has. She has a greater need of education than a man does. Men and women must be treated equally.

Home is the first school of every human and their mom is the first teacher. A mother must know at least basic things to teach their children. She teaches her child most the thing of life. A well educated mother can give a good

environment to her child to be a good human. A well educated women can keep the house in right order, peace and in happiness. She can also help family by providing financial support.

An educated woman is free and independent. If their husband divorces them, then also they can earn their livelihood. They don't need to stay dominated by their husband or any other person. They can fight for their right and enjoy the freedom.

Education for women is a must. A country cannot prosper and inch forward to development, until all the daughter and girls are educated. An educated woman makes a home educated, a society and the nation as a whole.

English Club

Sportsmanship

Sportsmanship means not only taking part in sports and playing the game in conformity with the rules prescribed, but also playing the game of the life in accordance with the spirit imbibed on the playing fields. A true sportsman observes all those rules in life which he has been taught to observe in games. On the contrary, a man who gives evidence of possessing a strong spirit in the wider sphere of life but has not attained excellence in games is still a sportsman. Fairly, respect for discipline, recognition of the need for teamwork 8 cheerfulness even in the event of defeat are thus the dominant marks of a sportsman. Sportsmanship is something worthy of admiration. A sportsman never takes undue advantage of the weakness of his adversary or does he hit below the belt. Team spirit is also an important element

of sportsmanship. In games the various players must cooperate with one another if they wish to win a match. Without mutual cooperation, success is impossible. In co-operation indeed lies strength. Wherever a common aid binds a number of people together, they must display their sportsmanship by working harmoniously without frictions or mutual jealousy. Similarly at school we must display the true spirit of sportsmanship. Every student must try to instill the qualities of a sportsman. It is very important for a student to follow, obey and respect the teachers as it reflects not the teachers character but of the student. I believe each and every student will possess and inculcate the qualities of a true sportsmanship.

Elena Gurung

Drug Abuse

A drug is, any substance that, when inhaled, injected, smoked, consumed, absorbed via a patch on the skin, or dissolved under the tongue cause a physiological change in the body. For example; caffeine in coffee or headache, fever, body ache pills known as aspirin or paracetamol. The over use of drugs leads to drug addiction. Drug addiction or drug abuse leads to a serious health problems that affect almost every family and community in one way or the other.

Drug abuse also plays a role in major social problems, such as drugged driving, violence, stress and child abuse. Drug abuse can lead to homelessness, crime and unemployment. There are

different type of treatment for drug abuse such as rehabilitation, consulting a doctor or the most easiest way is to prevent taking unprescribed drugs.

As students, we must be alert and aware about these things. We should be careful in making friends and dissuade our friends if they are attracted to these social evils. As teenagers, we may have the tendency to follow and fall on wrong paths. What I would like to suggest to my friends that we must be focus on our academics and remain rigid to achieve our goals in life.

**Say No to Drug
And Yes to Good life**
Robinson Maharjan

Being Different

What does being different mean?

Being different means not going against the school curriculum, not being afraid to challenge the norm. But willing to take a chance. Asking why? Make your own track, not just following the well trodden path, charting your own course and destiny. Being the person that you were meant to be.

Believe that everyone is born unique. Challenge yourself that you will improve each day with new ideas and

motivations. If I can leave you with one piece of advice it would be: society celebrates mediocrity so much that it doesn't take much to set yourself above the rest. Doing that one thing regularly will put your way above the rest. Read books that challenge you and make you think. I have decided to read at least one book every month and I'm already amazed at the results. Remember a great quote by Albert Einstein, 'the person who follows the crowd will usually go no further than the crowd but the person who walks alone is likely to find himself in a place no one has ever been before'

Ayush Rai

Air Pollution

The most problematic issue in today's Nepal is 'Air Pollution'. Day by day our environment is getting more and more polluted owing to the unregulated industrial waste, dust from the congested roads and open burning of solid waste, road construction and expansion programs, new housing and its congestion. Dust and emission from moving vehicles produces carbon monoxide, decaying materials producing nitric oxide, gases that lead to acid rain.

Air pollution is an important environmental issue that requires the attention of the world. Countries need to make amendments in their laws in favour of this and its citizens, young and old, need to give a helping hand in order to make their respective country a carbon neutral zone. Sounds impossible, but if Bhutan can do it, so can we. Bhutan is the only CARBON NEGATIVE country in the world.

As facts state, it is really a shame and an embarrassment to learn that Nepal's air quality is the fourth worst and Kathmandu is the third most polluted city in the world. Just imagine the condition of the people in some of the places in Kathmandu; like Ratnapark, Chabahal, Kalanki or Balkhu, where pollution is above the danger zone, it must be terrible. Here, as people step out of their houses, they have to cover their mouth and protect themselves with face-masks, handkerchief, tissue or scarfs. This is the reason you see the number of patients in the various hospitals increasing to record breaking attendance. It is found that 36 out of every 100,000 people in Nepal die from out-door air pollution leading to heart diseases, lung cancer, chronic obstructive pulmonary diseases and stroke.

Readers, this is my plea to you – make a difference in any little way you can to help make our world a better place to live in – clean, green and pollution free.

Lilian Dewan

Momentous School Life

People say 'Students' life is a golden life'. I have realized, understood and felt it deeply being a student in Gyanodaya. It is a period of pure joy and happiness.

As a child I have always wanted to grow up fast just in order to be somebody like my dad or mom or a teacher or a role model but now reaching a higher class, I have grown more nostalgic and question myself, "Why am I growing so fast?" This is nothing but attachment with school. School is that place where the first training of mind begins. A little study, a little play, a little fun together with friends makes it the best part of our life. Besides the academic courses, we learn to get socialized, learn moral values

and practise a disciplined life, crucial for a successful future. School is where we are moulded, shaped and refined. Teachers are the second parents who inspire and motivate us and at times warn us on our wrong actions. The minds of students are full of dreams. It is the teachers who guide us to materialize them.

Meticulous study is hard of course and there is no short cut to success but the fun filled activities make us feel refreshed and recharge us. School is really fun. Contests, fetes and carnivals, fun with friends, sports events, excursions and picnics are the fondest memories one can store.

Truly this part of life is away from stress, worries and anxiety and the saying goes right- Students' life is a golden life.

Bristi Maharjan, Grade IX'A'

Super blue blood moon

The Super Blue Blood Moon witnessed on January 31, 2018 was a long waited phenomenon trilogy of a total lunar eclipse with blood moon, supermoon and blue moon, together making it a super blue blood moon. The super blue blood moon occurs with the alignment of the three celestial bodies, the moon, the earth and the sun, crucially during a lunar eclipse that is on a full moon day and when the moon is at the closest distance from the earth in its elliptical path.

A blue moon is when we have a full moon twice in a month. A super moon is when the moon comes closest to the earth in its elliptical path which makes it about 14% bigger and about 30% brighter. The blood moon is seen



as the consequence of the dispersion of the sun's ray by the earth's atmosphere into the umbral region.

In the process of a lunar eclipse, when the earth is between the sun and the moon, its atmosphere disperses the sun's light but only the red light due to its long

Compiled by: English Club

wavelength manages to get to the moon giving it the red brown look, thus the name blood moon. The simultaneous occurrence of the four celestial event makes it a super blue blood moon.

Sunny Shrestha, IX'A'

Graduation Ceremony

To mark the 30th Graduation of SLC/SEE students, a short celebratory programme was organised on 11th March 2018 at H.E. Late Gyan Bahadur Yakthumba Auditorium to felicitate the SEE bound students. The programme was hosted by the students of grade IX where some entertaining items were presented. The main highlight of the programme was the Mr.



& Miss. Gyanodaya contest. Based on their confidence, personalities and ramp walk, Binish Man Shrestha was declared Mr. Gyanodaya while Shina Gurung was crowned Miss Gyanodaya. The programme concluded with the words of motivation, counsel and caution by our Founder Principal Ma'am.

Dilisha, Class: IX

Vertical Garden

What is a vertical garden? It is an artificial garden prepared by using plastic containers, bottles or PVC drain pipes arranged in vertical columns in order to save space, for plants to grow.

Owing to urbanization and the inavailability of space, these days, people have turned to improvisations even where gardening is concerned. Thus, the vertical garden.

This is one of the best way of waste management. It is suitable for organic vegetable farming as well as growing flowers. The main objective of this project at Gyanodaya, is to teach the students first hand knowledge of germination of seeds with green house effect, management of non-biodegradable waste (eg. plastic bottles), water harvesting system,

drip irrigation system, preparation of compost manure with bio-



degradable waste, all in its own premises for organic vegetable farming.

This project was accomplished and will be continued by the students of grade I to VIII as this subject matter is related to the curriculum of science and environment. Every student is

required to participate for the accomplishment and success of the project; from collecting of green plastic soft drink bottles till the completion. Usually, the senior students help in setting up the structural part whereas the juniors sow the seeds of different plants.

We also have a rain water harvesting and self watering system with green house effect arrangement.

A herbal garden is the next project for end of spring. This project will benefit the students of science as well as occupation, business and technology. The students will have to look after the project under the supervision of their respective subject teacher.

*Mr. Padam Thapa
Science Faculty*

Class IX: Into the hills of Nuwakot

Gyanodaya Residential School organizes many out-door activities pertaining to both co & extracurricular and TREKKING is one we always look forward to.

Every year, grade IX students go on a 3 day outdoor course (trek) to the Shivapuri hills on the outskirts of Kathmandu to study and enhance our knowledge on the flora & fauna, focusing on the 7 principales of environment and its preservation. The trek and

course is co-organized by Initiative Outdoor, a professional out-door activity organization. The outdoor course was from 10th to 12th February 2018.

The campaign is all related to leaving no trace during the trek and at camp sites. They are: plan ahead and prepare, be considerate of other visitors, minimize campfire, dispose of wastes properly, respect wildlife, leave what you find, camp and travel on

durable surfaces.

Our sincere gratitude to Gyanodaya, our accompanying teachers and the professionals of Initiative Outdoor for truly helping us gain the required information and knowledge through the activity based course organized. We are now better informed on our environment and its preservation.

Aanin Limbu, Class: IX

Anuradha Koirala

The Untiring Lady

Anuradha Koirala is a household name in Nepal. She is a social activist, Founder and Director of Maiti Nepal, and the Governor of province No. 3. She is also the CNN hero for the year 2010 and recipient of many national and international awards. She is an inspiration for countless people, who wish to dedicate their life in the service of society. It was an honour for us to interview her for our publication.



Anuradha Koirala with Demi Moore at Maiti Nepal

You have recently been appointed the Governor of Province No.3, how does it feel?

The hat has been changed and the responsibilities have now become more as I have to look after the whole of Province 3's issues and not only the women and children.

You have assumed a political role with your appointment as a Governor. Are you still active in your

social role as well? If yes, how do you balance the two?

Politics is also a social service if everyone tries to understand it, so I am trying my best to balance it.

You were declared CNN Hero of the Year 2010. Tell us about the moment you were declared the winner?

When I was declared as the CNN Hero in 2010 I first thought about the "Children and Women" of Nepal and vowed that I will definitely do my best to minimize the crimes against them.

How did you begin

your career in social service? What sparked the motivation in you?

The issue of trafficking and exploitation existed in Nepal before the Panchayat system. After the democracy in 1990, different

of Padma Kanya College, Nurses and journalists and I also had the support from UNICEF, hence I established Maiti Nepal.

The pain and sorrow that the girls go through actually determined me to



Are you optimistic? If yes, why?

I am very optimistic regarding the future of the country but I believe that it is also the responsibility of the citizens to act at their levels to make this country flourish.

What message do you have for the youth of this country?

Lets join hands to stop violence against Women and Children.

Lastly, do you have any plan for retirement from public life?

I think, not as yet.

'Politics is also a social service if everyone tried to understand it'
- Anuradha Koirala

organizations, UN Agencies, INGOs raised the issue and many NGOs were established and started to work. I was only a simple teacher wanting to do something for this cause and I started to raise awareness in the most affected districts with the Police, the students

fight for their rights.

You have inspired millions of people. Who is your inspiration?

My inspiration has always been my grandfather who fought for the rights of the people who were in trouble.

How do you see the future of the country?



SEE Batch 2018

Voices...



Home away from home, this is what my children say about their school. Being a father, I always try to provide the best for my children. This is the sole reason I decided to admit all three of my children to Gyanodaya. The experienced teachers, ample infrastructure, disciplined environment and competitive administration are some of the major features of Gyanodaya. I have seen my children turn into wise, confident and intellectual persons today and I believe the education and guidance that they got here are the key factors for their overall development. My younger daughter is appearing in this year's SEE examination. I cannot be more proud as a parent and the credit goes to Gyanodaya for strengthening the foundation of my children's lives. I am grateful towards Gyanodaya for walking hand in hand with many parents like me in shaping the lives of our children. Congratulations on 43rd foundation day. May the teamwork between us foster in the days to come!

Mahendra Kumar Nakarmi
Parent



Children are our angels for future and invaluable property. It is a great thing to help them develop their potentiality and personality. A plants are provided with fertilizers water and care in



I've spent 13 years of my life at Gyanodaya and I cannot imagine a better place where I could have gone. From chanting nursery rhymes to solving trigonometric equations, Gyanodaya has nurtured me in the best possible ways. Here, I have not only been enlightened with knowledge and life lessons, but also earned some lifelong friendship from my peers. The extracurricular activities that I participated in helped me hone my confidence and leadership skills. I am forever indebted to all my teachers, advisors and mentors whose invaluable guidance and support has helped me turn into the person I am today. My deepest gratitude is towards our honourable Principal Ma'am, whose selfless devotion to enhance education system in Nepal has not only established Gyanodaya as one of best schools of the nation but has also produced thousands of alumni now shining in different sectors. I must say that I am proud of my Alma mater which has helped thousands of students like me to awaken in truth and wisdom.

Samina Nakarmi
Civil Engineer, SLC Batch 2066



शिक्षा मानव जीवनको अभिन्न अङ्ग हो । शिक्षाबाट मानिसले प्राप्त गरेको ज्ञान र अनुभवले उसको भविष्यको रेखा कोरिन्छ । बाल बालिकाले प्राप्त गर्ने शिक्षाले जीवनको जग खडा गर्दछ । मैले पनि यिनै कुरालाई मनन गरेर आफ्ना नानीहरूलाई ज्ञानोदय बाल वाटिका मा.वि., ललितपुरमा अध्ययन गराएँ । त्यहाँ प्राप्त गरेको ज्ञान र अनुभवले मेरा छोराछोरी आफ्ना जीवनमा सफल बनिरहेका छन् । विद्यार्थीको चौतर्फी विकासका लागि विद्यालयले गरेको प्रयत्न प्रशंसनीय छ । हाम्रो परिवारका (पूरे टोल) का धेरै बालबालिकाहरूले यस विद्यालयबाट शिक्षा आर्जन गरी समाजका विभिन्न स्थानमा रहेर अनुकरणीय कार्य गरेको देख्दा मेरो छनोट उत्कृष्ट रहेछ भनी आफै गौरवान्वित भएको छु ।

अर्जुन राजवाहक
अभिभावक

30th SLC/SEE Batch 2018

Honourees: Student of the Year Award 2017/2018

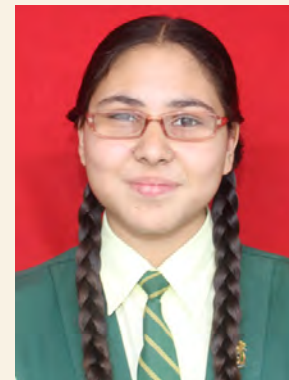
This year, Gyanodaya honoured three students as the 'student of the year'. This honour goes to a student who has manifested excellence not only in the academics but also in various activities being true ambassadors of Gyanodaya.



Pooja Rokaya
Student of the Year 2018



Amisha Yadav
Student of the Year 2018

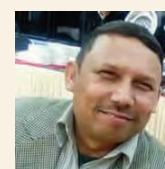


Rakchya Kharel
Student of the Year 2018

It is good to seek perfection but is it better to seek excellence. It is good to work hard but is it better to work hard smartly. It is good to study but it is better to learn. It is good to have dreams but better to actually pursue it. These lines are not only simple sentences for me but actually the shortcut representing my 11 years experience in Gyanodaya. I learnt many things at every moment but at that time I never realized that what is the actual importance of these things in my future life. Not only me but it is the story of every particular student in school life. But it's my pleasure to say, being a Gyanodayan I have earned one of the most important things in my life. You never realize what actually you are earning and learning when you are seaming under supervision but you actually realize it when you enter the world where you actually need to prove your existence. For every great pillars to stand strong, the base

has to be stronger and yes in one's life this base is your school life. I actually found myself lucky as being in Gyanodaya. I not only developed in studies but every other activity that you need in one way or the other in your life. Despite knowing the fact that life's greatest battles aren't fought with fists but with ideas and thoughts, at times moments turn out to be frustrating. You find no support from anyone as you are amid your rivals. You then remember your teachers encouragement and motivation, you feel invigorated.

Finally, life in Gyanodaya was one of the best part of my life where I not only learnt ways to get good grades in examination but also learnt great lessons of life from everyone specially our respected Principal Madam



I am a well wisher of Gyanodaya Bal Batika School and I've had a deep attachment with the school.

All three children of mine studied here. I have seen a lot of intellectual growth and maturity in them after joining Gyanodaya. This is owing to special emphasis given on the holistic approach to all round development of children. My children are all well behaved and have consideration and compassion for others. This I know is the cultivation of both home and school together. Gyanodaya has given them more than academic achievement, they have enjoyed extra and co-curricular activities and other physical facilities. Our happiness lies in the happiness of children and they are happy and proud to be a part of Gyanodaya. My best wishes are always with Gyanodaya.

Bal Krishna Kharel
Parent

and all the teachers. Giving one's best and forgetting the rest is what we should have in us and I learnt this and experienced its outcome in Gyanodaya. At last, school is not just a place where you learn answers to a lot of life questions but also a place where you make questions to life's answers which is a learning an achievement of your life and at Gyanodaya one will definitely learn this.

Suprabha Jha
SEE Batch 2073



I have been a part of Gyanodaya family since the last 16 years and I'm proud to see my daughters' improvements. This school has a very good environment. It provides the students with many extra activities and helps in physical development. I feel, the best thing about this school is that the teachers are very friendly and they are ready to help the students whenever they need help. Even I can personally talk to them about my daughter's studies. The earthquake of 2072 had a huge effect on the school. The situation was very difficult for both school as well as the students but principal ma'am stood strong and didn't give up; and it's all because of which now the school is able to regain its position. I feel lucky to have been a part of this school and I hope the school gets huge success in future.

Ila Bajracharya
Parent

Celebrating 30 years of Graduation



Ishwor Hamal
Batch 1989
Coordinator

Gyanodaya Residential School
Gyanodaya has always been a second home to me. My success today is the result of hard-work and dedication of Gyanodaya family. I would always wish for my school to succeed in every sphere and look forward to see it thriving as it is now.



Dr. Abhishek Kumar Thakur
Batch 2004
Orthopedic Surgon
Nepal Armed Police Force
Hospital, Kathmandu

All the highs of my career will never have been possible unless the base was strong. Thank you Gyanodaya family for everything. Cheers...



Aayush Rai
Batch 2003
Programme Manager
Danish International
Development Agency
(DANIDA)

Thank you Gyanodaya for your love and concern on me and for making each day a fun day of learning and playing. I cherish each moment in Gyanodaya. A big Thank you to all of you.



Latika Maskey
Batch 1989
Assistant Representative
UNFPA, Nepal

I studied in Gyanodaya since my kindergarten years till SLC graduation. I have very fond memories of my school days and I cherish those memories, and I am humbly grateful to my principal and teachers for what I am today.



Akash Golchha
Batch 1994
Director
Golchha Organisation

Great teachers are not the ones with the expensive degrees and fancy qualifications. They are the teachers who make the most of what they've got. They love with all their hearts, and they have the biggest desires to make the happiest and most successful students. They want to make the world a better place, one student at a time. I feel proud to be one of the students from the group of many.



Sabina Bista
Batch 1989
Sr. Consultant
CSG International
Omaha, Nebraska, USA

I wish a joyous and blissful future of Gyanodaya. I am always proud of my school from where I graduated.



Dr. Anuj Bhattachan
Batch - 1992
Chief Public Health
Administrator
Ministry of Health
Government of Nepal

My wish is that Gyanodaya grows up to having the same amount of passion and commitment for educational excellence, and contribute to making this world so much a better place. All the very best.



Abhilasha Karkey
Batch 1992
Vice Director
Oxford University Clinical
Research Unit, Nepal

Congratulations on your success. A great accomplishment for all of us.



Dr. Usha Ghiraiya
Batch 1989
Bapuji Dental College & Hospital

Thank you for giving us the advice that we needed to make good decisions, for teaching how we can shape the future ahead of us and for being committed to a selfless profession. Thank you ever so much !



Binod Maharjan
Batch 2006
National Basketball Player

Great thinkers, leaders, influencers, and inventors are found in Gyanodaya and I am the result of all this. My sincere gratitude to each and every member of Gyaodaya.



Lieutenant Priyanka Lama
Batch 2010
Royal Military Academy
Sandhurst, UK

Hudson Horse Merit Award
At this moment of joy and success, let me extend my best wishes to the entire Gyanodaya fraternity.



Niraj Bade Shrestha
Batch 1992
Chartered Accountant
UK

I am proud to be a Gyanodaya graduate and am ever grateful to my Founder-Principal madam for her untiring and selfless effort in bringing the school up to this level.



Samjhana Basnet
Batch 1995
Principal
International School of
Tourism and Hotel Mgmt.

It's very easy to take what you do for granted. You can share the wisest piece of advice to the class and you wouldn't know if anyone bothered to take note of it. You're quick to spot bad behavior, but your students don't know the level of patience required not to call out everybody else. Your students think it's so easy to come to class and teach from a lesson plan. But what they don't realize is that you come to school each day with the hope of making a positive impact in their lives. Hats off to all the Gyanodaya members.



Kishor Panth
Batch 1992
Founder and CEO
SASTRA Network Solution

Gynodaya has made me what I am today. Loads of congratulation for celebrating 30 years of SLC graduation.



Lt. Col. Dr. Nirab Kayastha
Batch 1990
Force Medical Officer
United Nations Mission, Syria

I am proud to be Gyanodaya graduate and am ever grateful to my Founder-Principal and her dedicated, hardworking team of experts.



Dr. Khushbu Rauniyar (PhD)
Batch 2003
University of Helsinki, Finland

G y a n o d a y a , congratulations on the milestone achieved. With love from Finland...



Krishna Regmi
Batch 2006
Mechanical Engineer
Intralox LLC
New Orleans, USA

The knowledge and the rigorous training that I received at Gyanodaya has made me achieve what I have achieved today. Thank you Gyanodaya Family for everything.



Raju Maharjan
Batch 1993
Information Communication Tech. UNICEF

Congratulaton on your success. I am proud of your achievement, and can't wait to see your ever enriching future.



Dr. Jyoti Rayamajhi Rana
Batch 1991
Assistant Professor of Surgery
Nepal Army Institute of Health Services

I have blossomed into a real delightful woman because of your guidance and encouragement. Congratulation and a big thank you.



Malvika Subba
Batch 1997
Celebrity

There are no words that can express my gratitude for Gyanodaya because you empowered me to chase my dreams. You taught me not to get scared, and try new things, and get out of the comfort zone. Thank you so much for my proper upbringing.



Pramila Thapa
Batch 1997
Sydney, Australia

I wish I could join Gyanodaya again to study with this beautiful Gyanodaya family. Congratulations on your 43rd Anniversary



Srijana Shakya Jyoti
Batch 1991
Chief Branding Officer
Syakar Trading Company Pvt. Ltd.

The atmosphere I received at Gyanodaya was loving, smart and sensitive, and fun cause of inspiring teachers of Gyanodaya. What I have become today- credit goes to the Gyanodaya team. Thank you once again. And keep reaching for the stars.



Dr. Nirvana Thapa
Batch 1995
MBBS, MPH

Congratulaton Gyanodaya. Extremely proud to see you growing. Thank you for nurturing me to become what I am today.



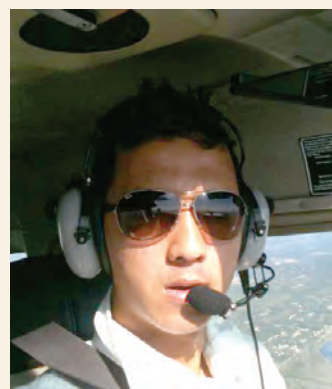
Dr. Deo Pun
Batch 1990
Working on Dental Medicine, Texas, USA

I have been successful because I was put in dedicated and caring hands of Gyanodaya team. I am very much sure your determination is going to take you even to a greater height. Congrats to all of you.



Ananta Bajracharya
Batch 1989
Documentation & Information Management Coordinator
Lumanti Support Group for Shelter

My deep gratitude to all my teachers and the staffs of Gyanodaya school who helped me learn not only about materials in text books but also in many ways about the life that lay ahead.



Namgyal Wangdi Lama
Batch 2007
Pilot
Yeti Airlines Pvt. Ltd.

The Gyanodaya's educational ambience is something to be noticed. I cherish each and every moment I spent in Gyanodaya.



Dr. Devrat Narayan Joshi
Batch 1992
Psychiatrist
Kathmandu, Nepal.

Thank you Gyanodaya for training us beyond books and the four walls of the classroom. You have made us a complete human being. Proud !!!



Youg Dhungana
Batch 1995
Pilot

If I were to give one word to sum up my Gyanodaya experience, it would be 'priceless'. We made mistakes, we learned, we failed, we achieved but most importantly we created memories that we all will cherish for lifetime. What I am today is majorly because of what I gained at Gyanodaya.

Glimpses GYANODAYA



School re-opens for the academic year 2017/2018

24th April 2017

The new academic session for both day & residential students began on 23rd April 2017 with the hostel re-opening a day earlier.



Interaction Programme for Teachers

21st April 2017

With the advent of digital age, It has become imperative for the teachers to be digitally literate. An interaction programme for the teachers was held on 21st April 2017 at Gyan Hall. The programme mainly focussed on the 21st century education and the six core skills of teaching. The programme was facilitated by Mr. Bhanu A. Senior Vice-Principal, Gyanodaya School.

Inauguration of New Building

22nd May 2017

Monday, 5th June, 2017 was a momentous day for the entire Gyanodaya family. A new



building was inaugurated on this day. Mr. Umesh Shrestha, Honourable Member of Parliament, Mr. Ishwari Prasad Poudyal, Election Commissioner and Mr. Buddhahir Lama, Chairman, Management Board, Gyanodaya School graced the programme as guests of honour. On this auspicious occasion, the teachers, the non-teaching staff and the lower staff were felicitated for their unwavering support and valued contribution towards the school.

Environment Week

5th June 2017

Every year, Environment week is observed and celebrated at



Gyanodaya school. Gyanodaya observed the day with the slogan connecting people to nature. To mark the day, several competitions viz, Painting, essay writing poem writing were organised for the students. The school also had a week long cleaning campaign and plantation programme from 30th May to 5th June.

Educational Trip

11th June

On 11th June 2017, an educational trip was organised



for the students of grade VII to the fish Farming Centre, Godavari. The trip aimed to provide an opportunity for the students to get a first hand knowledge about the fish farming and also a refreshing break from the hectic routine of the class.

Paddy Plantation

29th June

On 29th June, Senior students of Gyanodaya joined the farmers of Khokana for the paddy



plantation in their fields. This day is celebrated as Dhan Diwas/ Paddy Day by the farmers. As it is, with the urbanisation, children today are ignorant of the ways of farming and the products. The programme has helped them to have a good experience of playing with soil and be a little closer to nature that feeds them.

Teachers' Day Celebration

19th July 2017

Students paid reverence to



their teachers with musical and cultural programme on 19th July at Gyan Auditorium. The programme presented songs dances and drama. The day is marked as a special day to express the gratitude for being enlightened and getting the blessing from the teachers.

Animal Feeding

10th Aug.

On 10th August, Gyanodaya students went to the Central



Zoo, Jawalakhel, for animal feeding. The students got an opportunity to know about the rearing and caring of different kinds of animals and their food habit. The programme aimed at developing children's concern for animals that is believed to be a strong step towards their conservation.

Workshop on Public Speaking

11th Aug.

A workshop on public Speaking was held for the senior students was held on 11th August at Gyan Hall. The workshop mainly focused and discussed about the Poise, eye contact, voice modulation and conduct for an impressive presentation. The workshop was facilitated by Mr. Bill and Mr. Hassan Ahmed, volunteers from China and Pakistan respectively.

Teej Celebration

24th Aug. 2017

At Gyanodaya, every festival is celebrated with high spirit and



Teej was one in priority. On 24th August 2017. A special programme was organised for the lady teachers and staff at Gyanodaya premises.

Gyanodaya wins painting contest

9th Sept. 2017

Painting contest was organised by Shree Yuva Pratiba Bidya Mandir Madyamik Vidyalaya,



Khokana, Lalitpur at the school premises. In the junior category, there were sixteen participants and Bijay Praja of grade VII secured the first position. Like wise, in the senior category, altogether, twenty student took part and Aanin Limbu of grade IX bagged the first position.

Children's Day Celebration

14th Sept. 2017

Children's day was celebrated on 14th



September at Gyanodaya school. To mark the day and to entertain the students, the teachers presented a number of fun-filled performances. After the programme special refreshment was arranged for the students.

Machapuchhre Swimming competition

5th October

The competition was held from 2nd October to 5th October at Pokhara. Members of Gyanodaya swimming club figured among the medal winners. Aanin Limbu (Bronze) (50M Butterfly) Elena Gurung (Silver) (50m breast)

Simron Bhattachan (Bronze) (50m breast) Simron Bhattachan (bronze) (50m back) Solil Gautam (Bronze) (25m freestyle) Samar Gurung (Silver) (relay) Sunny Ghale (Gold) (relay) Sushant Shrestha (Gold) (25m freestyle) Sangay Gurung (Bronze) (relay) Gaurava Gurung (Gold) (relay)

Hand Work Exhibition

18th Oct. 2017

Every year, Gyanodaya Primary Section hosts hand



work exhibition. It provides an opportunity to the tiny tots to showcase their talents and skills through art and craft modules. This year the exhibition was held on 18th October 2017. The parents and well wishers were invited to witness the exhibition.

Mha Puja

8th Oct.

On 18th October, Mha Puja was celebrated by the students of Gyanodaya



Primary Section. The celebration was supervised by the Primary teachers along with the Senior students. MhaPuja is a part of Tihar celebration in the Newar community. Mha Puja is characterised by the traditional celebration of praying for the physical wellbeing, sanctification of the soul, prosperity and longevity of life, in which family members are seated at Mandalas, a sacred circular diagram and carry out the pleasant ritual that is indeed a sight to see.

Tihar Celebration

18th Oct. 2017

The primary section of Gyanodaya organised a



symbolic Deushi/Bhailo programme in the school premises as every year. This year the programme was held on 18 October. The symbolic Deusi and ashish songs highlighted the cultural asset and provided a good entertainment to the parents and guardians witnessing the show. The programme passes the message of the need to keep our rich culture alive.

November Festival

25th Nov. 2017

November festival is an annual event at Gyanodaya



especially for the students, it is a big day. This event is a fest of food, fun games, extreme sports and live music. This year too, it was a grand success as more than 10 thousand people attended the event.



Gyan Carnival

17th Nov. 2017

Gyan Carnival is an annual mega event that incorporates schools in sports activities as



Basketball, Football and volleyball tournaments extending the hands of friendship. The 23rd edition of Gyan carnival, was held this year from 10th to 17th Nov. 30 teams from Kathmandu valley and outside took part in the tournament. The finals of the football played between Malpi Int. School and Gaynodaya was a spectacular match that witnessed manifestation of massive excitement and energy from the players and enthusiastic heavy cheers from the spectators.

Teachers' Workshop

25th Jan.

21st Century spirit teaching is an indispensable facet of academic progress in the



present context. In this regard, professional integrity, conscience, ownership, positive attitude and psychology play a significant role in the effectiveness of teaching.

A workshop organised on 25th June 2017, resourced by Rebeca & Mark Sen, from Mumbai, India focused on motivation and psycho analysis. The workshop had a gratifying success in passing excitement among teachers and administrative staff and revitalise the family for an energetic move.

Christmas Tree Celebration

Dec. 22

The Christmas Tree celebration is an annual event of Gyanodaya and this time it was held on 22nd December 2017



for the students of the Pre & Primary section. The Students parents were also invited to the celebrations.

The Primary students sang Christmas carols and of course, Santa Claus brought joy and happiness by distributing Christmas presents and sweets to the children.

Gyanodaya wins essay writing competition

2nd March

At Gyanodaya, we believe in the holistic development of a child. Here, the students are



constantly encouraged and motivated to participate in the various intra-house as well as inter-school competition.

On 2nd March 2018, Puspa Gaire, of grade IX bagged the first position and a cash prize of Rs. 10000/- (Ten thousand) in the Inter School Essay Writing Competition organized by Kathmandu Model college, Balkumari, Lalitpur.

Altogether 172 students from 54 schools of the valley participated in the competition

Parents cum cultural day

Falgun 12 and 13 saw added excitement with the fusion of parents day and cultural day celebration with enthusiastic



performances from students and resplendent presentation of ethnic and cultural diversity by students, teachers, staff members and parents alike with a blend of their cultural dresses. A cultural parade with a multitude of students & teachers belonging to varied ethnicity added charm to the show.

The time when busy life and western influence seemingly overshadowed Nepalese culture, activity as this is found to be a major booster in instilling cultural significance and promoting the feeling of brotherhood and national integrity.

Chandragiri and Gyan Mandala

12th Feb. 2018

On 2nd February grade XI management students explored



Chandragiri hills with a dual objective of enjoying the blissful natural scenery and to get the insight of business enterprises with cultural and traditional bonding at Chandragiri Hills and its vicinity. Students studied the hospitality business and management of Chandragiri, that is a mega tourism industry with a huge investment. They also updated themselves with the historical diaries in connection with chandragiri. Later on 12th February, the team of students also visited Gyan Mandala at Jhamsikhel, Lalitpur, that houses more than ten business enterprises. The aim here was to learn the managerial skills for operating medium scale industries.



Excursion to Hetauda

13th Feb. 2018

On completion of their exam, the tenth graders enjoyed an exciting educational tour to Hetauda



& Chitwan exploring the scenic beauty of Nepal with remarkable flora and fauna. Educational Tour is essential for students for their all round development. Education outside the classroom helps students to explore, experience and broaden their minds and improve their creative skills. The students were accompanied by Madam Principal, Mr. Bhanu A., Mr. Raju Gurung, Mrs. Sharda Yakthumba, Mrs. Deena Sthapit & Mrs. Sadhana Pandey.

Gyanodaya: 30th Batch of SLC/SEE Graduation

March 11,

To celebrate the 30th batch of SLC/SEE Graduation, a



celebratory program was organized on the School Foundation Day, 16th March 2018 at H.E. Gyan Bahadur Yakthumba Auditorium.

After a short entertainment program, the SEE bound students were facilitated with School souvenirs and blessings. The Student of the Year Award were given to Puja Roka, Amisha Yaday and Rakcha Kharel by our Founder Principal, Ms. Indira Yakthumba.

Gyanodaya winning at various Inter School Competition



AWARDS & PRIZES 2074

S. No.	Competition/ Contest	Name of Participants		Dates	Organizer	Position	Awards	TOD
1.	Inter School Poem Writing Competition	Smriti Yadav	XB	2074/01/07	DNPWC	Consolation	Certificate & Rs. 2000/-	Bhakti Ghimire
2.	Inter School Poem Writing Competition	Smriti Yadav	XB	2074/02/17	NCRS	Second	Certificate & Trophy	Bhakti Ghimire
3.	Inter School Poem Writing Competition	Rakshya Kharel	XB	2074/02/17	NCRS	Consolation	Certificate	Bhakti Ghimire
4.	Inter School Oritory Competition	Smriti Yadav	XB	2074/02/17	NCRS	Second	Certificate & Trophy	Sudarshan Shrestha & Bhakti Ghimire
5.	Inter School Oritory Competition	Aanin Limbu	XR	2074/02/17	NCRS	Consolation	Certificate & Trophy	Arun Lama & Bhakti Ghimire
6.	Inter School Art Competition	Eureka Joshi	XA	2074/02/17	NCRC	First	Certificate & Trophy	Bhakti Ghimire
7.	Inter School Rally Competition	40 students GBBS & GRS	IX & X	2074/02/17	NCRC	Second	Trophy	Bhakti Ghimire & Padam Thapa
8.	Inter School FOZ Drama Competition	15 students (GRS)		2074/02/22	NTNC ZOO	Third	Certificate, Trophy & Rs.7000/-	Bhanu A., Srijana, Tribhuwan, Samir, Padam, Sangeeta, Neeru & Bhakti Ghimire
9.	Inter School Art Competition	Karma Sonam Ghale	XR	2074/02/22	NTNC ZOO	First	Certificate, Trophy & Gift	Bhakti Ghimire & Padam Thapa
10.	Inter School Report Writing Competition (Wild Life Educational Tour-Ghandruk)	Eureka Joshi	XA	2074/02/22	NTNC ZOO	First	Certificate, Trophy & Gift	Bhakti Ghimire
11.	Inter School Report Writing Competition (Knowledge Management Programme)	Krista Khichaju	XR	2074/02/22	NTNC ZOO	First	Certificate, Trophy & Gift	Bhakti Ghimire
12.	Regional Wise Art Competition	Eureka Joshi	XA	9 th June 2017	Regional Committee PABSON	First	Certificate Trophy & Medal	Bhakti Ghimire & Padam Thapa
13.	Lalitpur District Wise Nepali Essay Writing Competition	Smriti Yadav	XB	10 th June 2017	Rotaract Club of Jawalakhel & Rotaract Club of Mount Everest	Second	Certificate & Medal	Bhakti Ghimire
14.	Lalitpur District Wise Nepali Essay Writing Competition	Pooja Rokaya	XR	10 th June 2017	Rotaract Club of Jawalakhel & Rotaract Club of Mount Everest	Consolation	Certificate	Bhakti Ghimire & Rabindra Bhandari
15.	Lalitpur District Wise Art Competition	Aanin Limbu	IXR	10 th June 2017	Rotaract Club of Jawalakhel & Rotaract Club of Mount Everest	Second	Certificate & Medal	Bhakti Ghimire & Padam Thapa
16.	Lalitpur District Wise Art Competition	Chutten Lama	IXR	10 th June 2017	Rotaract Club of Jawalakhel & Rotaract Club of Mount Everest	Consolation	Certificate	Bhakti Ghimire & Padam Thapa
17.	PRODIGY MTB Competition	Ujan Manandhar	VIIIR	10 th June 2017		First	Certificate & Medal	Self
18.	Valley wise Nepali Essay Writing Competition	Pooja Rokaya	XR	26 th June 2017	Home Ministry	Second	Certificate & Rs. 6,000/-	Bhakti Ghimire & Rabindra B.
19.	Valley wise WWF Quiz Competition	Jenish Yadav Ritisha Shrestha	VIIIA		WWF Nepal	Team First	Gift	Bhakti Ghimire & Deepak Shrestha
20.	Inter School Junior Math Quiz Competition	Sohan Lamichhane Thapa Rhythm Darlami	V	10 th Aug. 2017	DAV School	Consulation	Certificate & Medal	
21.	Nepali Poem Writing Comp.	Amisha Yadav	X B	2074/05/06	Lalitpur Maha Nagarpalika	First	Certificate, Trophy & Medal	Bhakti Ghimire
22.	English Spelling Bee Contest	Rakshya Kharel	X A	2074/05/14	Nitingale Int'l Sc.	First	Rs. 11,000/-, Certificate & Trophy	Sudarshan Shrestha
23.	Art Cpompetition (Sec. Level)	Aaninn Limbu	IX R	2074/05/17	Yuba Pratibha Vi. Mandir, Khokana	First	Rs. 800/-, Certificate, Medal & Trophy	Bhakti Ghimire & Padam Thapa
24.	Art Cpompetition (Aadharbhut Taha)	Bijay Praja	VII R	2074/05/17	Yuba Pratibha Vi. Mandir, Khokana	First	Rs. 800/-, Certificate, Medal & Trophy	Bhakti Ghimire & Padam Thapa
25.	8 th Machhapuchhre Swimming Championship	Sushan Shrestha	IV R	22 & 23/9/2017 (2074/6/ 6 & 7)	Nepal Swimming Association Penguin Swimming Pool, Hyamja, Kaski	1 st	Certificate, Medal	Self
		Sunny Ghale	IV R			1 st		
		Sangay Ghale	V R			2 nd		
		Samar Gurung	VI R			2 nd		
		Gaurav Gurung	VI R			1 st		
		Sohil Gautam	VI R			3 rd		
		Aanin Limbu	IX R			3 rd		
		Simran Bhattachan	X R			3 rd		
		Simran Bhattachan	X R			3 rd		
		Elena Gurung	X R			2 nd		
26.	Dabur School INMUNO CHAMP.-2017 BMI Competition	Pranjal Thapa Magar	VIII 'R'		Dabur Nepal Pvt. Ltd./ Vayodha Hospital	1 st	Certificate, & Medal	
		Pranita Maharjan	VII					
		Shreejan Pradhan	VII 'R'					
		Sam Ghale	VI 'R'					
		Prayuk Thapa	V 'R'					
		Rosil Dangol	X 'R'					
		Cyrus Dangol	III 'R'					
27.	12 th International Open Friendship Taekwodo Champ.	Jatin Maharjan	XI	1 & 2 January 2018	IOFTC Headquarters Portland, Oregon, USA/ Sunsari, Nepal		Certificate & Medal	Self
28.	English Essay Writing Comp.	Pushpa Gaire	IX 'R'	2 nd March 2018	Kathmandu Model College	1st	Rs. 10000/-, & Certificate,	Arun Lama

हाम्रो संस्कृति

कुनै राष्ट्र वा जातिको सामाजिक जीवन, रहनसहन, चालचलन आदिमा प्रतिबिम्बित हुने र तिनका कला कौशल बौद्धिक विकास आदिमा प्रकट हुने सम्पूर्ण क्रियाकलापलाई संस्कृति भनेर परिभाषित गरिन्छ। नेपाली वृहत शब्दकोषले धेरै समयदेखि देशकाल सापेक्ष भई आन्तरिक, वैचारिक तथा परम्परागत धारणाका रूपमा विकसित हुँदै आएको र आचार विचार रहनसहन आदिका माध्यमले कुनै राष्ट्र समाज जात आदिका स्वरूप खुट्टिने मान्यता भावना चिन्तनमनन कला, साहित्य, इतिहास भाषा, धर्म, दर्शन आदि विभिन्न विषय वा मूल्य परम्पराको समष्टि रूप भनेर परिभाषित गरेको छ।

नेपाल सांस्कृतिक सम्पदाले समृद्ध राष्ट्र हो। 'अनेकतामा एकता' नेपाली संस्कृतिको विशेषता भन्ने उक्तिबाट नै नेपालमा सांस्कृतिक विविधता छ भन्ने कुरा प्रष्ट हुन्छ। नेपाल बहुजातीय, बहुसांस्कृतिक, बहुभाषिक, बहुधार्मिक देश हो। नेपाल एक बहुरङ्गी मनमोहक फूलवारी हो। अलगअलग जातिका फूलहरूको आफ्नै सुवास, अलगगै रङ र छुट्टै विशेषता भएकै नेपाल राज्यभित्र बसोबास गर्ने तमाम जातजातिका आ-आफ्नै परम्परा, अलगगै भाषा, संस्कृति, चालचलन र रीतिरिवाजहरू रहेका छन्। सबै जातिको संस्कृति मिलेर नेपालको राष्ट्रिय संस्कृतिको निर्माण भएको छ। हाम्रो संस्कृति हाम्रो पहिचान हो। हाम्रो मौलिक समृद्ध संस्कृतिले हामीलाई संसारमा चिनाएको छ। हाम्रो संस्कृति हाम्रो गौरव हो।

हाम्रो नेपाल संस्कृतिको सरोवर, सङ्ग्राहालय र विश्व विद्यालयसमेत हो। संस्कृति जीवनको परिचायक र सभ्यताको सूचक पनि हो। संस्कृतिले व्यक्ति, समाज, जाति र राष्ट्रको पहिचान गर्दछ। हाम्रो संस्कृतिलाई हामी मुटुभन्दा प्यारो ठान्छौं। यो हाम्रो अस्तित्वको आधार हो। हामीमा धार्मिक सहिष्णुता छ, सांस्कृतिक सहिष्णुता छ। हामी एक

अर्काको संस्कृतिको सम्मान गर्छौं, रमाउँछौं। हामी आफ्ना परम्परा, संस्कृतिलाई भुल्दैनौं, जोगाउँछौं। सद्भाव, सहयोग र सुसम्बन्धको माला हाम्रो संस्कृति हो। संस्कृति, जीवनलाई आनन्दित पार्न मानव समुदायले विकास गर्दै परिमार्जित गर्दै ल्याएको व्यवहार र जीवनशैली नै हो।

हामी बडा दसैँमा, दीपावलीमा रमाउँछौं, छठको ब्रत बस्छौं, हरेराम किर्तन गाउँछौं। नमाज पढ्छौं धाननाचमा सामेल हुन्छौं, चेनाम पर्व मनाउँछौं, ल्होसारमा कम्मर मर्काउँछौं, माघी होस् या गाईजात्रा, गौरापर्व होस् या घोडेजात्रा हाम्रा लागि उत्तिकै प्रिय छन्। सबैप्रति हाम्रो उत्तिकै सद्भाव छ। "जिउँदाको जन्ती मर्दाको मलामी" उखानले सहयोगको संवेदनशील दृष्टान्त प्रस्तुत गर्दछ। यहाँ मुस्लिमको मन पोल्दा हिन्दुको हृदय रसाउँछ। यहाँ काइस्टधमीलाई विपत् पदा कृष्णभक्तहरू सहयोगका लागि जुमुराउँछन्। यहाँ पुराण पढ्नेहरू कुरान पढ्नेहरूप्रति सद्भाव राख्छन् भने मन्दिर र मस्जिदका बीचमा भाइचाराको सम्बन्ध छ। यहाँ 'गाँस छाड्नु तथा साथ नछोड्नु' भन्ने उखानले नेपाली जातिको सहयोगी भावनालाई प्रस्तुत गरेको छ। स्वार्थी स्वभाव होइन दुःख र वेदनामा चुल्म्म डुबेका बेला त्यस पीडा-पोखरीबाट निकाली मित्रताको नमुना देखाउनु नेपाली संस्कृतिको विशेषता हो। हामी मन र ममताका धनी छौं। 'अतिथि देवो भव' भन्दै आफूले उसिना चामलको भात खाएर अतिथिलाई मसिना चामलको भुजा ज्युनार गराउने सेवा-भाव नेपाली जातिमा रहेको छ। त्यतिमात्र होइन दानलाई सबैभन्दा महान् धर्म ठान्ने नेपाली जातिले परोपकारका लागि दान गर्दै आफ्नो परोपकारी चिन्तनको आयाममा नयाँ उच्चता थपेका छन्, परोपकारको मर्मलाई आत्मसाथ गरेका छन्। यसैले त हाम्रो उचाइ बढेको छ। हामी आफ्नो संस्कृतिलाई भुलेर पराइ संस्कृतिका पछि नलागौं। हाम्रा पूर्वाको धरोहर, सारा नेपाल र नेपालीको गौरवको प्रतीक, इज्जतको सगरमाथा, आफ्नो संस्कृतिका संरक्षण गरौं। सभ्यताको परिचायक बनौं।

स्मृति यादव, कक्षा १० 'ख'

पुस्तकालय

पुस्तकमा आलय प्रत्यय लागेर बनेको पुस्तकालय शब्दले पुस्तकहरूको घर भन्ने बुझाउँछ। विभिन्न विषयका पुस्तकहरू सङ्ग्रह गरेर राखिएको ठाउँ नै पुस्तकालय हो। पुस्तकालयमा विभिन्न विषयसँग सम्बन्धित विभिन्न पुस्तकहरूको साथै दैनिक, साप्ताहिक, मासिक पत्रपत्रिकाहरू राखिएका हुन्छन्। एकै ठाउँमा पुस्तक पत्रपत्रिका आदि पढ्न पाइने हुनाले पुस्तकालयलाई ज्ञान आर्जन गर्ने र ज्ञान बढाउने महत्त्वपूर्ण स्थल मानिन्छ। पढ्ने, पढाउने, ज्ञान बढाउन चाहने सबैलाई पुस्तक र पुस्तकालय आवश्यक पर्दछ।

पुस्तकालय ज्ञानको भण्डार हो। यहाँ विभिन्न विषय र विधाका पुस्तकहरू हुन्छन्। सबै किताबहरू सबै मानिसले किनेर पढ्न सक्दैनन्। पढाइमा चासो राख्ने मानिसहरूले त्यहाँ गएर आफूले चाहेको पुस्तक पढ्न

सक्दछन्। पुस्तकालयले अध्ययनमा रुचि राख्ने मानिसलाई पुस्तक उपलब्ध गराइ सहयोग गर्दछ। पुस्तकालयमा ऐतिहासिक, धार्मिक, साहित्यिक, वैज्ञानिक, सांस्कृतिक, आर्थिक, राजनैतिक विषयसँग सम्बन्धित पुस्तकहरू पाइन्छन्।

मानिस जिज्ञासु प्राणी हो जो सधैं नयाँ कुरा जान्न बुझ्न र खोज्न तल्लीन हुन्छ। जिज्ञासु मानिसको ज्ञानको भोकलाई पूर्ण बनाउने काम पुस्तकालयले गर्दछ। पुस्तकालयहरू निजी, संस्थागत र सार्वजनिक हुने गर्दछन्। सार्वजनिक पुस्तकालयहरू सम्पूर्ण जनताका लागि खुल्ला हुन्छन्। जहाँबाट इच्छुक पाठकले पुस्तकालयको सर्त पालना गरेर पुस्तक पढ्न पाउँछन्।

हामीले असल पुस्तक पढ्ने बानी बसाल्नु पर्छ। पुस्तकको माया गर्नु यसलाई जतन गर्नु हाम्रो कर्तव्य हो। पुस्तकालयको नियम पालना गर्नु, त्यसको सुरक्षा र सफाइमा ध्यान दिनु सबैको दायित्व हो।

वर्षा गुरुङ, कक्षा ७

वातावरण संरक्षण: हाम्रो कर्तव्य

पृथ्वीमा रहेको जैविक तथा अजैविक वस्तुहरू बीचको अन्तर्क्रियाका सँगसँगै हावापानीको औसत अवस्थालाई वातावरण भनिन्छ। वातावरण भनेको प्राकृतिक सम्पदा हो। मानिस सँगसँगै रहेको हावापानी, बोटबिरुवा, जङ्गल र त्यहाँ बस्ने पशुपक्षी सबै मिलेर बनेको प्राकृतिक जीवनशैलीलाई वातावरण भनिन्छ। अतः पृथ्वीमा पञ्चतत्त्व पृथ्वी, जल, वायु, जीव तथा वनस्पति, खनिज पदार्थको समष्टिगतस्वरूप नै वातावरण हो।

वातावरणीय सन्तुलन कायम गरिराख्नु र त्यसको संरक्षण गर्नुलाई वातावरण संरक्षण भनिन्छ। वातावरणीय संरक्षणले वातावरणमा प्रत्यक्ष-अप्रत्यक्ष रूपले ह्रास ल्याउने एवम् क्षति पुऱ्याउने कार्य नगरी वातावरणमा विभिन्न अवयवहरू, तिनीहरूको अन्तर सम्बन्धमा समेत कुनै प्रतिकूल असर नपुऱ्याइ तिनीहरूको मर्मत सम्भार स्याहार, संवर्धनमा मानिसको महत्त्वपूर्ण भूमिका रहेको छ। वातावरण सफा राख्न हामी समयमै राख्न नसक्दा विभिन्न डरलाग्दा परिणामहरू आइरहेका छन्। मानवीय क्रियाकलापबाट सृजित बढ्दो सहरीकरण, फोहारमैला, आणविक भट्टीबाट निस्कने विषालु ग्याँस, जनसङ्ख्याको तीव्र वृद्धि, प्राकृतिक सम्पदामाथिको तीव्र दोहन आदिका कारणले वातावरणीय प्रदुषण भइरहेको देखिन्छ। वातावरण प्रदुषणबाट उत्पन्न हुने मूलभूत समस्याका रूपमा

मरुभूमिकरण, अम्ल वर्षा, ओजोन तह नष्ट, बाढीपहिरो, हरितगृह प्रभाव नै प्रमुख रूपमा रहेका छन्। यस्ता समस्या समाधानका लागि विभिन्न उपाय अवलम्बन गर्नु आवश्यक छ। पृथ्वी सबैको साझा फूलवारी हो। यसलाई बचाउने भनेकै हामी मानव जातिले मात्रै हो। अतः पृथ्वीलाई दिगो रूपमा बचाउनका लागि हालसम्म विभिन्न नीति तथा कार्यक्रम विश्वजगतमा भइरहेका छन्। व्यवस्थापिका संसद नियमावली-२०७३ समितिको गठन भएको छ। वातावरण संरक्षणका लागि सन् १९८३ मा संयुक्त राष्ट्र संघीय विकास तथा वातावरणसम्बन्धी वृटल्याण्ड आयोग गठन गरिएको थियो। यद्यपि वातावरण संरक्षणमा र प्रदुषण अभै पनि नियन्त्रण भएको अवस्था देखिन। त्यसैले हामी मानिसले वातावरण संरक्षणका लागि विशेष ध्यान दिन जरुरी छ।

वातावरण संरक्षणको विषय हाल विश्वव्यापी चासो र चिन्तनको विषय बनेको छ। हामीले यसका निम्ति बढ्दो जनसंख्या नियन्त्रण एवम् व्यवस्थापन, जैविक विविधताको संरक्षण, प्राकृतिक स्रोत साधनको समुचित उपयोग गर्दै संरक्षण, गरिव उन्मुलनमा विशेष कार्यक्रम सञ्चालन गर्न सक्नुपर्छ। अतः विश्वजगत सबैले भाषण, नारामा मात्रै वातावरण जोगाउने विषय राख्नुभन्दा कार्यान्वयनमा तत्परता देखाउन सक्नुपर्छ। त्यसैले वातावरण संरक्षणका लागि आजदेखि आफ्नो क्षेत्रबाट लागि परौं। 'वातावरण संरक्षणमा सबैले राखौ चासो, छोडेर जाउँ सन्तानलाई नासो।

जेनिश यादव, कक्षा ८ 'ख'

देशप्रति मेरो कर्तव्य

छ। मैले देशलाई राम्रो काम गरेर संसार मा चिनाउनुछु। मैले मेरो देशको गौरवमय इतिहास जोगाउँदै वर्तमानमा विश्वमा यसलाई चिनाउने कर्तव्य पूरा गर्नुछु। नेपाली संस्कृति र वीरतालाई चिनाउनु मेरो देशप्रतिको अर्को कर्तव्य हो।

मैले सिकेको ज्ञान प्रयोग गरेर मेरो देशको सेवा गर्न चाहन्छु। मैले अझै धेरै पढ्ने, सिक्ने, र देख्ने काम बाँकी नै छ। नेपाल प्राकृतिक स्रोत साधनमा धनी छ। यहाँ हिमाल, नदी, वनजङ्गल, वन्यजन्तु, खानी आदि धेरै कुरा छन्, नेपाल आफूसँग भएका कुरा प्रयोग गर्न नजानेकोले पछि परेको हो भन्ने मेरो ठम्याइ छ। केही नेपाली दाजुभाइ, दिदीबहिनीमा देशप्रतिको माया नभएको मैले देखेको छु। उनीहरू यहाँ बस्दा देशलाई घृणा गर्छन्, अनि विदेश गएर दुःख पाएपछि देशलाई सम्झेर रुन्छन् अनि पछि फेरि यही आएर नेपाल आमालाई सुम्नुम्याउँछन्। अरूले जे गरुन, जहाँ जाऊन, जे भनू मेरो देशलाई माया गर्छु र सधैं गरिरहने छु। यही मेरो देशप्रतिका सच्चा कर्तव्य हो।

नेपाल मेरो जन्मभूमि र कर्मभूमि हो। सचेत व्यक्ति भएकोले मैले जनहितकारी काम गर्नु पर्छ। नेपाली समाजमा अन्धविश्वास अल्लुयाई कुरीतिहरू आदि धेरै छन्। समयको महत्त्व शिक्षाको महत्त्व कर्तव्यको अर्थ नबुझनाले हामी नेपाली पछि पर्दै गएका छौं। व्यक्ति राम्रो नबने समाज राम्रो बन्दैन। समाज राम्रो नबने देश राम्रो बन्दैन। मेरो देशलाई माया गर्छु। मेरो देशको सुरक्षा र सफाइमा ध्यान दिनु सबैको दायित्व हो।

रिजन भण्डारी, कक्षा ९ 'क'

फोहोरभित्र

गुम्सिएका सपना

विवश, रोगी लाचार बगिरहिछिन् बाग्मती अँगालोभरि फोहोर बोकेर नाक थुन्छन् मानिसहरू प्रश्न उठ्छ कस्ले पाऱ्यो फोहोर सर्वश्रेष्ठ, सभ्य प्राणी मानिस किन कलङ्कक बन्दै छ सभ्यताका नाममा ? खेल्दै छन् फोहोरको थुप्रोमाथि कलिला बालबालिकाहरू खोजिरहेछन् भविष्य हाम्रो अहमताभित्र बौद्धिकताभित्र कहाँ गए सभ्यताका आदर्श पाठहरू कता पुरिए गीता र वेद ? छिँ ! लाज लाग्यो मलाई आफूले गरेको फोहोर हटाउन दातृ निकाय गुहार्ने हामी सडकमा फोहोरका थुप्राहरू जताततै भिड छ मानवको फुर्सद छैन कसैलाई फोहोर छुट्याउन, मिल्काउन रोगी आमालाई औषधी खुवाउन। देखिरहेछु म नदी किनार, सडक, पेटी, चोक जताततै दुर्गन्ध, दूषित हावा खोक्दै हुनुहुन्छ हजुर बा आमा स्याँस्यौं गर्दै हुनुहुन्छ सडकमा विद्यालय जाँदै छन् भाइबहिनीहरू मुख छोपेर एम्बुलेन्स कुदिरहेको छ सडकमा मेरो देश एम्बुलेन्स हेरिरहेको छ हेरिरहेको छ फोहोरको थुप्रो र खोजिरहेछु फोहोरभित्र पुरिएको देशको झण्डा। म थाल्छु आजैबाट नागरिकलाई कर्तव्यको पाठ पढाउन कुहिनै नकुहिनै फोहोर छुट्याउन खोल्ने छु फोहोर सङ्कलन केन्द्रहरू बनाएर कम्पोष्ट मल फलाउँछु कौसीमा लटरम्म करेला, खाँसानी, गोलभेडाहरू जगाउँछु चेतनाको दियो बाल्छु ज्ञानको दीप सल्काउँछु राँको र हटाउँछु अन्धकार खाल्डा खनेर विषाक्त फोहोरलाई राख्नेछु गाउँबाट अलग्गै पानीको मुहानबाट टाढा टाढा बनाउने छु सुन्दर, सफा, हराभरा दुर्गन्धरहित अलका। फोहर खेल्ने हातहरूमा जाइ, चमेरी, जुही फूलका विरुवाहरू किताब, कापी, कलम कोर्नेछु भविष्य समाजको देशको उठाउने छु मानव सभ्यताको इतिहास। बनाउने छु पर्यावरणीय घर बगैचा जहाँ नाच्ने छन् ससाना नानीहरू रमाउने छन् युवा जमात मुस्कुराउनु हुनेछ हजुरबा, हजुरआमा जहाँ गुन्जन छन् वेदका ऋचाहरू रामायणका श्लोक गीताका मन्त्रहरू फोहररहित बन्ने छ गाउँ, सहर र सिङ्गो देश। प्रश्न उठ्छ मनमा म हटाउँछु जैविक, अजैविक, विषाक्त फोहोरहरू तर कहिले हट्ला सिंहदरवार भित्रको फोहर मानसिक, सामाजिक फोहर हामीभित्र जमेर बसेको फोहोर अनि कहिले बन्ला देश अलकापुरी जस्तो फुल्लान् जताततै जाइ जुही उड्लान् आकाशमा परेवाहरू भुम्बुलाउलान् जताततै मौरीहरू।

अमिसा यादव, कक्षा १०

क्यान्सर चुनौती होइन

कुनै पनि कोषिकाको अनियन्त्रित वृद्धि नै क्यान्सर हो। व्यक्तिगत जीवनशैली र खानपानका कारणले ६० प्रतिशत क्यान्सर हुन्छ। नेपालमा क्यान्सरको अवस्था भयावह छ। नेपालमा हरेक वर्ष ३० हजार नयाँ क्यान्सरका विरामी देखापर्ने कुरा तथ्याङ्कले देखाउँछ। क्यान्सरको ३५ प्रतिशत सुर्तीजन्य पदार्थका प्रयोगले, ३५ प्रतिशत रातो मासु र बोसोजन्य मासुको उपयोगले, ५ प्रतिशत रक्सी, ५ प्रतिशत खसी १० प्रतिशत वंशाणुगत र १० प्रतिशत विकिरण र अन्य कारण हुने गर्दछ।

सुर्तीजन्य पदार्थ क्यान्सरको प्रमुख कारण हो। जंकफुड, चिल्लो परो वढी भएका, विषादी प्रयोग गरिएका खानेकुरा क्यान्सरका मूल कारण हुन्। प्याकेटमा राखिएका कृत्रिम गुलियो राखिएका खानेकुरा, परिष्कृत मासुमा मिसाइने सोडियम डाइड्रेट, धुवाँमा पोलेको मासु आदिले क्यान्सरको खतरा बढाउँछ।

क्यान्सर दुःखाइ र अन्य कुनै समस्या नल्याइकन बहिरहन्छ जसका कारण पहिलो चरण पत्तालगाउन कठिन हुन्छ।



क्यान्सरका बारेमा गाउँगाउँसम्म जनचेतना पुग्न सकेको छैन। यसबाट जोगिन आफ्नो जीवन शैलीलाई सुदृढि नै ख्याल गर्नुपर्छ। मासु कम खाने गेडागुडी तरकारी बढी खाने, दिनका कम्तीमा पनि ४०० ग्राम फलफूल सागपात खाने, रातो मासु सकेसम्म नखाने, पोलेका, सेकेको मासु नखाने, जाडरक्सी नखाने, नुन कम खाने, रङ्गाए ढिक्का बन्द गरिएका खानेकुरा नखाने, प्राकृतिक खाद्य पदार्थ खाने, शरीरको

तौललाई धेरै वा कम हुन नदिने, धूम्रपान एवम् खैनी, गुठ्खा, पान, सुपारी, तम्बाखु आदि नखानाले क्यान्सरबाट बच्न सकिन्छ।

नेपालमा नेपाल अबुर्द रोग निवारण संस्थाले क्यान्सर रोगका बारेमा जनचेतना जगाउने काम विभिन्न माध्यमबाट निरन्तर रूपमा गर्दै आएको छ। यस संस्थाले गराएका जनचेतनामूलक कार्यक्रमहरूमा ज्ञानोदय बाल वाटिका मा. विले २०औं वर्षदेखि हातेमालो गर्दै आइरहेको छ। यस संस्थाले संस्थाको ३५ औं वार्षिकोत्सवका उपलक्ष्यमा उपत्यकाव्यापी माध्यमिक विद्यालय स्तरीय चित्रकला प्रतियोगिता, कविता प्रतियोगिता, हाजिरी जवाफ प्रतियोगिता, वक्तृत्वकला प्रतियोगिताको आयोजना गर्‍यो।

उक्त प्रतियोगितामा कवितामा स्मृति यादव द्वितीय, रक्षा खरेल सान्त्वना, वक्तृत्वकलामा स्मृति यादव द्वितीय, आनिन लिम्बु सान्त्वना, चित्रकला प्रतियोगितामा युरेका जोशी प्रथम र जनचेतनामूलक ग्यालीमा हाम्रो विद्यालयले द्वितीय स्थान प्राप्त गर्‍यो।

युरेका जोशी, कक्षा १०

वातावरण संरक्षण

पृथ्वी वरिपरिको हावा, पानी, जमिन आदिको आवरण, घेरा, अवस्थालाई वातावरण भनिन्छ भने संरक्षण शब्दले जोगाउनु भन्ने बुझिन्छ। अहिले

वातावरण संरक्षण जल्दोबल्दो समस्याका रूपमा देखा परेको छ। बढ्दो सहरीकरण, जनसङ्ख्या वृद्धि, अव्यवस्थित बसोबास, बढ्दो सवारी साधन, तीव्र वन फडानी लगायतका कारणले वातावरण प्रदुषण दिनदिनै बढिरहेको छ। वातावरणको प्रदुषण भन्नाले यसमा आएको

खराबी वा विकृति भन्ने बुझिन्छ। यसले मानिस र अन्य प्राणीहरूमा नराम्रो असर पारिरहेको छ। वातावरण प्रदुषणकै कारण विभिन्न समस्याहरू थपिँदै छन्। हावा, पानी, माटो, ध्वनिमा फैलिएको प्रदुषणले पृथ्वीको तापक्रम बढीरहेको छ, हिमालमा हिउँ घटिरहेको जलवायु परिवर्तनले धेरै समस्याहरू थपिँदै छन्। बाढी, खडेरी, पहिरो जस्ता समस्या बढ्दै छन्। यही कारणले ओजन तहको विनास भई हामी गम्भीर रोगका सिकार बन्ने अवस्थामा पुगेका छौं। यो सबैको कारक भनेको हामी मानिस नै हौं। मानिसकै लापरवाही, हेल्चेब्रयाई र स्वार्थी मनोवृत्तिका कारण वातावरण प्रदुषण र त्यसले ल्याएका समस्याहरू बढिरहेका छन्।

वातावरणको संरक्षण गर्नु आज प्रमुख आवश्यकता बनेको छ। वातावरण संरक्षण नगर्ने हो भने यसले भयावह स्थिति ल्याउने छ जति खेर पृथ्वीमा प्राणीको भविष्य सङ्कटमा पर्नेछ। अहिले कतै व्यक्तिगत रूपमा र कतै संस्थागत रूपमा वातावरण संरक्षणका प्रयासहरू भइरहेका छन्। यसलाई टेको पिडो गर्नु हामी सबैको प्रमुख दायित्व बनेको छ। यसै सन्दर्भमा

राष्ट्रिय प्रकृति संरक्षण कोष सदर चिडियाखानाले चिडियाखानाको साथी कार्यक्रम मार्फत संरक्षण शिक्षाका कामलाई



अगाडि बढाइरहेको छ। विद्यार्थीहरूलाई चिडियाखानाको साथी सदस्य बनाएर संरक्षण शिक्षाका कार्यक्रमहरूलाई विद्यालय विद्यालयमा घर घरमा पुर्‍याउने चिडियाखानाको काम विगत २२ वर्षदेखि निरन्तर रूपमा अगाडि बढिरहेको छ। यसले चित्रकला, निबन्ध, नाटक, वक्तृता, कविता, हाजिरी जवाफ तथा बास्केटबल, फुटसल, फुटबल प्रतियोगिता र विभिन्न जनचेतनामूलक कार्यक्रमहरू वर्षभरि नै सञ्चालन गरिरहन्छ।

हाम्रो विद्यालय विगत २२ वर्षदेखि यस कार्यक्रममा सहभागी हुँदै वातावरण संरक्षणका काममा सशक्त भूमिका निर्वाह गरिरहेको छ र विभिन्न प्रतियोगितामा पुरस्कृत पनि भएको छ। विश्व

वातावरण दिवसका दिन चिडियाखानाले जनचेतनामूलक ग्यालीको आयोजना गरी वर्षभरि गरिएका प्रतिस्पर्धाहरूमा उत्कृष्ट हुने विद्यार्थीलाई पुरस्कृत गर्दछ। विश्व वातावरण विस २०१७ का अवसरमा पनि हाम्रो विद्यालयले नाटक प्रतियोगितामा तृतीय, चित्रकला प्रतियोगितामा कर्मा सोनाम घले प्रथम, Knowledge Management Programme को रिपोर्ट राइटिङमा कृष्ण खिचाजु प्रथम, Wild Life Educational Tour घान्द्रुकको रिपोर्टिङमा युरेका जोशी प्रथम स्थान प्राप्त गर्न सफल भए। पुरस्कृत विद्यार्थीहरूलाई ललितपुर महानगरपालिकाका मेयर श्री चिरिबाबु महर्जनले पुरस्कार तथा प्रमाणपत्र वितरण गर्नु भयो।

सम्मृद्धि नकमी, कक्षा १० 'क'

जुत्ता

खुट्टामा लगाउनका लागि छाला वा कपडा आदिलाई सिएर तयार पारिएका वस्तुलाई जुत्ता वा पाउपोस भनिन्छ। जुत्ता धेरै थरिका हुन्छन्। जुत्ताको धेरै ठूलो महत्त्व छ। यसले हाम्रो खुट्टालाई सधैं जोगाएर राख्छ। जुत्ता आफू विग्रै पनि हाम्रो खुट्टालाई विग्रिन र फोहोर हुन दिँदैन। त्यसैले हामीले पनि जुत्ता जस्तै सधैं अरुको भलो मात्र चिताउनु पर्छ। कुभलो चिताउनु हुँदैन।

कविर लामा, कक्षा ५

भानुभक्तको सम्भनामा

भाषा राष्ट्रिय गौरवको प्रतीक हो। कुनै पनि मुलुक राष्ट्र हुनका लागि त्यस देशको छुट्टै भाषा हुन जरुरी हुन्छ। मुलुकभित्र बसोबास गरिरहेका जनतामध्ये



सर्वाधिक सङ्ख्याले बोल्ने र सबैले बुझ्ने भाषालाई राष्ट्र भाषा मानिन्छ। नेपालमा पनि नेपालको एकीकरण पश्चात नेपाली भाषा नेपालको राष्ट्रभाषाको रूपमा स्थापित भएको छ। राष्ट्रभाषाको सम्मान राष्ट्रकै सम्मान हो। नेपाली भाषा नेपालको राष्ट्रभाषा हो। यो नेपाली जातिको साझा भाषा हो। यो जातीय पहिचान र राष्ट्रिय गौरवको भाषा पनि हो। यसलाई सद्भावना, मैत्री, मेल मिलाप र सम्पर्क भाषाका रूपमा लिइन्छ।

भौगोलिक रूपमा पृथ्वी नारायण शाहले नेपालको एकीकरण गरे भने भाषिक रूपमा नेपालीहरूलाई एकीकरण गर्ने काम भानुभक्त आचार्यले गरे। नेपाली भाषालाई हेर्‍यो दृष्टिकोणले हेर्ने तत्कालीन समयमा संस्कृतमा रचना गरिएका कृतिलाई मात्र साहित्य ठान्ने त्यस समयको यथार्थलाई चुनौती दिई सबै नेपालीको जनजिब्रोमा मिल्ने गरी संस्कृतमा लेखिएको रामायणलाई भानुभक्त आचार्यले नेपालीमा अनुवाद गरे। उनले प्रश्नोत्तर बधुशिक्षा, भक्तमाला जस्ता कृति सिर्जना गरे। वास्तवमा भानु त्यस समयमा भानु बनेर उदाए र आजसम्म नेपाली भाषा साहित्यको इतिहासमा उज्ज्वल नक्षत्र बनेर चम्किरहेको छन्।

नेपाली भाषा र साहित्यका विशिष्ट साधक राष्ट्रप्रेमी, भाषाप्रेमी, विराट प्रतिभा आदिकवि भानुभक्त आचार्यको जन्म वि.स. १८७१ अषाढ २९ गतेका दिन तनहुँको चुँदी रम्घामा भएको हो। उनको नाम लिने वित्तिकै हरेक नेपालीको श्रद्धाले शिर झुक्छ, गर्वले छाती फुल्छ। उनको योगदानको स्मरण गर्दै हरेक वर्ष असार २९ गते भानुजयन्ती मनाउने गरिन्छ।

ज्ञानोदय बाल वाटिका माध्यमिक

विद्यालयले नेपाली साहित्यका विराट प्रतिभा आदिकवि भानुभक्त आचार्यको २०४ औं जन्मजयन्ती असार २९ गते छन्द कविता वाचन प्रतियोगिताको

आयोजना गर्‍यो। उक्त कार्यक्रममा उपत्यकाका विभिन्न ३१ विद्यालयहरू सहभागी भए। उक्त प्रतियोगिताको उद्घाटन विद्यालयका संस्थापक प्रधानाध्यापक इन्दिरा याकथुम्वाले पानसमा बत्ती बालेर र भानुभक्तको तस्वीरमा माल्यार्पण गर्नु भयो भने कार्यक्रमको शुभारम्भ रामायणको रचना वाचनबाट गरिएको थियो।

वरिष्ठ गायिका लोचन भट्टराइ, कवि अनिल पौडेल र छन्दगुरु डा.देवी नेपाल निर्णायक रहनुभएको उक्त प्रतियोगिता विद्यार्थीहरूले विभन्न छन्दका कविता वाचन गरेका थिए। गायिका लोचन भट्टराइले विद्यालयले नेपाली भाषा र साहित्यलाई गरेको सम्मान र आदिकविप्रति गरेका स्मरण प्रशंसीय रहेको बताउनु भयो भने देवी नेपालले कवितावाचनमा विद्यार्थीलाई उत्प्रेरित गर्दै सबैको प्रशंसा गर्नुभयो।

उक्त प्रतियोगितामा मोडर्ण इन्डियन स्कूलको छात्रा ऋतु रावल प्रथम, माउन्ट मकालु सेकेण्डरी स्कूलका विजय वि.क. द्वितीय, जेम्स स्कूलको लता रेग्मी तृतीय, यशस्वी गुरुकुलकी अस्मिता राई र एम्बिसन एकेडेमीकी अन्तरा घिमिरेले सान्त्वना स्थान प्राप्त गरे। त्यसैगरी लिटल एन्जलस्का आर्यन सोनार र ए.भी.एमका सविना गौतमले विशेष प्रोत्साहन पुरस्कार प्राप्त गरे। पुरस्कृत विद्यार्थीहरूलाई संस्थापक प्रधानाध्यापक इन्दिरा याकथुम्वा र निर्णायकज्यूहरूले संयुक्त रूपमा पुरस्कार, प्रमाणपत्र र ट्रफी प्रदान गर्नुभयो।

यचु राजवाहक, कक्षा १०

सुर्तीजन्य पदार्थ: विकासका लागि चुनौती

उन्नति, चाहना र रहर्को विकासको वाधक हाम्रा सबै खुसी र रहर्को राक्षस भैं भक्षक सुर्तीजन्य पदार्थ जहर हो ठूलो हलाहल हो सुर्तीका लतले सबै घरघरै सम्पूर्ण ववाँद भयो। मान्छेको मनमा बसेर तनमा यो राग खानी भयो खाए सुर्ती अनिष्ट काल सरि यो सारा खरानी भयो लाखौं लाख निकोटिन किनी

घरवार नै बेचियो मान्छे मर्दछ यहाँ जनावर सरी हे देव के देखियो। सुर्तीजन्य पदार्थमा व्यय हुँदा सम्पृद्धि नै मासियो लाग्यो रोग अनेक खर्च हुन गै विकास नै रोकियो सुर्तीजन्य पदार्थ यो जहर यो जीवन नासिन्छ रे लाग्यो रोग भने सबै धनजन लौ व्यर्थ मासिन्छ रे गुट्खा, खैनी चुरोट

यी जहर हुन् सेवन छाडौं अब यसको खर्च बचाइ यो मुलकको विकास गरौं अब।

जुटौं भौतिक मात्र होइन अब लौ बौद्धिक विकाससँग जुटौं स्वास्थ्य, समाज देश निर्माण गरी यो देश विकासमा।

रक्षा खरेल, कक्षा १०

म मोवाइल हुँ

म मोवाइल हुँ । आजकल सबैको हातमा मेरै राज चलेको छ । पहिले त मेरो मद्दतले फोन गरिन्थ्यो तर आज त मेरो प्रयोग नै खेल खेलन वा गीत सुन्न गरिन्छ । मानिसले मानिसको माया गर्दैनन्, तर मेरो भने सबैले माया गर्छन् । कितावभन्दा बढी ज्ञान त म नै दिन्छु । आज त

पहाड

हाम्रो देश नेपालमा धेरै अग्ला र होचा, पहाडहरू छन् । नेपालको धेरै भूभाग पहाडले ढाकेको छ । यी पहाडहरूमा धेरै किसिमका वनस्पति, र जडीबुटीहरू पाइन्छन् । काठमाडौँ पनि पहाडै पहाडले घेरिएको छ । यसरी पहाडै पहाडले घेरिएको सम्म जमिनलाई उपत्यका भनिन्छ । उपत्यकाहरूमा मानिसका बस्ती छन् । पहाडमा बस्नेलाई पहाडी वा पहाडिया भन्दछन् । पहाडियाहरूले गाई भैसी भेडा वाखा आदि पशुहरू पाल्दछन् ।

गाई

गाई हाम्रो राष्ट्रिय जनावर हो । गाईका चारवटा खुट्टा हुन्छन् । गाईले घाँस खान्छ । गाईलाई हामी तिहारमा पूजा गर्छौँ । गाईले दूध दिन्छ । गाईको दूध धेरै मिठो र तागलितो हुन्छ । गाईको

खानेकुराको महत्त्व

हामीलाई बाँच्नका लागि खानेकुरा चाहिन्छ । खानेकुरा फलाउन धेरै मिहिनेत गर्नुपर्छ । हामीलाई खानेकुरा जुठो हालिसकेपछि खान मन लागेन

वनजङ्गल

वनजङ्गलमा धेरै हरियो हुन्छ । वनमा धेरै बोटबिरुवा र जडीबुटी हुन्छन् । वनजङ्गल धेरै सुन्दर हुन्छ । वनबाट सफा, ताजा र स्वच्छ हावा पाइन्छ । वन भएको ठाउँ हरियाली र

डाँफे

डाँफे हाम्रो देशको राष्ट्रिय चरा हो । यो हिमाली भेगमा पाइन्छ । यसका पखेटा रङ्गी चङ्गी हुन्छन् । डाँफेको शिरमा कल्की हुन्छ । यसलाई नौरङ्गी डाँफे भनिन्छ । डाँफे

सरसफाइ

सरसफाई भन्नाले आफू र आफ्नो घर वरिपरि सफा राख्नु हो । फोहोर भएपछि विभिन्न किसिमका रोग लाग्न सक्छन् । खाना खानु अगाडि र दिसापिसाव

पहाड

हाम्रो देश नेपाल एसिया महादेशमा पर्ने प्राकृतिक सुन्दरताले भरिपूर्ण भएको सुन्दर देश हो । यहाँ हिमालमुनि अग्ला होचा थुप्रै पहाडहरू छन् । यी साना तथा ठूला पहाडहरू हिमालदेखि चुरेसम्म नै फैलिएका छन् । उचाइ र वातावरणका आधारमा ठाउँ अनुसार हावापानी फरक फरक छ । हावापानी अनुसार विभिन्न जातका वनस्पति, फलफूल र अन्नबालीहरू उब्जन्छन् ।

हाम्रो देश नेपालमा पहाडहरूबाट पाँच हजारभन्दा बढी छडछुड गदै बग्ने नदीनाला र भरनाहरूले पहाडलाई रसिलो, हरियाली र अझ सुन्दर बनाएको

जति नै पैसा लागे पनि मानिसहरू मलाई किनेर चलाउछन् । ज्ञानीका लागि म साथी हुँ । पढ्नेका लागि म ज्ञानको भण्डार हुँ । अल्छीका लागि घातक हुँ । मेरो सदुपयोग गर्ने लक्ष्यमा पुग्छन् । मेरो दुरुपयोग गर्ने पश्च्यातापमा पर्छन् ।

आर्यन मान श्रेष्ठ, कक्षा ४

पहाडका गाँउहरूमा धान, मकै, गहुँ, कोदो आदि अन्नबालीहरू उब्जन्छन् । सुन्तला, जुनार, कागती, निबुवा, भोगटे, ज्यामिर आदि फलफूलहरू पनि फल्दछन् । पहाडमा आलु पिडालु तरुल आदि कन्दमूलहरू पाइन्छन् । त्यसरी पहाडी क्षेत्रमा राई, लिम्बु, मगर, शेर्पा, तामाङ, गुरुङ, नेवार, क्षेत्री बाहुन आदि जातजातिका मानिसहरू बस्छन् । प्रत्येक जातिले आफ्नो समुदायमा रहेर आ-आफ्नो धर्म संस्कृतिको संरक्षण गरेका छन् ।

उत्साह महर्जन, कक्षा ४

दूधबाट दही, घिउ, नौनी, कुराउनी आदि परिकार बन्छन् । गाईका बच्चाबच्चीलाई बाच्छाबाच्छी भनिन्छ । बाच्छाबाच्छी ठूला भएपछि गाई-गोरु बन्छन् ।

प्रशंसा पाण्डे, कक्षा १

भनेर फ्याँक्नु हुँदैन । ठीक समयमा खानेकुरा खानाले हामी स्वास्थ्य हुन्छौँ । खानेकुरा सधैं ताजा खानुपर्छ ।

आरम्भ थापा, कक्षा ३

रमाइलो हुन्छ । मलाई वनजङ्गल राम्रो लाग्छ । वनबाट हामीले धेरै किसिमका बोटबिरुवा पाउँछौँ । वनमा जङ्गली जनावर पनि बस्छन् ।

सक्षम थापा, कक्षा २

चरो हेर्दा खुब राम्रो देखिन्छ । यो हाम्रो देशको सम्पत्ति हो । धेरै मानिसहरू यसलाई हेर्ने मन गर्छन् तर हिमालमा जान डराउँछन् ।

एलेक्सिस् खड्का, कक्षा १

गरिसकेपछि साबुन पानीले हात धुनुपर्छ । जहाँ पायो त्यहीं फोहोर फाल्नु हुँदैन । सफा बनेर स्वस्थ जीवन बाँच्न सिकौँ । निरोगी बनौँ ।

सारिया श्रेष्ठ, कक्षा ४

छ । पहाडमा बसोवास गर्ने मानिसहरू अत्यन्तै मिहिनेती हुन्छन् । उनीहरू काम गर्न उकालो, ओरालो, भिरपाखो चर्हार्नुपर्ने भए तापनि हावापानीको कारणले उनीहरू स्वस्थ हुन्छन् । पहाडी क्षेत्रका मानिसहरूको मुख्य पेशा पशुपालन र खेती हो ।

नेपालको तीन चौथाइ भाग ओगटेको पहाडले हामीलाई आश्रय दिएको छ । पहाडबाट छडछुड गदै बग्ने पानीबाट हामीले प्रशस्त लाभ लिन सक्छौँ । पहाडले हाम्रो देशलाई सुन्दर बनाउनुका साथै आश्रय दिएको छ । त्यसकारण हामीले पहाडका वनस्पतिहरूलाई जथाभावी काट्न हुँदैन, यसको संरक्षण गर्नुपर्छ ।

मार्विन थापा मगर, कक्षा ४

कविता

बगैचा

मेरो घरको आँगनमा
छ सुन्दर बगैँचा
त्यो सुन्दर बगैँचामा
छन् सुन्दर फूलहरू
विहान सबेर उठेर
हेर्न मन लाग्दछ
मेरो घरको आँगनमा
नाचेका छन् परेवा
आगनका डिलमा फुलेका छन् फूल
जता हेर्नो त्यतै फूल
गर्दिन म कहिल्यै भूल
रङ्गी विरङ्गी फूल
मेरो घरको आँगनमा

स्वर्णिम महर्जन, कक्षा २

मेरी सानी पुतली

मेरी सानी पुतली
हेर कति राम्री छिन्
रातो फूल कपालमा
राम्रो झुम्का कानमा
कति राम्री छिन् ।
मेरी सानी पुतली
कालो गाजल आँखामा
रातो लाली ओठमा
रातो फर्क लगाएर
हेर कति नाचेकी छिन् ।

अविक्षा मानन्धर, कक्षा ५

मोटर

रातो सेतो विभिन्न रङको
ठूलो र सानो आकार भएको
चारओटा पाङ्ग्रा ढोका छ ठिक
ती ढोका खोलेपछि मान्छे बस्ने सिट
पाँपाँ र पुँपुँ चर्को स्वरले कराउँदै
खाल्डा र खुल्डीमा धेरै डराउँदै
सिटभरि मान्छे छानाभरि सामान
कुद्छन् सडकमा थकान बिना
विदाको दिन त्यही मोटरमा बसेर
घुम्न जान लाग्छ मलाई रहर ।

लमुना सिखाकार, कक्षा ३

वसन्त आयो

वसन्त आयो, मुजुरा पलायो
फूल फुल्यो सुगन्ध फैलियो
कोइली आयो कुहँ कुहँ करायो
मयूर आयो छमछम नाच्यो ।

शिष्य भएँ म पढ्न थालें
नयाँ ज्ञान पनि बढ्नु पाएँ
थिएँ शिशु म थिएन ज्ञान ब्यै
शिष्य हुँदा पो आयो होश सबै ।

उडेर आए चरा चिर्बिराए
वसन्तका पालुवा खाए खुब रमाए
बटुले भिँजा र पातहरू गुँड बनाए
पारेर फुल बच्चा आकाशमा उडाए ।

हरियाली थियो फैलन्थ्यो सुगन्ध
विनाश र विकारले फैलायो दुर्गन्ध
कार्वन बढायो अक्सिजन हरायो
धुलो र धुवाँले रोग बढायो ।

चरा र जीवजन्तुको पुस्ता हरायो
जोगाउन मान्छेले चिडियाघर बनायो
चिडियाघर देखेर मान्छेको होस पलायो
सम्पदा संरक्षण र समृद्धिको चेतना आयो ।

ऋचा भण्डारी, कक्षा ५

आमा

आमा मेरी आमा
तिमी कति राम्री
हामीलाई जन्म दियो
पालनपोषण गरी ठूलो बनायो

तिमीले बनाएको खाना
आहा कति स्वादिलो
कुरा गर्छौँ तिमी ठूलो
जस्तै बन्छु म अति आँटिलो

आमा तिमी हो
उदारताको छाया
किन किन न्यानो लाग्छ
मलाई निम्नो माया
आमा मेरी आमा
कहिलेकाही गाली गरे पनि
तिमी कति राम्री ।
पूज्य श्रेष्ठ, कक्षा ४

खोला साथी

सङ्गो सङ्गो खोला
सलल बगेर
धेरै खोला मिसिएर
कहाँ जाने होला
घुम्दै घुम्दै बगेको
घामपानी सहेको
खोला माथि पुल छन्
वरिपरि फूल छन् ।
माया गरौँ खोलालाई
किताव हाल्ने भोलालाई ।
रिदिमा गुप्ता, कक्षा २

सुन्दर नेपाल

हिमाल पहाड तराइ
भरना ताल जङ्गल हरिया
खोलानाला थुम्कीहरू
जति हेरे हेरे लाग्ने
प्राकृतिक सुन्दर छटा ।
शान्तिका दूत गौतम बुद्ध
ज्ञानका प्रतीक राजा जनक
भृकुटी र सीताको देश
वीरताले संसारमा चिनिएको
अनेकतामा एकता
धेरै जात, भाषा, संस्कृति
अनुपम छटा सुन्दर प्रकृति
यो हो मेरो देश नेपाल ।
वृष्टि महर्जन, कक्षा ९

बालबालिका

बालबालिका हौँ हामी
छौँ आज सानासानी
भविष्यको कर्णधार हामी
हिड्नुपर्छ असल बाटो छानी छानी
यो अशिक्षित समाजमा
शिक्षाको दीप बालौँ आज
गर्नुपर्छ यो समाजको सेवा
अनि मात्र देशको विकासमा पुग्छ टेवा
मोहित लामा, कक्षा ३

किताव

किताव हाम्रो साथी हो ।
हामीले कितावलाई माया गर्नुपर्छ ।
कितावले हामीलाई ज्ञान दिन्छ ।
किताव पानामा धेरै थरीको चित्र हुन्छ ।
चित्रहरू मलाई धेरै राम्रो लाग्छ ।
आकृती यादव, कक्षा १

हिजो, आज र भोलिको नेपाल

नेपाल, संसारको मानचित्रमा बिन्दु जत्रो ठाउँ ओगटेको भए पनि गुण र विशेषताले गर्दा नेपाल नै विश्व जस्तै हुन पुगेको छ । नक्सा हेर्दा के छ र ? भन्दछन् मानिसहरू तर म भन्दछु नेपाल आफैमा पूर्ण छ । सर्वोच्च शिखर सगरमाथाको शिर छ । शान्तिका अग्रदूत गौतम बुद्धलाई काखमा खेलाउने नेपाली आमा साँच्चै महान् छिन् । विगतमा शान्त र सुन्दर ठानी ऋषिहरूले नेपालमा तपस्या गरेको थिए । अझै भन्ने हो भने नेपाल घुमेर, बुझेर, यसलाई जान्न धेरै समय लाग्छ । वर्तमानमा नेपाल र नेपालीको राष्ट्रियता कता कता हराउन लागेको जस्तो लाग्छ । युद्धले गर्दा नेपाली आमाको छातीमा कति गोली छिरे म भन्न सकिदैन । पीडा र दुःख सहन सक्ने आमाको मुहार

सम्झन्छु । पहिले नेपालमा बगिरहेका खोलाहरूको रङ नीलो नभएर रातो भएको थियो । नेपालको मिठो पानीमा आँसुले गर्दा नुनिलो स्वाद आइरहको थियो । हिजोसम्म ज्यान दिने दाजुभाइ आज छुट्टिएका छन् । जब नियालेर हेर्दछु स्वयम्भूको आँखालाई त्यहाँबाट पनि आँसु खसिरहेको अनुभव हुन्छ । भाइटीकाको दिन, दिदीको हातबाट टीका लगाउने निधारहरू आज खाली छन् । सुधारका लागि उठेका स्वरहरू आज हराएका छन् । देशको विकासको लागि अगाडि बढेका ती पाइलाहरू रोकिएका छन् । त्रास नै त्रासले भरिएको नेपाल आमाका सपूतहरू डराएका छन् । यस्तै हो भने, भविष्यमा नेपाल के होला ? देश विकासमा हिँड्ने चाहने पाइलाहरू ओरालो तर्फ लाग्दै छन् । नेपाली

आमा त्रसित भइ पुकार गर्दै छिन् र भन्दै छिन् 'मलाई शान्ति देऊ, शान्ति केवल शान्ति ।'

नेपाल आमाको काखमा शान्ति हुकँदै छ । यहाँ सास फेर्ने आकाश बन्न सुरु हुँदै छ । यहाँ पिउने पानी सफा हुन लाग्दै छ । यहाँ बाटोघाटो, यातायात र सञ्चार का सुविधा थपिँदै छन् । यहाँ धेरै काम प्रारम्भ भएका छन्, तामाकोसी जलविद्युत योजना, भोटेकोसी जलविद्युत योजना, मेलाम्ची खानेपानी योजना तयार हुँदै छन् । देशले संविधान लागु हुने आकाश पाउने छ, घरती पाउने छ र वातावरण पाउने छ । आकाशका किरणहरू देखिन थालेका छन् ।

उषा राना, कक्षा ११

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