

## गाउँखानेकथा

● अनुशा रिजाल, कक्षा : ६ (बी)

१. हात्ती छिन्थो पुच्छर अड्क्यो के हो ? - सियो र धागो
२. लहरो तान्दा पहरो गर्जिन्छ के हो ? - मही पारेको
३. नाकमा बसेर कान निमोट्छ के हो ? - चश्मा
४. सुरिलो रूखको एउटा पात के हो ? - पन्यु
५. पाँच भाइको एउटै थाल के हो ? - हात

## गाउँखाने कथा

● अर्जुन महारा, कक्षा : ८ (ए)

१. नस्वाएसम्म आँ गछ्छ जब खान्छ तब सरासर हिँड्छ के हो ? - जुत्ता
२. भोल खान गाको सेतो गाई फर्कदा रातो भएर आई के हो ? - सेल रोटी
३. रातो टाउको छ भाले होइन, चारओटा खुट्टा छ गाई होइन, पुच्छर छ बाँदर होइन के हो ? - छेपारो
४. ताले घरको भ्याल न ढोका के हो ? - बाँस

चुटकिला

● चेतन घर्ती मगर, कक्षा : १० (सी)

एउटा गाउँमा राम भन्ने केटा थियो । ऊ कक्षा ४ मा पढ्थ्यो । ऊ पढाइमा कमजोर थियो । ऊ एक दिन विद्यालय गयो । मिस कक्षा कोठामा आएर रामलाई उठाउनुभयो ।

मिसले भन्नुभो राम COW काउ माने के हुन्छ ? रामले मिस जान्दिन, म भोलि घरमा सोधेर आउँछु भन्थो । राम विद्यालयबाट घर गयो । घरमा आमाबुबाको भगडा गरेको बेला रामले आमा आमा COW काउ माने के हुन्छ ? आमाले तेरो बाको टाउको भनिछन् । रामले दिदीलाई पनि सोध्यो- दिदी COW काउ माने के हुन्छ ? दिदीले निखिल उप्रेतीको फिलिम हेर्दैथिइन् । दिदीले भनिनु निखिल उप्रेती । राम विद्यालय जाँदै थियो । त्यत्तिकैमा एउटा कबाड स्वेर्ने मान्छेलाई सोध्यो- काउ माने के हुन्छ ? कबाडीले थोत्रामोत्रा टिनको डिब्बा भन्थो । राम अलि पर जाँदा एउटा केटाले आफ्नी गलफ्रिण्डलाई घुम्न जाउँ भन्थो । केटीले आज नही जाएङ्गे डार्लिड कल जाएङ्गे भनेको सुन्थो । राम विद्यालय गयो, मिसले सोध्नुभयो-

मिस : Cow काउ माने के हुन्छ ?

राम : तेरो बाको टाउको ।

मिस : तैले आफूलाई के ठान्छस् ?

राम : निलिख उप्रेती

मिस : तैले यो विद्यालयलाई के ठान्छस् ?

राम : थोत्रामोत्रा टिको डिब्बा ।

मिस : तँलाई अफिसमा लगौं ?

राम : आज नही जाएङ्गे डार्लिड, कल आजाएङ्गे ।



## आमाको माया

● बालिका पन्त, घोराही-१७ बर्गदी, दाङ



बालक तिमी अक्षर साथ संस्कार पढ है  
संस्कार साथ भुकाइ माथ अक्षर पढ है  
गुरूका साथै मान्यजनको आदर गर है  
जननी साथै जन्मभूमिलाई मायाले हेर है

आजका साना नानी हौ तिमी भोलिका कर्णधार  
यो देशलाई हसाउनलाई तिम्रै छ आधार  
गर्भमा राखी जन्माइ बढाइ दुःखले हुर्काउने  
अन्नरसले जीवन पाली हामीलाई बचाउने

दश धारा दूध खुवाई आमा शिशुलाई बचायौ  
चिसोमा आफू सुतेर आमा ओभानो बनायौ  
आमाको न्यानो छातीमा राखी मायाले छोपेर  
बिरामी हुँदा रातमा आमा बोकेर डुलायौ

नआउँदा निद्रा मुसारी टाउको लोरिया सुनायौ  
नखाँदा स्वाना कोखाइ भन्दै स्वानलाई हौस्यायौ  
यो बाटो सही यो बाटो गलत भनेर देखायौ  
समाई आँला गराई ताते हिड्नलाई सिकायौ

नरोए आमा आँसुका धारा बर्बरी फारेर  
आत्माले सराप नदिए आमा मन कठोर भनेर  
सत्य हो आमा सत्य हो सृष्टि सत्यलाई मानौ न  
बुद्धिले देख्यो फरक दृष्टि अन्जान भनौ न

त्यो सत्य के हो, त्यो माया के हो आमालाई मानौं  
धर्म भनेको शास्त्र भनेको कर्तव्यलाई जानौं  
पठाए यहाँ सजाय भोग्न दैवले लेखेर  
ए आमा तिमी अर्घेली छैनौ काम तिम्रो सकेर  
आमा, काम तिम्रो सकेर

## गाउँखानेकथा

● अनिलकुमार राजा, कक्षा : ८ (डी)

१. औलाको टोपी, हातको सान, जति काट्यो त्यति बढ्ने उसको काम के हो ? - नङ
२. आमामाथि छोरी नाच्ने के हो ? - सिलौटा र लोहरो
३. सेतो भुइँमा सानी काली नानी संसार देखाउने उसको बानी के हो ?- आखाको नानी
४. आफू छ डल्ले कराउँछ बल्ले के हो ? - शङ्ख
५. आँखा छ देख्दैन कान छ सुन्दैन मान्छे हो तर बोल्दैन के हो ? - सालिक
६. सानीसानी नानीको सुर्के चन्दन के हो ? - मास
७. दिनभरि चुपचाप बस्ने रातमा रुने के हो ? - मैनबत्ती बलेको
८. शरीर छ डल्लो छैन हात खुट्टा घुम्ने जात पाछ दिन र रात के हो ? -पृथ्वी

# Mercury Exposure : A challenging environmental Issue

Mercury is naturally occurring heavy metal exist in liquid form. Aristotle named it liquid silver. In periodic classification of elements it is in placed in II B group and 6<sup>th</sup> period.

Symbol : Hg (Hydrargyrum)

Atomic number : 80

Atomic mass : 200.59 amu.

Density : 13.6 gm/cc

Melting point : -38.6°C

Boiling point : 357°C

Electronic configuration :  $[\text{Xe}] .4f^{14}.5d^{10}.6s^2$

Mercury is an non-typical transitional meta; because it's only metal that exist in liquid state and having very low boiling and melting point, volatile, odourless, lustrous, good conductor of heat and electricity. It forms monoatomic vapours which is corrosive and react with air, halogens, sulphure and organic compounds. It can form alloys with almost all metals which are called amalgams. Due to it's high reactivity in elemental form mercury is also known as quick silver.

Exposuer of mercury vapours or it's compounds in environment either by natural processor human activities is hazards for living beings and cause nephrotoxic, neurotoxic and genotoxic effects. Therefore mercury poisoning has been emerged as a challenging issue for all.

## Source of mercury :

About 50% mercury is released in environment by natural process (Such as volcanic eruption and weathering rock). Rest of mercury is released by human activities (includes mining, industrial discharge and wastes, burning of municipal, laboratory and health care wastes.)

## Various forms of mercury :

The metal exist in various forms in nature-

- (i) Elemental/Metallic mercury : Although very rare in uncombined form elemental mercury exist in vapour form due to volatile nature. Vapours are deadly poisonous if inhaled or absorbed by skin. Mercury released during volcanic eruption, weathering of rocks or damaged equipments where mercury is used as elemental mercury or mercury vapours.



◆ *Dilip Gautam*  
(Chemistry teacher)

- (ii) Inorganic compounds of mercury : Major portion of mercury in nature exist in combination with oxygen, sulphure and halogen to form inorganic compounds such as HgS, HgCl<sub>2</sub>, Hg<sub>2</sub>Cl<sub>2</sub>, HgO, Hg<sub>2</sub>O, HgSO<sub>4</sub> etc. HgS is commonly known as cinnabar and it is major source for mercury in nature large amount of mercury element is extracted from cinnabar. It is white solid insoluble in water.  
Most of inorganic compounds are prepared in laboratory and a very few of them are water-soluble (For example : corrosive sublimate HgCl<sub>2</sub>). Water soluble forms are deadly poisonous because they enter directly in blood stream. Whether water soluble or insoluble all mercury compounds are thermally unstable and release elemental mercury even at lower heating.
- (iii) Organic mercury compounds (Organo mercury compound) : Mercury bonded to any organic compounds are organo mercury compounds. They can be prepared in laboratory or they are also formed by biomagnification process from elemental mercury or from inorganic mercury compounds. For example : Dimethyl mercury [(CH<sub>3</sub>)<sub>2</sub>Hg] has been found accumulated in fish tissue.

**Uses of mercury :**

Mercury has been used for the benefits of people for the long times. In Aayurvedic medicine it is used in the name of Parovasma to treat skin disease and preparation of many medicines. Various forms of mercury in spite of their tonic side effects are also used in allopathic system of medicines, agriculture, industries, laboratories, facilities. Some of them are as follows-

- (i) Elemental mercury is used in-
- Thermometer, barometer, sphygmomanometer.
  - Batteries, electrical switches, fluorescent lamps, CFL bulbs.
  - Extraction of gold, silver by amalgamation process
  - Manufacture of caustic soda involving mercury electrodes.
  - Dentistry : amalgams of tin and gold or silver (Sn-Hg, Au-Hg, Ag-Hg) are used to fill up broken teeth.
  - Water purifier based on mercury vapour lamps to generate ultraviolet rays to kill germs in water are widely used today in households and community offices.

**(ii) As compounds of mercury :**

Since they are easily prepared in laboratory and useful in many fields compounds of mercury are widely used. Among them organic compounds are highly poisonous than inorganic compounds. Water soluble inorganic compounds are more toxic than water insoluble one. Some of the useful compounds of mercury are-

S.N.	Compound	Formula	Uses
1.	Corrosive sublimate	HgCl <sub>2</sub>	- Antidote against poisoning

			- 0.1% solution is antiseptic
			- Sterilization of surgical instruments, bandage.
			- Fungicide or preservative
			- Common laboratory reagent
2.	Calomel	$\text{Hg}_2\text{Cl}_2$	- Purgative in medicine.
			- Fungicide
			- Used as electrode in laboratory
3.	Oxides	$\text{HgO}$ , $\text{Hg}_2\text{O}$	- Pigments
			- Dyes
			- Antiseptic
4.	Vermillion	$\text{HgS}$	- Skin ointment
5.	Mercuric Iodide	$\text{HgI}_2$	- Medicines in skin diseases
			- Prepare laboratory reagents
6.	Mercuric Sulphate	$\text{HgSO}_4$	- Used as catalyst in organic synthesis
7.	Phenyl mercury acetate	$\text{C}_6\text{H}_5\text{HgOCOCH}_3$	- Widely used as fungicide in agriculture

#### **Mode of mercury exposure :**

Mercury is exposed to environment either by natural process or by human activities. About 50% mercury either in elemental form or in compound form is exposed to environment.

- (i) By direct inhalation of mercury vapours from spills, burning mercury contaminated things or industrial and laboratory discharge.
- (ii) By Consumption or ingestion of mercury contaminated water, drinks and food (fish) or medicines.
- (iii) By direct absorption of mercury vapour by skin.
- (iv) Dental amalgams used to fill teeth :

Mercury can replace sulphhydryl group (-SH) of enzyme. The group is responsible for proper functioning of enzyme in cell. Enzyme catalyses biochemical reactions in living organism. If mercury bonded with sulphhydryl group the enzyme become passive and body system is disturbed and symptoms of mercury poisoning are seen. Organo mercury compounds, elemental mercury vapours and water soluble mercury inorganic salts are highly poisonous since they enter blood stream easily. Organo mercury compounds are very common in environment and accumulated in animal tissue through biomagnification of elemental mercury and water soluble compounds.

#### **Effect of mercury on environment :**

- Ground water contamination by mercury disposal in land fill.
- Air pollution due to vapourized mercury.

- Surface water or drinking water contamination cause water pollution. Thresh hold limit value (TLV) of mercury in drinking water should not exceed 0.001 mg per liter.
- Aquatic ecosystem effected by exposure of mercury. (Accumulation of dimethyl mercury in fish and biota)

Approximately one gram of mercury in a typical fever thermometer is enough to contamination the lake with surface area of about twenty acres.

#### **Mercury Poisoning :**

Exposure of various forms of mercury by any mode may cause adverse effect on the quality of life even up to death is mercury poisoning. First case was recorded in Minamata-Japan during 1953 and about 1000 cases were suffered by a unknown diseases. The main cause of the disease was consumption of fishes contaminated with accumulated dimethyl mercury. Other cases were-

Place	Time	Cases
Nigata	1964-65	646
Guatemala	1963-65	45
Pakistan	1969	100
Iraq	1956-1971	41, 102

#### **Health Effect of Mercury :**

Mercury poisoning may cause neurotoxic, nephrotoxic and genotoxic disorders. Some of them are -

- Difficulties in mind concentration, dizziness, decrease memory, ringing ear, kidney failure, abdominal pain, diarrhea, vomiting, ulceration, difficult breathing, damaged respiratory tract, weak pulse rate, change in blood pressure, chest pain
- Genetic disorders lead to birth of strange looking babies and joint bodies of twins.

##### (a) Accute health effects :

High exposure to mercury vapour in air cause accute poisoning. Symptoms include cough, chest tightness, trouble in breathing, upset stomach, pneumonia which can be fatal.

Water soluble compounds of mercury such as corrossive sublimate ( $HgCl_2$ ) cause nausea, vomiting, diarrhea and sever kidney damage.

##### (b) Chronic health effects of mercury :

Exposure to any form of mercury or repeated basis or even from a single very high dose exposure results following symptoms -

Trembling of limbs, nervousness, irritation, impaired hearing, speech disorder, visual disturbances, gingivitis, loss of immunity, mood change and mental change.

**Prevention of mercury exposure :**

(a) Switch to mercury free products :

Best way of prevention is to stop use of mercury product and identify or develop mercury free products. For example -

- Digital thermometer, aneroid B.P. sets are mercury free products.
- There are many medicines, fungicides, preservatives without mercury which can be used for the same purpose.
- Mercury free batteries are available in markets so we can stop the use of mercury batteries.
- Caustic soda can be manufactured by using diaphragm cells because they involve no use of mercury.
- Water can be purified by other alternative method for drinking so purifier using mercury vapour lamps must be replaced in households, schools and community.

(b) Reduce the use of mercury and its compound :

Mercury and its compounds are toxic although they have many benefits their use must be reduced and awareness should be built up in its exposure. Any spills of mercury should be treated with flower of sulphure to change into water insoluble forms which are less toxic.

(c) Handle mercury product with care :

Vapours of mercury and water soluble compounds ( $\text{HgCl}_2$ ) are deadly poisonous because they reach blood stream easily. Any compounds of mercury are thermally unstable so liberate free mercury. Therefore avoid any leakage breakage of such products. If a mercury thermometer breaks we must treat with sulphure.

(d) Management of municipal hospitals, Laboratory and industrial waste to avoid mercury exposure.

(e) Make sure the policies and implementation plans are environment friendly. Mobilize resources on mercury exposure based researches, identification and development of mercury free products and awareness program on mercury poisoning.

All of us should not forget that about 50% mercury released in environment is due to human activities and

“Neither a single waste product nor any dead end product for which no use exist”. It's fundamental rule of nature.

**Source :**

1. Concise inorganic chemistry - J.D. Lee
2. Qualitative inorganic chemistry - Vogel
3. Health care and waste management training materials - USAID

# How to help our learners Find Motivation

Motivation refers to the internal drive that encourages somebody to perform certain actions in particular situations. Motivation is the one of the most important factors for successful teaching and learning. To be successful teacher he/she has to have the ability of the motivation. As the learners they must be the motivation towards learning. If learners are motivated directly or indirectly, they can achieve the goal of learning easily. It is also true that teachers' personality they own and the rapport they are able

to establish with the students are of vital importance. It is the ability to provide motivating and interesting classes which are based both on the knowledge of techniques and activities and often the teachers' ability to inspire confidence in the students, and have answers to their questions. The teachers must be able to assess the students' ability so that they letter are faced with the right degree of challenge. Therefore, the teachers are supposed to be the most important components to motivate the appropriately in order to lead them successful life. Similarly motivation is the drive behind an action you take. It's the force behind training long hours for a sport tryout.

Motivation is found to be an important factor to affect the task of learning and teaching an L2 as well as other topics as it provides the stimulus required to initiate and sustain the task of learning the L2. It is even believed that if students/learners are motivated they are likely to succeed in the task of language learning regardless other factors. On the other hand, if the learners lack motivation, they are likely to persist on the task of language learning.

## How to help our learners

Learners with learning and attention issues need motivation to try and try again. But without a strong history of success, our learners may need more of a boost from us. Here are some ways we can help our learner stay motivated. A. Help them, feel successful

With a little help from us at the start, our child can have positive moments along the way. For example, if a student has to write a paper, we might download a graphic organizer and help him with the outline. That extra support may help her feel more engaged in the writing process.

It may also build confidence as he's working on it. So even if the outcome isn't the greatest, that feeling of success while doing it may help him approach the next paper feeling motivated.



◆ *Shaligram Pandeya*  
(teacher)

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### **B. Focus on effort, not outcomes**

If our learners do well on a test, don't just share our excitement over the grade. There are more helpful ways to give them praise. Ask them what they did to prepare. Did they make flashcards or get extra help from the teacher?

Do the same if they don't do well. Reflecting on how they approached studying may help them discover other ways to do it next time. That can motivate them to try a new approach.

### **C. Foster a growth mindset**

If our learners try but don't succeed, avoid saying what's done is done and leaving it at that. Frame the discussion around the steps they can take. That can help them keep moving forward instead of feeling stuck.

Focusing on "the next time" can help our learners develop a "growth mindset." It can instill the belief that we get better with practice. That's much more motivating than a "fixed mindset," the belief that if we are not naturally great at something we'll never be great at it.

### **D. Get our children out of their comfort zone**

When learners experience negative outcomes, they can lose the motivation to try new things. That can happen with activities outside of school, too. But taking risks and trying new things can help learners to passions. That's why it's important to stress the upside of trying things that may be difficult at first.

Let's say our child is starting to prepare lessons related with project work. He's struggling just like all students do when they begin project work.

But if he's used to having bad experiences when he works at things, he might avoid practicing. In that case we can say, "I know it's hard in the beginning. But imagine how great it will feel when you can design and complete that project work." That may remind him of the incentive to keep trying.

### **E. Recognize success**

No matter how our children do, find something we can say that's positive and also true. Examples include: "You were a great team player today," or "Your scales are getting better," or "It's great that you asked the teacher for help."

It's not always easy to find motivation when things are hard to do, but the payoff can be huge. Discover ways to help our children if they sometimes feel defeated. And learn about how to give praise that can build self-esteem

Motivation is the key to get success in life. To develop the interest of the students towards learning there is a crucial role of teachers. While classrooms lack basic things required for effective teaching, learning, teachers can employ motivational strategies to make their teaching effective. This expected to result in motivated behavior with high learning achievements.

### **References :**

Harmer J. (2008) how to teach English. London: pearsonlongman  
Journal of NELTA  
News paper

# Community Camp in Arghakanchi

◆ *Anu Sharma*, SEE student 2074.

On 20<sup>th</sup> Chaitra 2074, we left for Thada, a small beautiful village of Aarghakanchi district in province number 5 to participate in Students with Community program. It is one of the annual programs of Padmodaya Public Model Secondary School, Bharatpur, Ghorahi -15 Dang. The main purpose of this programme is; to help community people on their social issues: like early marriage, health and hygiene, small technical skill development and environment & sanitation etc. On the other hand we get an opportunity for learning exchange, cultural exchange, trekking, camp firing, personal creativity, communication & collaboration and real life learning in the real context. In addition to this we learn for self management for cooking, leadership, duty division, team work etc.

I got up at 5 o'clock in the morning. I started packing my dress and personal needs such as sleeping bag, blanket, tooth brush, tooth paste etc. after refreshing myself. Then, I went through work schedule and duty division because I was selected as the captain and I had to walk as per the schedule. Next, I had my lunch, got ready and went to school at 10:30a.m. We were distributed t-shirts that our school had prepared for the participants of Students with Community program. We also had to do some arrangements for the trip such as decorating the bus, setting on the banner etc. We left for Thada at 11:30 a.m. We were altogether 29 members including 21 students and 6 teachers and 2 bus staff. We had a lot of fun on the way. I was attracted by many beautiful scenes and sceneries on the way. I had kept them in my bosom so that, I could easily recall them in my solitary moments and cherish pleasure.

At 5:30 p.m. we reached Shree Jyoti Madhyamik Vidyalaya, a secondary school, Thada, Aarghakanchi, our destination. We found our hosts ready to welcome us. The hosts comprised the principal, teachers, students as well as local people. We were warmly welcomed there with tika and flowers. We were treated there with proper hospitality. The warm welcome and smiling faces of our hosts made us forget all exhaustion and discomfort of the way. We were refreshed. Then we went to our rooms to keep our bags. After that a short introduction program was organized. In the program a local elderly man presented historical, social and economic information about Thada and Aarghakanchi. Next, we went to kitchen for having dinner that the local people had prepared for us. We served and enjoyed delicious food as per our duty division.

At 8:30 p.m. camp fire began with a beautiful song promoting the idea of brotherhood, unity and peace. Students of our school as well as the students of Jyoti Madhyamik School performed cultural exchange program and the participants showed their talents which was one of our great achievements. When the program ended then there was a small free DJ program in which we all danced freely without any hesitation. After the program we went to bed. The students with the responsibility of room making had made bed and we slept at 11p.m.

The next day, we got up at 5 o'clock. It took us an hour to become fresh and got ready. After that we went to the kitchen to make tea, and prepare bread and jam for breakfast.

After having breakfast at 8:30 a.m. we walked to Supadeurali. We worshipped there and clicked some photos then we went on a trekking. It was my first trekking so, I enjoyed it a lot. We walked through rhododendron and pine forests. The forest looked all red due to rhododendron flowers. The scene filled my heart with the respect for nature. We came back to the host venue at 2 o'clock and had our lunch. After lunch we organized a small learning exchange program. We offered teaching aids of mathematics and Jyotsna, our school magazine, to Shankar Aryal, the principal of Jyoti School. Next, there was a short farewell program in which the teachers and students of Jyoti School said us good bye with tika and rhododendron flower. We departed from there by giving a friendship token and having tears in eyes. It was really a sad moment that we had made with in 24 hours. A strong view of friendship and brotherhood with the invitation to come again and visit our school at any time. Then, we began our journey to Dang at 3 o'clock and arrived here at 7:30.

I came to Dang but my heart was in Thada. My mind recalled the peaceful and friendly environment that we had enjoyed there. I would like to thank Mr. Lok Bahadur Basnet, the vice principal of my school. I am thankful to Mr. Durga Prasad Pandey for giving us a chance to participate in Studnets with Community Program and making the community camp well managed and guiding us to the world of practical knowledge. I also thank our teachers Bamadev Basnet, Pitambar Paudel, Aaradhana Singh and Samjhana Paudel for making our trip memorable. At the same time I am equally thankful to MR Bishnu Bhattarai sir of host school who had led and managed whole camping program. Finally, I would like to thank our driver 'Krishna Singh' and his helper 'Purna Limbu' for the safe driving along the dangerous hilly road.

Students with Community project is really beneficial for students. They get first-hand knowledge and learn many things by seeing and doing by themselves. They go through various problems and find out ways to solve the problems. They know the life of people in rural setting especially remote areas of the country. The visit of the program this year was at Thada. There was excessive power cut (loadshedding) problem. We did not get electricity there for about 22 hours, from our arrival to departure. Because of the power cut we had to face a lot of problems at night. We came to know about the pain and challenges of people that they had to face in their daily life. In this way community camp helped us a lot to learn in real environment about the hardships people come across with in Thada.

The community camp was very informative and enjoyable but I found some problems connected to the management as well as the way of conducting program. If these short-comings are corrected then the camp will become more fruitful. Firstly, there should be better time management. We had made a schedule (list of all the activities and time length) but due to the lack of time we could not do some activities. Secondly, there should be feeling of responsibility among the members of the program. The participants must perform their duty and they should do all the activities that are needed to be done in the camp as per work division. Lastly, participants should show their own variety of talents. In community camp I found that all of our friends recited poems. There were hardly any singing, dancing, comics etc. from Padmodaya side. If these short-comings are corrected, the camp will be wonderfully enjoyable.

## A Two Days Community Camp : 2074

◆ *Shristi Acharya*, SEE student 2074.

A pleasant time of departed year on 20th Chaitra 2074 just after finishing our S.E.E. where we got a beautiful memory which is still fresh in my mind. Our mind and heart was out we wanted to be out for some days to celebrate happiness & freedom of life. So, with the coordination of our English teacher Mr. Durga Prasad Pandey. Me and my 22 fortunate friends planned for an outing to participate in students with community program. My English teacher collaborated with a school, Arghakhanchi district, a district of province no. 5 of Lumbini zone of Nepal and covers 1193 sq.km. It is very famous for its fascinating panoramic views. I was keen to visit the district as I had never been to such a beautiful holy sites. My luck favoured me. For conducting such a wonderful community camp, I am grateful to my respected teacher Durga Prasad Pandey, Vice principle Lok Bahadur Basnet sir and other supporting teachers as well.

On the day 20th Chaitra 2074, I was very excited and by maintaining the time, I packed my bag with necessary things. And, I got ready with an ornament i.e. happiness & excitement. Our English teacher also prepared and distributed T-shirt of Community Camp for us which we all worn and got ready for our journey. My mother went to my school to leave me in my school bus whose driver "Krishna Singh" and his helper "Purna Limbu" were so perfect and more careful in driving. Due to some hindrances we started our journey to Arghakhanchi at 11:30a.m. instead of 11 a.m. . Due to the beautiful experience of year 2073 of Community Camp to Rim at Salyan ,mainly I was too hurried to visit the place Arghakhanchi.

On the way of our journey we enjoyed very much by singing duet, dancing, and clicking so many photographs and playing with new climate. The wonderful panoramic views and clean environment on our journey fascinate me a lot. After a continuous journey, we reached there at 5:30 p.m. comfortably passing many green hills and beautiful scenery which appealed me and is still flashes in my memory. Although, the road was hilly, we all reached there comfortably and safely at night.

"Oh My God", I said when I saw their welcome arrangement of host school Jyoti Secondary School. I was too surprised and felt happy for their god hospitality & welcome. In the gate, there students were in 2 lines to welcome us. The teachers put tika on our forehead and gave us flowers when we were entering the school gate. We were entering the school gate with warm hearted beyond my expectation. We were treated with proper hospitality. I loved their wonderful welcoming. After being fresh, we collaborated and did friendship with the students and teachers and also planned for night program. The school family managed all the necessary things at their own school. We were served with fresh and delicious organic food. We ate pulses, rice, vegetables, and spicy pickle. We were paying guests there.

At 8:00 p.m. we finished our dinner and joined in camping program. We did Camp Fire with a beautiful song by collaborating with the host school students. Similarly, in the programs my friends and the host school students along with teachers showed their assertion. We could know the history of the school. They performed their cultural and traditional dances as well. We also got an opportunity to listen their folk songs. We observed an acting where a gentleman performed there. Till 11 p.m. we enjoyed the camp fire program and about half an hour we did free dance(DJ). At last we ended the program and went to sleep in a classroom room which was managed by the school. By waiting for a beautiful morning we all got sweet sleep.

Next day, when the sun rose. Then the ray of sun made the scene of the village very glamorous where I could see the village was surrounded with green forested hills. After being fresh when we went to kitchen then I saw that the pot was dirty so, me and Anu washed the pot where catering group made for all. While all of my friends put jam in bread. After having breakfast we left the school for one famous lake. We enjoyed the journey and about half an hour walk we reached our destination. The lake was barbed. We clicked so many photographs there and again went to our trip by bus to Supadeurali.

Although, the road to Supadeurali was too bad, our driver carefully and smoothly drove the bus. Supadeurali, a historically and culturally rich temple. After reaching there first, we washed our hands and legs then went to worship in the temple. Backside of the temple was fillup with beautiful deep greenery forested hills which really increases the value and beauties of the temple. Then, we clicked so many group photographs. At the time of returning back from the temple, I bought some tokens of temple for my family from nearly presented small shops. Again, we went for trekking and to view Himalaya Range. My excitement was in the level of increasing order when I heard trekking. By enjoying fresh undulation of air we went to our next destination.

"Wow", I said when we reached in trekking place. When Usha pinched me then I knew that the place was real. It was really an Eden (heaven) of our earth. As I was moving ahead, beautiful chirping of birds as well as peaceful environment present there made all of us speechless. Moreover, we were fascinated by such an enticement scene of the trekking place. The trekking was about 1.2 k.m. so, we had to walk. Instead of being tired I was climbing the hills to see the range. By clicking group photos together, we were walking up and up. Finally, after a walk of 1.5 hours we reached at the top of the hills. We also had a guide who guided us to reach in the trekking place. Due to the bad climate, the cloud covered the range therefore we were unable to see and enjoy the ranges. It was our bad luck. But from the top of the hills we saw the district very beautiful as a bride. Similarly, we picked Rhododendrons from there. I felt lucky myself to see and enjoy the beauty of nature very clearly and hearty as well.

We were already tired and hungered because it was already 1:00 p.m. . So, we returned back in the Jyoti school and had a delicious lunch which was prepared by the host students. Then, we did learning Exchange Program to share our knowledge. Me, Anshu and Salina being a group did a presentation of a Mathematics formula in front of those students, teachers, and local people. And, we devolved those formula to the principal of the school. Moreover, we also gifted the friendship token to the students. At the end of program Our English teacher shared his sweet experience of those 2 days. After that we were busy in packing our bags to return back to our own habitat Dang. The school put a farewell program for us. By putting tika and giving Rhododendron to us they did farewell. I was not feeling well to leave the place. My heart was heavy and was not ready to leave the place however, promising them not to forget them we left the place by carrying a sweet memory.

The place is memorable place for me. Where I did not only enjoy the place but also I learned many realities of the place. So, the places and events are our teachers which always taught us whether a huge or a small things in our life. Mainly, the behaviour of the people fascinated me a lot. It will be my best place and best moment as my whole life. I have a suggestion for the place that with proper conservation of cultural, religious, historical, natural as well as tourist attraction area then it will be the most beautiful places over Nepal. This Camp is really very good to be contact with different places and reality of society. So, for creating such a wonderful moment in Community Camp, I thank to Mr. Durga Prasad Pandey, Lok Bahadur Basnet, Pitamber Rijal, Bamdev Basnet, Aaradhana Singh, Samjhana Paudel and to all my journey partner.

# Community Camp of 2974

◆ *Pragati Rana*, Class : 10 'D'

School trips offer valuable knowledge with some new experiences and increase in self-confidence. It also develops confidence in team work. Such a skillful and amazing school trip we have experienced last year.

We all collected Rs. 1000 from each of us. Our team was not much huge. It was made up of 30 members including 6 well-experienced teachers, 21 senior students and 3 of us from class 9. It was 20<sup>th</sup> Chaitra 2074, our team left school at 11:30 in our own school's bus by wearing a different uniform specially for community camping. With a lot of excitement and happy faces we arrived in a school of Arghakhachi. There were many students and teachers waiting to welcome us with colours, flowers and a lot of good wishes for our community camping. We all were fresh and got released there for some while. After a couple of an hour it was a time for a dinner. The candle light dinner was really good. Still our excitement was not over, we were talking with one of our teachers who informed us to be alert and 'get ready for camp firing'.

We all were well prepared for all of our tasks, camp firing was one of them. Before starting camp firing four couples of girls came from different directions by singing a song together which was already rehearsed specially for camp firing. As we were well prepared for camp firing for our community camping each of our works was divided and we also were divided into several groups. All we had to do was teamwork. Each of us showed our talent like singing, dancing etc. We all did a lot of fun and creative things there. No one really didn't want to say that but it was time to say good night. We finished our camp firing and went to bed. Next morning we woke up early at 5:00 am. and were ready to make breakfast. Actually me and 2 of my friends had taken part in making breakfast. So we quickly prepared with the help of our seniors. We served to everyone.

After breakfast we moved on for our next destination 'Supadeurali' by keeping the sweet memories of camp firing on mind. By singing and dancing inside the bus we reached Supadeurali. There we prayed for our bright future and received tika and blessings from the pandit. Then we started to click some photos and shopping for future memories. We spent some time there and moved on to eat some food. After having delicious food, we moved forward for our next and most important destination 'Treking'.

The place here where we were going for treking was not less beautiful than any heaven. The hills, flowers and scenery were really fantastic. We didn't even realize how time spent and when we reached on top of the hill. We were just busy enjoying the nature. The hill was full of green trees, Rhododendron the national flower of our country Nepal. Our journey was long but those natural beauties made it easy and short. We all were busy feeding our eyes with those natural beauties. A whole year is not enough to enjoy in such a place but our time was over. Therefore we got back to school. We spent some time there and moved on for lunch. Me and two of my friends had given our names for catering, so we started to serve food to everyone. After having delicious lunch we got back to our home with happy faces and a lot of memories.

It is one of the best moments of my life. It is a memorable event in my life. It carried a lot of memories forever. Not only I enjoyed there but also learned to work on a team and making friends helping. I think life is too short to waste our time on doing unnecessary things. It's better to go somewhere with some best people. I think all my friends, senior brothers, sisters and respectful teachers to give me such a golden opportunity of growing knowledge and skills. Thank you so much all of you from the depth of my heart.

# Dream

◆ *Sadikshya Bhusal*, Class : 10 'D'

A dream is a succession of images idea, emotions and sensation that usually occur involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not fully understood, though they have been a topic of scientific speculation, as well as a subject of philosophical and religious interest, throughout recorded history. Dream in perpetration is the attempt at drawing meaning from dreams and searching for an underlying message.

Dream occur in the rapid eye movements (REM) stage of sleep. When brain activity is high and resembles by continuous movement of the eyes during sleep. At times, dreams may occur during other stages of sleep. During a full eight-hour night asleep, most dreams occur in the typically two hours of REM.

## **Fun facts about Dreams :**

While you are trying to interpret what our dreams last night meant, here are 12 fun facts about the incredible dream activity that you experience each night.

1. You can learn while your dream : While you dream, your brain is busy honing problem solving skills and learning. If you are perfecting a new skill or studying new information, then good sleep complete with dreams, can help your learn more quickly.
2. **Some people dream only in black and white** : According to the U.S. National Library of Medicine, 12 percent of people only dream in black and white. Age plays a factor in this phenomenon as people 25 or younger any the almost never dream in black and white. While people 55 and older claim to dream in black and white.
3. The face you see in your dreams are probably those of people you already have known or have seen before : While it is very difficult to prove scientifically, according to the journal, Trends in cognitive sciences, there have been studies showing that the areas of the brain most active during REM sleep are also responsible for facial recognition.
4. Blind people experience more sensory dreams : People born blind experience dreams, but not through the sense of sight. Instead they have dreams that are reliant on the other senses and their dreams are still as instead as those with sight.
5. Animals also have dreams : Human are not the only species that dreams. Many animals also experience heightened brain activity and dream while they sleep.
6. There are differences in how dream characters are casted, based on your gender.
7. You always have multiple dreams each night, but you won't always remember them : According to the National Sleep Foundation, most people forget 90-95% of their dreams.
8. Both men and women experience arousal during dreams : While it is often perceived that men experience more sexual arousal during dreams, but both men and women experience a arousal equally during REM sleep.
9. Dreams recharge your creativity.
10. You cannot read or active while you are dreaming than when you're awake.
11. There are actually people tell time in your dream.
12. Your mind is more : Who like dreaming and dreams so much that continue on dreaming even during the day. So they take an illegal and extremely potent hallucinogenic drug called Dimethyl tryptamine.

# Environmental Pollution

◆ *Maya Mahara*, Class : 10 'D'

Generally, environmental pollution means we understand the destruction of the purity of the surrounding or circumstances or unfit environment for living creatures. In other word it means pollution of the things around us. Nowadays, with the spread of city life and the industrial development, environmental pollution is being a buring problem.

There is not only one thing to pollute the environment. Many elements play the role to destruct the purity of environment i.c. smoke, loud voice, waste thing, chemicals etc. As a result it affects our health, and environmental pollution but especially there are four kinds of pollution i.c. air pollution, water pollution, land pollution and sound pollution. Smoke is the main source of air pollution. The water of the rivers is polluted by dirt and waste chemicals of the factories. Such impure water transmists many fatal diseases which is very harmful for our health. The harsh sound of the horns of motor, vehicles, busy towns and cities mills and factories affects our hearing power and causes sound pollution. It is reported that the people who live in industrial city and near airport are suffering from lung troubles. The land is polluted by the throwing of used plastic ir other material, the flood of the summer and the use of chemical in the crops also polluted the land.

On the whole, because of modernization of life, environment pollution is being a great problem. This problem should be controlled within the short span of time. In my view the educated people and the government should take care about this degradadion of environment. Otherwise our fertile turns into barren in a few years. Everyone should pay attention over this problem. The government should give action to save the environment. There should be strict rules and punishment for those who break the rules. Trees should be planted to preserve the sources of water.

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## Importance of Punctuality

◆ *Lima B.M.*, Class : 10

Punctuality means we understand that doing a thing at the previously designated or appointed time. To make it more clear, it is the most important characteristic of all successful people. The student, the teacher, the politician, the official, the trader and even the layman all have to observe punctuality in order to win glory and success in life.

Punctuality brings in its trail efficiency. In addition to this, it helps us to build our career. A punctual person commands the confidence and respect of others finish his own duties and incurs the displeasure of others by wasting his/her time too. So that, punctuality is an important ingredient of all successful people.

To sum up, punctuality is a virtue, which is doubly blessed. In my view, it is the gate way to success and implies maintaining regularity in our daily schedule of work. Therefore, it plays an important role in every walk of life.

# Student Life

◆ *Muna Paudel*, Class : 10 'D'

A new adventure of students is learning phase. This phase is so vital that no humans can avoid. Students set out a journey with a pile of books, scholars and teacher in search of knowledge. She/he plays with each book numerous times. He/she obtains the realities of life and makes his best living. Since a bee sets out a journey in search of nectar from flower to flower, collects it and makes honey, in the same way a student travels from books to books, lecture to lectures and collects different information and makes her/himself a perfect being. He/she can only acquire little portion of knowledge from books. Environment and experience teach her/him more things.

A student in the stage must be so diligent, disciplined, obedient, punctual and respectful. She/he must learn the skills of living. She/he must be courteous towards her/his gurus procrastinating. Provided a student's invertebrate procrastinating. Success never appears. A single reading in time perhaps makes him/her to have positive attitude and aptitude. A student must prepare herself/himself to face any obstacles in a life. She/he is not supposed to get lost in a land of dreams and a world of fashions. Learning is a lifelong process. It never gets end.

The student life is the best phase of our life. Since raw clay can acquire certain qualities providing to go on the band of expert potter, a student too, can obtain a lot of information if she/he gets the best company. Therefore, company is a preliminary aspect in this phase. The best company, the best books and the best experiences can make her/his whole life bright.



# Deforestation

◆ *Kritika Dangi*, Class : 9 'T'

Nepal is a beautiful country in the map of world. It is full of natural beauties and dense forest. Forest is the natural habitat for many animals and birds. It has been keeping the natural ecosystem for years to years. It has been providing several types of herbs and shrubs to the medical science. Forgetting these all facts of forest people of my village are cutting the trees in the forest for their personal benefits.

Population is increasing day by day. People clear the jungle to cultivate land to grow more food for the hungry people and to fulfill the requirements of fire wood, timber, herbs, leaves and grass. In this way deforestation has become a great problem in our locality. People have also been destroying the jungle for making their house, cultivation, travelling road and making water reservoir.

Government should aware the people about the importance of forest. If people cut the trees without, wise, it is soon follows the ecological crises, they will be affected in many ways like landslide, flooding and many other natural disasters. So that the act of clearing forest should be immediately stopped to maintain the natural system.

# Status Of Wemen Education In Past

◆ *Prativa Risal*, Class : 10 'D'

Women education means we understand that the education given to girls. To make it more clear, women education refers to every form of education that aims of improving the knowledge and skill of women and girls. our history tells us that women enjoyed privileged position in society in the Vedic Age.

Women education was neglected in our country in the past. But still some of the social limitations and poverty have won to keep women at home without education. Similarly, in the later part of human civilization, the society went on becoming complicated and men dominated women for their personal interest. Women have faced many obstacles when trying to get equality in past. But in the modern age, almost every country's people have realized that the development and prosperity is possible only when women are educated. The status of women education was very pathetic in past.

In conclusion, women have faced many more obstacles or problems in past. In my view, the girls who have got birth in ancient period, are the unfortunate ones because they didn't get the opportunity to be educated.

Therefore, we fortunate ones girls should study hard and prove to be no less than men in every field.

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## Newspaper

◆ *Prativa Pokhrel*, Class : 9 'A'

Newspaper is very important organ of the world voice of our present times. In the modern democratic world, it is also known as the fourth estate. The other three being judiciary executive and administrative system.

It is a great blessing of the modern scientific advancement. It gives lot of knowledge and information. It keeps the people updated with regard to all the social and political or other developments.

The newspapers contain the news from every corner of the world. These are published in every language of the world. There are dailies, weeklies, monthlies newspapers and magazine. The first newspaper in Nepal was "Awaaj".

Newspapers educate the people. The press is regarded as one of the pillars of democracy. They focus the attention of the people on many important national and international issues. They also help raise the poor and the down-troddch.

The newspaper is a mirror of the world. They are the contemporary history too. It shows us each morning all that has happend in the last twenty four hours. It is a record of the every nation and the daily diary of the human race. It keeps as well informed about the happening in the world.

# The computer in the modern world

◆ *Dharmaraj Thapa*, Class : 9 'D'

Computer is an artificially obtained electronic mechanism that runs thoroughly an input, processing and output principle. At a broader sense, computer is an electromechanical device that takes data from user and processes it to present the relative information. When the computer got life and it's history began to evolve, computer was limited to simple arithmetic and logical operations. But today, almost every tiring major jobs are automated through computers.

Computer has been preferred over decades at mass variety of tasks for their high processing speed, accuracy, diligence, versatility, mass storage and reliability. It has been incredibly fast and completely accurate. Furthermore, it has been versatile over almost every major tasks and every nook and corner of the world. We use computers at our fingers for our fundamentals at home. Which are designed to be compact and handy to fit within our palm. We apply it in accounting, education, e-governance, e-commerce, entertainment, agriculture, industry and trade, demand and supply and so on. Doctors even use it for health examination and cure. It's used even for complex scientific research, transport and communication management and more. At a greater scale, countries use it for defence and security. The modern society is dominated by computers.

Now, we're going to experience true parallel processing with quantum processors. The computer limitations today are going to be known as extra-ordinary features with the introduction of AI powered with bio-chips in near future.

Computers are embodied with human race. They have been adopted as the integral part of our life. With computers, we can have excellent remedies to our current problems. They have been propelling us to the path of development to lead to better future.



# Importance of English Language

◆ *Sabin Prasad Belbase*, Class : 9 'F'

English is an international language which is widely spoken all over the world. The importance of English language increased when England and other European countries ruled many other countries of the world. In twenty first century it is more essential to learn English language. In developing countries like Nepal. English helps to promote tourism industry. It also makes easier to get good jobs in foreign countries. Most of the famous books are written in English language. Thus, we need English to know about Science, Literature, Sociology, Environment etc. If we have good knowledge of international language we can visit the world without any problem. Similarly, it is very necessary to be good in English to get job opportunities, information etc. We use computers for various works. We should know English language to get various and advantages from the computer also. Therefore English language is very important. We should learn this language to make ourselves a capable citizen.

# Bruce Lee

◆ *Sanjib Bhandari*, Class : 10 'D'

That day he was just 13, a mob severely beat him on the way. He had no guilt nor he did any mistake but he was beaten. It made him worried. So, he joined 'Kung Fu' class for self defence. He used to do hard exercise and practice, his body automatically changed as the iron. The extraordinary powers and strikes were produced in his kicks, But he did not misuse his strength. Rather used it into the help of old, weak and needy people by making the mob defeated and frightened. That made him renowned, popular and kind among people.

He was born on November 27, 1940 at the Chinese Hospitals in San Francisco's Chinatown as Lee Jun Fan. His father, Lee Hoi-Chuen, was Chinese, and his catholic mother, Grace Ho, was of Chinese and German ancestry. Lee and his parents returned to Hong Kong when he was three months old. Bruce Lee was admitted in the primary school division of La Salle College for his primary schooling. But due to poor academic performance and poor conduct as well, he was transferred to St. Francis Xavier's college (High school).

At the age of 18 and a half, he returned to U.S. as a native born citizen with \$ 100 in his pocket and titles of 1957 'High School Boxing Champion' and 1958 'Crown Colony Champion' of Hong Kong, to further his education.

In December 1960 he completed his high school education and received his diploma from Edison Technical School. He then joined the University of Washington in March 1961 majoring in drama. He married Lina Emery in August 1964. Lee's father Hoi-Chuen was a famous Cantonese opera star. Thus, through his father, Lee was introduced into films at a very young age. He played role in different black and white films as a child. He played in different Kung Fu films. In 1973 he played the lead role in Enter the Dragon. Only a few months after the film's completion and three weeks before its release, the supremely fit Lee mysteriously died. Enter the Dragon would go on to become one of the years highest grossing films and cement Lee as a martial arts legend.

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## Party

◆ *Alina Subedi*, Class : 9 'E'

Once upon a time, there were three women. The three women were preparing for a party. They were talking about party dress which they wear in the afternoon. One woman said, "I will wear black sari because my husband's hair is black" and another woman said, "I will wear white sari because my husband's hair is white and third woman cried and say, "What should I wear because my husband has no hair".

# Effect of television

◆ *Bishal Upreti, .....*

Television is an electric device and a latest invention of modern science. Many types of programs are broadcast in television. Watching and listening both activities can be judged together because it is an audio visual device, means of entertainment, means of education and means of information.

Television broadcast the news, songs, music, educational programmes, films, documentaries, several serials, tele-film, interviews, family shows, morning prayers, sports and games, cultural shows and more than these the killings, violence and unwanted advertisement.

Some of the programmes are only for entertainment like musical programmes, some are the views of simple man to greater personalities like interview shows and some are the children show like cartoons. Educational programmes broaden-out minds and thinking. They sharpen our minds.

In every plus there remains a minus hole. Television doesn't go away from this. It has also positive and negative results too. The viewers should watch the programmes in selection. Watching more television programmes decrease our creative and imaginative powers and makes us dull. Children can copy the negative activities soon. Being watched the show of the spider man (a stunt show), some children have lost their lives too. They forget their reading and writing activities. If a housewife watches her favourite serials on TV then she certainly spoils the broth. Serials having over imaginative simply place out the real programmes like news events. TV programmes drive away the people's communication. Watching a film or a stunt gives some killing, fighting, murdering and assassinating events rather than education or knowledge.

Thus, the viewers must be selective.

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## Indian Premier League (IPL)

◆ *Shishir Oli, Class : 9 'D'*

IPL is the topest and toughest T-20 league of the world. It was started from 18, April, 2008. In the first match Brabdon Mc Cullum scored 158 runs which is first century in the history of IPL. The winner of IPL 2008 was Rajasthan. Royals in which captain was Shane Warne. In the IPL-2009 the team of Adam Gillchrist won the title which name is DC. In IPL-2010 CSK won the cup which leader was MS Dhoni. The title of IPL-2011 is also won by CSK. In the year 2012 and 2014 the KKR won the title in the captency of Gautam Gambhir. MI won the title 3 times in the years 2013, 2015 and 2017. The captain of MI is Rohit Sharma. SRH had won the title on the yer 2016. The teams which haven't won the title are RCB, DD and KXIP. The chairman of IPL is Rajiv Shukla. The IPL gives stage to the talented young players. The winner of IPL gets 15 crore. There are two caps one is orange and another is purple. The orange cap is won by highest wicket taker. The highest run scorer in one season is Virat Kohli. He scored 973 run in 2016 edition.

# A Silly Boy: A story

◆ *Nimesh Dangi*, Class : 7

Once upon a time there lived a boy. He was very silly. He had to look after the sheep. He was tired of doing it every day. Suddenly an idea to mock the villagers came in his mind. So, he got up and began shouting as loudly as he could, "Tiger ! Tiger". The people in the village heard him and at once they came running with sticks and local guns "Tiger ! Tiger". Shouted the boy, and they ran faster. At last they came up to him out of breath. Where's the tiger ?" they said. The boy laughed and said, "There is no tiger. I only shouted to make fun. The men were angry. One of them said, "If you play trick that again we will beat you". For some days, the boy kept quiet. Few days later he began shouting once more "Tiger ! Tiger, help me ! The villagers heard him. So, one of them said that boy is up to tricks again". But others said, "It may be true this time; The villagers came up him and they said where is the tiger ? The boy laughing hard. The villagers were angry. Many days passed by. One day a tiger really did come. When the boy saw it, he climbed up to the tree with fear and started crying, Help ! Help ! Tiger ! Tiger. He kept on shouting fear help. A tiger came !" The villagers heard him, but nobody came and helped him.



# An old man

◆ *Sarita Bhandari*, Class : 9 'TR'

To feel happy in the old age one must learn about the art of growing old. Old people may feel regret for the good old days. They feel sad about friends who are dead to escape from the fear from animals. Animals become indifferent to their young as soon as their young can look after themselves. Russel thinks that a successful old age is easiest for those who have strong impersonal interests involving appropriate activities, An old man should exercise the wisdom born of experience without being oppressive. The old people should mistakes are an essential part of education. Russell talks about the fear of death. To be a happy man in old days, Russell suggests, one must have a fear of death because old man has known human joys and sorrows for it Russell advices to reduce the feelings of ear gradually and it help to merge into the universal life. Russell becomes more philosophical as he talks about this. He suggests an individual human existence should be like a river. The river gradually grows wider, the back recedes (gradually become wider or smaller), the water flow more quietly at the end without any visible break they merge in the sea, and painlessly lose their individual beings. The man who in old age can see his life in the way, it can add some peace and bring happiness seven in old age. If the old people feel so, they will not suffer from the fear of death. He will think over without him/her also the ghings will continue. At last but not the least, Russell implies that the wise man should wish to die while still at work, it adds more happy within a man.

# Technical Education

◆ *Gita B.K.*, Class : 9 'TR'

Technical Education is the education which gives special skills in some subjects. It means theoretical and practical knowledge is using machines and instruments. It is the reverse of academic education. In academic education we only get the theoretical knowledge but in technical education we get practical knowledge too. Civil mechanical, chemical, electrical and telecommunication engineering, agriculture, mining, weaving, carpentering, drawing, pottery are some examples of technical education.

Technical education helps for the progress of country. A country can prosper in the fields of agriculture, industry, transport, communication and other development fields by the help of technical education. It helps in production of the technicians who follow different methods in doing different things appropriately. They can operate different machines and instruments properly. They can make different new things according to the desire of people of the world.

Technical education helps to nation to be self dependent. If we don't have enough technicians, we have to bring from the other countries and pay lots of money from them. But if we have technicians, we will fulfill our problems very easily. We can conduct many developmental activities with the technical education.



## A pair of hole shoes

◆ *Sushil Kumar Baniya*, .....

Once upon a time, one teacher and his one richest and careless- student decided to go on a short journey. At the time of walking, they saw one old pair of shoes on the field which is a farmer's shoe who is working on the field. He was ready to return his home to finish his work. Student thinks comedy, he said to teacher, teacher why not we hide this shoe and let's hide somewhere and see him when farmer will not get his shoes then it's very enjoyable. Teacher said very sadly, it's not good to do bad activities with poor person, why not we keep some dollar in this shoes and see him by hidden, 'what's change to farmer' quick done his work and he came near with his shoes. When he tried to enter his leg, he felt something solid, quickly he put off his shoes and he took it in hand. He saw there was some dollar he was very excited and he took this dollar in his hand and he saw it very carefully then he saw near his surrounding, no one seen by him, then he kept this dollar in his pocket. When he picked another shoes, there were also dollar he was shocked and he dropped his tear, he joined his hand and saw the sky, and said, "Oh! my God". On this urgent time I bless those unknown helper for their long wishes because of their help, today my sick wife will get medicine and my hungry children will get food. By listening the words of farmer, student dropped his tear and teacher said, "Does your comedy thinking is more enjoyment than it?"

Student said, today you taught me that lesson. I will never forget it. Today I knew this word perfectly those I was not known. Receiving is not much enjoyable then giving.

In that story the moral is we should be generous and help the poor people by our own class.

# Phase of the Moon

◆ *Niruta Kunwar*, Class : 9 'D'

The moon revolves around the earth and the earth revolves around the sun. Due to this, the moon appears to have different shapes during one rotation around the earth. The changes in the shape of the moon observed from the earth are called phases of the moon.

When the moon is between the earth and the sun at position A, the moon cannot be seen from the earth. This phase of the moon is called new moon or 'Aunsi'. As the moon revolves around the earth from the surface of the moon, the light of the sun reflected to us goes on changing.

When the moon revolves around the sun by 90° the moon will be at C. Only half of it will be visible from the earth surface. This phase of the moon is called the first quarter.

When the moon revolves around the earth by 180°, the moon is on the opposite side and the earth is between the moon and the sun as shown by position E. At E, fully lighted portion of the moon is observed from the surface of the earth. This phase is called the full moon or 'Poonima'

In the period between new moon and full moon, the bright part of the moon goes on increasing. This duration is called the bright half of the moon.

Similarly, in the period between full moon and new moon, the bright part of the moon goes on decreasing. This duration is called the dark half of the moon.

The period of new moon to new moon or full moon to full moon is called synodic month or lunar month. It is about 29.5 days. On the basis of the phases of the moon, monthly calendar is formed.



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# Technical Education

◆ *Suju Sijwal*, Class : 9 'D'

Technical education provides special skills in some subject. It is theoretical and practical knowledge in using instruments and machines. It prepares men for the proper handling of machines to produce various things. The subjects of technical education include mechanical, electrical, civil, chemical, telecommunication etc.

In ancient time artisans produced things with the help of their hands. They could not produce large quantities of goods because of very simple tools. The cost of production was also higher. With the progress of science improved things on a large scale, in a shorter time and at a smaller cost. The present age is the age of machine.

Technical education helps for the progress of the country. By the help of technical education, a country can prosper in the fields of agriculture, industry, transport and communication. It helps the nation to be self-dependent.

# Brazilian Footballer : Neymar JR

◆ *Samip Thapa Magar*, Class : 9 'D'

Neymar is a Brazilian footballer, One of the world's leading footballers who plays for Barcelona FC in the Spanish league. Neymar, like many others in Brazil, started off as a street footballer put his father, who used to be a professional footballer; helped him in taking the game seriously so that he could become a professional. Neymar joined the youth ranks at FC Santos when he was only eleven years old and in fact he was accepted into the youth programme at Spanish club Real Madrid but he decided to stay back in Brazil after he was offered a higher pay. Throughout his time at Santos, Neymar scored one spectacular goal after another and his skills became the talk of the football world. As a result, the biggest clubs in the world vied with each other to sign him. In 2013, he signed for Barcelona and immediately made an impact before finally winning the treble with the Catalan club in 2015. During his brief career, Neymar has also become the attacking centre point of the Brazilian national team and helped them reach the semifinal of the world cup in 2014 that was held in Brazil, Neymar is without doubt one of the leading footballers in the world and is all set to become one of the biggest footballers of his generations.

## **Childhood & Early Life**

Neymar da Silva Santos Junior was born on 5. February, 1992 in Mogi das cruces municipality in the city of Sao Paolo, Brazil. His father Neymar Santos senior was a professional footballer and used to be his trainer. His mother's name was Nadine Da Silva.

During his childhood, Neymar used to be a well-known player of street football as well as futsal and that helped him one his skill as far as fancy dribbling is concerned. In 2003, Neymar started representing the youth ranks of the team Portuguesa Santista and moved to the city of Sao Vicente.

Neymar joined the famous Brazilian club FC Santos in 2003 when he was only 17 years old and from then he went from strength to strength as a player. Neymar Signed his first senior contract with FC Santos at the age of 17.

## **Career**

In 2009, Neymar made his senior team debut for Santos FC and over the next four years he became a prolific goal scorer for his team as he helped them to win the Libertadores cup. He scored a total of 54 goals in 103 appearances for the club and throughout his time at the club he was being courted by the biggest clubs in Europe. In fact, he had been accepted by the Real Madrid academy at the age of 14 but he stayed back with FC Santos after the club offered him a better salary.

After being controversially over looked by Brazil football team manager Dunga was for the world cup in South Africa in 2010. Neymar made his international debut in a friendly later that year. The following year he netted twice for Brazil in an unsuccessful Copa America Campaign and a year later he scored three goals in the Olympics to win a silver medal for Brazil.

Neymar was being courted by the biggest clubs in the world for the better part of his time in Santos FC and after a bitter tug of war between the Spanish giants Real Madrid and

Barcelona; Neymar signed for Barcelona in 2013 for a transfer fee of \$ 76 million. The same year; Neymar scored 4 goals in the confederations cup as Brazil ended up winning the tournament, beating Spain in the final.

In the 2013 season, Neymar started playing for Barcelona and in his first season at the club he impressed everyone as he got goals in many of the important games; including most notably in the El Clasico against Real Madrid. The following season Neymar scored 39 goals across all competitions for Barcelona and the club went on to win the league cup and champions league treble. In 2014 FIFA world cup, Neymar was Brazil's main star as the team, went into the tournament in search of their 6th world cup title. Neymar scored 4 times in the tournament but he was injured in the quarter final against Columbia and could not play in the semifinal against Germany. Brazil was eliminated in the semifinal round in a humiliating manner.

#### **Awards & Achievements**

In 2011, Neymar won the 'World Soccer Young Player of the Year' award and in the same year he won the FIFA Puskas Award for scoring the best goal of the year.

Neymar has been prodigious talent since he was a teenager star for Santos in Brazil but his greatest achievement as a footballer is the haul of 39 goals in the 2014-15 season at the end of which his club Barcelona won the treble. He scored 10 goals in the champions league as well and ended up as the joint top scorer.

#### **Personal Life & Legacy**

Very little is known about Neymar's private life but he did have a child (a boy) with a woman named Carolina Dantas in 2011.

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## **Sagarmatha National Park**

◆ *Prem Prakash Khadka*, Class : 9 'E'

Sagarmatha National park was established in 1976 and it has spread over an area of 1148 sq km of the Himalayan ecological Zone in the Khumbu region of Nepal. The park includes the upper catchment area of the Dudhkoshi and Bhotekoshi River and is largely composed of rugged terrain and gorges of the high Himalayas, ranging from 2845 m at Monjo to the top of the world highest peak Mount Everest at 8848 m above the sea level. Other peaks above 6000 m are Lhotse, Cho Oyu, Thamserku, Nuptse, Amadablam and Pumori. The famed Sherpa people whose lives and interwoven with the teachings of Buddhism, live in the region. The renowned Tengboche and other monasteries are common gathering places to celebrate religious festivals such as Dumje and Mani Rimbu. In addition to Tengboche, Thame, Khumjung and Pangboche are some other famous monasteries for its superlative natural characteristics. UNESCO listed Sagarmatha National Park is a World Heritage site in 1979 (2039 B.S.). Vegetation found at the lower altitude of park includes pine and hemlock forests while fir, juniper, birch and Rhododendron, scrub and alpine plant communities are common at higher altitude. The park is home to the red panda, snow leopard, musk deer, Himalayan Tahr, Marten, Himalayan mouse hare (pika) and over 178 species of birds including the Impeyan pheasant, snow cock, blood pheasant and red billed sough.

# Top 5 Hackers of all Times

◆ *Shashwat Subedi*, Class : 10 'D'

Hacker is any skilled computer expert that use their technical knowledge to overcome a problem. Hackers have been around since the dawn of computer and they've wreaked more havoc than many people realize law enforcement has yet to catch up with many of their antics.

Here are names of the most well know hackers.

**1) Andrin Lamo**

He was known as the "homeless hacker" for his transient lifestyle. Despite that he was able to back into the internal computers of the New York Times in 2002.

This hack gave Lamo access to private database including one that had the private information of more than 3000 people who had contributed to the paper's Op-Ed section. He was sentenced to two years of probation and fined nearly \$ 65,000. Most recently, Lamo was back in the headlines for turning in cheese mauling for leaking classified US Army documents.

**2) Albert Gonzalez**

Albert Gonzalez executed one of the largest known identity thefts the world has ever seen. In 2010 he was sentenced to 20 years in prison after confessing to stealing millions of personal credit and debit cards accounts. He was accused of stealing as many as 170 million credit and numbers.

**3) Gary McKinnon**

Gary McKinnon was a Scottish computer hacker who has been able to gain access to 97 American Military network between 2001 and 2002. He reportedly left the military a message "your security is crap."

McKinnon claims that he was able to access images of potential alien spacecrafts during his hacks. Although, his connection was too slow to actually download the photographs. Currently, he lives in the UK, as an asylum.

**4) Anonymous**

Anonymous is the name of a group known for launching online hacking campaigns in support of current political and social events.

Anonymous mascot is the Guy Fawkes mask. The group began in 2003. In the online forum the group targeted the Church of Scientology, the KKK, PayPal and many other high profile institutions.

**5) Kevin Mitnick**

Kevin Mitnick is perhaps one of the best known hackers to date. During his adulthood, Mitnick made free calls from his hacked cell phone and stole secret codes from companies including Sun Microsystems and Navell. He even admits to hacking into NASA, a phone call.

In 1995, he pleaded guilty to multiple frauds and served five years in prison. He now works as a consultant.

(source : Reanonline .com)

# Love and Respect Your Parent

◆ *Aadhyata Gupta*, Class : 10 'E'

A 45 Year old man was sitting on sofa alone with his 80 years old father suddenly the old man noticed a crow perching on the window and asked his son what that is. His son replied that was a crow .

After few minutes the father asked him again what was the thing on their window. the son said "Father I just told you it is a crow " the father asked his son the third time "son what is this ?" his son seemingly irritated said with an unpleasant tone "It is a crow, a crow " then after a while the father asked his son for the fourth time what is the thing standing in their window; this time the son began shouting to his father saying "why do you keep asking me the same question again and again, are you not listening ?" It is a crow, a crow can't you understand ?

The father didn't say anything but he went to his room and after a while; he returned with what seemed to be an old diary which he had kept ever since his son was born he opened it on a specific page and asked his son to read it .

The son read " Today my little son aged three was sitting with me on the sofa when a crow was sitting on the window. My son asked me 23 times what it was; and I replied to him all 23 times that it was a crow. I hugged him lovingly each time to ask me the same question again and again for 23 times . I did not at all feel irritated rather felt affection for my innocent child.

The son then realized that while he got irritated and annoyed just by answering the same question 4 times to his father his father. His father did not get annoyed at all for answering his son's question 23 times he responded with love every time. so ...

When your parents attain old age; thy need to feel your love and care more than ever, don't look them as a burden or have impulsive out bursts when you are talking to them speak to them. Speak to them in a loving manner always use nurturing and kind words always take the feeling of your parent into consideration .

From this day on make a view to yourself that you want your parent to be happy and that you will do everything to make them happy. They took care of you ever since you were born, your turn to give your parents love and respect . and to take care of them.



## Teddy Bear

◆ *Lalita Bangosai*, Class : 9 'E'

Teddy bear is a stuffed toy bear they are usually stuffed with soft, white, cotton and have smooth and softful. It is an enduring form of a stuffed animal in many countries after serving the purpose at entertaining children.

In recent times some teddy bears have become collector's items Now teddy bears come in various styles and people can dress them up many different article of clothing .

Teddy bears are also among the most popular gifts for children and significant other on valentine's Day, Birthday, Christmas and other holiday .

# Game and sports

◆ *Punam Pandeya*, Class : 9 'F'

Game and sports keep one physically fit and mentally fit they keep one away from diseases relating to the heart, obesity mental stress games keep our body active, youth full and energetic. Games increase the circulation of blood, boost metabolism and it also improve the respiration and the digestion, games provide us with recreation and enjoyment. Games are very important in student life, when we play and watch game we forget all our worries Games enable us to divert our mind from wrong thinking. Exercise invigorates us while playing games various exercises are performed automatically sports help people to face challenges in life bravely. Sports persons display diplomacy, and self discipline.



## Change Yourself

◆ *Samikshya Gurung*, Class : 9 'E'

One day a boy named Shri was going to market on the way he saw ditch and he tried to jump over the ditch and thought not to get bother by it, Soon he fell into the ditch. Then when back to his home and dressed smartly and came again in the same spot he had to go to the market to buy a homework copy this time he thought to pass the ditch from beside it then again he fell into the ditch. Again he went back to change his dress and came back to the same place. But this time he came with a shovel and his friends and fill the ditch in. Now all his friends were happy to see that. Then he went to the market to buy a homework copy.

Moral: It is better to change ourselves.



## Football

◆ *Gokul Belbase*, Class : 9 'G'

Football is a very popular game. there are many clubs like Redmadnd Manchester United FCB etc there are many countries like Brazil, Argentina, England, USA etc Christina Ronaldo is the most popular player of the world, the most expensive players is Neymar there are very popular players David had got the golden football shoe. each club has their own symbol. Lionel Messi had got golden ball . In each team there should be 11 players the person who teaches football is called coach . We should play by passing system to win the football match.

## Youth Scientist : Marshal Roka

◆ *Sandeep B.C.*, Class : 9 'D'

Modern age is graduated with science and technology all over the world. As we can see all the man-made things are invented by the scientist. They all help the people to survive in easy way. 'Marshal Roka' is also one of the great scientists of Nepal. In the condition of Nepal the government didn't give the priority to the scientist, so all the people who are interested to be scientist are migrated in other country because they never hope anything from our government. But Marshal Roka never lose his effort to be a scientist, he did a lot of struggle and finally he became a scientist.

Marshal was born on 2055/01/04 B.S. In his childhood from class '7' he was very interested in researching of new things but his father never supported him in his interest and always scolded him. His mother only supported him and gave some money to spend in his project. He was very laborious in his work and interested as well. His mind is very sharp as he can communicate with his friends and read his book concentrately. On 2062/09/11 he invented frequency wireless device which was very complicated and useful for us. But due to the government he couldn't launch it in the market. After that Roka is doing a lot of struggle and he has invented new things but it is same that the government doesn't support him and in 2065/01/22 B.S. He got the certificate of youth scientist from the government.

When he got the certificate then one noble and kind person supported him and he agreed to provide all the investment in all his experiment. In 2067 B.S. Roka invented a very useful device which has got a lot of value in to our country named 'Automatic Pump controller'. This device helps to save electricity and water as well as it protects the motor. To launch this device Roka and the noble man have established a company named 'Melt a Technology' in 2075 B.S.

This company provides priority to Marshal more than the government. Marshal is very happy now and he has thought to invent more useful thing in that company. His saying is -  
"If we have to be successful in our work then interested is necessary than interest."



## King and Spider

◆ *Duspanjali Khadka*, Class : 9 'B'

Once upon a time there was beautiful country in world the country was highly developed there was a popular king who was very much developed and king to the people of that country other kings were much jealous with him. Once he was attacked by them and defeated for many times. then he hid himself in a cave. during that time, he saw a spider climbing the wall but fell several times. thought he fell many times, he did not leave his attempt and finally he got succeeded at lat. seeing the patience of spider, the king collected enough courage, came out from the cave and attacked enemies. in that way, he got succeed to get his reign back .

Moral :- Patience leads to the success

# Sophia : A Humanoid Robot

◆ *Dshan Chaudhary*, Class : 9 'D'

Sophia is a human like robot. She was developed by Hong Kong based company Hanson Robotics. She has been designed to learn and adapt to humans. She has also been interviewed around the world. In October 2017, she became a citizen of Saudi Arabia. This means Sophia is the first robot to receive citizenship of a country. She is designed to look like British actress Audrey Hepburn (1929-1993). She can do everything that human can. She is able to display more than 62 facial expressions. She has participated in many high profile interviews. Sophia was named the United Nations Development Programme's first ever Innovation Champion and the first non-human to be given any United Nations title.

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## CR 7

◆ *Gokul Belbase*, Class : 9 'G'

Cristiano Ronaldo, also known as CR 7. He was born on September 1985 AD. From his childhood, he was very skillful player even he could defeat elder than him in running and playing football. He was born in Portugal. He got his first chance to show his talent by being selected as a member of Portugal football federation. He played very nice there. Then he was selected in Manchester United Football Club by wearing nine numbers jersey. Later on he wore the jersey having number seven. After some years, he went to Real Madrid Football Club. Later that football team became most famous. Football player in the world in August 28, 2016 AD. and on the same day; he became the fastest football player in the world. He got more than 378 awards including golden ball, golden boot etc. He had one adopted son named Cristiano Ronaldo Jr.

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## Importance of Homework

◆ *Sunil Acharya*, Class : 9 'D'

Students spend hours doing it, teachers spend hours checking it, Homework is some times a burden to teachers and students but still it is necessary. Some people doubt homeworks effectiveness, but teachers and researches agree homework is essential. Homework helps students get better grades in school. Some people don't know exactly what homework is. Homework is defined as an out of class activity assigned of classroom work. There are three types of homework they are :

- (i) Practice assignments
- (ii) Reading assignments
- (iii) Writing assignments
- (iv) Project work

Homework is very important for students.

# Baby's World

◆ *Sarita Oli*, Class : 9 'TR'

Rabindranath Tagore also known as Rabindranath Thakura (7 May, 1861-7 August 1941) sobriquet a person nickname (Guruder) was a Bengali polymath -ax'zf:qsf] 1ff\_ who reshaped Bengali literature and music, as well as Indian art with contextual modernism in the late 19th and early 20th centuries. Author of 'Gitanjali' and it's profoundly sensitive, fresh and beautiful verse, he become the first non-European to win the novel prize in literature in 1913 A.D. Tagore is known as also 'The Bard of Bengal'.

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## Technology

◆ *Sandesh Regmi*, Class : 10 'TR'

Present age is the age of science and technology. Modern technology is great blessing for present civilization. The society has been dramatically changed with the evolution of technology.

Technology is the use of scientific knowledge to produce new machinery and devices that can be used to provide different services or can be employed further to create more devices. The application of information to design and produce machines and other goods to make life more convenient for the human beings is known as technology.

Technology has made our society make it to the point ignorance to the fact that out where we are going may actually show us a shorter way to get to our destination.

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## About Five Spheres of the Earth System

◆ *Abhilā Adhikari*, Class : 10 'Technical'

1. Atmosphere : It extends up from the surface for several hundred kilometers, the lowest part is home for clouds and weather.
2. Biosphere : The life zone of the Earth includes all living things.
3. Geosphere : It extends from the surface to the core; includes all minerals, rocks, molten rock, sediments and soils.
4. Hydrosphere : It includes the oceans, rivers, lakes, streams, groundwater and water vapour.
5. Cryosphere : The frozen part of the Earth system; includes snow, glaciers and sea ice.

# Agriculture in Nepal

◆ *Menaka Chaudhary*, Class : 10 'D'

The work related to producing food in field, keep different animals and birds is agriculture. Producing rice, maize etc food crops and cash crops, animal husbandry, poultry farming are forms of agriculture. It is an ancient profession. In some countries traditional.

Nepal is an agricultural country. It is not developed in industry. Agriculture is the base of country's economy. So the progress of country depends upon the progress of agriculture.

But agriculture is backward in our country. Our farmers are poor and they can't spend much money on farming. They are illiterate and they don't know scientific method of agriculture. They follow old traditional method. Irrigation facilities improved seeds and fertilizers are not available to them. Agriculture is not profitable as industry. These are main drawbacks in our agriculture.

Our agriculture needs urgent reformation. The above problem should be solved. Farmer should be lent money to improve their farming. They should be trained in modern method. Irrigation, improved seeds, fertilizers improvements etc should be made available in time. Besides, there should be market facility. Cash crop should be encouraged.

Government should make effective rules and better efforts to improve our agriculture. Farmer should apply new and scientific method, unless agriculture is developed, the farmer will have to suffer a lot and we people will suffer from high price rising.

## The Guest

Mullah Nasreddin was a wise man. When he spoke people listened. They respected him a lot and never tolerated any unrespectable behavior to them .

One day a rich man invited Mullah to a feast at his house. Mulla agreed to attend the party, which was next day at 6 pm. Mullah wore an old black torn coat with frayed sleeves and put on a pair of ragged sandals. When he arrived at the rich man's doorstep, a servant opened the door but he didn't let him in. The rich man also took no notice of him and told the servant to choose him away.

So Mullah Nasreddin went home. He dressed himself in a fine dress. Once again he went back to the rich man's house. At this time the servant bowed respectfully and ushered him in. The rich man himself and other guests welcomed the Mullah with great honour. The food arrived for him. But he did not eat. Rather he began to put the food on his dress.

"Mulla Sahib! What are you doing?" cried the rich man. The rich man's voice trembled. "Mullah Sahib, do you not like the food?"

At first the Mullah didn't stop and then he sat back and beamed at everyone. There was a shocked silence. Then the rich man said, "has anyone offended you?"

Then Mulla replied, "When I arrived in rags, you turned me away. Now that I am dressed in finery, you treat me with honour. Clearly it is my clothes you are welcoming and not me. So it is only that they should eat this delightful food you have prepared for them."

The rich man hung his head in shame. He said, "Mullah Sahib, forgive me. I was blind. I saw only your clothes and could not recognize the wearer. I will never again judge people by how they look or by the clothes they wear." And, in truth, he never did.

Moral: Never judge a book by its cover.

# Deforestation: A Serious Problem of Nepal

◆ *Rama Pandeya*, Class : 10 'D'

Generally forest refers to the area of land which is covered by trees, herbs, shrubs and grasses. Deforestation means decreasing the number of trees by different ways. To make it more clear deforestation is meant by cutting down the trees by human being. Now a days deforestation is being a serious problem of Nepal. Due to this problem the percentage of area of land covered by forest in Nepal has become 29% only.

As population is increasing day by day. Deforestation is increasing rapidly. Deforestation is done by the people to cultivate land for growing more food. On the other hand deforestation is done to fulfill the requirements of firewood, timber, herbs, leaves and grass. In addition to this, people have been destroying the forest indiscriminately for making their house, cultivation, travelling, road making. Water reservoir, forest can also be destroyed by natural and artificial disaster like firing, flood, landslide, earthquake etc.

There are many adverse effects of deforestation on the environment. At first it cause many health problems by making our breathing air impure when people cut down the trees our breathing air becomes impure due to which we are suffering from many harmful disease. It affects the water resources and makes it dry. On the other hand deforestation causes endanger of many birds and animals which affects the ecosystem. In addition to this, deforestation causes low rainfall, acid rainfall or no rainfall due to which fertile land can be changed into desert.

To conclude, deforestation is a burning issue in the context of Nepal. It create many adverse effects to human beings, other organisms and as whole environment. In my view, we should punish those people who cut trees. We should plant trees and cooperate with national and international organization to solve this problem.

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## Amazing facts

◆ *Dramila Shrestha*, Class : 9

1. Ten tons of space dust falls on the earth every day.
2. More people are allergic to cow's milk than any other food.
3. A crocodile can't move its tongue and cannot chew; however its digestive juices are so strong that it can digest a steel nail.
4. If the information in DNA were put in the form of a book and these books put on top of each other they would reach to 70 meters high.
5. Charlie Chaplin once won third prize in a Charlie Chaplin look like a contest.
6. To make one kilo of honey, bees have to visit 4 million flowers. Travelling a distance equal to 4 times around the earth.
7. You can pack 736 Earths inside Saturn with some room to spare.

# Wildlife Conservation in Nepal

◆ *Roshan Gharti Magar*, Class : 10 'Ka'

The term wildlife refers to animals, birds, insects etc that are wild and live in a natural environment. Their preservation or protection in nature is their conservation. They are important gifts of nature in Nepal. They are important gifts of nature in Nepal . If they are properly preserved, we can get significant benefits from them. Their number is gradually decreasing nowadays in Nepal as the result of many counts.

Wild animals, birds and insects are both directly and indirectly advantageous to human beings. We can earn foreign currency if we can preserve them in national parks and wildlife reserves because many tourists can visit these national parks and wildlife reserves to see wild animals birds etc. To some extent our tourist trade can be benefitted by wildlife. Unemployed youths can get jobs to help the tourists. If we preserve wild animals, birds, insects etc. preserved wild animals, birds, insects etc. We can entertain watching them. To preserve them we have to preserve their habitat the jungle. By preserving them we can preserve all the living beings because all of them are the members of some system. If the whole nature is preserved, we, human beings will be definitely preserved.

Number of wild animals, birds, insects etc is gradually decreasing in Nepal. Because of different activities like hunting of wild animals and birds, cutting down the trees etc of human beings. We destroy their habitat and food. An animal cannot survive in the absence of its habitat and food. Its habitat the jungle is being destroyed, in order to preserve them, the government has set up many national parks and wildlife reserves.

The national parks in Nepal are Chitwan, Khaptad, Rara, Bardiya, She-Phoksundo, Lamtang, Shivapuri, Sagarmatha and Makalu Barun. Similarly the wildlife reserves are Parsa, Koshi Tappu, Suklaphata etc. Although the number of wild animals is decreasing the government has tried to preserve them by opening other wildlife reserves and national parks and preserving the jungle as well.

There are different ways of improving the condition of wildlife in Nepal. Wildlife can be preserved by preserving the habitat and food. Animals cannot survive if their habitat and food are not available for them. The dwelling of wild animals and birds in the jungle but it is fast being destroyed. Therefore, we have to preserve the forest. In addition to it, we can preserve them by opening many national parks and wildlife reserves. Some poachers kill them for different purposes. Real poachers must be sentenced to life imprisonment and the legal provision of hunting must be abolished.

It is sure that preserving wildlife is to preserve ourselves. In order to preserve them, we have to implement all the ways or measures effectively. The government as well as the individuals must be responsible to preserve wildlife in Nepal.



# Patriotism

◆ *Menaka Chaudhary*, Class : 10 'D'

Patriotism means the love of own country and willingness to defend it. The people who love their own country and ready to sacrifice their life to defend the country are called patriots. Patriots are always completely ready to serve and save their mother land. They don't think about their benefits and betterment. They can't tolerate interference of the other countries. Motherland is always superior than heaven for the patriots. We should always love and respect our country.

There is a glorious history of many patriots in our country. Some of them are Bir Bal Bhadra Kunwar, Bhakti Thapa, Amar Singh Thapa and so on. They fought bravely against the enemies without loving their own life. All the Nepalese people respect them heartily. They have taught us lesson that our love and respect toward the country should rule over us. Patriotism is a very important for the development of the country. If all the people of a country are patriot they will be devoted for the development of the country. Similarly the patriots people may not arouse the quarrel and fighting in the country that decreases the crimes in the country and maintain peace.

If we are true lovers of the nation, we must do something for the country. Otherwise our death will be in vain. The country should weep at our death. We should abandon our selfish nature from today. Then make the people patriotic. The children should be taught in school, home, college etc about patriotism.

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## Biography of Florence Nightingale

◆ *Babiya Khadka*, Class : 9 'D'

Florence Nightingale was born in Florence, Italy on May 12, 1820. In a wealthy family, Nightingale defied the expectations of the time and pursued what she saw as her God given calling of nursing. During the Crimean War, she and a team of nurses improved the unsanitary conditions at a British base hospital, greatly reducing the death count. Her writings spreaded worldwide health care reform, and in 1860 she established St. Thomas Hospital and Nightingale Training School for Nurses.

In the early 1850s, Nightingale returned to London, where she took a nursing job in a Harley street hospital for ailing governesses. Her performance there so impressed her employer that Nightingale was promoted to superintendent. Nightingale also volunteered at a Middlesex hospital around this time. Grappling with a cholera outbreak and unsanitary conditions conducive to the rapid spread of the disease. Nightingale made it her mission to improve hygiene practices, significantly lowering the death rate at the hospital in the death rate at the hospital in the process.

In October of 1853, the Crimean war broke out Allied British and French Forces were at war against the Russian Empire for control of ottoman territory. Thousands of British soldiers were sent to the Black Sea, where suppliers quickly dwindled. By 1854, no fewer than 18,000 solders had been admitted into military hospitals. She died on August 13, 1910 in London.

# Trip from Dang to Pokhara

◆ *Asmita Neupane*, Class : 10 'E'

On 2070/06/18 at the evening time we started our journey from Dang to Pokhara. My family and my friends family were on the trip. Then, next morning at 7 am we reached to Pokhara. It was mind blowing, exciting then we went "Hamro Hotel" named restaurants. Then, at afternoon time we went to Fewa lake and I was very excited to visit and see Fewa lake. Then, we sailed on boat to Barahi temple. There were so many fish inside lake. We enjoyed a lot there and we clicked some photos then we returned back from there and we went to Davis falls. How interesting was it's history. It was said that, "Miss Swiss Davis Fell down while taking sun bath" then it was named as Davis fall. There were so many idols, temples and it was exciting environment. Then we returned back to restaurant and next morning we went to Gupthewor Mahadev cave. It was the cave of Mahadev 'Shiva'. There were 175 steps of ladder. The height of cave is 112 fit. Construction was going on the progress when we were there.

It was interesting cave. The water from Davis fall also comes there then we stayed there on that day. Next morning I saw a beautiful sene of Himalayan such as "Machhapuchhare", "Annapurna" are mind blowing. At 9am we returned back to Dang. Although the trip was short but remembrance are too long that I can' express. We also enjoyed while retuning back. It was unforgettable journey to Pokhara I love Pokhara and it's beauty.

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## Corruption in Nepal

◆ *Dipak Thapa*, Class : 10 'D'

Generally Corruption refers to the bribe, which is given someone for doing something. To define it more specifically. It is act of taking money as a bribe and misusing he power and authority. It is punishable crime by law. In Nepal, mostly government officials and leaders are found to have been involved in corruption. In the context of Nepal, corruption is rapidly increasing to fulfill their necessities.

Here are some factors which are responsible for promoting corruption. They are extreme greed to earn more money, selfishness, lack of honesty and absence of moral values. Similarly, poorly paid official are compelled to accept bribe to run their daily life. The condition of corruption in Nepal has demoralized the dignity and prestige of the nation. If people are corrupted, development paces very slowly. Sustainable development does not take place because of corruption. The corrupted people become very rich illegally overnight. Due to corruption there is lack of supervision law to the poor people.

In order to uproot existing corruption, the corrupted people should be legally punished by state. The property illegally earned by the corrupt should be nationalized, Education should be spared about the bad impact of corruption though different media and it's effect must be included in school curriculum.

# Yoga

◆ *Adarsh K.C.*, Class : 9 'D'

Yoga is originated in India during ancient time by the yogis. Yoga word is derived from the Sanskrit language and has two meanings. One is union and another is discipline practicing. Yoga teaches us about the body and the mind discipline by uniting or connecting both body and mind. It is a spiritual practice used to meditate in the early morning to balance the body and mind as well as remains close to the nature. It was practiced earlier by the people of religious like Hindu, Buddha and Jain. Yoga is a science of living healthy life together.

Actually, yoga is a practice of control of breathe it help to control body part and its movement. It enhances the inner and outer body and mind strength of connecting both to the nature. It is not a physical practice only as it makes a human able to get control over mental, emotional and spiritual thought. Yoga is like a medicine which treats various diseases gradually by regularizing the functioning of body organs. It enhances the harmony in environment. It clears all the tiredness of body and mind after doing that.

It can be practiced by any person at any age; during childhood, teenage, adult or old age. In order to make world wide people aware about the yoga and its benefits an international level event has been declared to celebrate it annually.



# Education

◆ *Swastika K.C.*, Class : 9 'D'

Last summer I visited a small beautiful village. Most of the people were in the fields working, but the children were playing. They didn't have any English classes to go to.

One day I went to the villager's homes and talked to them about their activities. I asked them to open classes. They gave permission to send their children and for me to open a small class.

The next day six children gathered in a small room where I held a class to teach English. In that class I told the children about the importance of studying English.

I didn't know much about teaching but I told them stories and jokes, starting with just a few English words. Then I taught them a few songs. We played games using English. I taught them some grammar. Then they felt bored at that time.

We took a little recess, and then I told them some more stories. After all this, they put on a concert to show their individual talents.

By this way I made them want to study the English language. I hope they are still studying.

# My Aim in Life

◆ *Mina Chaudhary*, Class : 10 'D'

Generally Aim refers to achieve goal in our life. Everybody has an aim in life. Some have high aims but some have simple. In other word, without aim is like an aimless boat floating towards a potential danger. So, I too have an aim. My aim is to become an efficient doctor and serve the backward and poor people of my community.

Most of our people are not educated or illiterate and are conservatives. They need proper help and guidance's. They do not know the importance of good health and how to enjoy good healthy life. Many good people die of illness every year because of their ignorance. There are a few doctors in our country. But they do not want to live in villages.

If I become a doctor, I will set up my clinic in a town at first and earn a lot of money. Then I will go to the village to serve the poor villager that don't get proper help from the government and wealthy people. I shall build a small hospital in the village where I won't charge my fee from the poor and helpless people I shall work day and night to improve the health condition of the villagers. I'll try to remove their blind belief and superstitions. I shall make people understand how to keep ourselves safe from various disease, the cause of disease, their symptoms and their preventive measures. I shall teach them that prevention is better than cure and the value of clean drinking water, good sanitation and balanced diet.

I will do some research work in order to cure dangerous disease from the plant and creepers which are the source of medicine. In this way I will help my poor country men in every possible ways by earning name and fame.

To sum up, aim in life is one of the best factor of achieving goal in our life. In my view, who have aim in their life, they are fortunate one. Therefore, we collaborate and suggest who haven't aim in their life.



# The foolish Goat

◆ *Amesh Bhusal*, Class : 10 'E'

Once a fox was wandering in the village for its food on the way he fell into a well. He tried his best to come out but he could not. He was in great despair at the same time, a goat appeared there. He was in search of water. The fox heard the voice of the goat. Then he made the sudden plan. So the fox pretended that he was drinking water.

Looking at the activities of the fox, the goat asked the fox, "How is the water that you are drinking?" the fox from the well replied, "Brother goat, the water of the well is very sweet to taste and I have never drunk such tasty water before." The foolish goat believed in the cheating words of the fox and jumped into the well without thinking anything. At the same time when the goat was there the cunning fox jumped upon his head and got out of the well. The fox after freeing from the well soon ran away. The foolish goats remained in the deep well where only water and the darkness can be found. Now, he understood why the fox had invited him to jump down in to the well. Moral: Look before you leap.

# Women Empowerment

◆ *Chandrika Chaudhary*, Class : 10 'D'

Generally, women empowerment refers to the overall development of women by providing women's right. It is an act of empowering women in various aspect. In other words, it is also a providing power to the women for the development of their personality. On the other hand women empowerment means providing equal opportunities to the women as equal to the men in all aspects.

Moreover the people in rural areas are traditional and conservative. So, they don't believe in women empowerment and women education. They think that women are nothing more than giving birth to children and working at home after they get married. The position of males is higher than that of females in Nepalese society. Women are forced to live under the dominance of men and other family members. However, some women are educated in the urban areas because urban people must have understood about the importance of women empowerment.

Women can also do the equal work as to the men if they are given opportunity. Women shouldn't be discriminated while doing any work that can be household work, community work or notion work.

In addition to this, if women are given proper education and awareness and opportunity, they can do the work as equal to the men and can give great contribution to the country and in international sector For example Onsari Gharti Magar is working in the political sector who lead the women that women can also work in the higher level if they are given opportunity and proper education.

Similarly male and female are two wheels of a same cart. Without one another can't move ahead alone. An educated women can do many things as equally as men. To educate a men is to educate a single person whereas to educate women is to educate whole family. So, discrimination between men and women should be avoided permanently. Men should also help women for their overall development and personality.

To sum up, women empowerment is very important. So, they should be encouraged to be associated with educational instructions. In my view women should be awarded with free scholastic necessities. Therefore, education awareness campaign should be launched so as to incite them in education because educated females can certainly contribute to the development of nation and also helps in women empowerment.

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## *Biography*

# Sandeep Lamichhane: A Nepali Star Cricketer

◆ *Praksh Pandeya*, Class : 10 'D'

Sandeep Lamichhane is the star of Nepali cricket. He was born on 2<sup>nd</sup> August 2000 in Syangja district. His father's name is Chander Narayan Lamichhane. He works in the railways of India. Sandeep's nickname are Kancha & King of spin also, he is known by Shane Warne of Nepal. He is the leg spinner howler or leg break googly bowler.

His debut in the international sector is on 8<sup>th</sup> February 2018 against Nomibia. He played 0-19 world cup in 2017 & became fifth bowler to take hat trick in 0-19 world cup. He was the highest cricket taker in this season. He is the first Nepali to play IPL (Indian Premier League) & IPL/Caribbean Premier League). He plays for DD(Delhi Daredevils) in IPL and Skitts and Nevis Patriots in IPL. His favorite player are Sachin Tendulkar and Shane Warne.

# The Clever Bull

◆ *Kapil Ghimire*, Class : 9 'D'

There was a forest with many birds and animals. One day a bull wandering in the forest came upon a cave. Near the cave was a big pond and lush green grass. "This is an ideal place for me to settle down," the bull thought. So, he made the cave his home. Many days passed. The bull became quite healthy, grazing in the meadows. The bull was happy and peacefully living in that cave. He made many friends in that forest.

One day, the bull was resting outside his cave house. A lion happened to come by that way. The lion was happy to have spotted a bull after a long time. "Aha! A bull! He is so healthy too," thought the majestic lion, licking his lips in anticipation of a good meal. The bull too noticed the lion. He could sense danger. "I must be on my guard now," the bull thought and decided to do something to hide himself from the lion".

When the lion came close to the bull, the clever bull looked into the cave and called out, "Darling, do not cook anything for dinner. I have just spotted a lion. I am waiting for it to come near." When the lion heard the bull, he returned around and ran for his life.

A jackal saw the lion running breathlessly. "Why are you running, Mr. Lion? Asked the jackal. The lion told him all had happened. "The bull has made a fool out of you," replied the jackal. And the jackal added, "come with me, together we can feast on the bull". But the lion was too scared to believe the jackal.

The jackal understood why the lion was hesitating to come with him. "Alright then tie your tail with mine and let me lead you to the cave of the bull. In case the bull attacks, then I will be the one who will get caught first," the jackal said.

The lion agreed to this plan of action prepared by the jackal and then the lion and the jackal tied their tails together. They set off to the bull's cave.

Both the lion and the jackal went near the cave where the bull was. When the bull saw the lion coming with the jackal, he thought, "I am sure that cunning jackal knows I fooled the lion without panicking, the bull cried out to the jackal, "I had asked you to bring me two lions. Do you want me to keep my children hungry?"

Even this time the lion did not realize that the bull was again fooling him. He was terrified. He ran as fast as he could run dragging the jackal with him over stones and thorns. The clever bull outwitted his enemies and saved himself from its enemies.

Both the lion and the jackal never returned that way. Thereafter the bull lived a peaceful and happy life with his wife and children.

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## Riddles

◆ *Rajiv Nath Yogi*, Class : 9 'D'

1. Fits inside a plastic but doesn't fit at the door what is it? - Umbrella
2. Long branch with a single leaf. - Banyan/Pan
3. I am walking and my steps are rubbed away. Who am I? - Rowing a boat
4. Every one need it. Cannot be found in the desert what is it? - Water
5. Measures the cloth time to time but doesn't wear anything. What is it? - Measuring tape
6. One brother watch, 4 brothers hide, 5 brothers watch. What is it? - Preparing a tobacco
7. Inside a small and tiny house, there live girls and boys. Everyone ties a black cap on their heads. Who are they? - Matches in a match box.
8. No hands, no legs, yet I go every where no mouth to speak yet I tell the secrets. Who am I? - Letter/Chitthi

# Importance of English Language

◆ *Prekshya Pokhrel*, Class: 10 'D'

English is an International language. It is spoken all over the world. In Nepal too. It is learnt as compulsory subject in school and colleges. In private and boarding schools, English language has become the medium of communication and teaching. It is common medium of communication in international programmes. It is supposed that learning English is a basic requirement of everyone. Half of the world's important books are written in English. If someone speaks English, he/she can communicate with the people of any country. English language is used in international meetings, seminars, conferences as the medium of conversation. If we speak English, we can get knowledge about the books written in English.

There are many benefits of speaking and learning English language. The man having the command English is recognized to be a man of high social prestige. The man who has good English can get job easily. They can also guide the foreign tourists. Similarly, people who know English they can read the whole world through internet, email, website and BBS programme.

Now a days it seems that learning English is essential to everyone because its use and importance is increasing day by day. In one sentence, if you have English, you are everywhere but if you do not have English you are nowhere. Due to which importance of English language has been increased day by day.



# Advantage and Disadvantage of Watching TV

◆ *Sivsti Adhikary*, Class: 10 'D'

Generally, television refers to a piece of electrical equipment with a screen on which we can watch programs. In other words, television is a great achievement of science and technology which has both audio and visual system. It was invented by Scottish Scientist Jhon Logic Baird in 1926. Nowadays it is widely used all over the world.

There are many advantages of watching television. We can know what is happening in the world by listening the news and sometimes we can also see the pictures on the screen. Students, farmers businessmen, players etc all can take benefits from television because programs for all sorts of people are telecast on TV. It also teaches games and sports. It can even make the children smarter, imaginative and intelligence. It is also a powerful medium of expanding business. We can also know vacancy, notice watching through TV.

Although television is a scientific wonderful invention, It has some disadvantages too. Specially, children neglect their studies for watching television programmes and cartoons. They may copy the bad things seen in television. Many people spend their time in watching serials, people learn about pornography. Thus, we should not spend much time on the television. It can weaken our eye sight and spoil our study.

In conclusion, television has changed our life. We should watch the selected programs developing upon time and situation. To conclude, we can watch TV just for taking knowledge and learn some new things. It is also said that people who watch TV for long time suffer from bad eye sight. So, we have to watch TV for short time to learn something to change our life.

# Importance of Studying English

◆ *Surabhi Adhikari*, Class: 9 'D'

English is an international language, which is spoken all over the world. Almost all the countries of the world have made it compulsory in the courses of schools and campuses.

Now a day's English is being a human life. It helps the people to communicate with the people who are from different societies and countries. It helps them to know and learn about different societies and countries. It helps them to know and learn about different science and technologies. It helps the people for sharing ideas and their specific cultural phenomena. The people who have sound knowledge in English can get different jobs very easily. The person having good knowledge in English get prestige in the society.

To know the world very easily we should have the knowledge of English with us. English language is used in every field.

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## Good Manners

◆ *Bimala Bantha Magar*, Class: 9 'A'

Good manners play a very important role in the life of boys and girls though good manner are a very valuable possession for developing social relations, yet they cost nothing they help a person to win friends, the social standing of a man is laid by the manners he possesses polished and polite manners create a healthy impact.

Good manners go a long way in walking a person cultured and civilized a man without good manners remains a savage. Normally good manners are inherited from parents. But they can also be learnt from others. It is therefore essential that all children are taught good manners from the childhood itself. Ill managed children bring disgrace to their worthy parents. Children with good manners are liked by one and all they are appreciated even by strangers. All round development of child is possible only if a child is groomed. In good manners therefore, the public schools give emphasis on the cultivation of good manners.

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## Some Biography of International Person

◆ *Shital Acharya*, Class : 9 'D'

**George Washington (1732-1799)** : Tried to make the federal government as strong as possible and he took decisive action to end the whiskey rebellion in Pennsylvania.

**John Adams (1735-1826)** : Was a lawyer who believed strongly in the separation of powers. In 1796, he was elected the second U.S. President.

**James Madison (1751-1836)** : Has been called the father of the constitution as he suggested many of the ideas that became part of it. He also wrote most of the amendments that formed the Bill of Rights. He served as the fourth president of U.S.

**Franklin D. Roosevelt (1882-1945)** : Expanded the power of the president during times of crisis. He failed in his effort to add new justices to the supreme court, seeking to name people who would support his policies.

# Importance of Homework

◆ *Manisha Sharma*, Class : 9 'D'

Homework is an important part of learning process in primary and secondary school. One reason of homework is that it gives students additional practice of skills covered in the class. School classes are too short to teach a new concept and practice it sufficiently for students to master. Another for homework is that it provides time to complete longer assignments for example composition writing or project work allows time for students to think and to reflect on their ideas, as well as time to revise and to proofread their writing. In addition, since all students do not learn or work at the same speed, saving students time at home to finish work keeps them from falling behind. Finally most important reason for homework is that it ensures review. New material and old material are practiced in daily assignments. That's why students need to do their daily homework for sufficient practice, better grades and also for better learning.

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## Cause of spread of Corruption in our Society Day by Day

◆ *Adarsh K.C*, Class : 9 'D'

Corruption means the act of miss use of public property or authority by public servant or by an individual negatively for personal gains. It is spreading like any communicable disease caused in our society and destroying the society like cancer. It has many causes which spread corruption.

First thing is that each and every person wants to became rich as fast as possible our society gives priority to the person who is living comfortably his life without knowing the process of that comfortable life. Our political leaders are also corrupted by which the department like CIAA can't do the investigation freely. The society like or wants show off to other instead of becoming rich by hard work. Every person in authority choose the path of corruption becoming rich in a short interval of time. A society being a silent spectacles by which corruption is being so easy. Corrupted people are welcomed instead of boycott form the society. Our country has weak monitory system. Our country is a developing country in which many infrastructure are developing in which many people get chance to do corruption.

In last corruption is the cancer of society which is destroy society slowly and gradually and spreading last in the society. The government is not doing the necessary work to stop corruption.

## A street boy



● Shital Acharya, Class: 9 'D'

I am alone here  
So, I am feeling fear  
Oh my dear mom  
Who will wipe my tears?  
I don't have parents  
So, other people hate me  
Oh my great god  
Why did you create me?  
My house is the street  
My parents are visitors  
My bed is pavement  
Oh my great good!  
How can I get settlement?  
I miss my parents always  
I have to spent lonely days  
I can't show my sad face  
Do you know, my life is a kind of race?  
I have heard god is the best  
God always helps those in sad state  
Still I don't have any ideas  
How can I believe in unknown face?  
My life is like a glass  
This has not fixed the cracks  
I don't have any ideas  
How can I save it from mass?

## The Earth is My Home

● Puza Shrestha, Class: 10 'G'

The earth is my home  
I promise to keep it  
Healthy & beautiful  
I love my land, the air, the  
Water & all living beings.  
I will be a defender of my planet  
United with friends and save my earth.  
United with friends I promise to keep it  
I love the land and be a defender  
I will save my lovely earth.

## Diversity

● Anjana Bhattarai, Class: 9 'D'

Water is flowing  
Moon is allowing  
Birds sing songs with rhythm  
Every creature want to get freedom  
Some where there is glowing light  
Some are living without sight  
With different thinking and mind  
Some are rude and some are kind  
Some could make story by writing  
Some could reach top by hiking  
Some are great and superior  
With different thinking and career.

## My Poem

● Laxman Kumar Baniya, Class: 7 'C'

India has three ships  
China has two ships  
I have one ship  
That is Friendship

I like one pen  
That is blue  
I like one friend  
That is you

Always be happy  
Never be sad  
Because sad is bad  
You Know that

Some like Sunday  
Some like Monday  
I like one day  
That is your birthday

## My mother



● Sajeen Oli, Class: 7 'D'

My Mother is my pride  
To take me right way she is my guide ,  
She teaches me how to read and write  
And how to make my future bright ,  
She is teacher for me  
She advises to be good  
Make my life bright and shine  
With many difficulties she gave me birth  
She teaches me to exist on the earth,  
She teaches me how to eat food  
And how to make to my life good,

## Children

● Renu Chaudhary, Class: 9 'D'

Children are the future pillars pf the country  
School for them should be given entry  
Children should be treated badly  
Those who do so is beaten madly

Child labour in our country should be banned  
Those people who do so is hanged  
Children lead their country in a moral way  
Develop the nation & bearing peace & joy

One day children will touch the star  
and they still fly the bus & car  
Always live & care for children  
Like the chicks are cared by hens.

## Wonderful

● Mina Singh Thakuri, Class: 9 'E'

In a wonderful, wonderful universe  
There is a wonderful, wonderful planet  
named earth  
In a wonderful, wonderful earth,  
There is a wonderful, wonderful Asia continent  
There is a wonderful, wonderful Nepal,  
In a wonderful, wonderful Nepal,  
There is a wonderful, wonderful Rapti zone  
In a wonderful, wonderful Rapti zone  
There is a wonderful, wonderful Dang district  
In wonderful, wonderful Dang district  
There is wonderful, wonderful Ghorahi  
In a wonderful, wonderful Ghorahi  
There is a wonderful, wonderful P.P.M.S.S  
In a wonderful, wonderful P.P.M.S.S.  
There is a wonderful, wonderful students'  
In a wonderful, wonderful students'  
There is a wonderful, wonderful future.

## Computer Engineers

● Sandesh Acharya, Class: 10 'TR'

We are cheaters ...  
But, we don't cheat humanity

We hate study  
But, we love technology

We flirt with fliters  
But, we are true lovers

World can't change us  
But, we can change the world

We have no books in hands  
But, with revolutionaries ideas in minds

We are the rest common race on the earth  
Meet us we are the computer engineers.

## Your Best



● Sandeep Bhandri, Class: 7 'B'

If you always try your best  
Then you'll never have to wonder  
About what you could have done  
If you'd summoned all your thunder.

And if your best  
Was not as good  
As you hoped it would be,  
You still could say,  
"I gave today  
All that I had in me".

## Software Engineers

● Mina Singh Thakuri, Class: 10 'TR'

Which code this is I think  
I know he is on a different projects ... !  
Though he will not see my working  
here to simplify the data flow ... !

My oldest friend would think it queer  
that I allow my own career ... !  
to keep me till such hours awake  
See may evening of the year .... !

I save may changes, then run make ...  
And give my wrists a little shake ... !

The only other sounds the beep, that say ...  
I have made a small mistakes ... !

Bed would be lovely, soft and deep,  
But, I have deadline I must keep ... !

And much to work before I sleep ...  
And much to write before I sleep ... !

## Dear Mother

● Nisha Pun, Class: 9 'D'

Oh ! My dear mother !  
Always you work longer.  
You always look fine,  
And start work with sunshine.

You iron my dress,  
You advise and bless.  
You gave me birth,  
And protect me from dirt.

You are so busy,  
So, I feel to easy.  
Mother, I love you,  
I like what you do.

## School

● Mina Singh Thakuri, Class: 9 'E'

School can be fun  
School can be boring  
School can bring friends  
School can bring enemies  
School can bring rules  
But you can't breaking them  
School brings bullies  
School brings leadership  
In school you learn new thing  
If you try your best  
you can get success  
School has teachers  
you might like and respect  
School is the place  
where you meet new friends  
You never give up.

## My Village

● Shobha Gautam, Class: 9 'A'

My house is in a village  
How beauty and nice place  
Field in front of house  
Thick planted of orange  
Flowers are in the fields  
Different colour of butterflies in flower  
Little Little stodge here  
Plant of lemon in them  
Flowers are in the fields  
Birds are singing in a tree  
Blowing air moving the paddy  
Rhododendron flowers cover the hill.



## What I like and what I want

● Shital Acharya, Class: 9 'D'

I want to stay in my home not in jail,  
I want to get success not fail,  
My life is for nation and duty,  
I care less for fashion and beauty.  
I see the color of moon is white.  
I like the people who write.  
I don't like the people who fight.  
I will make my future bright.  
I want to go to school  
I see that not all people are really cool  
I want to be a good daughter  
And perhaps in future a good doctor.

## Some Scientific name of plants, animals and insects

● Yashodha Khadka, Class: 10 'D'

Clouded Leopard	- Parddofelis nebular
Red panda	- Ailurus fullgens
One horned Rhinoceros	- Rhinoceros unicornis
Bengal Tiger	- Panthera tigris
Asiatic Elephant	- Elephas maximus
Giant pied Hornbill	- Becerus bicarnus
Asiatic rock Python	- Python molurus
Wild Yak	- Bos mulus
Himalayan Musk Deer	- Moschus chrysogaster
Golden monitor lizard	- Varanus faveszens
Brown Bear	- Ursus arctos
Frog	- Rana Tigrina
Gharial crocodile	- Gavialis gangeticus
Leopard cat	- Prionailurus bengalensis

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## FUN FACTS

- 1) You can always see your nose, but your mind just ignores it .
- 2) You recall memories better with your eyes closed .
- 3) People with blue eyes have a higher alcohol tolerance .
- 4) New born babies cannot cry tears for at least three weeks .
- 5) hippopotamus milk is pink .

# General Knowledge

◆ *Sadikshya Bhusal*, Class : 10 'D'

1. What is the scientific instrument used to measure the atmospheric pressure ?- Barometer
2. Who is the first man to go the space ? - Yuri Gagarin
3. Which planet is named after Roman God of War ? - Mars
4. Where is the origin of Kali Gandaki ? - Mustang
5. What percentage of the earth is occupied by Nepal ? - 0.03%
6. Who was the first king of Nepal who travelled to Europe ? - King Tribhuvan
7. Who built the temple Pashupatinath ? - Prachanda Dev
8. Who gave the name of Mt. Everest as Sagarmatha ? - Baburam Acharya
9. Country in the world having no mosquitoes ? - France

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## Quiz

◆ *Lima B.M.*, Class : 10

1. Which is the largest selling book of the world ? - Bible
2. Which is the first film made in Nepal ? - Aama
3. Which country is known as the land of the rising sun ? - Japan
4. Which gas is found in stars ? - Hydrogen
5. When was SAARC established ? - December 1985
6. Which is the biggest desert in Africa ? - Sahara desert
7. Which element is in liquid form at room temperature ? - Mercury
8. Which is the first Nepali colour film ? - Kumari
9. Name the country that doesn't have police and jail. - Iceland
10. Which two zones have the equal area ? - Janakpur and Koshi
11. Which vitamin prevents night blindness ? - Vitamin 'A'
12. Which is the biggest waterfall with the length of 1 meter ? - Angel fall

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# General Knowledge

◆ ....., Class : .....

1. What's the name of the scientist who forgot his own name ? - Thomas Alba, Eddison
2. When was Nelson Mandela Born ? - In 1918, July 18
3. Who gave the name of 'Third pole of the world' to Mt. Everest ? - Michael George
4. What are the two luminaries of Nepal who were died in their birthday ? - Gautam Buddha and Motiram Bhatta
5. Which cities are known by word 'Nylon' ? - New York and London
6. Which country in the world used tie first ? - France
7. Which country has the largest armed forces in the world ? - China
8. Which two countries are known as land of ladakus and cake ? - Nepal and Scotland
9. What's the full form of ROBERT ? - Rocket Borne Emergency Radio Transmitter
10. How many kilogram can teeth of human being can lift ? - 30 Kg.
11. How many letters are in Sanskrit language ? - 44
12. What is ancient religious name of Karnali river ? - Jhomolongoo
13. How many landlocked countries are there in the world ? - 42

## Quiz

◆ *Devraj Neupane*, Class : 9 'D'

1. Which is the richest country in the world ? - Qatar
2. Which country has lower population in the world ? - Morocco
3. Which is the common language in the world ? - English
4. Who is the richest person in the world ? - Jeff Bazas
5. What is the height of Mt. Everest ? according to 2017 AD. ? - 8850 m.
6. Which country is know as the country of white Elephant ? - Thiland
7. Which place is the coldest place in the Earth ? - Vostok Antarctica.
8. Which country is the smallest country in the world ? - Vatican City
9. Which country contains half of it's land to Asia and Europe in half land ? - Russia
10. What is the speed of leopard ? - 112 km. per hr.

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## Find answer

◆ *Swabhiman Paudel*, Class : 9 'D'

1. I am weightless but can be seen. Put me in the bucket and I'll make it lighter, who am I ? - Hole
2. What has two ends but no beginning ? - Rope
3. What gets broken without being held ? - Promise
4. When O take five and add six, I get eleven, but when I take six and add seven I get 1 what am I ? - Clock
5. The more you take the more you leave behind. What am I ? - Footstep
6. David father has three sons : Snap, Crackle and .... ? - David
7. Mike is a butcher. He is 5'10" tall. What does he weigh ? - Meat
8. I am full of holes and can hold water, who am I ? - Sponge
9. Before Mt. Everest was discovered, what was the highest mountain in the world ?  
- Mt. Everest. It was still the highest mountain. It just had not been discovered
10. What 5 letter becomes shorter when you add two letter to it. - Short

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## Some interesting fact about Honey Bee

◆ *Narmada Chaudhary*, Class : 10 'D'

1. Honey bee is the only insect that produces food eaten by human.
2. A honey bee's wings stroke about 200 beats per second, thus making their buzz.
3. A honey can fly up to 6 miles and as fast as 15 miles per hour.
4. A honey bee will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg. of honey.
5. A honey bee visits 50 to 100 flowers during a collecting trip.
6. Honey bees are one of the sciences great mysteries because they have remained unchanged for 20 million years.
7. 500 gm. of honey requires 1152 been's to travels 112 miles and visit 4.6 million flowers.
8. An average worker bee makes only 1/12 teaspoon of honey in its life time.

## Quiz

◆ *Devraj Neupane*, Class : 9 'D'

1. What is the area of Sahara desert ? - 84 lakh sq. km.
2. What is the height of Pashupatinath temple ? - 23.5 m.
3. When was Nepal divided into 14 zones and 75 districts ? - 2018/01/01
4. What is the full form of SIM ? - Subscriber identity module
5. Which is the smallest helicopter of the world ? - Mi 12 (Russia)
6. When was Mahatma Gandhi born ? - 1869 AD.
7. Which is the capital city of Brazil ? - Brasillia
8. Which is the nearest capital city from Nepal ? - Thimpu (Bhutan)
9. How many times does human eye blink in a year ? - 4,200,000 times
10. Which mountain is used to determine the standard time of Nepal ? - Mt. Gaurishankar
11. Which country won the under 14 festival of football cup of 2012 ? - Nepal
12. When was the first English dictionary published ? - 1 February 1884
13. How long does the sunlight take to reach the earth ? - 8 minute 20 second
14. Who is the first man on the earth ? - Ramapithecus
15. How many galaxies are there in the universe ? - 88
16. Who is the scientist that discovered the solar system ? - Copernicus
17. Which is the animal that can laugh like the man ? - Hyena
18. There is nothing impossible. The world itself is I'm possible. - Nehru

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## General Knowledge

◆ *Sundeep Basnet*, Class : 10 'D'

1. Name two countries that lies in both Asia and Europe. - Russia and Turkey
2. Name the deepest lake. - Baikal lake
3. Which country has the tole named Gorkha ? - France
4. Which gas is present in lighter ? - Butane
5. What is the local name of Sagarmatha ? - Yamaloma
6. What is full form of ABC war ? - Atomic Biological and Chemical war
7. Which river doesnot have any fish ? - Jordan river
8. Who is the first government of Nepal Rastra Bank ? - Himalaya Shumsher Jung Bahadur Rana
9. Who is known as Himalaya Rani ? - Pasang Lamu Sherpa
10. Who is the first woman minister of Nepal ? - Dwarika Devi Thakurani

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## Just Facts

◆ *Milan Chaudhary*, Class : 9 'E'

### Did you know that up and way ?

That even though space travel didn't happen until the 1960's rockets have been around for a long time ?

The first rocket was invented by the Chinese around year 1200 using gunpowder.

Rockets are the oldest of all engines. Rockets were originally used for fire works and for rescuing people at sea.

# Riddles

◆ *Anju Kmari Uadav*, Class : 9 'D'

1. People buy me to eat, but never eat me, what am I ? - Plate
2. I can be found on water but never wet, what am I ? - Reflection
3. I am always in front of you but you will never see me, what am I ? - Future
4. Everyone has it but no one wants it, what is it ? - Fear
5. What has hands but cannot clap ? - a clock
6. How many months have 28 days ? - All 12 months
7. Using only addition, how do you add eights (8's) and get the number 1000 ?  
-  $888+88+8+8+8=1000$
8. What two keys can't open any door ? - Monkey and a donkey
9. What has teeth but can't bite ? - A comb
10. What has a head and a tail but no body ? - A coin
11. What comes between China and India ? - Identity (ID)
12. I have a story but never ends ? - History



# AMAZING FACTS

◆ *Prajwal Achary*, Class : 10 'D'

- 1) The average distance between the stars in the sky is 20 million miles.
- 2) Albert Einstein never wore any socks.
- 3) In space, astronauts cannot cry because there is no gravity.
- 4) Hummingbirds are the only creatures that can fly backwards.
- 5) An ostrich's eye is bigger than its brain .
- 6) Cockroaches can live 9 days without their heads before they starve to death .
- 7) It is physically impossible for pigs to look up at the sky.
- 8) The average person has over 1,460 dreams a year.
- 9) The largest employer in the world is the Indian railway system in India, employing over 1.6 million people .
- 10) Children grow faster in the spring time than any other season during the year .
- 11) The coconut is the largest seed in the world.
- 12) There are over one hundred billion galaxies with each galaxy having billions of stars.
- 13) Of all the animals on earth the mosquito has contributed to the deaths of more people than any other animals .
- 14) Our eyes are always the same size from birth, but our nose and ears never stop growing .
- 15) An Octopus has 3 hearts .
- 16) Right- handed people live, an average, nine years longer than left handed people do.
- 17) If the amount of water in human body is reduced by just 1%, they ,ll feel thirsty if it's reduced by 10% they , ll die .

# Amazing Fact

◆ *Ashish Mishra*, Class : 10 'D'

- Butterflies cannot fly if their body temperature is less than 86 degrees.
- The human brain is about 75% water.
- Dragonflies are capable of flying 60 miles per hour, making them one of the fastest insect.
- A housefly will regurgitate its food and eat it again.
- More people are afraid of spider than death.
- It is impossible to lick your elbow.
- Intelligent people have more zinc and copper in their hair.
- The most poisonous spider is the black widow its venom is more potent than a rattle snakes.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times
- The world youngest parents were 8/9 years old and lived in china in 1910.
- Grapes explode when you put them in the microwave.
- The average chocolate bar has 8 insect, legs in 4.
- No piece of square dry paper can be folded in half morethan 7 times.
- In France, a five year child can buy an alcoholic drink in a bar.
- Bruce lee was so fast that they actually had to slow down his film so you could see his moves.
- In ancient Rome, when a man testified in court he would swear on his testicles.
- Chocolate can kill dogs; it directly affects their heart and nervous system.
- Charlie Chaplin once won third prize in a Charlie Chapin look- alike contest.
- Chewing gum while peeling onions will keep you from crying.
- The Guinness Book of records holds the record for being the book most often stolen from libraries.
- Nepal is the only country that doesn't have a rectangular flag.
- "Rhythm" is the longest English word without a vowel.
- There are no words in the dictionary that rhyme with orange, purple, silver and month.



# Interesting Facts

◆ *Shashwat Subedi*, Class : 10 'D'

- 1) In 2006 a woman lit matches in a flight to cover her fart smell. that forced an emergency landing.
- 2) In Taiwan there is a restaurant that serves food on miniature toilets.
- 3) Cockroaches were there 120 million years before dinosaurs roamed the earth.
- 4) Butterflies were originally called flutter flies.
- 5) The 110- acre snake island in 500 pavlo has 4000 snakes. which is one snake for every 6 square yards it is one of the worlds deadliest islands.
- 6) Worldwide, women earn US \$ 18 trillion but spend US \$ 28 trillion.
- 7) Charles Darwin ate almost every animal he discovered.
- 8) Russia has a larger surface area than Pluto.
- 9) Sir Isaac Newton at the at the age of 19, threatened to burn his parents alive.
- 10) For every human, there are 1.6 million ants in the world.  
However, the weight of all ants combined is almost equal to the weight of all human combined.
- 11) the worlds largest family stays in India the husband has 39 wives and 94 children.

## IQ Questions

◆ Anita Pun, Class : 9 'D'

- a. How can you distribute 3 apples to two mothers and their two daughters, giving a whole apple to each?  
Ans: They are grandmother, mother and daughter.
- b. What word in the English language is always spelt 'incorrectly'.  
Ans: The word 'incorrectly'.
- c. What is the longest word in the English language?  
Ans: Smile
- d. How can you make seven "Even"?  
Ans: Remove 'S' from seven then it will become 'even'.
- e. What look like half apple?  
Ans: The other half.
- f. What do pandas have that no other animal has?  
Ans: Baby Pandas
- g. Where do you go at red, but stop at green?  
Ans: Eating a watermelon.
- h. What gets wet when drying?  
Ans: A towel
- i. What relations your niece's brother to you?  
Ans: Nephew
- j. What is that which is behind in the cow while it is ahead in women?  
Ans: Answer is letter 'W'.

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## IQ Questions

◆ Asmita Neupane, Class : 10 'E'

1. Martin Cooper invented a cell phone.
2. Robert Hook discovered cell.
3. The weight of chimpanzee is about 50 kg/110 pounds.
4. At one year 4 millimeters height increases in mount everest.
5. Australia doesn't have any Glaciers.
6. Water man invented fountain pen.
7. Up to top 8th richest people on the world have half money of the world.
8. According to the census of 2005 in China it has 1.3 billion people.
9. The coldest place of the world is Vostok Antarctica (-136o F)
10. The hottest place of the world is Sahara Desert (136o F)
11. Dead valley is known as the Driest place of the world.
12. There are about 100 billions of stars in one galaxy.
13. Sphygmomanometers is one of the device which is used to measures the pressure of the body.
14. More than 16 millions horses were used on World War I.
15. Shark is only one sea fish that can link their two eyes at one time.
16. Darbar Hatya kanda occured on Jestha 19th.
17. A bee swing its wings 200 times per second.
18. The distance between Earth and Sun is 150000000.

# Inspirational Quotes

◆ *Sadichcha Sharma*, Class : 9 'D'

1. Nothing is impossible the word itself says 'I'm possible! - Audrey Hepburn
2. If you want to make your dreams come true, the first thing you have to do is wake up.  
- I.M. Power
3. "First they ignore you they laugh at you then they fight with you, then you win."  
- Mahatma Gandhi
4. The secret of ahead is getting started. - Mark Twin
5. When I do good, I feel good when I do bad, I feel bad, That is my religion.  
- Abraham Lincon
6. Every successful person has a painful story, every painful story has a successful ending so accept the pain and get ready to success. - Unknown
7. The best way to destroy your enemy is making him friend. - Abraham Lincon
8. Ask not what your country can do for you, ask what you can do for your country.  
- John F. Kennedy
9. It is hard to fail, but it is worse never to have tried to success. -Theodore Roosevelt
10. A rose by any other name would smell as sweet. - William Shakespeare
11. You can do anything, but not everything. - David Allen
12. The richest man is not the who has the most, but he who needs the least. - Unknown
13. You must be the change you wish to see the world. - Gandhi
14. Do not seek to follow in the fool steps of the men of old, seek what they sought.  
- Basho
15. What your thoughts, they become words.  
Watch your words, they become actions.  
Watch your actions, they become habits.  
Watch your character, it becomes your destiny.  
- Lao Tze



## IQ Question & GK

◆ *Bebika Pokhrel*, Class : 9 'D'

1. A man who eats human flesh. - Cannibal
2. Which is the longest mountain ranges of the world. - The Anes, South America
3. How many galaxies are there in universe? - 88
4. What is the name of the person who named Mount Everest? - George Everest
5. Which is the largest church in the world? - St Peter's Basilica
6. Who was the guru of Mahatma Gandhi? - Gopal Krish Gokhle
7. Where is the road made of rubber? - France
8. which animal breathe through eyes and nose? - Deer
9. What is the height of Pashupatinath Temple? - 23.5 m
10. What is the area of Sahara Desert? - 84 lakhs sq/km

## One word

◆ *Swatika K.C.*, Class : 9 'D'

- |   |          |
|---|----------|
| 1. Outdoor area of a house.                 | - Porch  |
| 2. Love very much. One word                 | - Adore  |
| 3. Person who cuts a man's hair.            | - Barber |
| 4. Lions Home.                              | - Den    |
| 5. Line of light of the sun?                | - Ray    |
| 6. It's in our cells to give us our traits. | - DNA    |
| 7. Wake up sound on a clock.                | - Alarm  |
| 8. Mark on the skin left from a sore.       | - Scar   |
| 9. What spider weave?                       | - Webs   |
| 10. Being used for the first time.          | - New    |
| 11. What skunk can give off.                | - Odor   |
| 12. Actor's part in a film.                 | - Role   |
| 13. Droplet from the eye.                   | - Tear   |
| 14. In need of water.                       | - Dry    |
| 15. Total amount in math.                   | - Sum    |
| 16. Twelve months, for short.               | - Year   |
| 17. Baby Sheep.                             | - Lambs  |
| 18. Be head first into water.               | - Dive   |
| 19. It beats a king in cards.               | - ACE    |
| 20. Work place for a scientist.             | - Lab    |
| 21. Southwest, for short.                   | - SW     |
| 22. Toward the sky.                         | - Up     |

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## Interesting Facts

◆ *Shital Malla*, Class : 9 'TR'

1. 24 karat gold is not pure. It has small amount of copper. Pure gold is so soft that it can be molded with hands.
2. The fastest land animal is cheetah, clocking a maximum speed of around 113 km per hour.
3. A crocodile can't move it's tongue and cannot chew.
4. Honey is the only food that doesn't spoil.
5. The cat runs 20 km per hours.
6. Without looking back rabbit and parrot can see their back.
7. Every people's fingerprint is different like that tongue's print is also different.
8. Butterflies taste with their feet.
9. Camel has three eye brows.