

Newsletter

Volume 13

Issue 1

August 2023

Blockwise Bulletin

Principal's Message

Dear parents and esteemed members of our school community,

Firstly, I am thrilled to announce that we have successfully completed the 1st academic block of this academic year. I am filled with immense pride and gratitude to share some wonderful highlights of our journey together. This milestone represents the dedication and hard work of each individual within our school community, from our diligent students to our passionate educators and supportive parents. It brings me great joy to acknowledge the warm embrace we extended to many new faces in our school. Welcoming new students and staff into our close-knit community enhances the richness of our experiences and strengthens our bonds as a cohesive family.

As we reflect upon the beginning of this academic year, I am pleased to share with you the remarkable progresses we have taken in enhancing our commitment to excellence in education. One of our core pillars has been the continuous development of our teaching faculty. We firmly believe that nurturing the growth of our educators directly translates to the growth of our students. That is why we have conducted several Teacher Professional Development (TPD) programs throughout the year. These initiatives have equipped our teachers with the latest pedagogical practices, innovative teaching methodologies, and valuable insights into fostering an inclusive and nurturing learning environment. Our dedication to professional growth has not gone unnoticed. I am delighted to inform you that we have established an official tie-up with the renowned institution and this collaboration allows our teachers to access cutting-edge resources, collaborate with experts in the field of education, and participate in specialized training sessions that enrich their teaching practices.

Furthermore, we have also forged partnerships with other leading experts in education, bringing a diverse range of perspectives and expertise to our institution. These collaborations enable us to stay at the forefront of educational innovation and ensure that our students receive a worldclass education that prepares them for the challenges of tomorrow. As we move forward, our focus remains steadfast on fostering a learning environment that continuously evolves, embracing change, and adapting to new ideas. Our aim is to empower our students with the knowledge, skills, and character traits necessary to succeed not only in academics but also in life.

As part of our continuous efforts to enhance teaching methodologies, we have recently introduced the 5E model of Inquiry-Based Learning as a central teaching pedagogy at our school. The 5E model is an innovative and effective approach that engages students in active learning, critical thinking, and problem-solving. We are excited about the positive impact that the 5E model will have on our students' academic growth and personal development. As we embrace this approach, we encourage parents to actively support their children's inquisitive nature and nurture their love for learning outside of school.



concluded the first unit exit point of International Primary Curriculum (IPC) and International Middle Years Curriculum (IMYC) of this academic year. It was an extraordinary experience to witness the exceptional tasks our students undertook and the remarkable knowledge construction they achieved. Throughout the unit, our students engaged in immersive learning experiences, exploring diverse topics and delving deep into their understanding. Their dedication to research and exploration was truly admirable, and it was evident that they had put their hearts and minds into every aspect of their projects. As educators, it is our greatest pleasure to see our students grow and flourish academically and personally. The IPC and IMYC units provided a platform for our students to not only acquire knowledge but also to develop critical thinking skills, collaboration abilities, and creativity.

One of the most heartwarming moments of this year was our graduation ceremony, a truly special occasion that celebrated the accomplishments of our graduating students. Witnessing these young individuals stepping into the world, brimming with knowledge, skills, and values instilled at our school, fills our hearts with immense pride and optimism for their bright futures. This year, we introduced a new tradition- The Graduation Walk. Our young learners had the opportunity to line the path and bid farewell to the graduates as they embarked on the next chapter of their lives. This beautiful gesture not only allowed our graduates to feel a sense of achievement and recognition but also fostered a deep bond between the graduating class and our younger students.

Furthermore, this ceremony provided our graduates with an opportunity to express their gratitude to every member of the school who played a role in their educational journey. The bond between our students and our dedicated staff is something truly special, and this heartfelt exchange of appreciation highlighted the deep connections that exist within our school family. As we celebrate the achievements of our graduates, we also look to the future with hope and excitement. Our young learners, inspired by the success of their seniors, are now dreaming big and setting their sights on achieving their own aspirations. Our school will continue to be a nurturing environment that supports and empowers each student to reach their full potential preparing them for a bright and fulfilling future. As we look ahead to the next block, let us continue to cultivate an environment of respect, empathy, and inclusivity. Together, we can nurture a spirit of inquiry, encourage creativity, and provide unwavering support to each other in all our endeavors. I extend my heartfelt appreciation to every member of our school community for your tireless efforts in making our institution a center of excellence. Let us carry forward this spirit of unity and dedication as we embark on the next phase of our journey. Thank you

Election Simulation

Sakchi Bhandari Grade: IX



Recently, students from grades IV to X at Imperial World School took part in a simulated election to select their representatives for the student council. This mock election was held in the school auditorium on May 18th. A total of 23 candidates contested for the role of house leaders, representing the four houses, and an additional 5 candidates competed for the esteemed position of the school captain. Among these candidates, students from grades 8, 9, and 10 showcased their visions and goals as potential leaders, putting themselves forward for the roles of the captain, the house captain, and the vice-captain.

During the election, voters formed lines and had a black marker placed on their left thumb to indicate that they had already cast their votes. Each voter received two papers, one for the school captain and the other for the house captain and vice-captain elections. Two voting stations were equipped with stamps. Voters were instructed to carefully stamp their desired candidate's name once on the paper without smudging, as any smudged stamp would be considered invalid. Once stamped, voters folded their papers and placed them into the appropriate ballot boxes. It was important to maintain transparency and integrity throughout the process, so the teachers, the school administrators, and staff were also allowed to vote, but solely for the school captain position. To ensure a fair election, journalists, police officers, and volun

Editorial Board



Chief Editor: Dechen Doma Sherpa (English) teers were present to oversee the process and prevent any potential irregularities.

The election lasted for approximately 4-5 hours, and the votes were diligently counted the following day. All candidates and journalists were present during the vote count, creating an atmosphere of excitement and suspense. After a meticulous count, the elected representatives were finally announced.

The red house experienced a tie between two captain candidates. To resolve it, a coin toss was conducted, resulting in Yug Bhandari becoming the captain and Ishan Dhakal becoming the vice-captain. Saheena Shrestha was named the captain of the greenhouse, with Suvan Joshi as the vice-captain. Riwaz Pantha and Amay were elected as the captain and the vice-captain, respectively, for the blue house. Lastly, Aaron Ghale was announced as the captain, and Stawan as the vice-captain for the yellow house. Bishal Khanal emerged as the school captain.

The newly elected student council members are now gearing up to work closely with the school administration to develop their goals and start implementing their plans. As voters, we hope to see the newly elected leaders fulfill their responsibilities and keep their promises to the best of their abilities. We believe that their dedication and hard work will contribute to making our school an even better place for all students.

Proofreading



Over past few months, we have worked diligently to curate a diverse and enriching collection of books that are perfectly suited for our students. The aim was to provide a wide range of reading materials that cater to various interests, age groups, and reading levels. Our school library is now adorned with a treasure trove of literary gems, including captivating fiction, inspiring biographies, thought-provoking non-fiction, and engaging picture books for our younger readers. With great joy and pride, we have successfully

Junita Karki Principal



Chief Editor: Hem Kumari Subedi (Nepali)



Senior Editor: Apsara Pathak (Nepali)



Senior Editor: Siddharth Tamang (English)



Shreesha Panta



Zero Week

Name: Sambridhi Sharma Grade: IX 'Gandaki'



Our school decided to kick-start the academic year with an exciting event called "Zero Week." It was a fun-filled and educational week where we engaged in various activities with our teachers and classmates. During the first day, as we looked around, we realized that most of our teachers had left the school, which left our class feeling a bit sad. However, we were introduced to our new teachers, who were enthusiastic and visibly happy to meet us.

The initial excitement of meeting new friends and teachers soon wore off as we found ourselves repeatedly introducing ourselves throughout the day, making it a bit monotonous. However, on the second day, things picked up when we were taken outside to play different games.

The real highlight came on the third day when we had a fantastic carnival. We had a blast playing various games and winning prizes. To add to the fun, there was a captivating magic show, and we were even surprised to see some cosplayers in impressive costumes. On the fourth day, a girl joined our class, and despite a mix-up in her grade placement, we gladly befriended her. The following day, another new student, this time from Australia, joined our class, and we warmly welcomed her as well, even though she was supposed to be in the 9th grade.

As the week came to an end, our school organized a music concert. The performances were terrific, but the scorching heat of the sun made it a bit challenging for us to fully enjoy the concert. Our vocal ma'am and some younger students also showcased their talents during the concert, adding to the excitement. In the end, "Zero Week" turned out to be an enjoyable experience, despite the initial sadness and some small hiccups with new students' grade placements. We formed new friendships, bonded with our teachers, and made lasting memories that set the stage for an exciting academic year ahead.

What True Friendship Means

Aanvi Kashyap Grade: V`Seti'

True friendship means that two people are connected, trust each other, and always support each other. We can call a true friend a bestie or best friend. Being best friends means having a lot in common. For example, my best friend is Parina. She is the person who has seen me at my worst and my best. I don't think I will ever find another girl like her as my best friend. To become someone's best friend, one needs to be trustworthy and earn another's trust. Some people pretend to be our best friends but talk behind our backs. They are fake friends. People say, "If you have two friends in your life, you're lucky, but if you have one good friend, it's a blessing." Now I finally understand why people say that. Friends may have fights, but they always find a way to bond back together. Parina and I didn't talk much at first, but as time went by, we started to bond. We met at school. At first, I thought she was just an ordinary girl, but then I realized she is the most unique girl l've ever met. She is a truly sweet girl. I tell her about my feelings when I'm sad, happy, curious, annoyed, angry, and many other emotions. I love her (as a bestie) from the bottom of my heart.

Albert Einstein

Name: Miraj Amatya Grade: IX 'Gandaki'

Albert Einstein is widely regarded as one of the most influential scientists in history, and perhaps even the most influential. There are several compelling reasons for his high standing in the scientific community. Born in Germany, he was a theoretical physicist who achieved numerous groundbreaking discoveries.

To begin with, let's explore how Einstein revolutionized our understanding of the theory of relativity and gravity. While Newton's observation of an apple falling on his head led to the discovery of gravity, which states that every particle attracts every other particle, Newton viewed the universe as a static stage, with space serving as an unchanging backdrop for cosmic events. However, he didn't delve into the mechanics behind gravity. Einstein, on the other hand, formulated both the theories of general and special relativity.

Einstein completely transformed our comprehension of the universe. He depicted space and time as a vast mattress, capable of bending and warping under the influence of objects or masses. This concept explained the formation of black holes, where an incredibly massive object creates a "hole" in the spacetime fabric. Furthermore, Einstein emphasized the interconnection between space and time, demonstrating that objects not only curve space but also influence time itself.

Beyond his groundbreaking work on the theory of relativity, Einstein's contributions to the field of physics encompassed a plethora of remarkable discoveries and profound theories that continue to shape scientific research to this day. His impact as one of the most significant scientists in history cannot be overstated.

The Dyson Sphere

Name: Aayush Bastola Grade: VIII 'Babai'

The Dyson Sphere, proposed by physicist Freeman Dyson, is a theoretical megastructure that captures and utilizes the radiant energy of a star. The idea is that as our energy needs to grow, we may need more than Earth can provide. By constructing a massive structure around a star, we could harvest its energy output, which is billions of times greater than Earth's. The potential benefits of a Dyson Sphere include addressing energy shortages, powering advanced technologies, and facilitating interstellar travel. However, the construction presents immense engineering and technological challenges, as well as ethical implications.

Despite these challenges, the concept of a Dyson Sphere sparks curiosity and serves as a symbol of our ambition to conquer the frontiers of science and technology. Despite being a speculative idea, ongoing research and advancements in fields like energy production and space exploration may bring us closer to realizing this awe-inspiring concept.

Momo: One of the Best Foods in the World.

Prasidaba Dabal

Stem Cells

Name: Ansi Bista Grade: VIII 'Indrawati'

Stem cells have garnered immense attention in the field of medicine due to their remarkable ability to transform into various cell types and regenerate damaged tissues. These unique cells hold tremendous potential for revolutionizing healthcare, offering hope for the treatment of numerous debilitating diseases and conditions.

Stem cells are undifferentiated cells that possess the ability to differentiate into specialized cells, such as nerve cells, heart cells, or blood cells, and can also self-renew. This remarkable characteristic makes them invaluable in regenerative medicine and research. In regenerative medicine, stem cells can be used to replace or repair damaged tissues and organs. They hold promise for treating conditions like spinal cord injuries, heart disease, and Parkinson's disease, where traditional treatments fall short. By injecting stem cells into affected areas, scientists hope to stimulate tissue regeneration and restore normal function.

Moreover, stem cells have proven invaluable in disease modeling and drug development. They can be cultivated in the laboratory and induced to differentiate into specific cell types, allowing researchers to study disease mechanisms and test potential treatments. This opens up new avenues for personalized medicine and targeted therapies. However, the use of stem cells also raises ethical concerns, particularly regarding embryonic stem cells. Researchers have been exploring alternative sources, such as adult stem cells and induced pluripotent stem cells, which can be derived without ethical controversy.

Stem cells have emerged as a beacon of hope in the field of medicine, offering unprecedented opportunities for healing and regeneration. Their ability to differentiate into various cell types and their potential for repairing damaged tissues have the potential to transform the way we treat diseases. With ongoing advancements and ethical considerations in mind, the future holds immense promise for harnessing the power of stem cells to improve human health and well-being.

Mount Everest

Name: Aarav Dahal Grade: III 'Trishuli'

Mount Everest (Sagarmatha) is in Nepal. It is the highest mountain in the world, with a height of 8,848 meters. It is located in the Solukhumbu district. Edmund Hillary and Tenzing Norgay were the first people to climb Mt. Everest. Many foreigners visit Nepal to observe its worldwide-famous beauty.

mos is mostly buffalo meat and chicken. There are also Veg momos, which use paneer, tofu, or vegetables. For the filling, a mixture of meat and spices is used. Traditionally, spices are blended by hand on a stone, but nowadays, people use mixers for convenience, which still gives a mouthwatering smell and taste.

The secret of the taste of momos: The achar or

Our Country Nepal

Name: Suvigya Jung Adhikari Grade: X 'Bhotekoshi'

Nepal is known for its rich geological diversity, and within its borders, several valuable elements can be found. One such element is copper, which is abundant in various regions of the country. Additionally, Nepal is known for its deposits of zinc, lead, and iron ore, which hold significant economic importance. Another valuable element found in Nepal is limestone, which is widely used in construction and cement production. The history of elements found in Nepal spans several centuries, showcasing the country's diverse mineral wealth. Ancient records indicate the use of minerals like copper, iron, and gold as early as 2000 BC. In 1851, formal mineral exploration began with the arrival of the British Geological Survey team. The 1950s and 1960s saw significant geological surveys uncovering valuable resources such as copper, lead, zinc, iron ore, limestone, and coal.

The Syangma Copper Deposit discovery in 1960 and the subsequent establishment of the Phulchoki Iron Ore Deposit in 1973 marked major milestones in Nepal's mineral exploration. The 1980s and 1990s witnessed the identification of important deposits like Udayapur Cement Limestone Deposit and Chahare Zinc-Lead Deposit. In recent years, Nepal announced the discovery of rare-earth elements, including neodymium, dysprosium, and terbium, in 2021. These findings highlight the continuous exploration and development of Nepal's mineral resources, contributing to its economic growth and industrial sectors. Over 200 years ago, indigenous mining activities began in Nepal. In many districts, there were small-scale historical iron, copper, lead, zinc, cobalt, and nickel mines, as well as placer gold panning along major rivers and slate, quartzite, dolomite, and limestone quarries operating. It is evident from the presence of old working pits, adits, smelting places, scattered slag, and remnants of mine materials that such mining activities were conducted in the past. In many cases, the name of the village is derived after the particular mines e.g. Taba Khani, Falam Khani, Shisa Khani, Sun Khani etc.

Elements and minerals found in Nepal have various uses across industries. Some common applications of the elements and minerals found in Nepal include Copper which is widely used in electrical wiring, electronics, plumbing, and construction materials due to its excellent conductivity and corrosion resistance. Zinc is commonly used for galvanizing steel to protect it from corrosion. It is also used in the production of alloys, batteries and as a nutrient in agriculture. Lead has applications in batteries, ammunition, radiation shielding, and construction materials such as pipes and roofing materials. Iron ore is a key raw material for steel production. It is used in manufacturing construction materials, vehicles, machinery, and appliances. Limestone is a crucial ingredient in cement production, providing the primary source of calcium. It is also used in construction materials, soil conditioning, and as a filler in various products. In the end, mining and export, industrial development, infrastructure development, energy generation, research development, etc. are a few of the ways Nepal can leverage its minerals and elements in several ways to benefit its economy and development.

Our Visit to Narayanhiti Park

Name: Aavya Pandey

Grade: X 'Bhotekoshi

Momo is a food that has captured the taste buds of people worldwide. People from other countries also call them dumplings. Momos are said to have originated from Tibet, and after that, they spread to many countries like Nepal, Bhutan, and Northern India.

Origin of Momos: Momos originated in the Himalayan regions of Nepal and Tibet. Many people believe that momos originated in Tibet and made their way to neighbouring countries like Nepal and Bhutan before becoming famous worldwide. Original momos are steamed, but over the years, people have created their flavours, such as fried momos and much more. Mostly, people eat momos with buffalo meat, which has its distinct taste, along with the original achar. Steamed momos preserve the flavour of the original taste, and for crunchiness, pan-frying is the best, providing a satisfying crunch. Ingredients for momos: The meat used in mochutney served with momos also plays a crucial role in giving them their distinctive taste. The achar or chutney is made up of ginger, garlic, coriander, turmeric, cumin, and green chilies. Ingredients like these give momos a tantalizing taste. Making momos requires more skill than you might think. A well-experienced person is needed to achieve the original and good taste. The most challenging part of making momos is folding them perfectly. To make it easier, people have come up with various shapes, which give momos a unique appearance.

The popularity of momos worldwide: Momos gained fame worldwide, especially due to food blogs, which played a vital role in spreading awareness about this exciting new taste. Many people tried momos, and their popularity grew globally. Momos have now captured the hearts of people beyond their home countries and have come to represent the diversity of Tibet and Nepal.

Grade: III 'Marshyangdi'

Our first field trip of the year was to Narayanhiti Park. We, the students of grade 3, 'Trisuli' and 'Marshyangdi,' went on an exciting trip with our friends and teachers. It was a picnic, which helped us use our brains more and increase our memory because we had to bring food starting with the first letter of our names. I brought "Aloo-fry." Once we arrived there, we explored the wonderful place. We saw models of rivers and mountains. After a while, we all gathered and sat together forming a circle, and played a memory game where we had to memorize the food each and everyone had brought. It was a fun game.

After the game, we all began to eat. We shared our food and ate it with joy. After eating, we went outside. Some were playing with their friends while some were just talking. After playing for a long time, we were ready to go back to school. At school, we still had fun, and we all drank apple juice. Finally, this was one of the most memorable and fun trips our school has ever taken us on. I will never forget the fun times I had that day.

The Evolution of Life: An Unfolding Symphony of Diversity and Adaptation

Name: Kabir Nahata Grade: IX 'Gandaki'

Introduction:

Life on Earth is a fascinating narrative that has lasted billions of years. The evolution of life has been a complicated and awe-inspiring process, from its modest beginnings in the primordial soup to the advent of sophisticated species. This article will go into the main milestones and factors that have molded life's path, emphasizing our planet's interdependence and fragility.

1. The Origins of Life: The beginnings of life are still a hotly debated scientific topic. The dominant theory holds that life evolved via a series of chemical processes in Earth's early seas that resulted in the production of self-replicating molecules. These primitive living forms developed and diversified over time, paving the way for the formation of more sophisticated species.

2. The Rise of Multicellular Life: The advent of multicellular creatures was a watershed moment in the evolution of life. This change enabled greater specialization, collaboration, and the formation of complex tissues and organs. The emergence of multicellularity opened the stage for today's variety of life.

3. The Forces of Evolution: Natural selection, mutation, genetic drift, and gene flow are all mechanisms that drive evolution. Charles Darwin's theory of natural selection is the foundation of evolution. It prefers features that improve an organism's survival and reproductive success, resulting in the progressive accumulation of advantageous adaptations across generations.

4. Adaptation and Speciation: Adaptation is a key evolutionary process that allows organisms to survive and thrive in their environments. Species adapt through genetic variety and natural selection, increasing their fitness and allowing them to exploit new ecological niches. These adaptations can lead to speciation, or the development of new species, over time.

5. Extinction and Evolutionary Transitions: Extinction is an inevitable element of evolution. Throughout history, many species have become extinct, allowing new forms of life to develop. Mass extinctions, such as the one that wiped out the dinosaurs, have had enormous effects on the evolutionary trajectory, allowing for new adaptive radiations and ecological changes.

6. Human Evolution: The development of Homo sapiens, our own species, is proof of life's complicated path. Human evolution has been impacted by a combination of genetic and cultural elements, from our shared origin with other primates through the creation of sophisticated communities and civilizations. Understanding our evolutionary past can help us understand our role in the natural world.

Conclusion: Life's development is a symphony of variation and adaptability. It demonstrates biological creatures' remarkable resilience and creativity. It does, however, emphasize the fragile balance and interconnectivity of ecosystems. It is our job as stewards of our world to conserve biodiversity and protect the delicate web of life. We may establish a stronger connection with the natural environment and contribute to its preservation for future generations by learning and enjoying the journey of life's evolution

Our world in 2023

Name: Ashlyn Joshi

Grade: IX 'Gandaki'

We are already 7 months into 2023. Oh, how quickly time passes! Only five months remain before the end of this year, which seems like it was only yesterday. In our world, a lot has occurred this year. Our world has experienced major shifts, caused by numerous social and technological factors. In this piece, we'll examine the opportunities, challenges, and developments that characterize the year 2023 while diving into the current state of the planet.

The pandemic crisis since 2019 is decreasing as the world develops, but the effects it's had on our society remain. After an outbreak that left us all broken, ensuring our community's health has become our main priority. After the COVID-19 outbreak, the healthcare systems significantly improved. Nations all across the world have made investments to improve healthcare services. maintain resilience for possible health emergencies, and promote equal access to healthcare. The tourism and travel industry was severely impacted by the pandemic, but as the number of vaccinated patients increased, more people felt comfortable in continuing travel thanks to the safety precautions and health measures. Now, schools and offices have started again making it easier for students to start their studying again and employees to start working. Due to the pandemic, there was a drastic change in the education system as well as the economy of the world.

Hopefully, by the end of the year, all the problems caused by the pandemic will be eradicated. Climate change and global warming are a clear and urgent worldwide concern in 2023. Immediate action is required to reduce greenhouse gas emissions, make a transition to renewable energies, and improve resilience due to the growing effects. Businesses, communities, and people as a whole must embrace sustainable procedures, give the preservation of nature the utmost importance, and provide new ideas. We can reduce the worst effects of global warming and set up a healthy and resilient future for our planet by taking the call for climate action. Warmer and drier weather as a result of climate change has increased the risk of wildfires since vegetation is more combustible in these situations. Talking about climate change, let us talk about the wildfires and climate change in Canada. Beginning in early March 2023, a record-breaking number of wildfires have started affecting Canada. The current wildfire season is the worst in North American and Canadian history. Many people have lost their homes and lives due to the wildfire that is still occurring. The whole of Canada has been affected and is covered with smoke, causing many diseases and lung cancer. The residents of Canada have been suggested not to leave their homes and stay inside. This is affecting a lot of students, office workers, and especially homeless people. The smoke and fire have also spread to some parts of America, covering the light of the sun and affecting the health of people.

The world's position in 2023 will be defined by a combination of challenges, opportunities, and constant changes. Our future is shaped by the COVID-19 pandemic recovery, the urgency of tackling climate change, geopolitical developments, technology advancements, and shifting social dynamics. The world must work together, innovate, and show empathy when it makes crucial decisions. We can work towards a more inclusive, sustainable, and successful future for everybody if we acknowledge the complexities of our current situation.

An Interview with Martin Luther King

Name: Sarah Kharal Grade: IV 'Narayani'

In one of my IPC tasks, we had to prepare for an interview. I was to be interviewed by my classmate Shubran, while I was supposed to act like I was Martin Luther King Jr. I went home and did a lot of research on him and found out that he used his voice and power to fight for the civil rights of his people who were deprived of it.

I finished my research, and the next day Shubran and I prepared a script with his questions and my answers. We wanted to find out if the script had any grammatical errors, so we approached Siddharth sir, who helped us improve the script. After practicing for days, we finally presented the interview to our classmates, and on Friday, we even recorded a video which will soon be available on social media.

School

Carnival

Name: Neir Amatya Grade: IX



A few weeks ago, the vibrant IWS (Imperial World School) family came together to celebrate a magnificent carnival held within our school premises. The carnival served as a splendid finale to our exhilarating "zero week," also known as the first week of school. Throughout this week, our school was abuzz with various festivities, but today I want to focus on the unforgettable carnival experience that left an indelible mark on our memories.

As we arrived at school on that special day, a marvelous sight greeted us right at the front gate—a colossal bouncy castle that beckoned with excitement and endless possibilities. After three invigorating classes, we gathered for a well-deserved lunch, eagerly anticipating the start of the much-anticipated carnival extravaganza. The carnival boasted an array of captivating activities, offering countless opportunities to win marvelous prizes.

Our school grounds were transformed into a vibrant hub of entertainment, complete with cosplayers who skillfully brought fictional characters to life. The presence of these dedicated cosplayers added an extra layer of enchantment to the already captivating atmosphere.

However, the excitement didn't end there. As the day progressed and the initial buzz subsided, a captivating magic show took center stage, mesmerizing all in attendance. A masterful magician astounded us with an impressive repertoire of mind-boggling tricks that defied all logic and appeared utterly surreal. The crowd erupted in applause, showing their appreciation for each astonishing act performed by the magician. The air was filled with wonder and awe, creating an atmosphere that encapsulated the sheer joy and excitement that had permeated throughout the day.

This unforgettable carnival served as a magnificent highlight of our first week at school, leaving an everlasting impression on each of us. It provided a precious opportunity for us to create cherished memories with our friends, fostering a sense of camaraderie and unity among the members of our school community. The day unfolded as a treasured moment in time, etching itself into the collective memory of everyone fortunate enough to be part of this remarkable event.

As we reflect upon this extraordinary day, we recognize its significance as a cherished milestone for each individual and a collective celebration of our shared experiences. It stands as a testament to the vibrant spirit and sense of togetherness that defines the IWS family, fueling our eagerness for future endeavors and fostering a deep appreciation for the joyous moments we share as a community.

Why I Love to Sing?

Saizmine Basnet Grade: V Seti

I love to sing because it makes my day happy. There are many good songs, but I usually love to listen to K-pop and English songs. Currently, my favorite song is "A Thousand Years" by Christina Perri. The lyrics of this particular song are amazing, and the melody is very relaxing, so I also love to sing this song. Besides this, I also love to listen to K-pop songs, which make me feel energetic and joyful. There are many singers and artists in this world, but my favorite artist is Christina Perri because of her melodious and soothing sound. Singing has also helped me in my daily life; it helps me relax from daily stress and brings me joy when I am sad. I have been listening to songs since I was a little kid, and even now I love to listen and sing along with my favorite songs

Benefits of Reading

Name: Yuvna Guruna

Grade: IV 'Rapti' By reading, we can gain a lot of information.

Reading is really important, as it helps us learn, understand, and makes it easy to pronounce new and difficult words. Books play an important role in helping our brains gain intelligence and become smarter. Reading also teaches us to be diligent, disciplined, and respectful. Reading books help us imagine and form creative ideas that can change our lives. Reading books give me joy and allow me to expand my ideas and views of the world around me.

Name: Aashna Thapa Grade: III 'Trishuli'

A school is an educational institution that provides a learning environment to students. Teachers provide education to students. There are two types of school institutions in Nepal: government and non-government schools. We learn many new things in school and make many friends. Our learning journey begins in kindergarten. In school, we have lots of fun activities to do. Our teachers are our role models.





World Environment Day

Name: Jasmine Thapa Grade: IX 'Gandaki'



Environment Day celebrated globally on June 5th each year, serves as a powerful reminder of our duty to protect and preserve the natural world we inhabit. In this article, I recount my unforgettable participation in a school program on Environment Day, where students from grades 9 and 10 embarked on a mission to clean the revered Budhanilkantha Temple in Nepal. The objective was twofold: to restore the temple's surroundings to their pristine state and to spread awareness about pressing environmental issues. The experience left a profound impact on all of us, highlighting the significance of small yet

meaningful actions to safeguard our planet's well-being.

A Glimpse of Budhanilkantha Temple:

Situated on the outskirts of Kathmandu, Budhanilkantha Temple is a sacred Hindu site renowned for its ancient stone statue of Lord Vishnu resting on a coiled serpent. This historic temple has long been a site of spiritual significance for devotees and tourists alike. However, over time, the temple's surroundings had fallen victim to litter, debris, and neglect, compromising the sanctity and beauty of this sacred place. Our school saw this as an opportunity to not only restore the temple's pristine appearance but also to instill a sense of environmental responsibility among students.

Uniting for a Greener Cause:

Eager to make a difference, students from grades 9 and 10 eagerly gathered at Budhanilkantha Temple on Environment Day. Armed with brooms, gloves, and trash bags, we embarked on our mission to clean and rejuvenate the temple's surroundings. The atmosphere was filled with enthusiasm, as we understood the gravity of our responsibility and the impact our actions could have on both the temple grounds and the environment at large.

Cleaning with Purpose:

We diligently set to work, carefully picking up litter, clearing fallen leaves, and gathering waste scattered around the temple premises. Working as a team, we moved with a shared sense of purpose and dedication. The act of cleaning the temple not only helped beautify its sacred grounds but also conveyed a potent message

Helen Keller

Name: Unnav Sharma Grade: III 'Trishuli'

Helen Keller was born on June 27, 1880, in Tuscumbia, Alabama, a little town in the northwestern corner of the state. Helen's father was a friendly man who loved to tell stories. He was very sociable and would often invite people to their houses. Helen was just as intelligent as her mother. Helen Keller was the first deafblind person to ever earn a Bachelor of Arts degree. She loved music and could enjoy it by listening to the vibrations of a beat. Helen Keller was nominated for a Nobel Peace Prize in 1954 for her work.

The Aussie Experience

Name: Aarya Bhatta Grade: IX 'Gandaki'

The ten-year-old me, excited but nervous, boarded a twelve-hour flight headed to the land down under Sydney, Australia. At the time, I had no idea that the next four years of my life would be the most exciting, life-changing, and amazing four years filled with many thrilling adventures.

When we first arrived, everything seemed different than that of Kathmandu. Almost all houses had similar structures and lots of space, the roads were bigger and better, no hills surrounding the area, almost no pollution, and many facilities were provided to the citizens. My family and I lived in a one-storey flat, which seemed to be the common thread of most people who went to live there temporarily. The supermarkets in Australia provided food that was cheap but with good quality. The schools provided comfortable and easy learning that was filled with lots of practical activities and less theoretical studying. My friends were super nice and treated me fairly regardless of me being new. Same with the teachers, who were very friendly and taught the courses at a relaxed pace and made sure everyone was understanding the content.

Swimming Classes

Name: Yug Bhandari Grade: IX 'Gandaki'



Swimming is an important skill that offers numerous benefits, and my school recognized its significance by organizing swimming sessions for the students. The day finally arrived when we were taken to the local swimming pool, filled with excitement and anticipation. We immediately jumped in the pool and were divided into smaller groups based on our abilities, we received instructions on fundamental skills and swimming strokes.

Nervousness turned into confidence as we practiced floating, kicking, and gliding, gradually advancing to more complex techniques. The pool became a refreshing escape from the classroom, where we engaged in physical activities while learning essential life skills. Swimming taught us discipline, focus, and resilience, instilling the belief that we could overcome challenges with determination.

The swimming sessions gradually became even more exciting and we started looking forward to it every week. We had swimming classes on Tuesday and Friday alongside the students of grade 10 and I believe those were the best days throughout the week.

Overall, the school's initiative to take us swimming provided a valuable opportunity for holistic development. Under proper guidance, we improved our swimming abilities, built confidence, and learned important life lessons. The experience was a testament to the school's commitment to our growth and well-being, leaving a lasting impact on our physical and mental development but they had to eventually shut down the classes due to lack of participation. about the importance of cleanliness and environmental stewardship.

Spreading Environmental Awareness:

Beyond cleaning, we actively engaged visitors and passersby, seizing the opportunity to raise awareness about critical environmental issues. Armed with informational materials, we shared insights on recycling, conserving resources, and protecting wildlife habitats. The conversations we had that day reinforced our belief that even seemingly modest actions, when undertaken collectively, can create a substantial positive impact on our planet's health.

Reflecting on the Experience:

Participating in the Budhanilkantha Temple cleanup project on Environment Day left an indelible mark on all of us. It strengthened our understanding of the significance of this global event and its ability to inspire environmental consciousness and action. The experience also fostered a sense of unity among students, teachers, and visitors, as we collectively worked towards a greener and more sustainable future. The Environment Day project at Budhanilkantha Temple was not just a day of cleaning; it was a profound lesson in environmental responsibility and the power of collective action. By restoring the temple's surroundings and spreading awareness, we exemplified the spirit of environmental stewardship. This transformative experience reaffirmed our commitment to preserving our natural heritage and reinforced our belief that every individual can make a difference. As we move forward, we carry the torch of environmental consciousness, striving to protect our planet for generations to come.

WORLD MUSIC DAY

Name:Suhashi Tuladhar Grade: X 'Bhotekoshi'



World Music Day is celebrated every year on June 21 to celebrate and promote the global language of music, and to bring together people of different nationalities, cultures, and races through music. So on this special day, we celebrated World Music Day with a bang! Talented students from the school took part in this wonderful occasion enchanting the audience with harmonious songs and instrumentals. Everyone was vibing with great spirit making the event truly happen. We had Associate Prof. Dr. Lochan Rijal, Head of Department at Kathmandu University School of Music, as our valued chief guest. His views on music had us realize the significant role it played in society and bring people together, reminding us to cherish our rich musical heritage. Along with the valued guest, Miss. Puja Amatya, a researcher at Kathmandu University, also honored us with her presence.

Although all performances were extraordinary, some, in particular, struck my heart. Listening to songs being played live is just another level of mindfulness and it helped me recharge. All the instruments and vocals merging to create harmony was blissful to my ears. Music has always been a huge part of my life and so many other people's lives too. It made me realize how much music has brought us all together, to enjoy life, dancing and vibing to the type of music we love. There were tons of different musical performances which set their own tone, so no one was left out. I believe we should live and enjoy life to the fullest and music helps us do so.

Basketball Tournament

Name: Sonam Yangchen Sherpa Grade: IX 'Gandaki'



On May 25th, 2023, an exhilarating basketball tournament took place between Sanskriti International School and Imperial World School. The event was hosted by Sanskriti International School, and our team arrived at their campus at 11:30 am, fully energized after a satisfying lunch. By noon, we were geared up and ready to compete.

Upon reaching Sanskriti International School, we were delighted to see that the two schools were simultaneously participating in their respective matches. The atmosphere was filled with the spirit of sportsmanship and friendly competition. After the initial games, it was finally our boys' turn to play against Euro School. Our team displayed remarkable skills and teamwork, taking an early lead of 7 points. Despite their best efforts, the match concluded with our school losing by just 1 point. It was a close call, and our boys exhibited great sportsmanship throughout the game.

During the break, our girls' team utilized the time to practice and fine-tune their strategies. The anticipation for their match against the talented players from Sanskriti International School was palpable. Both teams gave their best, and it turned out to be an intense and closely-fought competition. The final score saw Sanskriti International School securing 36 points, while Imperial World School managed 6 points. Although we faced defeat, it was a valuable learning experience for our girls, as they got the chance to challenge themselves against strong opponents. The match showcased their determination and resilience.

Despite the results, the basketball tournament proved to be an enjoyable and enriching experience for all the participants. The friendly rivalry between the schools fostered a sense of camaraderie, and the students from both sides formed lasting memories. Beyond the competitive aspect, the tournament highlighted the importance of sportsmanship, teamwork, and the joy of playing together.

The event also provided an opportunity for cultural exchange and friendship between students from different schools. Interacting with the students of Sanskriti International School was a wonderful experience, and we appreciated their hospitality and passion for the sport. As we reflect on this memorable basketball tournament, we cherish the spirit of healthy competition and the valuable lessons we learned through both victory and defeat. Participating in such events reinforces the significance of sports in building character, discipline, and cooperation. We extend our gratitude to Sanskriti International School for organizing this fantastic tournament and look forward to future encounters on the basketball court

After I started going to high school, from grade seven, I took public transportation to school. The trains and buses were really fun to travel on and were very convenient for everyone. Sometimes I would catch the train with my friends and we would walk around shopping malls, which used to be a blast. There were also public parks where we would go, and they had lots of play equipment and greenery everywhere. Overall there were a lot of places such as beaches, parks, cinemas, malls, etc where you could hang out and chill.

My time in Australia was fun and I will forever remember the great memories made during my time there. The celebration of music day was very successful and enjoyable. It couldn't be done without the help of the students that were practicing for weeks and the mentors and teachers leading them with the practice. The passion of the performers and the audience were exuberating that made the whole day lively. In the end, it wasn't just about the scores; it was about the joy of playing the sport we love and the memories we created together. This basketball tournament will remain etched in our hearts as a cherished experience that brought us all closer as athletes and individuals.

Book Review

The Alchemist

Name:Agrata Budhathoki Grade: IX 'Gandaki'

This book by Paul Coelho "The Alchemist " is a very popular book with thousands of fans worldwide. It's a fantasy and adventure-oriented book, rather a very inspirational book. Personally, the book didn't seem to be for me as I am not a big fan of adventurous novels or fantasy. Although the book captured my attention in the beginning, the words soon started to scatter all over when I tried to read. The plot seemed to be really 10/10 but I felt as if the metaphors were really cliche. No matter how hard I tried to focus on what was going on, I was confused. I don't read a lot but when I do, I usually prefer books that are dark and have an essence of Kafka in them so I thought the genre of Quest wasn't for me and I stumbled upon reviews that matched up with my thoughts. Obviously, the whole book wasn't bad because I really loved the idea of the boy becoming a shepherd to travel the world and he was working hard to achieve his dreams.

The ending of the story was worse as he ended up with a treasure that didn't seem as valuable as the book was implying. Maybe, if I put in more effort to reread it I can explore different perspectives and have a better idea about the book. I think this book teaches youths that nothing comes for free, everything has a price. Everyone has to go through hard work to achieve their desired wish.

Harry Potter and the Philosopher's Stone

Name: Abiraj Thapa Grade: V 'Seti'

The book Harry Potter and the Philosopher's Stone is written by JK Rowling. The hero of the story is Harry. My favorite character is also Harry because he's kind, brave, and intelligent. My favorite part of this book is the ending because, after all the struggles, Harry finally defeats Quirrell and Voldemort. I love this part because it shows that even if evil can appear in the strongest form, the power of good will always prevail. I think the end should have been a bit different. I would have loved Ron and Hermione to be present in the final battle with Harry, even though they helped him a lot. I love the Harry Potter series and would recommend it to everyone.

The Midnight Library

Name: Sonam Yangchen Sherpa Grade IX 'Gandaki'

The midnight library is written by Matt Haig. The story follows Nora Seed, a British woman in her mid-30s, who is deeply depressed. One night, she decides to commit suicide, but the overdose of sleeping pills sends her to a library between life and death. As time stands still, Nora gets to sample countless lives she could have lived, where she enters lives where she was an Olympic gold medalist, a rock star, and a glaciologist, and also a life where she was married to a pub owner, her ex Dan. After all those failed attempts she finally finds a life that seems to fit like a glove. She is married to her beautiful neighbour Ash, a surgeon. They have a daughter and a dog. The couple lives in Cambridge, and Nora is a Philosophy professor. In other words, everything is perfect. For weeks, Nora stays in this life thinking that this might be the one, but eventually, she realises she must leave it behind. For one, Nora hasn't earned this life. She wants it, but unless she can achieve it through her action, she will never fully enjoy it.

Trip to Thailand

Name: Aarohee Rijal Grade:IX 'Gandaki'

On the night of April 30th, I remember not being able to sleep. I was so excited about my trip the next day that I slept hugging what I was going to wear to the airport on the day of the flight. On May 1st morning I remember waking up at 5 am just for a trip that I have been waiting for a long time. It was a trip to Bangkok with my grandparents and my older cousin.

Our flight was at noon so we got ready and left for the airport at 10 am. The flight was around 3 hours but I swear the flight felt so short. All I did on the flight was eat, watch movies, and mess with my older brother. The first thing my cousin and I did when we exited the airport was take a long deep breath of the air of Bangkok, not even joking it reminded me of my childhood and how I had created so many memories in Bangkok. We landed at 1 pm and by the time we reached the hotel it was 8 pm so we couldn't do anything. We went to a restaurant close to the hotel we were staying in. The next day we got up and got ready to meet the travel agent. After a short meeting with a travel agent about our trip we headed out to recall all the memories of Bangkok. We went to our favorite place Big C mall and spent a bit of time there shopping. We got back to the hotel and went for a quick swim in the pool. The day ended so fast, we ended up going to the same restaurant that we had gone for dinner and we also went to 7 eleven to buy ice cream and we did that every night we were in Bangkok. The next day we checked out of our hotel and drove for three hours to go to Hua Hin. Hua Hin is a beautiful beach in Thailand. We stayed at the 5-star hotel 'Amari' and it was the best hotel I have ever

been to.

At first, my cousin and I decided to go eat street food. We walked for 10 minutes but there was no street food so we decided to go to the beach as it was only a 5 minutes walk. That was my biggest mistake, it was so warm it was almost 40 degrees and I had a full sleeved t-shirt, full pants, and sneakers on. I almost cried while feeling warm but it was worth watching the scene. We walked back to our hotel and went for a swim. When the night fell the sky turned pink. The view was so beautiful we ate dinner watching the view and called it a day.

The next day we had breakfast and decided to go to the beach again and then swim on the beach. I thought we would have to take the same long route but I was wrong there was a shortcut from our hotel to get to the beach and it was only a 5 minutes walk. That day, we spent our time on the beach, my grandmother was really scared because my cousin and I went so far into the ocean. It was so much fun, plus the waves were huge. The whole 3 days we spent going to the beach and 7/11. One memory I will always have of Hua Hin is going to a restaurant where ,my cousin ordered duck and they let us choose the spice level. My Cousin picked the spiciest level but the waiter told us we couldn't eat it since it was very spicy, so we tried level 4. The spicy duck was delicious, as well as extremely spicy. I was the one who ended up finishing the spicy duck, while my brother, on the other hand, couldn't handle the heat as well as I could. He ended up drinking my Coke and left me with nothing to wash down the spiciness That night we walked to 7/11 and got ourselves candies and ice cream. The quote "Time runs out pretty fast" is so true because 3 days felt like 3 hours. We returned to Bangkok and got in contact with one of my grandparents' friends. She is a nurse in a hospital in Bangkok. We went to visit her at her work and she planned to take us out for dinner. She took us to a beautiful restaurant which was a local Thai restaurant on the beach which remains unexplored by several tourists.

The restaurant had the best view, there were seagulls flying everywhere and the sky with orange and pink. We ate a lot of good food which included squid, shrimp, duck, and other seafood items. Not only that, we also got to try some local Thai desserts. We ended up taking a walk and then going back to the hotel but before that, we went to 7/11 to get some ice cream. The next day was our last day so we just spent the day by going to the mall and shopping for clothes and food. I ended up buying one whole box of Tom Yum noodles. Before we ended our day we went to the places where we often used to go when we came to Bangkok with our family. We went to the best pizza place and had pizza which didn't satisfy us so we went to McDonald's and got ourselves some burgers and McFlurry. Of course, before we went back to our hotel we went to 7/11 and got some Yakult which just gave us a flashback.

That day we even tried the local coconut water. And before we ended our day we went to get a massage. In the morning we were in such a rush that we had to leave our hotel at noon and I hadn't packed properly. After that our cab picked us up and we went to the airport. One more thing I will never forget is the airport lounge, the food was so good and I had like 7 beverages for free and my cousin and I tried all the ice cream flavours. Before my flight, I got myself some Taco Bell and sticky rice so I could take it back to Nepal. It was a really fun trip which ended so fast. I can't wait to go back to Bangkok or maybe a new country soon.

Gulliver's Travels

Name: Adaani Karmacharya Grade: IV 'Rapti'

This book is written by Jonathan Swift. In this story, the main character is Gulliver. Gulliver is a young man who enjoys traveling. At the age of 17, he was sent to London to be a surgeon's apprentice. Mr. Bates was his teacher. Äfter a few years, Mr. Bates got Gulliver a job at a ship called Swallow. He stayed in this job for three and a half years. Then he decided to settle down. After a few years, he got married to Mary Butorn. On the 4th of May 1699, he went back to the ship. The journey was sailing smoothly until one day when a bad storm hit and broke the ship. Six crew members, including Gulliver, were safe. He tried his best to put his head above the water. He was tired, so he could not. After a few hours, he finally reached the ground. There he met tiny people who were called Lilliputians. The Lilliputians were scared because they thought Gulliver was a giant. They shot Gulliver with arrows. To know what will happen to Gulliver next, grab the book from the library

Richard Feyman

Name: Yukta Khadka Grade: IX 'Gandaki'

Richard Feynman was a well-known theoretical physicist who made significant contributions to the field of physics. He was regarded as one of the greatest physicists of his day and was awarded the Nobel Prize in Physics for his work on quantum electrodynamics. During WWII, Richard also played a role in the development of the atomic bomb. He shared his experiences and insights through autobiographical novels in physics, such as "Surely You're Joking, Mr. Feynman!" and "What Do You Care What Other People Think?", which showcased both his lighthearted and critical sides.

For a long period, he served as a professor of theoretical physics at the California Institute of Technology (Caltech). Richard Feynman had the opportunity to meet Albert Einstein. He was known for his unconventional and ingenious approaches to scientific problems. His work and personality continue to inspire many

Richard Feynman, the postwar generation's magician, passed away due to abdominal cancer. His legacy as a brilliant scientist and a unique individual lives on, and we can all derive inspiration from his remarkable life and achievements

The Best Teacher I **Could Ask For**

Nimsa Thapa Grade: VII 'Mechi'

There's this one teacher I have, She is like no other, Which makes her like a mother. She makes me happy, Around her, I'm chatty. She's sometimes scary, Which makes her seem like a bully, But you can't blame her, We're the cause of her anger. She is relatable. But she's also educational. She works hard, From the start. Her name is Dechen Doma Sherpa, Also known as the best teacher I could ask for.

My Trip to Dubai

Saman Gurung Grade: V 'Seti'

My trip to Dubai was awesome! First, we went to a hotel and the next day, we went to see the famous Burj Khalifa. When we reached there, the sun was scorching hot. We saw how high we were so my mom immediately started taking pictures. I got extremely bored so I requested my mom to finish up and move to our hotel, but she said no while taking pictures. I was sad and I stayed inside waiting for a long time. We then went to our hotel. The next day, we went to Dubai Frame. On the tourist bus, they showed us a lot of famous buildings and structures, and we halted for a break at Marina Square, where my dad bought me Cheetos. When we finally arrived at Dubai Frame, there was a restaurant, so we bought strawberry chocolates there and also took many pictures. As usual, I got bored so I asked my mom if we could go to the hotel, but she said no again because she is obsessed with taking pictures. When she was done taking pictures, we went to our hotel. On the third day, we went on a desert safari. The car was driven in the hot desert. Then, we rode on a roller coaster because my sister wanted to ride on one. I am scared of roller coasters, and it was a very scary ride, but I didn't cry. We then went to watch a 4D movie which was 10-15 minutes long. After the show, we went back to our hotel. On the fourth day, we went to Jumeirah Beach. The water was as clear as crystal, but it was also very salty. We played there for a few hours and then returned to the hotel to get our bags to leave for the airport and to catch our flight to Singapore.

IMYC Exit point -Grade IX

Name: Prakriti Gurung Grade: IX 'Gandaki'



Imperial World School offers a global curriculum named IMYC, which stands for International Middle Years Curriculum. As a student of Imperial since grade 1, I have studied all 3 phases provided: Fastrack Kids, IPC, and IMYC. This curriculum engages students to learn different subjects like science, social studies, and arts practically.

For grade 9, our first IMYC theme of this year was "community." At our entry point, we were shown a video about bees and how they work together to make honey. This theme helped us learn about how working together can help achieve more than working alone. Community is an important concept that helped my friends and I develop our cooperation, leadership, and responsibility skills. Our teachers helped us organize community-based learning activities to help us solve real-world problems and gave us opportunities to interact with one another to make a positive difference. We had many tasks like knowledge harvesting, geography tasks, and more, which helped us learn about the theme.

Our exit point was held on the 11th of July, and our audience was grade 8. We had many presentations all about different topics. We had 2 groups for social studies, showcasing the Newar and Tharu cultures. For English, there were 2 videos, one a documentary and the other a skit. Additionally, there was a video and 2 presentations for computer networking and connecting different devices. The program also consisted of a song, a dance, and many other performances. Överall, I think that our exit point went pretty well as everything was coordinated, and nothing went wrong.

In conclusion, the theme "community" is a very important topic that students should learn, and it plays a vital role in the future of students. As we get older, we must perfect skills like communication, leadership, civil responsibilities, etc. We need them for solving problems or achieving goals. I have learned a lot from this topic, and I'm very happy to complete it with my friends.

A Visit to Jump Ktm

Arshi Khanal Grade: V 'Seti'

On July 15th, 2023, Saturday, I went to JUMP Ktm with my family. It is located in Mandikatar, Kathmandu. JUMP Ktm is a trampoline park in Kathmandu that is very famous among children of all ages. Trampolining is not only a fun activity but also has great health benefits. JUMP is near our home, so we reached quickly. After arriving, we had to wait for 20 minutes to go in as it was quite busy. It is usually busy on weekends. Once we could enter, my brother and I dashed inside. I went to the airbag, while my brother went to the toddler section. After a while, my brother joined me in the section I was in and tried the airbag. We both went to the foam pit and the dodgeball section. After that, I returned to the trampoline section, I ran into a friend who left school last year. His name is Ashrey. He told me about his new school, and I shared about the changes at our school. We had a lot of fun and enjoyed jumping a lot. My brother liked it so much that when our time was over and he came out, he just drank water and ran back, thinking it was just a break and he wanted to play more. We laughed about it, and I got some boba to drink. Then, we went to the Roadhouse and had some food. We also ordered my favourite dessert, sizzling brownie with ice cream. It was a fun-filled but tiring Saturday for all of us.

Alumni Corner

Name: Shirish Adhikari

13 years ago I joined Imperial World School. I was in grade nursery then and started my journey here since the establishment of the school. Those vague details are something I remember to this day and bring me a great deal of nostalgia and joy.

My father brought me to this school due to their unique way of teaching. From the very start, it was unlike other 'conventional schools' as their approach to teaching was much more interactive and fun. It was one of the first schools to introduce international courses and learning programs such as FasTracKids, IPC, and IMYC. We also had frequent sessions with skilled professionals who came all the way from countries far and wide to enlighten us with their knowledge. Due to this we enjoyed each and every day of school. The teachers were also very approachable, fun, and proficient in teaching. They made sure we understood different concepts and felt more like a friend rather than a teacher

The school provided opportunities for all students to learn various skills by placing emphasis on ECAs such as sports, dance, music, and art. This led to us students becoming adept in ECAs which prepared us to shine bright even in this competitive world.

Even though the school gave much emphasis on ECAs, they never lost sight of their main goal of making their students exceptional learners. Since I was here from such a young age, I learned much of what I know right here in this school. My greatest forte is my academic strength which was also cultivated here. I have my utmost gratitude towards the school for providing me a platform to gain both knowledge and skills required to excel in the real world. Even as I move on to the next phase of my life, the memories and experience I gained here will always bring me pleasure and glee throughout my life.

Marie Curie: Pioneering Woman in Science

Amaara Shrestha Grade: VII 'Karnali'

Marie Salomea Sklłodowska Curie was a French-Polish physicist and chemist. She was born on November 7th, 1867 in Warsaw, Poland. She was the daughter of Bronisława Skłodowska and Władysław Skłodowski. Her early years were sorrowful as she lost her sister and mother at a young age

Marie Curie was an excellent student when it came to studies but as a woman, she was prohibited from pursuing further education, so she enrolled in The Floating University. The Floating University was a secret institution that provided education to Polish Youth.

By working as a tutor she was able to save

Alumni Corner

Name: Aaray Shrestha

In this short life, Imperial World School is the longest chapter that has left an indelible mark in my life. It is a place that continues to bring me immense happiness and joy, even as I look back on it today. As I sit down to reflect on my time at this school, memories flood my mind; each one brimming with joy and a sense of affinity.

When I first stepped into the grounds of IWS at Lazimpat, I was in the UKG level and 11 years after this moment, I am now an alumni of IWS which is now located at Hattigauda and also the school no longer offers pre-school education. My mother brought me into IWS as it was the only school in Nepal that offered the IPC/ IMYC curriculum which she found unique and progressive.

As a 12 year old, I found it absolutely ludicrous that my school had kept Optional Math as a compulsory subject as I used to hear every senior bellow that Math was a nightmare but now as I am enrolled in the A-level programme at Rato Bangala School, I find that my school actually did me a favor and put me through a challenge and helped me cross a road so that ultimately it would help me.

My IWS experience with ECA's was very special as I had a growing interest in music and theory. IWS had the perfect teachers to teach me music theory and I also got the opportunity to perform at different competitions and school events. In particular, I found that IWS was at the apex at teaching math, to the point that I even took part in 2 different olympiads representing the school.

IWS provided me with a platform for personal growth and self-discovery.

At the end of these ll years, I realized that IWS was shaping me into the person I am today. The academics, ECA's, relationships, and personal growth experiences laid a solid foundation for my future endeavors. I am grateful for the memories, teachings, and friendships I made here. My IWS was a transformative one, and I can gladly say that I'm excited to carry the biggest chapter of my life to the next chapter in college.

Becquerel discover radioactivity on March 1st, 1896 while working on a series of experiments on phosphorescent materials. In 1903 Marie, Pierre, and Becquerel were given a Nobel Prize for physics.

Marie Curie's married life was going well until 19th April 1906 but tragedy struck that day and Pierre was killed by a horse-drawn cart. She was very much devastated by the death of her hus-band. Later, to distract herself, Curie focused more on her work. She also took over Pierre's job as a teacher at Sorbonne University. Curie was the first female professor at that university.

Marie got her second Nobel Prize in 1911 but this time in chemistry, for the discovery of radium and polonium and the isolation of radium that provided science with a method for isolating and purifying radioactive isotopes. Marie Curie's discoveries on radioactivity contributed to the development of X-rays.

Marie Curie sadly passed away on July 4th, 1934 at the age of 66, due to a bone marrow disease known as aplastic anemia. Many people believe that the cause of her death was her extreme

enough money and move to Paris to study at the Reputed Sorbonne. She earned a degree in mathematics and physics. In Paris, she also met another physicist named Pierre Curie. The two physicists got married in 1895. Marie Curie's interest in chemistry and physics sparked when Henri Becqqurel (another physicist) discovered that uranium can result in photographic filming.

After months of research Marie Curie discovered two new elements: radium and polonium. The word polonium was named after her home country Poland and the word radium is the Latin word for ray. Curie's discoveries on radium and polonium helped French physicist Henri

amount of exposure to radioactivity. She is the first and only woman to this day to have won two Nobel prizes in two different fields.

One of Marie Curie's famous quotes is "Life is not easy for any of us". Curie believed in having perseverance and confidence in ourselves. She also thought that all humans are gifted with something that must be achieved.

Thus, Marie Curie's revolutionary discoveries help us in understanding physics and chemistry which may reveal some of Earth's biggest secrets in the upcoming years.

The Great Soviet Union

Samrat Jung Khatri Grade: VII 'Mechi'

The great land of communism, the country symbolizing the labour of men and women with a sickle and hammer, was the Soviet Union. The Soviet Union was one of the greatest and strongest countries in the past. It had an undeniable streak of winning many wars and battles. The country owed its strength to two famous leaders: Vladimir Lenin and Joseph Stalin. With their leadership and communication skills, they were unbeatable, expanding the country to twice the size of Russia.

Sooner or later, the Soviet Union formed great alliances with many countries, giving it a significant advantage in attacking other nations. The engineers of the Soviet Union made unexpected and surprising inventions, including deadly weapons installed in vehicles. The country is also known as the Red Army. After many years of nearly conquering the whole world, the Soviet Union dissolved into many countries on the 26th of December 1991. Examples of these new nations include Russia, Kazakhstan, Ukraine, Uzbekistan, and more. The main reason for the dissolution of the Soviet Union was the influence of the Americans, who advocated for liberty, democracy, and the formation of separate countries. This led to the end of the Soviet Union.

The Soviet Union is one of the strongest countries to have ever existed, alongside America, Britain, and many others. It is always remembered in the pages of history and should be known by everyone as a great country of the past.

Importance of **Mental Health**

Name: Shatakshi Bhatta Grade: VIII 'Babai'

In today's world, having good mental health is very important. Mental health refers to the wellbeing of our minds and emotions. It includes various aspects of our well-being related to our thoughts, emotions, and behavior.

Mental health holds huge importance as it plays a vital role in our daily life, affecting how we think, feel, and behave. Good mental health helps us concentrate and tackle challenges with confidence. Taking care of our mental health is crucial for our overall well-being, which relates to good health, a decent living standard, and socio-psychological well-being. It helps people excel in their professions, as mentally and physically fit individuals contribute more to their work, experience job satisfaction, and are paid well. This balance between work and family life is also part of their overall well-being.

Mentally stable individuals have made major inventions and innovations in human history. Physical health and mental health are interconnected. Poor mental health can have negative effects on our physical health, such as sleeping disorders or an increased risk of chronic illness. Good mental health enhances our productivity and efficiency. When our mental health is good, we tend to have a positive self-image with self-compassion, self-acceptance, and a healthy mindset. Human beings engage in self-care practices to maintain good mental health, which can include activities like getting enough sleep or engaging in hobbies and interests. Mental health is crucial in building and maintaining healthy relationships with family and friends. It boosts people's confidence and enables effective communication, patience, and support, which are essential while making new connections.

Debate Classes Name: Aarya Neupane

Grade: VIII Babai

A few days back, we had a session on how to debate professionally, and a member of DNN (Debate Network Nepal) came to our school for the session. Throughout this session, we, the students of grade 8, got the opportunity to learn many things. The volunteers from DNN were excellent, guiding us throughout the day.

During the session, we learned about various debate motions, tackled challenging questions, and even engaged in debates with our friends. The debate sessions were led by Sulav sir, and everyone was excited as the sessions were not only educational but also enjoyable. Before the session, we were quite clueless about what an actual debate entailed. However, thanks to these informative lessons, we developed essential skills such as critical thinking and research. Moreover, we were introduced to different debate tournaments happening in Nepal and internationally as well, which expanded our knowledge and understanding of debating. Participating in this session had a profound impact on our personal growth. We gained valuable insights and improved our ability to express ourselves effectively. It was an enriching experience that broadened our horizons and exposed us to various forms of debates

Overall, the session on professional debating was truly informative and beneficial, and we are grateful to have had the opportunity to learn from DNN and develop important skills that will serve us well in the future

Flower

Soniya Ghale Grade: VII 'Mechi'

Flowers are nature's gift to us, A symbol of beauty and trust. They come in colours bright and bold, And their fragrance is worth more than gold. In fields of green, they dance and sway, Their petals soft as silk; they play. Each bloom, a masterpiece of design A work of art, both rare and fine. From the rose to the daisy to the lily, Each flower's unique, like a fingerprint, really. They bring joy to our hearts and peace to our minds

And leave a lasting impression, one of a kind. So let us cherish these gifts from the earth, And celebrates their beauty and worth. For a flower is a reminder of life's simple pleasures

And the beauty that surrounds us, in all its treasures.

The Golden Boots

Sammridh Chamrel Grade: VI 'Mahakali'

Once in Manchester, United Kingdom, a boy named Musiallah was watching a game where his idol, Lionel Messi, was playing against Real Betis. He wanted to become a player just like Messi. But then, his mother, Lana, came and said, "You need to learn to walk before you can

My Favorite Marvel Hero

Azizah Pradhan Grade: VII 'Mechi'

Natasha Romanoff, also known as Black Widow, is indeed a popular and beloved character in the Marvel Cinematic Universe. Played by Scarlett Johansson, she has become an iconic figure in the franchise. Natasha is portrayed as an expert spy and skilled hand-to-hand combatant, having been trained in the Red Room from a young age to become an assassin.

In terms of physical appearance, Natasha is often described as tall, attractive, and beautiful. She has a finely-curved athletic figure, with dark red hair that tends to change in style and length throughout the films. She is known for her blue eyes and an expression of confidence and self-assurance. Her usual attire consists of a black jumpsuit with a V-shaped neckline, long sleeves, and a tight fit.

Natasha has a complex and intriguing backstory. She was born on December 3, 1984, in the Soviet Union. She has a sister named Yelena Belova, who also becomes a significant character in the MCU.

In "Avengers: Infinity War," Natasha plays a crucial role in the events following Thanos' snap, where half of all life in the universe is erased. She leads the Avengers for five years, working to restore order and hope. Ultimately, Natasha makes a heroic sacrifice on the planet Vormir to obtain the Soul Stone, which proves instrumental in the Avengers' plan to reverse the effects of the snap and restore trillions of lives

Natasha Romanoff's character has left a lasting impact on Marvel fans, and her journey and sacrifices have made her a memorable and beloved part of the MCU.

Rainforest

Name: Atharva Agrawal Grade: III 'Trishuli'

Rainforest is a place where it rains a lot. Different types of plants and animals are found in rainforests. In the rainforest, it takes 10 minutes for the rain to reach the ground. There are two types of rainforest: tropical and temperate. There are 4 different layers of the rainforest: The emergent layer, canopy layer, understory layer, and forest floor. The biggest rainforest is

boots were torn apart and old. So he took Mu-

siallah to a sports shop where the shopkeeper

showed them expensive boots. But then, he sig-

nalled the shopkeeper that Musiallah was not

his son. As a result, the shopkeeper brought the

cheapest boots, but Musiallah spotted a pair of

golden boots. Being a good kid, he accepted the

boots and thanked Frank for buying them. Frank

was surprised as he thought Musiallah would not

take the boots.

across the universe.

threats to the world. It is not just the melting of ice, but extreme weather changes taking place in every part of the world. The temperature of Earth has been rising by a degree per year, which is very harmful to the planet. The water

Atul Ojha

Grade: VII 'Karnali'

Climate Change.

Climate change has become one of the major

level is rising due to the melting of polar ice,

putting many species on the brink of extinction.

Climate change is also referred to as global warming. It means the long-term changes in the Earth's temperature and weather patterns that are occurring as a result of human activity. The major reason for climate change is the emission of greenhouse gases, such as carbon dioxide, carbon monoxide, nitrogen oxides, sulfur dioxide, and methane, which affect the atmosphere. As a consequence, the temperature of the earth rises, making our planet similar to any other planet where the existence of life is just impossible.

To save our planet from the consequences of climate change, many steps should be taken. Afforestation, the process of planting trees, can help absorb carbon dioxide from the atmosphere. We should not depend on fossil fuels and instead, opt for electric vehicles instead of petrol and diesel vehicles. After all, the Earth is home to each one of us, and we must save it.

Dragon

Shreyank B. Shakya Grade: V 'Seti'

A dragon, in mythologies, legends, and folktales, is a large lizard or serpent-like creature. In some traditions, they are called evil, while others believe they are beneficial. In medieval Europe, they were described as having a pair of wings, a spiky tail, and the ability to breathe fire. In Greece, the word "drakon" (from which the English word is derived) means sea serpent.

The dragon is unique because it is the only mythical creature among all the animals in the Chinese zodiac. Babies born in the year of the dragon are more common than those born in any other animal's year. In Chinese culture, the dragon represents good luck, strength, health, and the male element Yang. It is estimated that there are 50 to 80 types of dragons. Dragons are also mythical creatures. Some other mythical creatures include chimeras, basilisks, krakens, sirens, golems, gnomes, goblins, fairies, minotaurs, mermaids, werewolves, centaurs, etc. Despite being well-known, the origin of the dragon myth is a mystery. Furthermore, some cultures believe that dragons are not mythical, but rather giant creatures that died out, like dinosaurs. Dragons have also existed for thousands of years. According to one theory, the legendary Chinese dragon evolved from ancient totem-worship practices.

The personality traits of people born in the year of the dragon are charismatic, intelligent, confident, and powerful. They are naturally lucky and gifted. Dragons also famously love treasure. Dragons are often associated with royalty and good luck. In Chinese culture, dragons are often depicted with five toes, while in Japanese culture, they are usually depicted with three toes. In many cultures, dragons are associated with water and rain and are said to have control over the elements. Some dragons are said to be able to fly and glide through the air, while others are said to be able to swim through the water.

the Amazon rainforest.

We must take care of our mental health as it allows us to live a happier and more fulfilling life, enjoying all the activities we love.

run." Musiallah agreed, saying, "I will learn, Mother. I'm sure I will." His mother smiled before giving him breakfast.

Lana took Musiallah outside to meet Frank, a coach who started flirting with his mother. Musiallah's father, Harry, was fighting in a war when their commander was shot. Harry stepped up and became a new commander, restoring evervone's hope. Musiallah learned how to run and dribble. He said to his mother, "Mother, I have learned how to run and even dribble. Can I please participate in football training now?" He was nervous, afraid his mother wouldn't allow him, but she agreed.

She sent him with Frank for training since Frank was a manager of a team but always made Musiallah sit on the bench as a substitute. When his mother was heading to work, she got into an accident and had no choice but to let Frank supervise Musiallah until Lana got better.

Musiallah trained with the boots and then realized something incredible. He became much better at shooting compared to when he wore other football boots. He finally realized that the boots were magic, and so did Frank when he gave Musiallah a chance to play in a football match. From that day on, Frank tried to steal the boots but always got caught. The coach also decided to put Musiallah in every match.

Frank stole Musiallah's boots and trapped him one day, but an old man heard him and helped him. Musiallah was sad because he could no longer join the match, but the old man insisted on taking him to his garage. There, he had many football trophies. Although Musiallah didn't have his magic boots, the coach insisted that he play and begged him to. At last, Musiallah agreed. His mother got dismissed from the hospital and came to the tournament, and his father also returned from war.

Later, Musiallah scored a hat trick to win the game for them.

One day, Frank noticed that Musiallah's football



The Menace of Bullying in Schools: Empowering Change and Fostering Compassion.

Aarambha Dhakal Grade: VI 'Mahakali'

Introduction: Bullying, an old social issue, continues to harm many people in schools all over the world. It is a sad thing that makes it hard for schools to be safe places. Bullying doesn't just affect the people being bullied, but it also affects their mental, emotional, and school life. This article will talk about bullying, different types of bullying, the bad effects it has, and ways to stop it.

Understanding Bullying: Bullying happens in different ways, like hitting or being mean with words, leaving someone out, or cyberbullying. It means someone keeps being mean or tries to make someone do things they don't want to do. The person bullying has more power than the person being bullied. People bully because they may feel bad about themselves, want power, or feel like they need to fit in.

The Devastating Impact: Bullying can hurt people and leave marks that stay for a long time. People who get bullied may feel sad, scared, down, have low self-esteem, and have trouble in school. Sometimes, the hurt from bullying can last into adulthood and affect friendships, jobs, and feeling good overall. It's important to know how serious this problem is and work together to make it stop in our schools.

Prevention and Intervention Strategies: Awareness and Education: Schools can teach students about bullying and why it's bad. They can show how important it is to understand and respect others, even if they're different from us.

Zero-Tolerance Policies: Schools need to have clear rules against bullying and say what will happen if someone bullies others.

Peer Support Programs: Students can help each other by being friends and supporting one another. Schools can make programs where older students help younger ones and make sure everyone feels safe.

Counselling and Mental Health Services: Schools should have counsellors who can help students who have been bullied. They can also help the bullies and their families to change their behaviour.

Cyberbullying Awareness: Schools should teach students how to use the internet safely and kindly. They should know what to do if they are being cyberbullied and how to get help.

Parental Involvement: Parents and schools need to work together to stop bullying. They can talk to each other, have meetings, and do things together to make sure everyone knows that bullying is not okay.

Conclusion: Bullying is a big problem in schools and it hurts many students. But if schools take action and work together, they can make a safe and kind environment. By teaching students, having clear rules, providing support, and involving parents, we can stop bullying and make schools a better place for everyone. Together, we can end bullying and help every student feel happy and safe in school.

My Vision of the World's Future

Name: Ojashwee Shrestha Grade: X 'Bhotekoshi'

Amidst ongoing climate disputes, wars, decay of social institutions, and moral character, it seems reasonable to envision the future of the world as rather distressing. Although technology can improve our lives, it is important to recognize the negative elements that come with this everevolving environment. If technology is not carefully handled, the future may be detrimental, marked by invasions of privacy, a rising socioeconomic divide, environmental destruction, and excessive reliance on machines. Society must promote moral behavior and responsible innovation and prioritize the well-being of every person if it is to create a bright future. We can only expect to influence technology's trajectory in the direction of a better, more sustainable course through cautious measures and group efforts. It is normal to swing back and forth between hope and despair while thinking about the state of the world. Although optimism has frequently been the driving force behind human advancement, it is important to recognize the possible drawbacks that lie ahead. I'll explain why I think the future of our planet will be primarily bad in this article. A gloomy future is the result of several interconnected causes, including climate change, geopolitical unrest, socioeconomic inequality, and technical difficulties. Understanding these difficulties might help us take a more proactive approach to reducing the unfavorable effects

Empowering Change: Imperial World School Students Unite to Combat Plastic Pollution on World Environment Day

Name: Deepyasa Gurung Grade VIII 'Babai'



Our tiny little orbit, planet Earth, has provided a lot for us, but we humans have taken things for granted. June 5, 2023, is a very special day as we celebrate World Environment Day. This year's theme was #Best Plastic Pollution, highlighting the dramatic increase in the use of plastics over the years.

that lie ahead.

Unquestionably, there are a lot of undesirable events that may arise in the future. We need to pay quick attention to this and act collectively. Inevitably, a perfect storm of issues, including climate change, geopolitical unrest, socioeconomic inequality, and technical difficulties, will arise that will demand sustained effort to resolve. We may change the course of the world by identifying these challenges and acting proactively towards sustainability, diplomacy, social equality, and responsible technological development.

While "the glass is half full" is a great mindset, it appears that the lag between theory and practice is ever so present. Examining current affairs, the world seems to be heading in the wrong direction and experiencing an overall decay. Though the obstacles might appear insurmountable, history has demonstrated that humankind can triumph over hardship by coming together and being persistent. Accepting the possibility of a bad future enables us to face these problems head-on and work together to find solutions that protect the environment, advance peace, and encourage inclusive prosperity for everyone. We have the power to influence history and leave the next generation with a planet that is beautiful and worth protecting.

At Imperial World School, we celebrate and give back to the environment every year on this day, and this year was no exception. After lunch at around 11: 45 A.M, students from grades 7 to 10 gathered in the assembly ground. We learned about this year's theme and the importance of World Environment Day. Grades 7 and 8 were assigned to Bhadrakali Temple, while grades 9 and 10 were taken to Budhanilkantha Temple. The aim was to help pick up litter from the grounds and make the area cleaner. At 12: 15 P.M, the teachers selected two students from each grade to hold up the banners, and then we proceeded to the buses to reach our destinations. Upon reaching Bhadrakali Temple, Kabita Ma'am gave us a short speech about the temple and provided instructions on what we were supposed to do. Our task was to clean the light holders and the bells. Before we started cleaning, we were given masks and gloves for protection. Using detergents, scrubs, and pitambari, we worked on scrubbing away the oil and dirt. It was satisfying to see the difference we made as we cleaned.

Even though our shoes, shorts, pants, and shirts got dirty, my friends and I had a memorable time. We were willing to do anything for our environment. After a short period of cleaning, we washed our hands and gathered on the ground to offer prayers. Then, we posed for a group picture on the steps of the Bhadrakali Temple. On our way back to school, we walked in a straight line, carrying the banners. Through this experience, I learned the power of collective effort and the difference we can make when we come together for a common cause.

Computer

Name: Samrat Raj Dahal Grade: VIII 'Indrawati'

Charles Babbage, an English mechanical engineer, and polymath, originated the concept of a programmable computer. He is considered the 'father of the computer' as he invented the first mechanical computer in the early 19th century.

A computer is an electronic device that provides information or data. It is capable of storing, deleting, and processing data. Computers can be used to type documents, send emails, play games, and browse the web. There are many types of computers, including Supercomputers, Mainframe computers, Mini computers, Workstation computers, Personal Computers (PC), Server computers, and Digital computers.

A supercomputer is a computer that performs at nearly the highest operational rate. Supercomputers have been used for scientific and engineering applications or learning that must handle massive databases, perform a great amount of computation, or both. Mainframes are high-performance computers with large amounts of memory and data processors that handle billions of simple calculations in real-time.

A minicomputer is a type of computer that possesses most of the features and capabilities of a large computer but is smaller in size. Minicomputers fill the space between the mainframe and microcomputer and are smaller than the former.

Workstations are computers specifically designed and configured to meet technical computing requirements, including high performance, data integrity, reliability, and manageability. A personal computer is a small and low-cost computer intended for personal use (or for use by a small group of individuals). The term 'personal computer' is used to describe desktop computers. A server is a device that provides a service to another computer program and its user, also known as the client. The physical computer that a server program runs on is also frequently referred to as a server.

Digital computers are machines that employ a binary number system with only two digits: 0 and 1. Using this binary system, many complicated tasks are done with ease. Digital computers process data represented discreetly, and their main three components are as follows: Input, Processing, and Output.

Human Rights

Name: Dristant Khadka Grade: IX 'Gandaki'

Human rights mark everyone as free and equal, irrespective of age, gender, caste, creed, religion, and nationality. Human rights are a set of rights given to every human being regardless of gender, caste, creed, religion, nation, location, or economic status. Human rights are the basic rights people worldwide have agreed are essential. Human Rights Day is celebrated on December 10 every year.

Looking at the history of human rights in Nepal, it can be seen that the law that was

administered orally by religion began to be written after the declaration of the Civil Act in 1910. After this, the abolition of sati and slavery by Chandra Shamsher is considered important from the point of view of human rights. Human rights are needed to protect and preserve every individual's humanity, ensuring that individuals can live a life of dignity and one that is worthy of a human being. There are many human rights. Some of them are as follows:

Right to Education Right to Privacy Right to Shelter Right to Freedom Right to Social Security

Overall, we can say that human rights have made a huge impact on the world we live in today.

An Empowering Experience at Model United Nations (MUN)

Name: Sayun Mainali Grade: IX 'Gandaki'

As I walked into the bustling conference hall filled with eager delegates from around the world, I could feel a mix of excitement and nervousness surging through me. It was my first time participating in a Model United Nations (MUN) conference, an event I had been eagerly anticipating for months. Little did I know that this experience would prove to be one of the most empowering and transformative journeys of my life.

Having prepared extensively for my role as a delegate representing my assigned country, I was ready to tackle the complex global issues on the agenda. My heart raced as I took my seat, surrounded by other delegates dressed in their formal attire, each person embodying their respective nation. The conference commenced with an inspiring keynote speech, highlighting the importance of diplomacy, cooperation, and understanding among nations. This set the tone for the entire event, emphasizing the need for constructive dialogue and peaceful resolutions to the world's most pressing problems. During the committee sessions, I found myself

engaged in intense debates, collaborating with allies, and negotiating with adversaries to build

alliances. It was exhilarating yet challenging as I had to constantly think on my feet and adapt my strategies to the rapidly changing dynamics of the discussions. As the days passed, I felt a significant growth in my confidence and public speaking skills. At first, it was daunting to address a room full of people and articulate my country's stance on complex issues. However, with each speech, I became more assured, realizing that my voice, no matter how young or inexperienced, held the potential to influence change and contribute to the collective effort in finding solutions.

The climax of the MUN came during the General Assembly, where we collectively passed resolutions aimed at addressing the world's most pressing issues. As the final gavel struck, there was a sense of accomplishment and hope in the air. We knew that while we were only simulating the UN proceedings, the spirit of collaboration and the desire for a better world were genuine.

Leaving the conference hall on the last day, I carried with me a profound sense of empowerment. The MUN instilled in me a renewed passion for global affairs and a belief in the power of diplomacy to bring about meaningful change. It has also shown me that every individual, regardless of age or background, can play a vital role in shaping the world's future. Looking back on my experience at the Model United Nations, I am filled with gratitude for the unforgettable memories, the valuable lessons learned, and the friendships made. The MUN has opened my eyes to the immense potential within me and the world around me, and it has inspired me to continue striving for a more just, peaceful, and united global community. I enjoyed it very much.

Andre-Marie Ampere

Name: Saheena Shrestha Grade: IX `Gandaki'

André-Marie Ampère was born into a well-todo family in the city of Lyon, France, on January 20, 1775. When André-Marie was five years old, his family moved to a country estate. The education André-Marie received was rather unusual. His father, Jean-Jacques Ampère, was a great admirer of Jean-Jacques Rousseau. So, he decided to follow Rousseau's approach to André-Marie's education. André-Marie could do as he pleased, learning about anything he felt like. Aged 13, André-Marie began a serious study of mathematics using books from his father's library. His father also took him to Lyon's college to attend some physics lectures, which resulted in André-Marie beginning to read physics books as well as mathematics books.

In late 1797, aged 22, André-Marie Ampère opened up a shop as a private mathematics tutor in Lyon. His tutoring work came to the attention of Lyon's intellectuals, who were impressed by Ampère's knowledge and enthusiasm. Ás André-Marie Ampère was inspired and fascinated by the discoveries of the scientists like Hans Christian Oersted, he began by repeating Oersted's work. Before the end of September 1820, he made a discovery of his own. He found that "if an electric current flows in the same direction in two nearby parallel wires, the wires attract one another: if electric currents flow in opposite directions, the wires repel one another." Ampère then brilliantly found an equation connecting the size of a magnetic field to the electric current that produces it.

Ampère did not restrict his interests to mathematics and physics. He made significant contributions to chemistry and even discovered and named the element fluorine. At the age of 61, Ampère caught pneumonia and died in the French Mediterranean city of Marseille on June 10, 1836. He was a very delightful man who made many more contributions in the fields of mathematics, physics, and chemistry.

Graduation: A Proud Farewell and a Bright New Beginning

Name: Samip K.C Grade: X 'Bhoteoshi



The commencement of the new academic year brought a grand celebration at Imperial World School as we bid farewell to our exceptional Grade X batch during their graduation ceremony. The event was a momentous occasion where students, teachers, parents, and distinguished guests gathered to honor the remarkable academic achievements of our seniors.

Held at our very own school, the graduation ceremony marked the end of a significant chapter for both the graduates and our educational institution. It was a time of joy and celebration as we cheered on our accomplished seniors, who were now ready to embark on their journey into the real world, stepping away from the comfort of our school and the guidance of their devoted teachers.

As a current student, witnessing the seniors throw their caps into the air filled me with immense pride and inspiration, knowing that I would soon follow in their footsteps. Looking back, I realized the profound significance of that moment when a graduate's tassel was moved from the left to the right, symbolizing the formal end of their school life and the beginning of a new stage in their college journey. It was a heartwarming experience to witness this rite of passage in person.

The knowledge and wisdom imparted to me by my beloved seniors will remain close to my heart throughout my schooling career. Although bidding them farewell was difficult, I understand that change is inevitable, and we must embrace new beginnings. I would like to express my heartfelt congratulations to all the graduates and wish them the very best of luck in their future endeavors.

As we move forward, we cherish the memories shared with our graduating seniors and eagerly anticipate the opportunities and challenges that lie ahead. Graduation is not just an end but a beautiful beginning, and I am excited to embrace the journey with my fellow students and the guidance of our dedicated teachers. Together, we will continue to uphold the spirit of excellence and carry forward the legacy of Imperial World School.

Dinosaurs

Name:Ushika Pun Grade: IX

Dinosaurs were a group of reptiles that lived on earth for about 245 million years. They were also a diverse group of reptiles of the clade Dinosauria. They first appeared during the Triassic period between 233.23 to 245 million years ago. Dinosaurs became the dominant terrestrial vertebrates after the Triassic - Jurassic extinction event 201.3 million years ago and their dominance continued throughout the Jurassic and Cretaceous period.

There were three main bypasses of dinosaurs : omnivores, carnivores and herbivores.

Omnivores:

Omnivorous dinosaurs were a type of dinosaur that were able to eat both plants and meat. They ate seeds, plants, insects, small mammals, reptiles and even other small dinosaurs. Their digestive tracts were able to digest both plants and animals. There were 27 dinosaurs that were omnivores, some of them were oviraptor. Deinocheirus, Ornithomimus, Lesothesacorces, etc.

Carnivores:

Carnivorous dinosaurs were a type of dinosaur who ate meat and other animal products. They came in a variety of shapes and sizes. Carnivorous dinosaurs had serrated teeths (sharp teeth that resembled a knife) in order to hunt and eat their prey. They also had strong jaws to be able to bite their prey with such force. There were about 100 types of dinosaurs who were carnivores. Some examples are: Tyrannosaurus Rex, Spinosaurus, Tarbxsacaures, etc

Herbivores:

Herbivore dinosaurs were a type of dinosaur that ate only plants and vegetations that ate only plants and vegetations. Herbivore dinosaurs had flat teeths and the flatness served the purpose of stripping and grinding plants. They also had special stomach acids to digest cellulose. The indigestible substance found in plants gave them a rigid and strong quality. There were 190 dinosaurs that were herbivore dinosaurs. Some examples are Triceratops, Stegosaurus, ceratopsians, etc. Dinosaurs became extinct 66 million years ago at the end of the cretaceous period. There are some theories that copied the whole existence of the dinosaurs. They are volcanic activity, an asteroid impact or a combination of both events. The Chicxulub impact crater in the Yucatan Peninsula provides evidence of a catastrophic disaster that befell the earth at the exact time that the dinosaurs vanished. At nearly the same geological moment, The deccan traps were formed through massive volcanic activity in India which had coldside consequences. The meteors that hit the earth were a mile wide while the lava fields were 200,000 square miles long and 6,000 feet deep. These two events were capable of producing the kinds of geological and atmospheric consequences that caused an extinction of the dinosaurs or of other species.





शून्य हप्ता आन्सी विष्ट कक्षाः आठ (इन्द्रावती)



शून्य हप्ता भनेको मेरो विद्यालय इम्पेरियल वर्ल्ड स्कुलले आयो जना गरेको एउटा कार्यक्रम हो । यो कार्यक्रम विद्यालयको शैक्षिक सत्र सुरू भएको हप्ता रहेको थियो । यस कार्यक्रममा हरेक दिन फरक फरक क्रियाकलाप राखिएको थियो । यो हप्तामा विद्यार्थीहरूलाई नयाँ कक्षामा समायोजन गर्न गारो हुन्छ भनेर अतिरिक्त क्रियाकलापको आयोजना गरिएको हुन्छ । यो हप्तामा हाम्रा शिक्षकहरूले हामीलाई धेरै नयाँ र

राम्रा खेलहरू खेलाउनु भयो । विद्यालय खुलेको पहिलो दिन हामीले हाम्रा नयाँ साथीहरू र शिक्षकहरुलाई भेट्यौँ । हाम्रो यो शून्य हप्ता ४ दिनको थियो । नयाँ साथी र शिक्षकहरूलाई भेटेर धेरै खुसी लागेको थियो । उहाँहरु सबैजना धेरै मिल्ने र दयालु हुनुहुन्थ्यो । हामीले नयाँ नयाँ खेल खेल्दै धेरै कुरा सिकेर सबैसँग रमाइलो गरेर कक्षाको पहिलो दिन यादगार बनायौँ । पहिलो दिनको रमाइलोले गर्दा म दोस्रो दिनको लागि धेरै उत्साहित थिएँ । दोस्रो दिन पनि सारै रमाइलो र यादगार

भयो। यो दिन पनि हामीले पढाइ सम्बन्धि नयाँ नयाँ खेल खेल्ने अवसर पायौँ। जसले हामीलाई पढाइका कुरा पनि सिकायो। हामी दिउँसो सबैजना कक्षामा बसेर गीत गायौँ र कक्षालाई रमणीय बनायौँ।

अब भने हामी तेस्रो दिनको प्रतीक्षामा थियौँ। यो दिनमा हाम्रो विद्यालयले कार्निवलको आयोजना गरेको थियो। हामीले हाम्रो भोजन गरेपछि हामी कार्निवलमा भएका खेल खेल्न र जादू हेर्न गयौँ। कार्निवल असाध्यै रमाइलो थियो। हामीले खेलहरूमा जितेर उपहार पनि पायौँ। यो दिन पनि साथीभाइहरूसँगै रमाइलो गरेर यस दिनलाई यादगार बनायौँ।

अब कुरा गरौँ चौथो दिनको, यो दिन चाहिँ हाम्रो विद्यालयमा सङ्गीतको आयोजना गरिएको थियो । भन्ने गरिन्छ गीत सङ् गीतले मानव हृदयलाई पगाल्ने काम गर्छ । यस दिनमा हाम्रो विद्यालयको सङ्गीत शिक्षकमाभ्रु हाम्रा भाईबहिनीहरूले गीत गएका थिए । हाम्रो यो कार्यक्रम शून्य हप्ताको अन्तिम कार्यक्रम थियो । कक्षा 9 देखि कक्षा 90 सम्मका हामी सबै विद्यार्थी एकै ठाउँ भेला भयौँ र यो कार्यक्रममा रमाइलो गयौँ । यो कार्यक्रम सकिए पछि हामी सबैजना आफ्नो आफ्नो कक्षामा गयौँ । सबैजना अफ्नो कक्षामा गएर खेल खेल्यौ र कक्षा सफा गऱ्यौँ । यसरी हाम्रो कक्षा आठको शून्य हप्ताका दिनहरूलाई रमाइलो र यादगार बनाएर हाम्रो बाल्यकाललाई अविस्मरणीय बनायौँ ।

गुफा आस्ना श्रेष्ठ

कक्षाः पाँच (भेरी)

नेवार समुदायमा कन्याको इहि सम्पन्न भइसकेपछि रजस्वला हुनु पूर्व १२ दिनसम्म सूर्यको मुख नदेखाई अँध्यारो कोठामा राख्ने चलनलाई गुफा वा बा:रा: राख्ने भनिन्छ । अन्दाजी ई.पू. २०० देखि नै सुरुवात भएको वा:रा: वास्तवमा १२ दिनको हुनुपर्ने भए तापनि आजभोलि ६ दिन मात्रै गुफा राख्ने चलन बढ्दै गएको देखिन्छ । नेवार कन्याको वा:रा: राख्ने उमेर भएपछि ज्योतिष कहाँ गएर साइत हेराई सबै धार्मिक विधि पूरा गरी वा:रा: राखेको कन्यालाई सूर्यदर्शन गराइन्छ ।

मेरी आमा

आन्भी कश्यप

कक्षा: पाँच (सेती) त्यो सानो आन्मी आजसम्म कति दु:ख कति पीडा दिए होला आमा ।

त्यो न्यानो काख, माया ममता आजसम्म कति लुकेको हुन्छ तिम्रो भावना ए आमा ।

म बिरामी हुँदा अनि रुँदा आँसु पुछि दिनुभयो आमा सधैँ आन्भी कै निम्ति खुसी हुने मेरी आमा ।

मलाई ताते ताते गरी हिँड्न सिकायौ आजसम्म सानैमा क, ख बोल्न सिकाई ठुली बनायौ आमा ।

त्यसैले तिमीलाई जीवन भरि साथमा हात दिने छु मेरी आमा ।

बाल साहित्य महोत्सव जाँदाको अनुभव _{आरम्भ ढकाल}

कक्षा: ६ (महाकाली)

वि.सं. २०८० जेष्ठ ३१ गते बुढानीलकण्ठ नगरपालिकाद्वारा आयोजित 'बुढाानीलकण्ठ बालसाहित्य महोत्सव २०८०' मा म लगायत इम्पेरियल वर्ल्ड स्कुलका साथीहरु सहभागी भयौँ । "रचना, सिर्जना र सिकाइमा रमाऔँ" भन्ने मुख्य नाराका साथ आयोजित कार्यक्रमका मुख्य आकर्षण कविता वाचन तथा लेखन कार्यशाला, कथा लेखन कार्यशाला , पठन संस्कृति र सिर्जनात्मक लेखन सिपमा परिसंवाद साथै प्रसिद्ध बाल साहित्यकारसँग प्रत्यक्ष साक्षात्कार थियो । कार्यक्रममा "पठन संस्कृति र सिर्जनात्मक लेखन सिपमा परिसंवाद" भन्ने शीर्षकमा धेरै छलफल तथा अन्तरक्रिया भएको थियो । सो अन्तरक्रियामा घरपरिवारबाट नै पढ़ने संस्कृतिको विकास हुनुपर्ने, बाबुआमाले पढ्ने संस्कृतिको विकास गरेर बालबालिकामा पुस्तकालयमामा बसी पढ्ने संस्कृतिको विकास गर्न सकेमा पठन संस्कृतिको विकास हुन्छ भन्ने कुराहरूमा छलफल भएको थियो । साथै पठन संस्कृतिको विकासका लागि विद्यालयका पुस्तकहरूमात्र नभई बाहिरी किताबहरू पनि पढ्ने

भन्ने विषयमा पनि कार्यक्रममा छलफल भएको थियो । यसै गरी कवितावाचन तथा लेखन कार्यशाला अन्तर्गत बुढानीलकण्ठ नगरपालिका वरिपरिका स्कुलका विद्यार्थी साधीहरू पनि आउनुभएको थियो । कार्यक्रममा विभिन्न विद्यालयका विद्यार्थी साधीहरूले कविता वाचन गर्नुभएको थियो । सो कार्यक्रममा वाचन भएकामध्ये 'ला मैले त कविताको शीर्षक नै विसिंएछु, 'आमा' 'वावा' शीर्षकका कविता मलाई साह्रै मन परेका थिए । कार्यक्रम साह्रै ज्ञानवर्धक थियो । सो कार्यक्रममा गएपछि कविता, कथा लेखन गर्ने प्रेरणा

बानीको विकास गरेर विद्यार्थीको सर्वाङ्गीण विकास हुन सक्छ

घर आरभ आचार्य

कक्षाः दुई (तिनाउ)

हामी सबैलाई घर चाहिन्छ । तपाइँलाई घर चाहिँदैन र ? घर हामीलाई नभइ नहुने कुरा हो । एकछिन सोच्नुहोस् त, घर नभएको भए के हुन्थ्यो होला ? अब किन भनेर सोच्नुहोला किनभने घर नभए हामी कहाँ बस्थ्यौँ होला ? घरले हामीलाई घाम पानीबाट जोगाउँछ । कहिले घाम लाग्छ, कहिले जाडो हुन्छ, कहिले पानी पर्छ र कहिले हिउँ भर्छ । घरले नै हामीलाई धेरै कुराबाट बचाउँछ । घर नभए हामी कहाँ खाना खान्थ्यौँ होला ? हामी घरभित्र नै खाना पकाएर खान्छौँ । घर नभए हामी कहाँ सुत्ने ? हामीलाई हरेक कुरा गर्नलाई घर चाहिन्छ जहाँ हामी सुरक्षित भएर बस्न सक्छौँ । त्यसैले हाम्रो घरलाई सुर का गर्नंपर्छ र घरलाई सफा राख्नुपर्छ ।

भक्तपुरको यात्रा आरोग्य दवाडी कक्षाः छ (वरुण)



वि सं २०८० वैशाख २० गते हामी कक्षा छ का विद्यार्थीहरु सबै स्थलगत भ्रमणको लागि भक्तपुर दरवार क्षेत्र गएका थियौं । मलाई यो यात्रा निकै रमाइलो लागेको थियो । गुरुआमाहरूले हामीलाई समूह मिलाएर हिँड्नुपर्छ भन्नुभयो । हामी एउटा सङ्ग्रहालयभित्र छिऱ्यौं । त्यसभित्र ढुड्गाका कलात्मक मूर्तिहरु, भगवानका तथा राक्षसका चित्रहरू थिए । त्यसपछि हामी अर्को सङ्ग्रहालय गयौं । त्यहाँ हामीले सुन चाँदी, ताामाका भाँडाहरू,परम्परागत गहनाहरूको अवलोकन गऱ्यौं । हामिले एउटा विदेशी पर्यटकहरूलाई दे ख्यौं । हामीले एउटा विदेशी पर्यटकसँग कुराकानी

गऱ्यौं । उनलाई नेपाल असाध्यै मन पर्दो रहेछ । उनी नेपालमा शिक्षक शिक्षिकाहरूलाई तालिम दिन आएकी रहिछन् । त्यहाँका भवनहरू पनि परम्परागत शैलीका थिए । भक्तपुरमा विशेष गरी नेवारी समुदायका मानिसहरूको बसोवास रहेछ । भक्तपुर को जुजुधौ निकै प्रसिद्ध छ । हामीले भक्तपुरको पचपन्न भयाले दरवार र मन्दिरहरू पनि अवलोकन गऱ्यौं । त्यसपछि हामीले समुहमा फोटो पनि खिच्यौं । हामीलाई निकै भोक लागिरहेको थियो । हामी गाडी भएको ठाउँसम्म हिंडेर पुग्यौं । त्यसपछि एउटा खुल्ला ठाउँ हेरेर हामी खाजा खानको लागि बस्यौं । खाजा खाइसकेपछि हामी २:३० वजे विद्यालयतर्फ लाग्यौं । यसरी हाम्रो भक्तपुरको यात्रा निकै रोचक र सन्देशमुलक भयो ।

वस्तु र सेवाको विज्ञापन देखिरहेका हुन्छौँ । समाजिक सञ्जाल

हामी सबैको दैनिकीको एउटा महत्त्वपूर्ण भाग हुन पुगेको छ ।

सामाजिक सञ्जालले आफ्नो इष्टमित्र, परिवारसँगको कुराकानी

यति हुँदाहुँदै यसका पनि खराब पक्ष रहेका छन् । सामाजिक

सञ्जालले हाम्रो दिमागलाई यस्तो बनाइसकेको छ कि हामीलाई

अरूको जीवनशैली देखेर इर्श्या-द्वेष उत्पन्न हुन्छ, जसका कारण

सजिलो पारेको छ ।

पुस्तक आर्शिया कार्की कक्षाः चार (राप्ती)



पुस्तकले हामीलाई ज्ञान दिन्छ । पुस्तक कागजपत्रको समूह हो । पुस्तकलाई किताब र ग्रन्थ पनि भनिन्छ । यसलाई सरस्वती माताको रूप मानिन्छ । पुस्तक सङ्ग्रह गरिएको ठाउँलाई पुस्तकालय भनिन्छ । पुस्तक विभिन्न प्रकारका हुन्छन् । पुस्तकमा चित्र, कथा, कविता आदि हुन्छन् । पुस्तक ज्ञानले भरिएको हुन्छ । पुस्तकले हामीलाई विभिन्न किसिमका

जानकारीहरु दिन्छ । पुस्तकमा कथा, कविता, जीवनी आदि हुन्छन् । पुस्तक पढेर हाम्रो अज्ञानता नाश हुन्छ । पुस्तक नेपाली अङ्ग्रेजी, गणित, विज्ञान, सामाजिक अध्ययन आदि विषयका हुन्छन् । पुस्तक हाम्रो लागि धेरै महत्त्वपूर्ण हुन्छ । त्यसैले हामीले पुस्तक पढ्ने वानी गर्नंपर्छ ।

हाम्रो देश आरूषी दवाडी

कक्षा आठ, ववइ गौतम बुद्ध जन्मिएको हाम्रो कर्मभूमि शान्ति फैलाउँदै मित्रताको हात बढाउँ हामी ।

विश्वसामु चिनिएको हाम्रो सगरमाथा विश्वभरि गाएका छन् वीर गोरखालीको गाथा ।

स्वाभिमानी भएर, कुनै मुलुकसँग नभुकौँ वीर गोर्खाली जन्माइ देशलाई विश्वसामु चिनाउँ ।

हाम्रो प्यारो देश हो, सगैँ रक्षा गरौँ यहाँ सुन फल्नेछ, पसिना यहीँ बगाउँ ।

फर्की आऔं आफ्नै देश, हरियो पासपोर्ट छाडौँ हाम्रो देश, हाम्रै संस्कृति, माया यसकै गरौँ ।

किसान

अविराज थापा कक्षाः पाँच (सेती) किसानक कर्मभूमि भने इन्छ बं

किसानका कर्मभूमि भने हुन्छ खेत अन्न फलफूल फलाएर भर्छन् हाम्रो पेट ।

मिहिनेती किसानका हेर पदचिह्न अरु पेसा भन्दा धेरै किसान हुन् भिन्न ।

कुपोषणको नाश गर्ने किसान हुन् धन्य किसानले फलाउँछन् धेरै धेरै अन्न ।

किसान बिना हाम्रो जीवन रहन्न किसानलाई सानो मान्न हुन्न ।

प्रकृतिको मान राख्ने किसान हुन् ज्ञानी किसानको मन हुन्छ स्वच्छ जस्तै पानी ।

सामाजिक सञ्जालको

प्रयाग

मिलेको छ ।

विशालराज खनाल कक्षा: दश (भोटेकोशी) "विश्व साँघुरो र नजिकिँदै गएको छ ।' सामाजिक सञ्जाल भन्नाले इन्टरनेटको माध्यमबाट विभिन्न एप चलाई एकअर्कासँग जोडिनु हो । सामाजिक सञ्जालका केही उदाहरणहरु हुन् : फेसबुक, टुइटर, युटुब आदि । सामाजिक सञ्जाल अमृत र बिष दुवै बन्न सक्दछ । सामाजिक सञ्जालले सामाजिकीकरण, मान्छेको कुरा गर्ने क्षमता, व्यवसायमा वृद्धि गर्न निकै ठूलो भूमिका खेल्छ । अहिलेको जमानामा बच्चा देखि लिएर बुढासम्म सबैले प्रयोग गर्ने वस्तु नै मोबाइल फोन र विभिन्न यन्त्र उपकरण हुन् । सुनमाथि सुगन्ध थप्न अहिले प्रायः हरेक घरमा इन्टरनेट पनि जडान गरिएको पाइन्छ । अहिले समाचार, सूचनाहरु सुरुमा सामाजिक सञ्जालमा आउने गर्छ र त्यसपश्चात मात्र टि.भी. र अरू उपकरणमा प्रकाशन हुन्छ । मान्छेहरु अहिले आफ्नो व्यवसाय र आर्थिक स्रोत दरिलो पार्न पनि सामाजिक सञ्जालको प्रयोग गर्ने गर्छन् । जस्तैः युटुब, फेसबुक आदिमा हामीले विभिन्न

यो विवाहले बालिकालाई किशोरावस्थामा परिणत गर्ने कुरामा विश्वास गरिन्छ । अनन्त कालसम्म रहने सूर्यसँग छोरीलाई विवाह गरेपछि सूर्यले अशुभबाट बचाउँछ भन्ने मान्यता नेवार समदायमा रहेको छ । यो अनुष्ठानले बालिकाको जीवनमा परिवारका प्रत्येक सदस्यको प्रकृतिसँग सम्बन्ध कायम राख्न आवश्यक रहेको देखाउँछ । १२ औँ दिनसम्म बालिका अंध्यारो कोठामा बा:रा: ख्याक पूजा गर्छिन् । छैठौँ दिन परिवारका आफन्त साथीभाइहरुले फलफूल आदि ल्याउँछन् र बालिकाको मनोरञ्जनका लागि गीत गाउँछन्, नाच्छन् र भित्रै रमाइलो गर्छन् । १२ औँ दिन घाम लाग्नुअघि नुहाएर सूर्य दर्शनको लागि बाहिर ल्याइन्छ ।

सबैभन्दा पहिले उनी भगवान् गणेश र सूर्यको पूजा गर्छिन् । निधारमा रातो रङ्गको सिन्दुर लगाएपछि उनका मामाले उनको टाउकोमा तेल लगाईदिन्छिन् । यसपछि उनलाई सूर्यकी पत्नीको रुपमा लिइन्छ । गुफा राख्ने कममा घरको मुख्य व्यक्ति आमा, हजुरआमा आदिको प्रमुख भूमिका हुन्छ ।

10

हामीले आफ्नो जीवन भन्दा पनि अरूको जीवनमा बढी ध्यानकेन्द्रित गछौँ । सामाजिक सञ्जालले हाम्रो दिमागलाई चाहिने भन्दा बढी, 'डोपामिन' नामक हर्मोन दिन्छ, त्यही कारणले गर्दा हामीलाई सामाजिक सञ्जाल चलाइरहुँ जस्तो हुन्छ र यसबाट छुटकारा पाउन निकै कठिन हुन्छ । अत्यधिक प्रयोग गर्यो भने आँखा बिग्रिने, हृदयधात जस्ता शारीरिक कठिनाइ पनि यसले निम्त्याउन सक्छ ।

सामाजिक सञ्जालले विश्व बजारमा आफ्नो ठाउँ जमाइकेको छ । यसलाई आफ्नो साथी बनाएर आफ्नो लागि प्रयोग गर्न सकियो भने निकै उत्तम हुन्छ तर आफ्नो शत्रु बनाएर काम गऱ्यौँ भने निकट भविष्यमा कठिनाई निश्चित छ। हामीले यसलाई नियन्त्रण गर्न जान्नुपर्दछ नभए सामाजिक सञ्जालले हामीलाइ नियन्त्रण गर्नेछ। हरेक जानकारी एक क्लिकको भरमा पाइने भएकोले यसलाई आफ्नो सचेतना र होसमा प्रयोग गर्नंपर्छ।

गणतन्त्र दिवस आर्या भट्ट

कक्षा : नौ (गण्डकी)

गणतन्त्र भनेको जनताबाट चुनिएको व्यक्तिहरूले राज्य सञ्चालन गर्ने प्रणाली हो । नेपाल पनि एउटा गणतान्त्रिक देश हो । नेपालमा गणतन्त्रको व्यवस्था हुनु भन्दा पहिला राजतन्त्र थियो । देश राजाको भनाइअनुसार चल्थ्यो । राजा प्रमुख भएर नेपालमा राज्य गर्थे । नेपालमा २३४ वर्ष सम्म चलिरहेको राजतन्त्र अन्त्य भएर गणतन्त्र स्थापना भएको हो । गणतान्त्रिक व्यवस्थामा राज्य प्रमुख जनताले नै चुन्छन् ।

२०४६ मा भएको जनआन्दोलन राजालाई हटाउने र संसदीय व्यवस्था ल्याउने भनेर गरिएको थियो । जनताहरुले राजतन्त्र हुँदा धेरै कुरामा स्वतन्त्रता नपाएको हुनाले खुसी थिएनन् । त्यसैले, संवैधानिक राजतन्त्र स्थापना भएको थियो। फेरी,व. सं. २०५२ मा सुरु भएको माओवादी जनयुद्धले देश भन्न विकास हुन सकेन । त्यसपछि २०५८ सालमा राजा विरेन्द्र र उनको परिवारलाई गोली हानेर हत्या गरिएको थियो । यो घटनामा राजा विरेन्द्रको वंश नै सखाप भएको थियो । त्यसपछि ज्ञानेन्द्र राजा भए ।

ज्ञानेन्द्रले आफू राजा बनेपछि संवैधानिक राजतन्त्र हटाए र उनले फेरि पहिले जस्तै शासनसत्ता आफ्नो हातमा लिए । यसले गर्दा राजनीतिक दलहरुमाथि प्रतिबन्ध लाग्यो । यी राजनीतिक दल माओवादीसँग मिलेर भारतको दिल्ली गए र आन्दोलन गर्ने र राजालाई हटाउने निर्णय गरे । यो निर्णयसाथ नेपाल फर्किए र शान्तिपूर्ण आन्दोलन गरे । राजाले २०६३ वै शाख ८ गते जनताको नासो जनतामा नै फिर्ता गर्ने घोषणा गरे । वैशाख ११ गते राजनितिक दलको संसद बन्यो र लोकतन्त्रको स्थापना भयो । वि.सं २०६५ जेठ १५ गते नेपाललाई सङ्घीय लोकतान्त्रिक गणतन्त्र देश घोषणा गरियो । नेपालको पहिलो राष्ट्रपति डा. रामवरण यादव भए । यसरी नै हरेक वर्ष जेठ १५ गते गणतन्त्र दिवस मनाउन थालियो । यो दिन ट्राँडखेलमा भव्य रूपमा कार्यक्रम आयोजना गरिन्छ र सार्वजनिक बिदा पनि दिइन्छ । यसरी यो दिनलाई एउटा ऐतिहासिक दिन मानिन्छ ।



कक्षा: ६ (महाकाली)

एउटा टुल्टुले भन्ने गाँउमा मनोज नामको मानिस बस्थ्यो । ऊ अति असल तर गरिब थियो । ऊ धेरै मानिसहरुलाई सहयोग गरेर बस्थ्यो । उसले गाईवस्तु पालेको थियो । एक दिन

ऊ एउटा घना जङ्गलमा घाँस काट्न गएको थियो । बाटोमा उसले एउटा जरायो जालमा अड्किएको देख्यो । उसलाई निकै दया लाग्यो र त्यस जरायोलाई उसले जालबाट बाहिर ल्यायो । जरायो खुसी हुँदै आफ्नो बाटो लाग्यो । ऊ आफ्नै सुरमा घाँस काट्दै थियो । यो देखेर भगवानलाई पनि मनोजको भावना जाँच्ने इच्छा लाग्यो ।

घाँस काटिरहेको बेला उसले एउटा सुनको मूर्ति देख्यो । ऊ अचम्ममा पऱ्यो । मनोज मूर्तिको नजिक नजिक गयो । त्यो मूर्ति टिल्किंदै गयो । त्यहाँबाट भगवान प्रकट हुनुभयो र सोध्नुभयो तिमीलाई के चाहिन्छ ? मनोजले "मलाई केही चाहिंदैन, म आज हजुरको दर्शन पाएर निकै खुसी छु" भन्यो । भगवानले "केही न केही त माग्नै पर्छ मागन" भन्नुभयो मनोजले त्यसो भए "सबैको मनमा सहयोग, असल र दयालु भावना प्रदान गर्दिनुहोस्" भन्यो । भगवानले भन्नुभयो "बाबु तिमी धेरै असल र दयालु मनको छौ । म तिम्रो इच्छा पूरा गर्नेछु" । अन्त्यमा मनोजले भगवानलाई धन्यवाद दिंदै आफ्नो भारी बोकेर घर फर्कियो ।

अठोटको सारांश

अमेय दुलाल

कक्षा: आठ (इन्द्रावती) अल्बर्ट आइन्स्टाइन सन् १९२२ मा लेक्चर दिन जापान पुगेका थिए । उनले भौतिकशास्त्रतर्फको नोबेल पुरस्कार आफूलाई दिइएको भनेर भखेरै थाहा पाएका थिए । इम्पेरियल होटेलमा उनलाई भेट्न कोही आइपुगे । आइन्स्टाइनले उनलाई खाली हात पठाउन चाहेनन् । उनले "तिमी भाग्यमानी रहेछौ" भनेर ती व्यक्तिलाई कागजमा केही लेखेर दिए । त्यो कागजमा आफूबहिर को प्रकृतिको प्रसंशा गरेर खुशी हुने तरिकाहरु लेखिएका थिए । माथि दिइएको लाइन अठोट पुस्तकबाट लिइएको हो । यस पुरस्तकका लेखक श्रीष भण्डारी हुन् । यस पुस्तकमा पहिला खुसी हुन आफुसँग जे छ त्यसैसँग रमाउनु पर्छ र सधैँ सकरात्मक सोचका साथ बाँच्नुपर्छ भन्ने कुरा लेखिएको छ । खुसी

सकारात्मक सोचमा मात्र नभई अरुको सहयोग गर्ने कुरामा पनि आधारित छ । खुसीको स्रोत पोषणयुक्त आहार स्वस्थ शरीर, स्वस्थ मन र जीवन हुन् । त्यो मान्छेको हृदय खुसी हुन्छ जोसँग

आमा

एन्जल सत्तार

कक्षा: आठ (बबड्) एक अनमोल शब्द हो आमा एक शक्तिशाली नारी हुन् आमा संसार चलाउने अनि आफ्ना सन्तानको खुसी नै आफ्नो खुसी ठान्ने व्यक्ति हुन् आमा।

आमा केवल छोटो शब्द तर बयान गर्न धेरै गारो आमा एक हिमाल हुन् जसको काखमा शितलता भेटिन्छ आमा एक व्यवस्थापक हुन् जसले यो संसार चालाइरहेकी छिन् आमा एउटा यस्तो शब्द जुन प्रेम, हेरचाह र समर्थनको प्रतीक हो ।

आमा एक योद्धा हुन् सन्तानको खातिर सिंहिनी हुन सक्छिन् त्यसैले, आमाको सम्मान गरौँ आमाको मार्गदर्शन गरौँ।

मेरी आमा विभान अधिकारी

कक्षा: तीन (त्रिशुली) आमा मेरो भगवान् आमा मेरो जिउने ज्यान आमा मेरो राम्रो आमा आमा मलाई दिने ज्ञान ।

आमा नै पहिलो गुरु हो मलाई शिक्षा सिकाउने आमा नै हो धर्ती माता राम्रो बाटो देखाउने।

आमा तिमी देवता तिम्रो धेरै क्षमता तिमी बिना अघि बढ्न सक्दिन म विधाता। खुसीका स्रोतहरु हुन्छन् । यति मात्र होइन, संसारमा यस्ता पनि व्यक्ति हुन्छन् जो अरुको खुशीमा आफ्नो खुशी देख्छन् । उदाहरणका रूपमा हाम्रा आमाबुवाहरूलाई लिन सकिन्छ । उहाँहरू हाम्रो खुसीमा आफ्नो खुसी भेट्नुहुन्छ । खुसी असल साधीको सङ्गतबाट पनि प्राप्त हुन्छ । त्यसैकारण हामीले असल साधी बनाउनु आवश्यक छ ।

हामीले खुसीको मात्र कुरा गर्दा आफ्ना महत्त्वपूर्ण कर्तव्यहरू पनि बिर्सिन सक्छौं । त्यसैले हामीले सबै भन्दा महत्त्वपूर्ण कुराहरुलाई पहिलो प्राथमिकता दिनु आवश्यक छ । हामीले कुन काम कहिले गर्नंपर्छ भनेर छुट्याए मात्र कुन कुरालाई वढी प्राथमिकता दिनु पर्छ भनेर थाहा हुन्छ । हामी विद्यार्थी भएर हाम्रो पहिलो प्राथमिकता हाम्रो पढाइ हुनुपर्छ । हामीले कुन कुरालाई प्राथमिकता हाम्रो पढाइ हुनुपर्छ । हामीले कुन कुरालाई प्राथमिकता दिनु पर्छ भन्ने कुरा थाहा पाएपछि हामीले कहिल्यै 'भोलि गर्ने' भनेर राख्नु हुँदैन । त्यसो गरे त्येसैको बानी पर्छ र आफ्नो काम कहिल्यै पुरा हुँदैन । हामीले यी सबै काम गरेपछि आफ्नो जीवन खुसीका साथ बिताउन सक्छौं । अठोट किताबका माध्यमबाट यदि हामी सकारात्मक भयौं भने हामीलाई साना साना कुरामा पनि खुसी मिल्छ भन्ने कुराको ज्ञान प्राप्त हुन्छ ।

आकाशको आँसु अर्नभ श्रेष्ठ

कक्षा: दश (भोटेकोशी) वर्षातको दिन रहेछ आज हुँदै गयो दिन बेमज्जा चम्कियो बिजुली गड्गडाएर अनि वर्षियो पानी दर्किएर ।

सूर्यका किरणहरू धर्तीमा आउन सकेनन् धर्तीलाई राम्रो बनाउने काम कसैले गरेनन् बादलले छोपियो संसार बिर्सेछौं हामीले हाम्रो संस्कार ।

रून्छ आकाश हरेक मनसुनमा असिना पऱ्यो हरेक रडको जस्तामा खस्दै गए आकाशबाट पानीका थोपा महसुस गर्नेछ धर्तीले हलुका ।

हुँदै गयो धर्ती सफा र शान्त हाम्रो कामले बनायो आकाशलाइ व्यथित उठौँ, जागौँ धर्तीलाइ बनाएर हराभरा अनि बन्नेछ प्रफुल्ल धरा ।

निमन्त्रणा कार्ड मौलिक मैनाली

कक्षाः तीन (त्रिशुली)

नमन्त्रणा कार्ड ॥ श्री गणेशाय नम: ॥ हार्दिक निमन्त्रणा

हाम्रो आयुष्मान् सुपुत्र निर्भिक मैनाली (सुपुत्र श्रीमान नारायण मैनाली तथा श्रीमती सविना भेटवाल) को ईशा शर्मा (सुपुत्री श्रीमान रोशन शर्मा तथा श्रीमती रमिला शर्मा) को साथ सम्पन्न हुने शुभ विवाहको सुखद उपलक्ष्यमा उपस्थित भई वर र वधुलाई आशीर्वाद प्रदान गरिदिन हुन यहाँहरुलाई हार्दिक निमन्त्रणा गर्दछौँ।

वैवाहिक कार्यक्रम मिति :२०८०∕ ०४ ⁄९२ समय : १२ वजे स्थान : हात्तिगौंडा सम्पर्क नम्बर: १२३४४्६७८९०



कक्षा: ८ (इन्द्रावती) एउटा सानो गाउँमा आशा नामकी केटी बस्थिन् । उनको

परिवार आर्थिक रुपमा कमजोर थियो । उनीहरुले एउटा सानो घरको कोठा भाडामा लिएर बसेका थिए । आशाका बुवा र आमाले अफ्नी एउटी सन्तानलाई पनि राम्रो जीवन दिन सकेनन् भनेर धेरै दु:ख मान्थे । "आशालाई विद्यालय पठाउने पैसा पनि छैन" भनेर भनिरहेका हुन्थे । एक दिन आशाका बुवा र आमाले सहर जानको लागि पैसा जम्मा गरे र सहरको यात्रा सुरु गरे । जाने बाटोमा उनीहरुको गाडी दुर्घटनामा पर्यो । आशा त गाडीबाट हत्तपत्त निक्लिन सफल भइन् तर उनका बुवाआमा त्यही गाडीभित्रबाट बाहिर निक्लिन सके नन् । त्यसै बेला आशाका आमा र बुवाको देहान्त भयो । अशाको सर्वस्व सकियो । आशा बाटोमा रोएर बसिन् र के ही बेर पछि प्रहरी आएर उनलाई प्रश्न गर्न थाले, "तिमी किन रोएको नानु ?" । " मेरा बुवा र आमा त्यो गाडी भित्र

थिए" आशाले भनिन् । त्यसपछि केही ढिला नगरी प्रहरीहरूले

उनलाई अनाथआश्रममा लगेर छोडिदिए।

आश्रममा उनीसँग कोही पनि बोलीनन् । कसैले पनि उनलाई साथी बनाउन चाहेनन् । आशा उनीहरुसँग बोल्न जाँदा मुख फर्काएर हिँड्थे । आशालाई सधैँ एकान्तको महसुस भइरहेको हुन्थ्यो । एक दिन आर्या नामकी केटीले उनी एक्लै बसिरहेको कारण उनीसँग कुराकानी गर्न गाइन्। आशा र आर्या कुराकानी गरेर राम्रो साथी बने । कुराकानीमा आर्याले सोधिन् "म जन्मेदे खिनै यतै आएकी हुँ। तिमी चाहिँ ?" आशालाई त्यो प्रश्न सुनेर त्यो दुर्घटनाको याद आयो । आशा रुन थालिन् । आर्याले उनी रोएको देखेर आफूले केही नराम्रो सोधें कि भन्ने लग्यो । आर्याले सोधिन " तिमी किन रोएको साथी?" आँसुले भरिएको रातो आँखा र अवरुद्ध गलाले उनले उनकी साथीलाई दुर्घटनाको बारे मा भनिन्। उनकी साथी पनि रुन थालिन्। केही समयपछि दुबै जना मिलेर खेल्न गए। आश्रममा त्यसको दुई दिन पछि एउटा कविता वाचन प्रतियोगिता आयोजना हुदैँ छ भनेर खबर आयो । ती दुइजना साथीहरुले पनि भाग लिए। आशालाई सबैभन्दा गाह्रो छन्द दिइयो । उनी हतोत्साहित भएर आफूभित्रको आशा गुमाइन् । उनी रातिको अन्धकारमा गएर एक्लै रुँदै बसिन् । त्यही बेला उनले आकाशमा एउटा जुनकिरी उडिरहेको दे खिन् । आशाले "एउटा सानो जुनकिरीले पनि यस्तो अन्धकार मा बत्ती बालेर उज्यालो बनाउन सक्छ भने म पनि जुनकिरी जस्तै सानो भएपनि कठिन समयमा अफू भित्रको उर्जाको बत्ती बालेर कहिल्यै हार मान्दिन भनेर सोचिन् र प्रतियोगिताको तयारी गर्न गइन्। त्यसपछि धेरै मिहिनेत गर्न थालिन् र प्रतियो गिताको दिनमा उनले प्रथम स्थान हासिल गर्न सफल भइन् । उनको मिहिनेत देखेर नेपालका राम्रा विद्यालयले उनलाई छात्रवृत्तिमा पढाउनका लागि प्रस्ताव गरे ।

आज आशा हार्वर्ड विश्वविद्यालयमा अध्यायन गरिरहेकी छिन्, आज उनी ठूलो सपना र आशा बोकेर हिँडिरहेकी छिन्,

हामी साना बालक अदानी कर्माचार्य

कक्षा: चार (राप्ती) हामी साना बालक भोलि ठूला हुन्छौं पढी लेखी ज्ञानी भई देशको विकास गछौं ।

अशक्तलाई मदत गरी समाजसेवा गळौं शिक्षिक शिक्षिकाले भन्नुभएको सबै कुरा मान्छौं।



सबैभन्दा सुन्दर छ हाम्रो देश नेपाल प्रकृतिले भरिपूर्ण सुन्दर हिमाल विशाल । सगरमाथा उच्च शिर हाम्रो पहिचान नेपाल मै जन्मे बुद्ध बाँडे शान्तिको ज्ञान । चन्द्र सूर्य अङ्कित भन्डा आकार नै छ भिन्न लाली गुराँस, डाँफे, सिम्रिक हाम्रो राष्ट्रिय चिन्ह । शक्तिशाली वीर गोर्खाली हाम्रो देशका गहना गर्व लाग्छ म आफूलाई नेपाली हुँ भन्न ।



आयाम बास्तोला

कक्षाः तीन (त्रिशुली)

नेपाल दक्षिण एसियाको एउटा देश हो। नेपालको उत्तरमा चीन छ भने पूर्व पश्चिम र दक्षिणमा भारत छ । नेपालको भूभाग समुद्रसँग जोडिएको छैन । हाम्रो देश नेपाल प्राकृतिक सौन्दर्यको लागि विश्वप्रसिद्ध छ । संसारको सबैभन्दा अग्लो हिमाल सगरमाथा नेपालमा पर्छ । नेपालमा धेरै खोलानाला ताल, भररना र उपत्यका छन् । नेपाल बुद्धको जन्मभूमिको रुपमा पनि प्रसिद्ध छ । बुद्धले सबैलाई शान्ति र अहिंसाको बाटो मा हिँड्न सिकाए त्यसैले नेपाललाई शान्ति क्षेत्रको रुपमा पनि चिनिन्छ । यस्ता विभिन्न खालका विशेषताहरु नेपालमा भएका कारण हाम्रो देश नेपाल अति नै राम्रो छ । म

अभ्युदय विक्रम थापा कक्षा: दुई (सुनकोसी) म अभ्युदय विकम थापा हुँ। म र मेरो परिवार टोखा म गोइनुमा बस्ख्रौं। मेरो घरमा ६ जना सदस्य हुनुहुन्छ। जसमा हजुरनुवा, हजुरआमा, नुवा, आमा, दादा र म छौँ। हामी एकअर्कालाई असाध्यै माया गछौँ। मेरो नुवा इन्जिनियर हुनुहुन्छ। मेरो हजुरनुवाको व्यपार व्यवसाय छ। मेरी हजुरआमा गृहिणी र आमा अफिसर हुनुहुन्छ। म इम्पेरियल बर्ल्ड स्कुलको कक्षा दुईमा र दादा कक्षा सातमा पद्छौँ। हामी दुई दाजुभाइ एकदमै मिलेर बस्छौँ। कक्षाकोठा सफा गरी मिलिजुली बस्छौं कापी किताब जतन गरी सफासँग राख्छौं ।



लक्ष्मीप्रसाद देवकोटा अफ्रिन नासी गुरुङ

कक्षाः छ (महाकाली)

हाम्रो देशमा बेलाबेलामा केही महापुरुषहरूको जन्म भएको छ र तिनले राजनीति, साहित्य, समाजसेवा आदिका क्षेत्रमा महत्त्वपूर्ण योगदान दिई ठूलो ख्याति कमाएका छन् । यस्तै महापुरुषमध्ये लक्ष्मीप्रसाद देवकोटा पनि एक हुन् । उनले नेपाली साहित्यका माध्यमबाट नेपाली समाजमा आफूलाई एक विशिष्ट प्रतिभाका रूपमा चिनाउने काम गरे।

लक्ष्मीप्रसाद देवकोटाको जन्म वि.सं. १९६६ कार्तिक २७ गते काठमाडौँको डिल्लीबजारस्थित धोबीधारामा भएको हो । उनका पिताको नाम तिलमाधव देवकोटा र माताको नाम अमरराज्यलक्ष्मी हो । लक्ष्मीप्रसादको न्वारानको नाम तीर्थमाधव देवकोटा थियो तर गाईतिहारे औंसी वा लक्ष्मीपूजाका दिन जन्मेका हुनाले उनलाई लक्ष्मीको प्रसाद मानेर उनको नाउँ लक्ष्मीप्रसाद राखियो । उनी तिलमाधव देवकोटाका साहिला छोरा हुन् । 'हुने बिरुवाको चिल्लो पात' भनेभौं लक्ष्मीप्रसाद देवकोटा सानैदेखि तीक्ष्ण बुद्धिका थिए । देवकोटाको रुचि सानै उमेरदेखि साहित्यसिर्जनातर्फ रहेको थियो ।

अन्तर्राष्ट्रिय श्रमिक दिवस

अन्तर्राष्टिय श्रमिक दिवस सम्पूर्ण श्रमिकहरुको एक विशेष दिन

हो । श्रमिक दिवस सम्पूर्ण श्रम गर्ने कामदारहरुलाई हौसला र

उत्साह अनि सम्मान गर्नको लागि यो दिवस हरेक वर्षको में

महिनाको १ तारिकको दिन मनाउने गरिन्छ । यो दिवसलाई

मनाउनको लागि सार्वजनिक बिदा पनि हने गर्दछ। सन् १८८६

मा श्रमिकहरुको पेसागत मर्यादा र सम्मानको अनुभुति गराउन

प्रणटा काम, प्र घण्टा मनोरञ्जन र प्र घण्टा आराम भन्ने

नाराले अन्तर्राष्ट्रिय स्तरमा सार्थकता पाएको दिनमा हरेक वर्ष

यो दिवस मनाउन थालिएको हो । यो दिवसलाई मजदर दिवस

पनि भनिन्छ । यो दिवसलाई नेपालमा वि. सं. २००७ सालमा

भएको मजद्र आन्दोलनसँगै जोडेर मनाउन थालिएको हो ।

विश्वभरिका श्रमिकहरूले देश विकासको लागि देशको आर्थिक

अवस्था बलियो बनाउनको लागि आफ्नो अमुल्य समय, पसिना

र रगत बगाएर महत्वपूर्ण भूमिका खेलेका हुन्छन् । त्यसैले

यी श्रमिकहरुको हक अधिकार र सुरक्षाको लागि विभिन्न

किसिमका लागि ऐन कानुन पनि बनेका छन्। श्रमिकहरुलाई

प्रोत्साहन गर्नको लागि अभौ पनि विभिन्न कार्यक्रमहरु, यो

जनाहरू र अभियानहरु आवश्यक रहेको देखिन्छ । अभौ पनि

घण्टौँ काम गर्ने तर जति काम गरे पनि श्रम अनुसारको र

कम नपाउँदा उनीहरुको आत्माबल घटेको छ । जसले गर्दा

उनीहरुलाई श्रमिक दिवसको कुनै महत्व रहँदैन । श्रम दिवस

कुनै नारा र भाषणमा मात्र सिमित नराखी सबैले एकजुट

भएर श्रमिकको हक अधिकार दिलाउन जोड गनँ पर्दछ । सबै श्रमिकले आफ्नो श्रमअनुसारको प्रतिफल पाउनु पर्छ । सबै

श्रमिकले सुरक्षित र आनन्दका साथ काम गर्ने वातावरण हुनु

स्वच्छ वातावरण भनेको वरिपरिको वातावरण सफा हुनु

भने हामीलाई रोग लाग्छ। हामी अस्वस्थ हुन्छौँ।

हो । वातावरणअन्तर्गत हावा, पानी, माटो, बोटबिरुवा,

जीवजन्तु आदि पर्दछन् । हामीले वातावरणलाई सफा राखेनौँ

वातावरणलाई सफा राख्नको लागि हामीले वोटबिरुवा रोप्नुपर्छ अनि जथाभाबी फोहोर फाल्नु हुँदैन । वातावरण घरभित्रको र

स्वच्छ वातावरण

पर्छ ।

प्रयोधी बगाले

कक्षाः पाँच (भेरी)

मजद्रहरू आफ्ना अत्यावश्यक आवश्यकताहरुको लागि

इशान ढकाल

कक्षा: आठ (बबइ)

उनले दसै वर्षको उमेरमा कविता लेखेर आफ्नो प्रतिभाको परिचय दिइसकेका थिए । पछि गएर उनले नेपाली साहित्यका कविता, निबन्ध, कथा, उपन्यास, नाटक आदि सबै विधामा हात हाले । यी सबै विधामा उनको कलम बेजोड रूपमा चलेको पाइन्छ तापनि कविता र निबन्ध विधामा उनले सबभन्दा बढी सफलता प्राप्त गरेका छन् ।

देवकोटाले साढे ६ सयभन्दा बढी फुटकर कविता, दुई दर्जनभन्दा बढी खण्डकाव्य र आधा दर्जन महाकाव्य लेखेर आधुनिक नेपाली कवितालाई निकै समृद्ध तुल्याएका छन् । 'भिखारी', मनोरञ्जन, 'लक्ष्मी कवितासङ्ग्रह' जस्ता कवितासङ्ग्रहमा उनका उत्कृष्ट एवम् गहकिला कविताहरू सङ्कलित छन् । १९९२ सालमा छापिएको 'मुनामदन' खण्डकाव्य उनको सबैभन्दा चर्चित एवं लोकप्रिय कृति हो । उनले 'शाकुन्तल', 'सुलोचना', 'प्रमिथस' जस्ता सफल महाकाव्य लेखेर आफूलाई नेपाली भाषाको सवो त्कृष्ट कविका रूपमा चिनाएका छन् । उनका काव्यकृतिमा खासगरी प्रकृतिको सुन्दरता, प्रकृतिप्रेम, राष्ट्रियता, ईश्वरभक्ति, सामाजिक क्रीतिप्रतिको व्यङग्य, मानवतावादी विचार आदिको कलात्मक अभिव्यक्ति पाइन्छ। निबन्धका फाँटमा पनि उनले खास गरी निजात्मक निबन्ध लेखेका छन्। देवकोटाले कविता विधापछि सफलता पाएको क्षेत्रचाहिँ निबन्ध विधा हो । 'लक्ष्मीनिबन्धसङ्गह'

गम्छा कथा समीक्षा

चाँदिरा पाण्डे

कक्षाः छ (महाकाली)

सर्पको गाउँ

पुस्तकको नामः सर्पको गाउँ

प्रकाशक: परिचय पब्लिकेसन

कथाको शीर्षकः गम्छा

चित्रकारः सुनिल थापा

लेखकः यशु श्रेष्ठ

भन्छु ।

र 'दाडिमको रूखनेर' उनका निबन्ध सङग्रह हुन्। देवकोटा बहुमुखी प्रतिभाका धनी मानिन्छन् । उनले कविता विधाका अतिरिक्त कथा उपन्यास र नाटक विधामा कलम चलाएर आफ्नो बहुमुखी प्रतिभाको परिचय दिएका छन् । उनले लेखेका कथा लक्ष्मी कथा सङ्ग्रहमा सङ्ग्रहित छन् । उनले एउटा मात्र उपन्यास लेखेका छन्, त्यो हो - चम्पा । उनका सावित्री-सत्यवान् भन्ने पद्यात्मक नाटक र 'कृषिवाला' भन्ने गीतिनाटक गरी दुई नाट्यकृति प्रकाशित छन् ।

वि.सं. २०१६ साल भदौ २९ गतेका दिन काठमाडौँको पशुपति आर्यघाटमा उनको निधन भयो । उनी मरेर गए पनि उनको कीर्ति मरेको छैन । नेपाली साहित्यका फाँटमा उनले पुऱ्याएको उल्लेखनीय योगदानको कदर गर्दै उनलाई नेपाल प्रज्ञा प्रतिष्ठानले मरणोपरान्त २०२३ सालमा 'त्रिभुवन पुरस्कार' प्रदान गरेर सम्मान गऱ्यो । आज उनी हामीहरूका माभामा छैनन् तर उनले छोडेर गएका कीर्तिहरूले हामीलाई उनको अभाव हुन दिएका छैनन् । उनी आफ्ना कृतिहरूकै कारण सधैं अमर रहनेछन् ।

गम्छा कथाको परिवेश तराई क्षेत्र रहेको छ।

तराईको एउटा घरमा आमा र छोरा हुन्छन् । एकदिन आमा तर

कारी टिप्न जाँदै गर्दा छोरो पुरनले म जान्छु भन्यो । आमाले

पुरनको काँधमा गम्छा राखिदिनुभयो । पुरनले गम्छा लिन माने

को थिएन तर माइले कर गरेपछि, गम्छा लिएर गयो । पुरनले

पात्रहरु - गिद्ध, काग, मैना, सुगा, परेवा, कोइली, चिबे, फिस्टे, डाँफे, मुनाल

मुख्य घटना- चरिकोटका चराहरु वृहत् कार्यक्रमको आयो चना गर्न सबै सारङकोटका सारौँ, कागबेनीका काग, बर्दिया राष्ट्रिय निकुञ्जका चितुवा, हात्तीवनका हात्ती आदि सहभागी भएका थिए । यस कार्यक्रममा मुख्य अतिथिचाहिँ गिद्ध थियो । साँस्कृतिक कार्यक्रमपछि जलपान कार्यक्रम भयो । सहभागीहरुले कार्यक्रममा रमाइलो अनुभव गरे ।

असल पात्र - गिद्ध

पुस्तक समीक्षा

देन बज्राचार्य

लेखक -रत्न प्रजापति

कक्षाः चार (सेती)

पुस्तकको नाम -चराका कथा

चित्रकार -देवेन्द्र पाण्डे 'देवेन'

आफूलाई मनपरेको भाग मलाई कथामा सबै जनावरहरु नाच्दै गाउँदै रमाइलो गरेको र अन्त्यमा गिद्धले उपहार दिएको मन पऱ्यो ।साथै चरिकोटका चराहरूले समूहमा मिलेर एउटा ठुलो कार्यक्रम आयोजना गरे को मन पऱ्यो ।

पङ्खा ख्शी राज्य लक्ष्मी शाह कक्षाः तीन (त्रिश्ली) पङ्खा तिमी नै हो मेरो मित्र

मनैभरि आउँछ तिम्रै चित्र।

साथी हो गर्मीको तिमी

शितल हुन्छौ सधैँभरि हामी।

भाग्छ गर्मी तिमीसँग डराई

दिन्छौ शितल गर्मीलाई हराई।

बेलाबेला दिन्छौ आफैँलाई लुकाई

नलुक यसरी गर्मी हुन्छ मलाई ।

विभिन्न रुपमा पाउँछौ तिमी

मेरो गाउँ

कुशल लामा

आहा ! कति असल मित्र तिमी

आहा ! कति असल मित्र तिमी ।

कक्षाः आठ (इन्द्रावती)

आहा! कति सुन्दर छ यो मेरो गाउँ

हरियाली वातावरणले भरिपूर्ण छ यो ठाउँ

मुहानको त्यो चिसो पानी खाँदै मुख रसाउने

कलकल बगेको त्यो खोलाले मनलाई लोभ्याउने

धुलाम्मे सहखर भन्दा छ केही यो पर सबैलाई मेरो गाउँ हेरुँ हेरुँ लाग्ने यो रहर ।

हिमालका चुचुराले शितलता दिलाउने

लाग्छ साधैं हेरी राखुं हृदयलाई बुभाउने ।

कुनै ठुला कुनै साना आकारको तिमी

कुनै राता कुनै काला रङ्ग पनि छानिछानी ।

गम्छालाई काँधमा हालेर उसको बाबुको नक्कल गऱ्यो । ऊ लौ

काको भालमा गयो । त्यहाँ धेरै लौकाहरू थिए । उसलाई कुन टिपौँ कुन टिपौँ भयो । अचानक उसले फुँ फुँ गरेको आवाज

तराईमा सर्पको बिगबिगी रहेको हुन्छ ।

कथाको मुख्य घटनाः

म यो कथालाई चारओटा तारा दिन्छु । तराईमा विषालु सर्प पाइन्छ । यस्ता विषालु सर्पबाट बच्ने उपाय सिकाएको भएर मलाई चार ओटा तारा दिन मन लागेको हो ।

मनपऱ्यो ।

मलाई मन परेको भाग: मलाई सर्पलाई नमारी मट्टितेल छर्केर भगाएको कुरा मनपऱ्यो । सर्प मानँ हुँदैन । त्यसैले प्राकृतिक हिसाबले सर्प भगाएको

बाटामा हिँड्दा, खेतबारीमा काम गर्दा ध्यान दिन्पर्छ भन्न्भयो । पुरनले तरकारी र गम्छा कसरी लिने भनी आमासित सोध्यो । सर्प भगाउन घर वरिपरि महितेल छनँपर्छ भन्नुभयो र महितेल छनँभयो । त्यसपछि सर्प भाग्यो र आमाले तरकारी टिप्नुभयो ।

घर पुग्यो । उसले आमालाई सबै कुरा बतायो । सुरुमा त आमाले सर्प थियो भन्ने कुरा पत्याउनु भएन तर पछि हेर्न जाँदा दुई ओटा गोमन सर्प गम्छामा बेरिएको देखेरे आमाले पत्याउनुभयो । त्यसपछि आमाले पुरनलाई तराईमा धेरै सर्पहरू हुन्छन् त्यसैले

सुन्यो । उसले यताउता हेऱ्यो तर केही पनि देखेन । अनि एकछिनपछि त उसले डरलाग्दो सर्प पो देख्यो । सर्प देख्नासाथ ऊ कुदुन थाल्यो । त्यही बेला उसको गम्छा खस्यो । ऊ कुद्दै कुद्दै

गम्छा कथा एउटा वास्तबिक कथा हो । यसमा तराई क्षेत्रको

। यस कथामा पनि सर्पको वर्णन गरिएको छ ।

मेरो मनपर्ने खेल चेस

यस कथाको परिवेश वा वातावरणः

ऋषिराज न्यौपाने

कक्षाः तीन (त्रिश्ली)

जीवनको बारेमा चित्रण गरिएको छ । तराईमा धेरै सर्पहरू हुन्छन्

सर्पको गाउँ एउटा कथा संग्रह हो । यस कथा सङग्रहमा पाँच

ओटा कथा छन्। यी मध्ये म गम्छा कथाको बारेमा केही कुरा

घरबाहिरको गरेर दुई प्रकारका हुन्छन् । हामीले घरभित्रको र घरबाहिरको वातावरण सफा राख्नुपर्छ । आफ्नो घरभित्र मात्र सफा गरेर हुँदैन घरबाहिर पनि सफा गर्नंपर्छ । वातावरण हाम्रो जीवन हो । हामीले वातावरणलाई मिलेर सफा गनँपर्छ । वातावरणलाई सफा राख्यौँ भने हामीले स्वच्छ हावा र पानी पाउँछौँ । वातावरण स्वच्छ भयो भने रमाइलो हुनुका साथै हामी स्वस्थ हुन्छौं । हामीले वातावरण सधैं सफा राख्नुपर्छ । वातावरण सफा राख्नको लागि प्लास्टिक धेरै प्रयोग गर्नं हुँदैन, नदीमा ढल मिसाउनु हुँदैन साथै विद्युतबाट चल्ने गाडी प्रयोग गर्नंपर्छ ।

म पनि मेरो वरिपरिको वातावरण सधैं सफा राख्छ। हामी सबैले मिलेर वातावरण सफा राख्नुपर्छ । यसको लागि जनचे तना फैलाउनुपर्छ ।



मलाई मनपर्ने खेल चेस हो । यो खेल दुई जनाले खेलिन्छ । चेसमा रणनिति र योजना बनाएर अर्को पक्षलाई जालमा पारिन्छ । यो खेलमा ६४ वटा कोठा हुन्छन् । मलाई यो खेल धेरै मन पर्छ। यो खेलमा मलाई घोडाको चाल धेरै मनपर्छ। घोडा "∟" आकारमा चालिन्छ । यो खेलले सोच्न सक्ने क्षमता बढाउँछ । चेसले हाम्रो बुद्धिको पनि विकास गराउँछ ।

जात छन फरक फरक तर मन एउटे छ सबैको कसैलाई आपत् पर्दा एकजुट भई भन्छन् हामी दाजुभाइ हो सदा जीवन उच्च विचार राख्न पर्छ सबैले गाउँको जीवन के हो नब्भी हेला नगरौँ कसैले।

प्यारो लग्छ मलाई मेरो गाउँ, लाग्दैन केही कमी प्रकृतिले दिएको छ सुन्दरता भरि भरि आउँछन् पर्यटकहरु पनि घुम्न र रमाउन ए साथी तिमी पनि आउनु आफ्नो मन भुलाउन ।

हाम्रो बुढानीलकण्ठ ज्यास्मिन थापा

कक्षाः नौ (गण्डकी)

प्राकृतिक सुन्दरताले भरिएको हाम्रो बुढानीलकण्ठ धार्मिक महत्त्वले भरिएको हाम्रो बुढानीलकण्ठ विष्णुमती र रुद्रमतीको बिचमा रहेको हाम्रो बुढानीलकण्ठ हामी सबैको आस्थाको धरोहर राष्ट्रले सम्बोधन गर्न नसकेको हाम्रो बुढानीलकण्ठ ।

शिवपुरीको काखमा रहेको हाम्रो बुढानीलकण्ठ विष्णु भगवानको वासस्थान हाम्रो बुढानीलकण्ठ सबै जातजाति भाषभाषीको साभा चौतारी हो हाम्रो बुढानीलकण्ठ ।

स्वच्छ हावापानीले भरिएको हाम्रो बुढानीलकण्ठ पर्यटनको सम्भावना बोकेको हाम्रो बुढानीलकण्ठ उत्तरी भेगको आस्था र विश्वासको धरोहर हाम्रो बुढानीलकण्ठ स्वच्छ र पवित्रताको प्रतीक हाम्रो बुढानीलकण्ठ ।

संभावना नै सम्भावनाले भरिएको सबैको भविष्य बोकेको हाम्रो बुढानीलकण्ठ प्राकृतिक सुन्दरताले भरिएको हाम्रो बुढानीलकण्ठ धार्मिक महत्त्वले भरिएको हाम्रो बुढानीलकण्ठ ।

मेरो विद्यालय

साइन ढकाल कक्षाः चार (राप्ती)



मेरो विद्यालयको नाम हो इम्पेरियल वर्ल्ड स्कुल यो हो मेरो लागि सरस्वतीको मन्दिर जहाँ म पाउँछु धेरै ज्ञान स्वच्छ वातावरणभित्र छ यहाँ गणितको उद्यान ।

विद्यालयभित्र गराइन्छ धेरै कियाकलाप यहाँको पुस्तकालयमा छन् थरीथरी किताब साधीहरुसँग रमाउँदै पढ्छु म किताबका ज्ञान खेल्दै खेल्दै सिक्छु म ।

विद्यालयमा गाउँछु म राष्ट्रिय गान म दिन्छु मेरो पढाइमा ध्यान यहाँका गुरुआमा र गुरुवाले गनँहुन्छ धेरै माया हामीभित्र छनँहुन्छ ज्ञान र सिर्जना।

मेरी आमालाई चिट्ठी सत्कृत अर्याल

मितिः २०८०/०४/१० धापासी

आदरणीय आमा, सादर नमस्कार ।

धान दिवस _{रीया श्रेष्ठ}

कक्षाः ६ (महाकाली)



असार १५ लाई राष्ट्रिय धान दिवसको रूपमा मनाउने गरिन्छ । नेपाल कृषिप्रधान देश भएकोले यहाँ परम्परादेखि असार १५ लाई दही-चिउरा खाएर मनाउने गरिन्छ । नेपालमा २०६२ सालदेखि असार १५ लाई धान दिवसका रूपमा मनाउन सुरू गरिएको हो । असार १५ को दिन, हलगोरुले हिल्याएको खे तको हिलोमा छुपु-छुपु धान रोपेर रमाइलो गर्ने परम्परा रहेको छ । नेपालको मुख्य खाना चामलको भात हो । तसर्थ, धान हामीले धेरै उब्जाउनु पर्छ । यसले हाम्रो देशको आर्थिक अवस्थामा सुधार गर्छ र देशलाई भोकमरीबाट पनि बचाउँछ । धान नेपालको लागि अत्यन्त उपयोगी अन्न हो ।

साधरणतया धान वर्षायाममा रोपिन्छ र मर्ड्सीरमा फल्ने गर्छ । यसले गरिव, धनी सबैलाई साहारा दिन्छ । नेपाल सरकारले पनि धानलाई आफ्नो मुख्य वाली सम्फोर यसलाई रोप्न विभिन्न सुविधाहरू दिएको छ । सरकारले यसको उब्जनीका लागि मलको पनि उचित प्रबन्ध गरेको छ । उब्जनीका लागि नहरको पानी उपलब्ध गराएको छ । नेपालमा चैते, वर्षे र घैया, भदैया र हिउँदे धानका रुपमा धानखेती गरिन्छ । नेपालमा सबैभन्दा धेरै धानखेती हुने जिल्ला फापा हो । फापालाई सरकारले धान उत्पादनको सुपर जोन घोषणा गरेको छ । हिमालपारिका दुई जिल्ला मनाङ र मुस्ताङ बाहेक नेपालका सबै जिल्लामा धान रोपाइ हुन्छ । विगत १४ वर्षदेखिको तथ्याङ्कलाई हेर्दा नेपालको धान खेती सन्तोषजनक छैन । सरकारले आगामी पाँच वर्षभित्र धानको उत्पादन वृद्धि गर्ने घोषणा गरेको छ ।

मेरो विद्यालय सजल नेपाल कक्षाः दुई (सुनकोशी)

मेरो विद्यालयको नाम इम्पेरियल वर्ल्ड स्कुल हो। मेरो विद्यालय हात्तिगौंडामा छ । मेरो विद्यालय अति नै राम्रो छ अनि मेरो लागि धेरै नै प्यारो छ । मेरो विद्यालय उलो अनि सफा छ । मलाई मेरो विद्यालय अति नै सुन्दर लाग्छ । मेरो विद्यालय एउटा ज्ञानको खानी हो । जहाँ जाँदाखेरी मलाई साह्रै नै आनन्द लाग्छ । हामीहरू पढीलेखी असल मान्छे वन्ने हो । त्यसैले हामी विद्यालयमा ध्यान दिएर पढनुपर्छ । गुरुहरू पनि एकदमै प्यारा र राम्रा हुनुहुन्छ । मलाई गुरुहरूले राम्रा कुराहरू सिकाउन् हुन्छ । मैले गुरुहरूबाट ज्ञानका कुरा सिक्छु र असल मान्छे बन्ने प्रेरणा पाउँछु । हाम्रो विद्यालयमा सम्पूर्ण शिक्षकहरू र ाम्रो शिक्षण गनँहुन्छ । हामी ठूलो भएर हाम्रो विद्यालयको लागि हामीले सक्ने सहयोग गनँपर्छ । विद्यालयको साथसाथै हामीले दे शको पनि विकास गनँपर्छ । मलाई मेरो विद्यालय साह्रै मनपर्छ र म मेरो विद्यालयलाई अति नै माया गछँ ।

भूल शान अधिकारी कक्षाः चार (नारायणी)

फूल हुन्छ साह्रै राम्रो फुलले बनाउँछ सफा वातावरण हाम्रो

भाग्यो अब कोरोना

कक्षा: छ (बरूण)

कोरोना कोरोना कोरोना के आयो आयो माफिया धन्दाले मनोबल गिरायो एकैछिन ऊर्जा आएको बेला परियो हामी हल्लाको फेला।

हामी सबैको मनोवल गिऱ्यो तनाबै तनाबले रक्तचाप बढ्यो कतिलाई हेर माऱ्यो नि यसले मनोबल पनि गिरायो त्यसले ।

निर्मल स्वच्छ निर्दोषी हामी देख्यौँ त्यो बेला सेना मलामी संस्कार सबै कता हरायो । दागवत्तीविना नै मेसमा जलायो ।

अवोध बच्चा घरमा बस्दा मन दुख्यो सबको तिनका आँसु खस्दा न खाना घरमा न लुगा तनमा अब के होला चिन्ता थियो मनमा।

कोरोनाको कहर अब शान्त भयो हामी सबै नेपालीमा खुशीयाली छायो दु:खपछि सुख आउने संसारको रित कोरोनाको लडाइँमा मानिसको जित ।

मेरी हजुरआमा सानभी मास्के कक्षाः पाँच (सेती)

मेरी हजुरआमाको नाम मपिना मास्के हो । उहाँको जन्म वि.स. २००४ साल साउन १७ गते गोरखा जिल्लामा भएको हो । उहाँले काजीमान श्रेष्ठ र अन्त लक्ष्मी श्रेष्ठको कोखबाट कान्छी छोरीको रूपमा जन्म लिनुभएको हो । उहाँका एक दिदी, एक दाइ र एक भाइ हुनुहुन्छ । मेरी हजुरआमाले वाल्यकाल रमाइलोसँग बिताउनुभयो । उहाँलाई पढ्ने इच्छा हुँदा हुँदै पनि समाजमा महिलालाई पढाउन नहुने र घरायसी कामको कारणले पढ्न नपाई दुई चारपल्ट राति राति प्रौढ कक्षामा घरबाट भागेर पढ्न जानुभयो । उहाँको ९४ वर्षको उमेरमै विवाह भयो । उहाँ गोरखा बजारको धनश्याम मास्केसँग विवाह बन्धनमा बाधिन पुग्नुभयो र नयाँ जीवनको थालनी गर्न थाल्नुभयो ।

विवाहपछि घरको सबै काम हजुरआमाले नै गर्नंपर्ने भयो र उहाँलाई फन गाह्रो भयो । उहाँले पहिलो सन्तान २० वर्षको उमेरमा छोरा पाउनुभयो । उहाँले तीन छोरा र एक छोरी गरी चार सन्तानलाई जन्म दिनुभयो । उहाँले आफ्ना सन्तानको पालनपोषण गरेर हुर्काउनुभयो र आफ्ना सन्तानलाई असल र कर्मशील बनाउनुभयो । यसरी नै उहाँको दिनचार्या बित्दै गयो र अहिले उहाँको छोराहरूबाट छ जना नातीनातिनाहरू छन् र छोरीबाट एकजना नाति गरेर ७ जना नातीनातिनाहरू सँग रमाइलो गर्दै र बितेका दिनको आफ्नो सुख दु:खका कहानीहरू सुनाउँदै हजुरआमाको दिनहरू बित्दै छन् । अहले भने उहाँको दिनचार्य बिहान पूजा पाठ गरेर र दिउँसो गफगाफ र टिभी देरेर बित्क भने न्यॉफ पाल वरिपरि घम्न निस्कनहन्ह ।

टिभी हेरेर बिल्छ भने साँभे पख वरिपरि घुम्न निस्कनुहुन्छ । उहाँ अहिले आफ्नो समय हाँसी खुसीसाथ हामीसँग विताउँदै हुनुहुन्छ । उहाँको जीवनउपयोगी ज्ञान र अनुभवहरू सुन्न पाउँदा म आफूलाई भाग्यमानी ठान्छु । म उहाँको नातिनी हुन पाउनुमा आफूलाई गर्व महसुस गर्दछु ।

मेरो परिवार सान्भी अर्याल कक्षाः दुई (सुनकोसी)

आमाबुबा हजुरआमा मिलीजुली बस्ने हजुरबुबा काकाकाकी कत्ति माया गर्ने ।

सँगै खेल्ने दादा मेरो हामी सँगै पढ्ने मिलीजुली घरमा सकेको काम गर्ने ।

म पनि त राम्री छोरी दादा राम्रो छोरा घरमा छौँ हामी दुई मायाको डोरा ।

जम्मा हुँदा शनिबार मेरो सुखी परिवार बिताउँछौ घरिघरि रमाइलो गरी गरी ।

मेरी आमा सतक्सी राणा क्षेत्री कक्षाः दुई (सुनकोशी)

मिहिनेती मेरी आमा बिहान छिटै उठ्छिन् चिया बिस्कुट ल्याएर मलाई उठाउँछिन् ।

आँखा चिम्म गरेर म सुतेजस्तै गर्छं अनि उनलाई भुक्याएर भट्ट मोइ खान्छु ।

आमाकी प्यारी छोरी बाबाकी मायाको डोरी बेलाबेला खान्छु म चकलेट चोरी चोरी।

माया लाग्छ आमाको किन धेरै धेरै रिसाउँदा आमा मेरी रुन्छु धेरै बेरै रिसाउँदा आमा मेरी रुन्छु धेरै बेरै ।



फूललाई फन्नन चाहिन्छ घाम र पानी हजुरको प्यारो छोरो हामीले बसाल्नुपर्छ असल बानी कमलको फूलमा बस्नुहुन्छ लक्ष्मी माता सत्कृत अर्याल हरेक पूजापाठमा हुन्छ फूलको चर्चा ।

चाहन्छु ।

मलाई यहाँ सञ्चै छ । त्यहाँ हजुरलाई पनि सञ्चै नै हो ला भन्ने आशा गर्दछु । अहिले म काठमाडौँको धापासी भन्ने ठाउँमा बस्छु । यो ठाउँ धेरै रमाइलो र सुन्दर पनि छ । म बसेको ठाउँ चक्रपथबाट नजिकै छ । यो टोललाई इदनपुरी आवास भनिन्छ । यस आवास भित्र धेरै राम्रा घरहरु छन् । यस टोलका छिमेकीहरू सहयोगी हुनुहुन्छ । हाम्रा छिमेकीहरूले मलाई निकै माया गर्नंहुन्छ । म बस्ने ठाउँको जति प्रशंसा गरे पनि सकिँदैन त्यसैले हजुर आएपछि यहाँको सबै कुरा देखाएर यहाँको सम्पूर्ण ठाउँहरु घुमाउनेछु । अहिलेलाई भने आफ्नो कल्पन्व गरेर हजुरसँग अर्को पत्रमा भेट्ने बाचा गर्दै बिदा

फूलबाट बन्छ अत्तर यसले दिन्छ बास्ना हरहर फूललाई टिप्नु हुन्न कोपिलामा राख्न्पर्छ यसलाई हाम्रो कोठामा ।

फूल हुन्छ रङ्गीचङ्गी मौरी र पुतली यसका साथीसँगी फूल चाहिन्छ गर्नलाई पूजा हामीले गनँपर्छ फूललाई माया।

यसले दिन्छ मिठो बास्ना राख्नुपर्छ यसलाई हाम्रो साथमा ।

अनौठा परेवाहरू

श्रभ्या श्रेष्ठ

कक्षा: ६ (बरूण)

एकादेशमा एक गाउँमा सपना नामकी केटी बस्थी। एक दिन ऊ मुखियाको खेतमा दाउरा टिप्दै थिई। त्यसै बेला मुखियाकी छोरी परेवालाई ढुङ्गाले हान्दै थिई । यो देखेर सपना देडिँदै गएर भनी, "तपाईंहरुले चराहरुलाई मानँ हुँदैन, तपाईं मुखियाकी छोरी हो, तपाईलाई यो सोभा दिँदैन" । यो सुनेर मुखियाकी छोरी रमालाई रिस उठ्यो । उसले भनी "तेरो भाषण तैँसँग राख् । मलाई जे गर्न मन लाग्छ म गछँ। नत्र मेरो बुबालाई भनेर तेरो बुबालाई कामबाट निकालिदिन्छु।" यो सुनेर रमाका साथीहरु हाँसे। सपना तीन वटै परेवालाई लिएर पोखरीमा गई र उनीहरूको गाउँ सफा गरी । सपनाकी आमा खाटमा सुतिरहेकी थिईन् र सपनालाई भनिन् "आज त ढिला भयो त छोरी।" सपनाले आमालाई सबै कुरा भनी र चराहरुलाई अन्न दिई । आमाले भनिन् "राम्रो गऱ्यौ तिमीले परेवाहरुलाई यहाँ लिएर आयौ।" त्यति नै बेला सपनाको बुबा आउनुभयो । बाहिर चराहरू देखेर यस्को बारेमा सोध्नुभयो । सपनाले बुबालाई सबैकुरा भनिन् । बुबाले भने "तिमीले राम्रो गऱ्यौ तर मुखियाको छोरीसँग अलिकति सतर्क रहनु बल्ल बल्ल एउटा ठाउँमा काम भेट्टाएको छु।" अर्को दिन जब सपनाको बुबा काममा गए तब मालिकले उनलाई कामबाट निकालिदिए। उनले कारण सोधे । मलिकले भने "तँ जस्तो गरीबको

छोरीको हिम्मत कसरी भयो धनीको छोरीसँग मुखमुखै लाग्ने ?" उनी उदास भएर घर गए र सपना र उसकी आमालाई सबै कुरा भने । सपनाले भनी, "यो सबै मैले गर्दा भएको हो ।" बुबाले भने, "होइन सबै हाम्रो गरिबीले गर्दा हो।" त्यसपछि सपनाले ती परे वाहरुलाई भनी, "मसँग तिमीहरुलाई दिन एउटा अन्न पनि छैन, आज हामीहरु सबै भोकै सुत्नु पर्छ।" यो सुनेर एउटा परेवा बो ल्यो, " भुटो बल्छेस्, भान्सामा गएर हेर् कति धेरै आन्नका दाना छन्।" सपना परेवाले बोलेको देखेर हेरेको हेरै भई र मैले सपना त देखिरहेको छैन ? परेवाहरु पनि बोल्छन र ? भन्ने साची । त्यसपछि अर्को परेवा पनि बोल्यो "पहिला भान्सामा गएर त हेर सबै थाहा हुन्छ ।"

भान्सामा गएर हेर्दा सबै खानेकुराहरू रहेछन् । बुबाको कोठामा पनि धन-सम्पत्ति धेरै थियो । सपनाले बुबालाई बोलाइन् र सबै कुरा बताइन् । त्यति नै बेला ती परेवाहरु त्यहाँ आएर भने, "हामी कुनै सामान्य परेवाहरु होइनौँ जादुको परेवाहरु हौँ । हामी

तपाईंहरु जस्तै असल मान्छेको खोजीमा थियौँ ।" परेवाका कुरा सुनेर सपनाले भनी, "मलाई यी जादुका कुराहरू केही चाहिँदैन बरु मेरी आमालाई सन्चो बनाइदिनुहोस् ।" यो कुरा स्नेर परेवाहरूले सपनाकी आमालाई सन्चो बनाइदिए। त्यसपछि सबै मिलेर खाना खाए । भोलिपल्ट छिमेकीले सपनाकी आमालाई कसरी यस्तो भयो भनेर साधिन् । सपनाकी आमाले यो सबै जादुगरी परेवाहरुले गर्दा हो भनिन् । सपनाको परिवारले सबैलाई सहयोग गरेर बस्न थाले । यो कुरा मुखियासम्म पुग्यो । मुखियाले ती परेवाहरुलाई घर लिएर आए। मुखियाकी

छोरीले परेवाहरुसँग सुन र चाँदी मागी तर परेवाहरुले केही दिएनन् । रमालाई रिस उठ्यो । उसले ती परेवाहरुलाई पिँजडामा बन्द गरी। रमाले मुखियालाई सोधी कि किन परेवाहरुले उसको कुरा नमानेको होला ? मुखियाले भने, "यी परेवाहरू सत्य र असल मान्छेका मात्र सहयोगी हुन्।" यो कुरा सुनेपछि उसलाई आफ्नो गल्ती थाहा भयो र उसले अबदेखि असल मान्छे बन्ने प्रण गरी ।

मानवता श्रेयसी गौतम

कक्षाः ८ (बबइ)

नाच्ने उनको रहर थियो

हाँस्ने, खेल्ने, रमाउने उनको सपना थियो बगैँचामा पुतली डुलेभेँ डुल्ने उनको चाहना थियो खुला आकाशको पंक्षीफ़ैं उड्ने उनको सपना थियो ।

ती सपनामा बिस्तारै तुसारो पर्न थाल्यो सपना देखेवापत उनले दण्ड भोग्नु पऱ्यो त्यसैले. ती सपना नै उनमा डर बनेर बसे उड्ने पखेटा सबै काटिए हाँस्ने खेल्ने रहर सबै पातालमा भासिँदै गए।

ए मानिस हो मुर्खता बोकी ती सपनामा छुरी नरोप मानव बनेर मानवता जोगाउ।

माछा र पानी युभ्ना गुरुङ

कक्षाः चार (राप्ती)

कुनै गाउँमा राम र उसका बुबा थिए। राम आफ्नो बुवासँग सधैँ खोलामा माछा मार्न जान्थ्यो । एक दिन बुवाले एउटा माछा जालमा पानँभयो र बुवा, छोरा माछा एउटा भाँडामा राखेर खुसी हुँदै घर फर्किए। घर आएपछि जब बुवाले माछा काट्न थाल्नुभयो तब राम रुन लाग्यो । उसलाई अरुको हत्या गरेर खान मनपरेन र उसले बुवालाई माछा जहाँबाट ल्याएको हो त्यही छोडिदिन भन्यो।

बाबुले छोरालाई खोलातिर लागे । रामले खोलामा खुसी हँदै माछालाई छोडिदियो र उसलाई सबैले आफ्नो जीवन बाँच्न पाउनुपर्छ र जसको घर जहाँ हो ऊ त्यही खुसी हुन्छ भन्ने लाग्यो तर एकैछिनमा हेर्दाहेर्दै त्यो माछोलाई अर्को ठुलो माछाले खायो । यो देखेर राम दुःखी भयो । बुवाले रामलाई सम्भाउदै भन्नभयो, "राम दःखीं नहोऊ । यो त प्रकृतिको नियम हो, ठलोले सानोलाई खाने ।" "बुभ्रें बुवा" भनेर रामले भन्यो तर पनि रामलाई त्यो माछाको माया लागिरह्यो । बुवा छोरा घर फर्किए । बुबाले भने रामको दुःखी अनुहार हेरेर उसको भावना बुभनुभयो ।

चित्रकला सङ्ग्रहालय जाँदाको अनुभव सिचु श्रेष्ठ

कक्षाः सात (कर्णाली)

हाम्रो विद्यालयले हामी कक्षा ७ का विद्यार्थीहरुलाई कला सङग्रहालयमा लगेको थियो । हामीलाई निकै रमाइलो लागिरहेको थियो । जब हामी त्यहाँ पुग्यौँ, हामीले त्यहाँ अद्भुत

र सुन्दर कलाहरु अवलोकन गर्न पायौँ । यो हाम्रो लागि अवसरको कुरा थियो । त्यहाँ पुगेपछि शिक्षकले हामीलाई आफूलाई मनपर्ने चित्र कोर्न कागजको पाना दिनुभयो । मै ले एउटा चित्र कोरें जुन मलाई निकै मन परेको थियो । मै ले महाकालीको चित्र बनाएको थिएँ। चित्रमा मैले रङ भरेर सन्दर बनाएँ ।

सबैले आफूलाई मन पर्ने चित्र बनाएर शिक्षकलाई देखाए । सबैले अनौठो र राम्रो चित्र बनाएका थिए। हामीलाई त्यस्तो राम्रो ठाउँमा लगेकोमा विद्यालय परिवारलाई धेरै धेरै धन्यवाद ।

सेया र उसको अनौठो शक्ति सृष्टिका बस्नेत कक्षा ७ (मेची)

एकादेशमा एउटा सानो गाँउमा सेया नाम गरेकी केटी आफ्नो परिवारसँग बस्थी । ऊ धेरै मेहेनती थिई । उसको परिवार गरिब अवस्थामा भएकाले उसको परिवारले सेयालाई स्कूल पनि पठाएका थिएनन् । एकदिन जब सेया आँगनमा खेल्दै थिई, उसको खुट्टा एउटा ढुङ्गामा ठोकिन पुग्यो । ऊ लडी र उसको घुँडामा घाउ लाग्यो । ऊ रुन थाली । छोरी रोएको आवाज सुनेर उसका आमाबुवा बाहिर निस्किए । बाहिर आएर हेर्दा उनीहरू छक्क परे । सेयाको आँसु मोती र सुनमा

बद्लिरहेकोे थियो ।

उनीहरूले सेयालाई उठाए र मोती र सुन पनि उठाए र भित्र पसे । उनीहरूले मोती र सुन बेचेर घरमा खाने कुराहरू ल्याए । समयको परिवर्तनसँगै उनीहरू धनी भएर घर पनि किने । एकदिन जब सेया ८ बर्षकी भई, उसलाई कसैले आँगनमा खेलिरहेको बेला चक्लेट देखाएर अपहरण गऱ्यो । अपहरण गर्ने मान्छेले सेयालाई जङ्गलतर्फ लिएर दौडियो । त्यही गाउँको अनुकुल नाम गरेको केटो बाटोमा आउँदे थियो । अपहरणकारी अनुकुलसँग ठोक्कियो । अनुकुलले सेयालाई देखेर उसले बुभयो कि त्यो मान्छे नराम्रो व्यक्ति हो । त्यो मान्छे अगाडि जान खोज्दा अनुकुलले जान दिएन । अनुकुल र त्यो मान्छेबिच लड़ाई भयो र अनुकुलले जित्यो । उसले सेयालाई सुरक्षितसाथ घर लाग्यो र उसका बुबाले अनुकुललाई धेरै धन्यवाद दिए ।

समयको महत्त्व सोनिया घले कक्षाः सात (मेची

समय भनेको काल पनि हो । समयलाई हामीले राम्ररी प्रयोग गनँपर्छ । समयलाई हामीले राम्रोसँग प्रयोग गरेनौँ भने समय खेर जान्छ । भनिन्छ, बगेको खोला फेरी फर्किएर आउँदैन । त्यसरी नै हामीले समयको राम्रोसँग प्रयोग नगरे समय पनि फर्किएर आउँदैन । हामीले हरेक काम समयमा नै गनँपर्छ । समयको राम्रो उपयोग गर्ने मानिस जीवनको हरेक क्षणमा सफल हन्छ । हामीले हरेक काम समयमा गनँपर्छ । जस्तै: अफिसमा दिइएको काम, विद्यालयमा दिइएको गृहकार्य, खाना खाने, काममा जाने, आफ्नो कर्तब्य निभाउने, सुत्ने, उठ्ने आदि ।

समयको पालना नगर्ने मानिस जीवनमा सधैँ असफल हुन्छ । समय नभएको भए यो पुरै संसार सुचारु रूपमा चल्न

सक्दैनथ्यो । हावा चल्नु, सूर्य उदाउनु, रात पर्नं, उज्यालो हुनु आदिले पनि समयको पालनालाई बुभाएको छ । समय

निरन्तर चलिरहेको हुन्छ । समयका एकएक पलको महत्त्व छ । समयमा अस्पताल पुऱ्याइएको बिरामी बाँच्न सक्छ । बे लैमा गाडीको स्टेसनमा पुग्ने व्यक्ति सजिलै आफ्नो गन्तव्यमा पुग्न सक्दछ । तोकिएको समयको सही ढङ्गले सदुपयोग गरी जाँच दिने विद्यार्थी सफल हुन्छ । यसरी समयका एकएक पलको सही सदुपयोग गरी काम गर्ने व्यक्तिले जीवनमा धेरै कामहरू गरेर देखाउन सक्छ। काम गर्नेले त्यसको मीठो फल पाउँछ । काम गर्ने मानिसको जीवन सधै सुखी हुन्छ । अनि यस्ता मानिसले कहिल्यै पनि दुःखका पलहरु भोग्न पर्दैन । संसारका महापुरुषहरू समयको सही रूपमा सदुपयोग गरेर नै महान् एवं चर्चित बनेका हुन् । कुनै एक क्षेत्रमा गरेको राम्रो कार्यले कुनै पनि व्यक्ति विश्वप्रसिद्ध बन्न सक्तछ। यी सब कुरा थाहा पाउँदापाउँदै पनि हामी समयका महत्त्वपूर्ण क्षणहरूलाई त्यसै खेर फालिरहेका हुन्छौँ अनि केही काम नगरी समय बिताइरहेका हुन्छौं । केही काम नगरी समय बिताउनु हाम्रो अज्ञानता हो । कुनै पनि काम गर्नं समयको सदुपयोग हो भन्ने ठानी चोरी, डकैती, हिंसा आदिजस्ता नराम्रा कार्यहरू कदापि गनँ हुँदैन । यस्ता कार्यहरू गरेका खण्डमा समयको दुरुपयो ग भएको मानिन्छ ।

त्यसैले हामीले समयको हरेक पललाई सृजनात्मक कार्यमा लगाउन्पर्दछ । ज्ञानी व्यक्तिले चाहिँ समयको ठीक ढङ्गले सदुपयोग गरिरहेको हुन्छ अनि उसको जीवन सुखसँग बितिरहे को हुन्छ ।

आयुवैद चिकित्सा श्रीषा पन्त

कक्षाः दश (भोटेकोशी)

आयुर्वेद पूर्वीय सभ्यताबाट उत्पन्न भएको संसारको सर्वप्राचीन उपचार पद्धति हो । यो पद्धति वैदिक एवम् प्राचीन सभ्यताले दिएको विशेष उपहार हो । वैदिक सभ्यता प्राचीन सभ्यता हो । यस सभ्यतासँग आयुर्वेद चिकित्सा प्रारम्भ भएको देखिन्छ । आयुर्वेदिक चिकित्सा पद्धति मुख्य गरी जीवनको ज्ञानसँग सम्बन्धित उपचार पद्धति हो । निरोगी र दीर्घ जीवनका लागि यो पद्धति विश्वव्यापी रूपमा लोकप्रिय बन्दै गएको छ । यो चिकित्सा पद्धति सर्वप्राचीन हुनुका साथसाथै आधुनिक चिकित्सा पद्धति भन्दा फरक चिकित्सा पद्धति पनि हो । अहिले सबैभन्दा बढी एलोप्याथिक चिकित्सा पद्धतिको प्रचलन भए तापनि विस्तारै ऋमिक रुपमा आयुर्वेद चिकित्साको पनि लोकप्रियता बढदै गएको छ ।

आयुर्वेद चिकित्सामा पञ्चकर्म महत्त्वपूर्ण उपचार हो । त्यस्तै आयुर्वेदिक चिकित्सा पद्धतिले शारीरिक मात्र नभई मानसिक क्रियाकलापलाई पनि विशेष ध्यानमा राखी उपचार गर्दछ । हाम्रो शरीरमा तनका साथै मन पनि हुन्छ । यी दुईलाई छुट्याउन मिल्दैन भन्ने आयुर्वेद चिकित्साको मुख्य धारणा हो । त्यसैले आयुर्वेद चिकित्सा अन्तर्गत रुप चिकित्सा र मनो चिकित्सा आजभोलि आममानिसमा सर्वाधिक लोकप्रिय छन् । यसले शारीरिक एवं मानसिक क्रियाकलाप त्रिदोष अर्थात् बाथ, पित्त, कफमा निर्भर रहने भएकाले तीनओटै कुरामा सन्तुलन कायम गर्न सके मानिस स्वस्थ हुन्छ भन्ने मान्यता राख्छ । यसको उपचारमा प्रयोग हुने औषधि जरिब्टीबाट निर्माण गरिन्छ । आयुर्वेदिक चिकित्सा पद्धतिको विकास गर्न सके यसले नेपालजस्तो विकासोन्मुख राष्ट्रलाई उपचारको लागि मात्र नभइ आर्थिक सहायता पनि पुऱ्याउँछ । चिरफार कम हुने रोगलाई नियन्त्रण मात्र नगरी निर्मूल गरिने उपचारमा धेरै उपकरणको आवश्यकता नपर्ने, औषधीको नकारात्मक प्रभाव कम हुने र कम खर्चिलो हुने जस्ता विभिन्न फाइदा भएकाले आयुर्वेदिक चिकित्साको लोकप्रियता बढ्दै गएको छ । आयुर्वेदिक चिकित्सा पद्धतिमा आठ वटा शाखा रहेका छन् । ती आठ वटा शाखालाई अष्टाङ्ग भनिन्छ । ती अस्टाङ्ग यसप्रकार छनुः काय चिकित्सा, शल्यचिकित्सा, सालाक्य चिकित्सा, कौमारभृत्य चिकित्सा, अगदतन्त्र रसायन चिकित्सा र करण चिकित्सा ।

नेपाल आयुर्वेदिक चिकित्सा र यसको औषधिका लागि भूस्वर्ग मानिन्छ । नेपालका आयुर्वेदिक महत्वका जडिबुटीले नेपालको समृद्धिको ढोका खोल्न सक्छ । व्यापारका क्षोत्रमा आयुर्वेदिक जडिबुटी पनि रहेको कुरा हाम्रो वेद र पुराणमा पनि लेखिएको छ । आयुर्वेदिक औषधिले उपचारका लागि मात्र नभइ आर्थिक रूपमा पनि देशलाई समृद्धितर्फ अगाडि लान सक्छ ।

Student's Art



Parul and Shambhavee, VII, Endangered Species, New Media on Cardboard.



Leon, II, Symmetry, Crayon on paper.



Riyaz, II, Patterns, Crayon on paper.



Kavya, VIII, Still life, Gouche on paper.





Stutee and Sichu, VIII, Endangered Species, New Media on Cardboard.



Afreen, VI, Poster Design, Water color on paper.



Manuka, VI, Hoarding Design, Mixed media on paper.



Sakchi, IX, Cultural Fusion, Watercolor on paper.





Evana, III, Abstract art, Pencil color on paper.





Rayirth, VIII, Landscape, Watercolor on paper.



Ashlyn, IX, Cultural Fusion, Pen and watercolor on paper.





Aavish, II, Observation, Crayon on paper.



Ujas, II, Symmetry, Crayon on paper.



Kunjika, VIII, Impressionism, Gouche on paper.



Saheena, IX, Collage, Watercolor and pen on paper.





Anaya, I, Still life, Pencil color on paper.





Sarah and her team, IV, Architecture-Artist Impression Model, Cardboard.



Ridhika, IV Fauvism, Mixed media on paper.

Pragyan, IV, Portrait drawing, Pencil on paper.



Riona, IV, Cubism, Crayon on paper.

Lakshika, IV, Portrait Drawing, Pencil on paper.



Aayug, IV, Cubism, Crayon on paper.

Arshiya, IV, Impressionism, Crayon on paper.



Paaliza, IV, Minimalism, Crayon on paper.



Activities



Excited young girls ready to sing on the grand Music Day of Zero Week!



Embarking into the vast world of TPDs with Deepesh Sir.



Exploring Bhaktapur Durbar Square for IPC Unit with a fascinating tourist interview!



A field trip to energize the young minds of ĨWS.



Young detectives investigating the progress of different grades.



Celebrating our remarkable staff on the 13th Foundation Day of Imperial World School.



Young eco-warriors taking charge on World Environment Day - Cleaning a local temple



Beaming with joy, posing with the Math Kind Team all the way from the USA!





Educators & Leaders Unite for Education Quality Enhancement! Valuable insights shared by experts to shape a brighter future. #EducationSymposium



Captured in a photo: Mr. Dharma Pokharel and Mrs. Bhagwati Pandey, distinguished authors of the Nepali 'Hijje' (spelling) books, alongside teachers.



Little learners mastering Nepali family bonds.



Experiencing inspiring moments with the Chief Guest. Dawa Futi Sherpa, as we watched the documentary 'Pasang in the Shadow of Everest', which is based on her mother's life.





Eager volunteers prepping Ballot Boxes for Mock Election 2080!



Adventurers exploring the wonders of Math Park!





Juniors enjoying a splash into the pool, filled with fun and laughter!



The little green thumbs, ready to plant rice seeds in IWS' garden.











Sharing smiles with Dr. Lochan Rijal, our esteemed guest on World Music Day!

Capturing the joy of Teachers' Day with a group photo.

Captured a moment of engaging discussion at IWS with Mr. Yashu Shrestha, whose book *Sarpako Gaun* has become a captivating addition to the Grade 6 curriculum, keeping the students thoroughly engrossed.



The staff of IWS experience a unique retreat with a twist at Hotel Mystic Mountain in Nagarkot.



Lighting up the lamp to celebrate the luminous spirit of Bhanu Jayanti.



Cultivating a patriotic love for the nation with Dr. Anjan Shakya, former ambassador of Israel, on a heartwarming journey.



A playful activity to engage the learners of IWS.



Learning to collaborate, cooperate, and create together, young minds thrive.