

Principal's Message



As we traverse through the second block of the academic year, I'm thrilled to share with you the enriching and invigorating happenings within our school community. This period has been marked by incredible milestones, events, and collaborative efforts that have contributed significantly to the holistic growth and development of our students. Celebrating the conclusion of our second block examinations, I'm thrilled to acknowledge the outstanding dedication exhibited by our students. Their diligence and focus during this assessment period were truly remarkable, showcasing their commitment to academic excellence. And these assessments serve as a compass guiding us in

providing tailored guidance and support for our students' continued progress.

One of the pivotal aspects this block was the successful execution of the Teacher Professional Development (TPD) sessions. Our educators delved into insightful workshops and training programs aimed at refining teaching methodologies, fostering innovative approaches in pedagogy, and enhancing classroom experiences. These sessions have undoubtedly empowered our teachers to further inspire and nurture our students' intellectual curiosity.

In our continuous commitment to nurturing not just academic excellence but also holistic development, special sessions were dedicated to addressing students' social

and emotional wellbeing. Through interactive workshops and discussions, we aimed to provide a supportive environment for our students, enabling them to navigate their emotions, build resilience, and develop healthy coping mechanisms.

The unwavering support and active engagement from parents have been truly commendable. Your involvement in various school activities, your valuable expertise shared during parent engagement sessions, and your continuous encouragement have played an instrumental role in our collective journey towards creating a vibrant and inclusive learning environment. We deeply appreciate your collaboration in shaping our school com-

munity. We take immense pride in showcasing the remarkable achievements of our students at the exit point, where their talents and skills were showcased brilliantly. It was a moment of sheer joy and pride for all of us witnessing their growth, creativity, and accomplishments.

Additionally, our school celebrated cultural festivals like Dashain, Tihar, and Chhath, fostering a sense of cultural appreciation and unity among students and staff. These celebrations not only enriched our cultural understanding but also provided moments of joy and togetherness within our diverse community. Furthermore, the kickoff of the Sports Meet for the year 2023 was a grand success, highlighting the importance of sportsmanship, teamwork, and physical fitness among our students. The enthusiastic participation and sportsmanship displayed by our students were truly commendable.

I extend my heartfelt gratitude to our dedicated teachers, support team, and proactive parents whose unwavering support and collaboration have been the cornerstone of our accomplishments. Together, we continue to create an environment where every student thrives and excels.

Looking ahead, let us continue our journey with enthusiasm, dedication, and a commitment to nurturing the potential of every student in our care.

Junita Karki
Principal

The Role of Extracurricular Activities in Education

Name: Parul Kumari
Grade: VII 'Karnali'

Learning is an ever-evolving journey. The importance of comprehensive education, which encompasses academic studies, sports, meditation, and extracurricular activities, is now widely recognized. With this understanding in mind, parents, guardians, and schools/colleges are increasingly placing a strong emphasis on extracurricular activities in their curricular planning.

Extracurricular activities not only provide opportunities to learn various skills that will be useful in real-life scenarios but also instill confidence in children, fostering their development into well-rounded professionals and responsible citizens. Public speaking, a crucial curricular activity, equips children with the ability to share their thoughts and opinions with a larger audience. Creative pursuits such as painting, poetry writing, and outdoor sports offer children engaging learning experiences that play a significant role in shaping their career aspirations as they grow older.

The success of cricket in Nepal, where the country has risen to the ranks of World Cup-playing nations in international cricket tournaments, stands as a testament to the impact of extracurricular sports. Similarly, in the realm of beauty pageant competitions, Nepali high school students have gained recognition on major global platforms due to their participation in curricular activities such as modeling and public speaking.

While academic studies provide subject-specific expertise, extracurricular activities play a critical role in the overall development of a child. They foster well-rounded individuals equipped with the skills, confidence, and adaptability necessary to thrive in an increasingly interconnected and competitive world. regular routine is always a welcome. We are so grateful to IWS.

What Makes Me the Happiest?

Name: Yuvna Gurung
Grade: IV

The beach makes me the happiest, the reason is because it's peaceful, beautiful and fun. I love going on picnics on the beach. I get to spend time with my loved ones. Sitting in the sand is the best. Building sand castles is so much fun, especially with my cousins! The most fun part is swimming! To be honest, I think I am a good swimmer. At night around 7 pm, we eat barbecue, we dance and sing, which is fun. I hope I can do this all over again

Children's Day Celebration

Name: Grishma Karmacharya
Grade: VIII

Children's Day at IWS was a special day for all students. The students from grade 8 to 10 enjoyed the performance of the teachers.

The programme was hosted by Puja ma'am. The performance began with a Shuvakamana song by our teachers, Hema ma'am and Shobha ma'am. The group dance by the lady teachers was spectacular. We enjoyed many other dances and songs by different teachers. Dechen ma'am, Sabin sir, Nabin sir and other teachers shocked us with their talents and passion for singing. Sanjay sir's acting skills blew us away. Our Principal, Junita ma'am read a poem which was very inspiring.

The highlight of the day was a video made by our dedicated teachers. We got opportunities to enjoy dances, songs, music and acts. The programme concluded with a circle dance of teachers and students.

Another surprise for students was Momo as snacks. A change, such as this from the regular routine is always a welcome. We are so grateful to IWS.



Visit to the Himalayan Art Festival

Name: Sonam Sherpa
Grade: IX

We went to Nepal Art Council for Himalayan Art Festival on 28th August 2023, Monday. Our Art Teacher, Biwek sir chose 6 students from grade 9 to guide the students from grade 5 and 6. I was one of the students chosen by our art teacher. On arrival our art sir divided us into groups of 4. Then we headed inside to look at the different types of art designed by different peoples. There were a lot of

different types of arts and sculptures they all beautifully made and demonstrated. Most of the art was sold. There were arts of places in Nepal like Baktapur, Baudha, etc. There were arts like abstract, acrylic paintings, etc. Students from other schools were also there to visit the Himalayan Art Festival. Then the students of grade 5 and 6 started their project by selecting the art or sculpture they liked and started answering the question they got. Then the students from grade 5 and 6 who finished their project went down and waited for others. After everyone finished their project we clicked pictures and went back to the school. Moments in fields like energy production and space exploration may bring us closer to realizing this awe-inspiring concept.



Dragon

Name: Shreyank B. Shakya
Grade: V 'Seti'

A dragon, in mythologies, legends, and folktales, is a large lizard- or serpent-like creature that is depicted as both evil and beneficent in various traditions. In medieval Europe, dragons were described as having a pair of wings, a spiky tail, and the ability to breathe fire. In Greece, the word "drakōn" (from which the English word is derived) means "sea serpent."

The dragon is unique because it is the only mythical creature in the Chinese zodiac, and more babies are born in the year of the dragon than any other animal. In Chinese culture, the dragon represents good luck, strength, health, and also the male element, Yang. It is estimated that there are 50 to 80 types of dragons. Dragons are also mythical beasts or creatures. Some other mythical beasts or creatures include the chimera, basilisk, kraken, sirens, golems, oni, gnomes, goblins, fairies, minotaurs, mermaids, werewolves, centaurs, etc.

Despite being so well-known, the origin of the dragon myth is a mystery. Furthermore, there are some cultures that believe that these creatures are not in fact mythical, but rather giant creatures who perished, like the dinosaurs. Dragons have also been around for thousands of years. According to theory, the legendary Chinese dragon evolved out of ancient totem-worship practices.

The personality traits of people born in the year of the dragon are: charismatic, intelligent, confident, powerful, and they are naturally lucky and gifted. Dragons are also famously fond of 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 also 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 in water.

Xenophobia & Sinophobia

Name: Ashlyn Joshi
Grade: IX

Xenophobia is the fear or dislike of anything that may be considered as "strange" or foreign. It is an expression that comes from the idea that an in-group and an out-group are at odds, and it can take the form of suspicion of one group's activities by members of the other group, a desire to eradicate the presence of the group under suspicion, or a fear of losing one's national, ethnic, or racial identity. To not confuse xenophobia with racism, racism is the superficial belief that one race is superior to another. Although they are very similar, it is different enough for one person to be considered xenophobic and racist. In our current world, Many people hold xenophobic and racist views towards African Americans, Asians in some parts of Europe. Negrophobia refers to racism towards Black people, whereas anti-Asian sentiment refers to racism against Asians.

However, today I'll emphasize a particular form of anti-Asian prejudice called Sinophobia, which is the dislike or hatred towards China, the Chinese, and their culture.

Since the 20th century, there have been several negative stereotypes and popular culture cliches regarding Chinese people.

Editorial Board



Chief Editor: Hem Kumari Subedi (Nepali)



Chief Editor: Regina Lucksom (English)



Senior Editor: Omkar Thapa (Nepali)



Senior Editor: Dechen Doma Sherpa (English)

Harry. The Biggest Jerk Ever!

Sarah Kharal
Grade: IV

There is something strange about teenagers and clothes. They think clothes are special and important. A teenager that thinks the most about that is Harry. He is tall, blue-eyed and blonde. Everyone admires him but he is a bully. He uses all the pranks that he knows of to the newcomers. One of the newcomers surprised him, his name is Jacob. He is the exact opposite of Harry. He is a short, brown-eyed, black-haired nerd.

One day, when Harry saw Jacob, he thought of the best prank ever. Harry thought, "Wait, he is new so I can make him a loser!" The whole day Harry set up the prank. He put up posters around the school that said, "Jacob the Joker" with a picture of Jacob as a Joker. When Jacob saw it, he was happy instead of being embarrassed. Turns out, he was really like a joker, so Harry gave up. He hates losing and dealing with people that wear bad clothes.

The First Opium War (1839–1842) with Qing China was started by Lord Palmerston. His dislike for Chinese culture—which he considered to be "uncivilized"—played a crucial part in his decision to declare war on China. Throughout the Second Opium War (1856–1860), when frequent attacks on foreign businessmen in China inflamed anti-Chinese sentiment overseas, this hostility became more prevalent. Chinese laborers were prohibited from moving to the US, making those who were already there second-class citizens. Chinese people were used as slave laborers in Peru about the time of the 19th century, and they were forbidden from holding any roles in Peruvian society. East Asia was equally filled with anti-Chinese discrimination, particularly in the Japanese Empire. Anti-Chinese prejudice in Japan got worse by the so-called Nagasaki incident of 1886, which was brought on by Imperial Chinese Navy sailors in the eponymous Japanese port. According to statistics, only 37% of Americans, 28% of Germans, and 28% of Italians positively perceived China in 2013. However, only 5% of respondents in Japan had a favorable opinion of the nation. There was a noticeable decrease in favorable opinions about China following the global spread of the COVID-19 pandemic from China.

The prejudice towards Chinese people has decreased in current times, although not entirely. There is a lot of controversy on sinophobia online. Due to the influence of the outside world, some teenagers and youths have developed racism and

Proofreading



Shreesha Panta



Jashmine Thapa



Ashlyn Joshi



Aansi Bista

Trapped on a Deserted Island

Name: Lakeisha Khadgi
Grade: V

One day my friends and I went to a beach and as we were about to go swimming, I saw a bottle with a map in it. I suggested that we follow the map and they agreed. The map led us to the water so we went on a boat. When we reached the island and got off the boat, someone came and jumped onto our boat and went off as we stared in shock. We did everything to get us off the island but nothing worked. At last, we gave up.

Then we made a campfire and got something to eat. We also made a shelter. In the morning we went out to go food hunting. As we went deeper into the island, we picked some berries and bananas, then we heard some music. We followed the music, turns out, it was a group of monkeys singing and dancing. Unfortunately, a monkey saw me and it stole all our food and ran off. As we searched for more food, we found an old, wrecked boat! We were very excited and started to fix it. After an hour or so, we got back home safely.

xenophobia.

People mock the Chinese language because they find it "unusual" by using the term "ching chang" as a derogatory term. Due to the slurs and derogatory phrases used against them, Chinese people are becoming more and more criticized on a daily basis. Due to people's lack of drive and willingness to learn about Chinese and Asian cultures, many traditional Chinese clothing items, designer brands, cosmetics, language, writing, and other parts of Chinese culture have been mistaken for those of other East Asian cultures, particularly on the internet. While east Asian countries are renowned for their exquisite cuisine, rich cultures, vibrant festivals, anime and manga, korean pop and other music, languages, and more, while everyone focuses solely on China's poor governance, the prevalence of COVID-19, and the fact that they consume a wide variety of foods in comparison to other nations.

Many Chinese have lost their lives as well as their self-esteem as a result of the extreme hatred for China. Chinese people still exist as humans and are a part of our society. They still have emotions, and the hate can have a negative impact on them just like any other people from other ethnicities. Therefore, it is important to eradicate racism and xenophobia, not just against Chinese people but against everyone. We as humans will not be able to coexist in a society without the eradication of racism.

Singapore

Name: Pragyan Tamang
Grade: IV



Singapore is a South Asian country. This country is rich in tourist attractions, such as the Merlion. It is also one of the safest and cleanest countries in the world. Many people like to stay there as its standard of living is very high. Singapore is also a trading route for ships for export and import especially for the UK and China.

Facts about Singapore

- Singapore has the biggest indoor waterfall in the world
- Singapore is one of the greenest cities in the world.
- Singapore is one of only three surviving city-states in the world.

Advantages for people living in Singapore

- They have a good healthcare system.
- You can start a business easily.
- Rich in culture and food.
- Singapore has no corruption.

Importance of Recess

Name: Sayuna Mainali
Grade: VII 'Mehi'

Recess is especially important for us because it gives us chances to be active, be social with our friends, and learn important life skills. Here are some of the main reasons why recess is important for us:

Physical health: Recess lets us be active and helps us be healthier and fitter overall. It's a break from sitting still in class and gives kids a way to release their energy, which helps lower the risk of obesity and other health problems.

Social development: Recess gives us chances to be social and interact with our friends, which helps us develop important social skills like communication, teamwork, and how to deal with disagreements. We also learn how to share, compromise, and work together to reach common goals through games and imaginative play.

Cognitive development: Recess gives us a break from schoolwork and lets us play and use our imaginations, which is important for cognitive development. Play helps us learn how to solve problems, be creative, and think critically.

Emotional well-being: Recess gives us a mental break from the stress of schoolwork and can help us feel more relaxed and less stressed. Being active during recess also helps release endorphins, which can improve our mood and lower our anxiety.

To sum up, recess is important for us because it gives us chances to be active, be social, and use our imaginations, which are all important for our overall development and well-being. It's important that schools make recess a priority and give all of us chances to take part in these activities during the school day. while others are said to be able to swim in water.

School Orchestra

Name: **Neir Amatya**
Grade: IX

The musical orchestra (Annapurna Chamber Orchestra) took place in Imperial world school.

In Nepal, traditional folk music thrives as the top-selling genre, while contemporary styles like pop, rock, and hip-hop gain momentum. However, Western classical music faces limited prospects, despite a growing number of students mastering instruments like violins, violas, and pianos. Their chances to showcase their talents are confined to intimate settings, with chamber orchestra concerts being a rare occurrence. The Annapurna Chamber Orchestra, led by Mr. Rajkumar Shrestha, aims to revolutionize Nepal's orchestra scene by providing a platform for young musicians. With approximately 40 members in the senior team and 30 in the junior ensemble, it's working to establish itself as a non-profit entity after its founding in 2014.

On the auspicious day of September 25th, students of Imperial World School were invited to perform with the Annapurna Chamber Orchestra. That day was a memorable day as we as students were a part of an event that became a huge success. We had a huge audience of about 100 to 150 people come to see the performance. We had songs like Machi Marana, Silu, Young and Beautiful and other hits that have remained popular among the masses.

Our school had invited Mr. Surya Thulung, Mrs. Tirtha Kumari Thapa, and Mr. Raj Kumar Shrestha who are legends in the music industry. This event proved to be a golden opportunity for me and my mates from Imperial World. I want to express my heartfelt gratitude to the school as well as to the Annapurna Chamber Orchestra for this wonderful opportunity . Thank you also for the unforgettable experience.

My Book Review - Aisholpan Nurgair

Name: **Aarshiya Karki**
Grade: IV

In this book, there is a girl named Aisholpan and she lives in the icy-cold Altai Mountains. For seven generations, the man in her tribe had hunted with golden eagles. One day she said to her father. "Dad I know that no girls have ever done this, but if you teach me I will be good." Her father who was a great eagle hunter decided to help her. Her heart sang with joy because, after a lot of practice, she became the first woman to enter the Golden Eagle competition. After that the women started training to become an eagle hunters.

If I Could Make the Rules!

Name: **Shubran Khadka**
Grade: IV

If I could make the rules in my house, the first thing I would do is I can do my homework whenever I want because I like playing games. Sometimes, when I am in the middle of the game my parents take my phone and tell me to do my homework. I will get good grades so that they will extend my playing time.

The second rule would be, my mom needs to play with me because at the moment she doesn't have a lot of time. I would do anything if she took some time to play with me.

Climate Change

Name: **Atul Ojha**
Grade: VII 'Karnali'



Climate change has become one of the major threats to the world. Climate change 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 1 degree per year which is very harmful for the earth. The water levels due to the melting of polar ice are rising so many species are on the brink of extinction due to this.

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. Gases like carbon dioxide, Carbon Monoxide, Nitrogen Oxides, Sulphur Dioxide, and methane, affect the atmosphere due to which, the temperature of the earth will rise causing our earth to become similar to any other planet where the existence of life is impossible.

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

Why is a Piece of Paper Called Money?

Name: **Rhitham Dahal**
Grade: VI 'Barun'



We use money in our daily lives to buy and sell goods. Most of us have deposited this money in our bank accounts. However, it is curious why this colorful paper with numbers and images has such a high status. Why can we not buy things with our notebooks and even with the fancy art that we draw?

The history of money or currency goes back to medieval times, when the barter system was in place. People traded goods they had in excess, in exchange for goods they did not. For example, an apple orchard owner traded his excess apples for essentials like clothes, groceries, and so on. However, there were two serious flaws. First, it was difficult to find buyers and sellers with matching needs to be exchanged. Second, perishable goods such as fruits and vegetables do not have a long life, and thus, they would go to waste if they could not be exchanged. To solve this problem, money was invented to ease both transactions and ensure storage value for future purchases.

Money is usually printed and circulated by the monetary authority of a country. In Nepal, it is managed by Nepal Rastra Bank. If we see any Nepali notes, we can see the signature of a governor below the promise line written in Nepali. This is a promise given by the governor that a paper holds the mentioned value and can be exchanged in the Nepal Rastra Bank if asked. This means that denominated paper can be exchanged in any other currency or precious metal, such as gold and silver if asked. An example is that people exchange rupees for the US dollar while going abroad. Hence, the currency is more precious than any other paper because of the promise made by the Governor of the Nepal Rastra Bank. People trust that this paper will be accepted for purchases and bank deposits. Thus, it is not common for people to seek equivalence.

Therefore, money is not just a piece of paper; it is an assurance by the government that it can be used to both purchase and store for future needs. Now you know why this paper has never seen a dustbin, don't you?

My Trip to Dubai

Name: **Krishna Agrawal**
Grade: X



My journey to Dubai became an mesmerizing journey full of breathtaking points of interest, cultural richness, and modern marvels. From the moment I stepped on the ground of the Dubai International Airport, I knew I was in for a journey unlike any other.

One of the highlights of my trip was visiting the Burj Khalifa, the tallest building in the world. Standing at the observation deck, I looked at the panoramic views of the city below. The skyline, decorated with futuristic skyscrapers, showcased Dubai's unwavering commitment to architectural excellence. Also from the Palm Jumeirah, artificial islands shaped like palm trees, to the Dubai Mall, a shopping paradise that combines both luxury and pleasure, the amount of work and human genius put in it was evident everywhere. Exiting the Dubai mall, you would be standing in front of the Dubai Fountain, where water danced to the rhythm of music against the dazzling lights of the Burj Khalifa. I even embarked on a desert safari, a must do when visiting Dubai. The golden dunes stretched as far as the eye could see, and the thrill of the dunes really captivated my eyes. As the sun dipped below the horizon, I found myself in a Bedouin camp, which was someplace in the middle of the desert. The evening unfolded with a traditional Arabian feast, accompanied by mesmerizing belly dance performances under the starlit sky. One more highlight of my trip was a visit to the Dubai Miracle Garden, a floral paradise in the heart of the city. The vibrant colors and magical patterns of the blooming flowers created a surreal atmosphere there.

I spent a whole day at the Atlantis Aquaventure Waterpark, the largest waterpark in the world and a home to some of the craziest rides. Just looking at how large the waterpark was and the rides it was offering, I was totally in for it. That too was a really fun day. I also went to the Gold Souk, renowned for being the world's largest gold markets. This bustling market had displays of gold, silver, and precious gemstones. It was an astonishing sight for the visitors who came there to see the dazzling market. As I boarded my flight from Dubai, I took home not only lots of memories from this trip but also the spirit of a place that constantly strives for the extraordinary.

Sports Week

Name: **Arnav Shrestha**
Grade: X



"The once-in-a-year special event for students, commenced on the 16th of October." All the students were ready for this event to run. Many students with heavy dreams were going to try their best to achieve their goals. All the spectators were dazzled by this year's event. It was a so-called "perfect" sports week.

Our sports meet opening ceremony was a grand success. In the opening ceremony, all the four houses marched along with passion and sincerity. Our parents were also invited to this grand opening. It was truly a spectacular moment for both students and parents.

The first day began with a great match of volleyball. All the students were cheering

for their respective houses. At the same time, chess, badminton, and table tennis were also going on smoothly. As the second day arrived, it was even more exciting than ever. The athletes poured their sweat to win their games. There were events like the high jump, 100m race, relay, etc. The juniors were also passionately playing their respective game. The senior basketball match had everyone jumping on their seats. The basketball court was trembling with the cheers from the students. Likewise, the players were all geared to win.

The third day kicked off with the most anticipated game, football. The 2 teams, green and yellow, reached the finals. There was also another match where our

Chairman and Principal formed teams with other teachers to play a football game. It was a game which couldn't be missed. Finally, on the fourth day, the finals of the remaining games were held. The award distribution ceremony was also exciting.

It was a tough competition but the Yellow House won the Championship Shield. This year's Sports Meet was everything that a student would want.

Elements Of Plot - Harry Potter and The Philosopher's Stone.

Name: Sarah Joshi
Grade: V

Exposition	Rising Action
Harry Potter Privet Drive He is an Orphan!	Harry enters the wizarding world
Conflict	Climax
Harry's conflicts with Malfoy Harry vs Voldemort	Fight between Harry and Quirrel
Falling Action	Rising Action
Quirrel and Voldemort are defeted temporarily	He says goodbye to his friends and returns to Privet Drive.

My Experience in World Scholar's Cup

Name: Amaara Shrestha
Grade: VII 'Karnali'

The World Scholar's Cup is an annual international academic programme. More than 15,000 students from over 65 countries participate every year. Each year there is a global round, regional round and the Tournament of Champions. Once the regional round was over , I got to know that I had qualified for the global round. Our school chose the Bangkok Global round . On the first day , we had a scavenger hunt in which we were paired up with people from different countries. I was paired up with students from Indonesia, Taiwan, Maldives, India , Myanmar and Japan. We had to do tasks which were taken in the form of photos and videos. This scavenger hunt was fun , interesting and unique.

On the second day, we had debate, writing and a challenge . The third day was also similar to the second day but we only had a challenge which could be done with the help of teammates, the programme also had a scholars show in which scholars from different countries showcased their talents. I had the opportunity to play piano in front of more than 800 people which was nerve wracking but I did well . The fourth day was a day off for the junior scholars but the night was lit up with a cultural fair . I was excited to visit lots of stalls from different countries. The stalls had food, games and some of them even distributed postcards . The fifth and final day was the closing ceremony, during which medals were awarded to the scholars. My joy knew no bounds when I won a gold medal in the writing category .

Overall, I must say that the World Scholars Cup enhances your debate skills and gives an opportunity to socialize with people from around the world . This event was one of the best academic events I have ever attended!

Strengths and Weaknesses

Name: Prajna Khadka
Grade: IV

My strengths are, that I am flexible because I do my flexible routine in the morning. The steps are easy and I am good at it. I am funny because I can always make my friends laugh, even though I struggle to talk to unknown people.

My weaknesses are, that I am scared of bugs and hate horror movies or anything related. I make silly mistakes in spelling tests and other exams.

Natural Disasters

Name: Shristika Basnet
Grade: VII 'Karnali'

What are natural disasters?

Natural disasters are catastrophic events that arise from any of the Earth's natural phenomena. They are also known as natural hazards and are extreme, sudden events caused by environmental factors. Natural disasters are now occurring with increasing severity, scope, and impact.

What are the causes of natural disasters?

The main causes of natural disasters include lunar activities, deforestation, soil erosion, air pressure, pollution, and global warming. Agricultural practices, deforestation, and other human activities can lead to landslides.

Effects of natural disasters:

Natural disasters can have devastating effects on people and the environment. They can cause loss of life, injuries, and damage to property. You may also lose your home, possessions, and community. Such stressors can put you at risk for emotional and physical health problems.

Examples of natural disasters:

Various phenomena like earthquakes, landslides, volcanic eruptions, floods, hurricanes, tornadoes, tsunamis, and wildfires are all natural hazards. These disasters claim the lives of thousands of people and destroy billions of dollars worth of habitat and property each year.

Preventive measures for natural disasters:

There are various preventive measures that can be taken to mitigate the impact of natural disasters. These include:

Preparing warning systems to alert people when a disaster is about to happen. Building resilient infrastructure that can withstand the forces of natural disasters. Educating people about natural disasters and how to prepare for them. Implementing sustainable environmental practices to reduce the risk of natural disasters.

By taking these preventive measures, we can work to reduce the devastating effects of natural disasters and protect lives and property.

The Aussie Experience

Name: Aarya Bhatta
Grade: IX "Gandaki"



The ten-year-old me, excited but nervous, boarded a twelve-hour flight headed to Sydney, Australia. At the time, I had no idea that the next four years of my life would be the most exciting 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 had lived in a one-storey flat, which seemed to be the common thread of most people who went to live there temporarily. The supermarkets there provided food that was cheap but 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.

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. There were public parks which had play equipment and lots of greenery everywhere. There were other places such as beaches, parks, cinemas, malls, etc where you could hang out and chill.

My time in Australia was fun and the great memories have forever etched themselves in my head.

dents poured their creativity into each performance. The sense of unity and collaboration was reflected as students from different grades joined hands to create a spectacular show.

Following the programme, the festivities spilled onto the school ground, where an impromptu dance floor emerged. Students, mainly from the senior classes, swayed to the beats. Laughter and camaraderie filled the air as the joy of Dashain radiated through every corner of the school.

Towards the end of the day, our esteemed Principal and Managing Director graced the occasion. In a sacred and heartwarming tradition, tika was applied to the foreheads of students. This touching gesture marked the culmination of the day's festivities, leaving a lasting impression of unity, cultural pride, and shared joy. It was a beautiful day filled with blessings and memories, the echoes of laughter and the vibrant cultural exchange.

Dashain Ceremony

Name: Shreesha Panta
Grade: X

The spirit of festivity and cultural unity at Imperial World School reached new heights this year with an enchanting Dashain celebration. The vibrant event kicked off as soon as students in their cultural attire arrived at school, setting the tone for a day filled with joy, dance, music, and blessings.

The heart of the celebration was held in our school's auditorium, which transformed into a lively stage for students from all grades 1 to 10. The programme featured a delightful showcase of dance and song performances, all intricately woven around the rich theme of Dashain. It was a true reflection of the cultural diversity within the students, showcasing the essence of this auspicious festival. The auditorium echoed with the rhythm of traditional and modern tunes, as stu-

Natural History

Name: Sakchi Bhandari
Grade: IX

The Natural History Museum of Nepal, is a remarkable institution that has played a pivotal role in advancing our understanding of Nepal's rich biodiversity. It was established in 1975 under the sponsorship of Tribhuvan University. This museum is dedicated to the collection and preservation of Nepal's flora, fauna, and fungi, offering invaluable research opportunities for scholars and curious visitors.

Visitors can explore numerous exhibits related to biodiversity and ecosystems. These displays include species like cats, rats, and birds, each labelled with their names and species. Each room is a gateway to a different facet of Nepal's natural heritage, offering a unique and immersive experience.

One exhibit that piqued my interest was the elephant embryo exhibit. The embryo belonged to an Asiatic elephant and was donated by Chitwan National Park. It caught my attention due to the tiny yet significant body of the unborn elephant. Besides the baby elephant, during the visit I also learned that in the Terai regions of Nepal, hyenas once roamed, and giraffes were also present in Nepal's history.

The overall experience of visiting the Natural History Museum was both informative and awe-inspiring. The trip was really cool, and I want to visit and explore more places like this in the near future. The museum does a great job showing and protecting the animals. The way they keep everything clean and organised is awesome. It serves as a reminder of the importance of preserving our natural heritage and nurturing our innate curiosity about the world we inhabit.

A Letter to God

Name: Zola Thakali
Grade: IV

Imperial World School
Hattigauda
Kathmandu

November 22, 2023

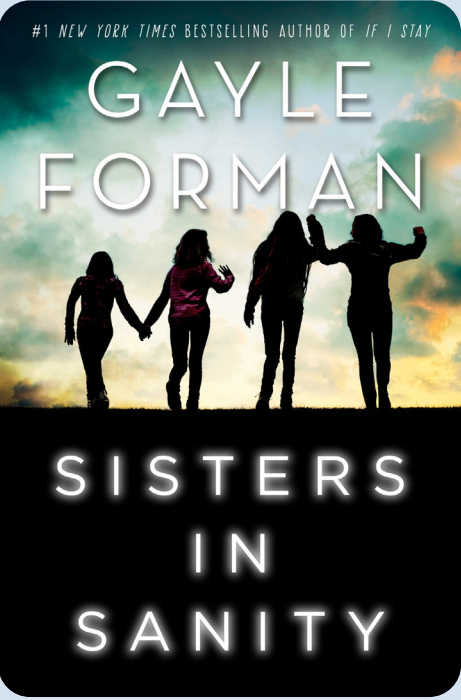
Dear God,

Every day I always think of you and also pray to you. When I pray I feel blessed, relaxed and positive. Every time I pray I imagine giving you gifts. When I pray I wish for lots of things. God, I wish you would give me lots of good luck and hope. You make me a better person every day. I love you.

Yours truly,
Zola Thakali

Book Review of Sisters in Sanity

Name: Agrata Budhathoki
Grade: IX



“Sisters in Sanity” by Gayle Forman is a realistic yet gripping novel dwelling into the intricate world of teenage girls who have no one but to fend for themselves. The novel revolves around a teenage girl named “Brit” who finds herself in a rehabilitation program called “Red Rock”.

This novel embarks readers on a roller-coaster ride of emotions, betrayals, rebellion, friendships and teaches youths long lasting lessons.

On a personal level, I would rate this book a solid 9/10. I read this book in about three days because it made me feel numerous emotions and I kept wanting more. Honestly, it is the first school provided book that I have read sincerely. The bond that developed between the friends and how they sacrificed for each other had me almost bawling out in tears. I hated how Brit’s father decided to send her to a school like that because he thought she was mentally ill. Brit’s father and step-mother (stepmother) painted her as a rebellious and a dangerous teen but truly she was just a misunderstood teen who wanted her family to be like it was before with her real mom. At Red Rock, teens were tortured in the disguise of fixing them.

Most of the kids had been sent there mainly because their parents couldn’t accept their child, for being a part of LGBTQ, family struggles, or for being academically

weak. One of the sisters actually got sent there because she had gained weight. Red Rock had strict rules and regulation, they had a leveling system where in level 6 they could finally be free which could take many months or even years. Every person working there had twisted minds and would love to bully the kids to feed their satisfaction. Some kids even died due to their narcissistic treatment but they covered it up with any excuses they could find. They were practically isolated from visiting their family. I truly admire Brit’s will to try to show Red Rock’s true colors. What’s also admirable is that Brit’s love interest showed her to never give up on her dreams of performing with her band and encouraged her to save the lives of all children there. One of the best moments of the novel is when they celebrated Christmas Eve in their hideout and they exchanged gifts together with drawings, perfumes, and best of all Brit’s song that she made for the sisters. Every sister had their own reasons for getting sent there but the most heartbreaking one is of “V” who chose to stay there because of her dad’s death and family problems. She wanted to escape and I guess she liked the pain.

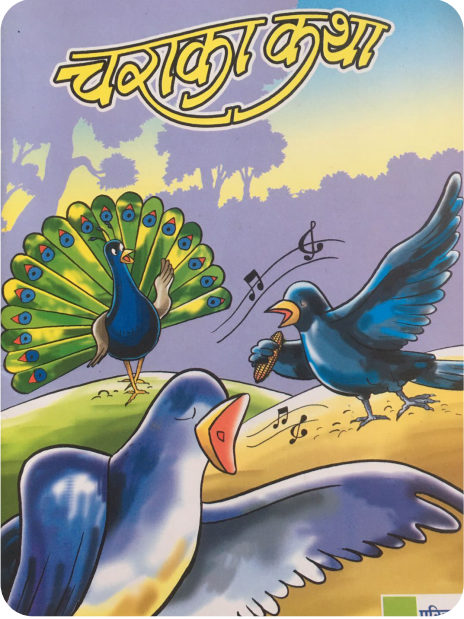
One of the worst moments of the novel for me was when Brit exposed Red Rock and her father came ragged and apologized but not enough. Even in the last moment he was scared to admit that he sent her away to comfort himself. He was truly pathetic and immature. His letters to Brit during her stay at Red Rock were practically empty words. Even worse, when Brit thought her father was acting the way he was before and spending time with her to get to know her better, he took advantage of her weakness and forced her inside Red Rock. Many teens around the world are never truly understood by their parents. Teenagers are scared to express themselves and when they do, they are labeled “Mentally ill”. The lesson I learned from this novel was that sometimes in bad situations you can always find something to seek comfort in. Even the littlest things can matter the most to people. My favorite sentence from the book is “ Then I understood that having someone watch your back isn’t automatic. It’s special—and it can be taken away from you” because this can actually be perceived as a life lasting advice to appreciate having someone watch your back.

I not only recommend this novel to youths but also parents. It’s important for people with children to try accepting who your child truly is and to change their mindset on topics related to LGBTQ, weight, being weak in studies or having any mental illness. Brit’s father lost himself when his wife got mentally sick, in a way he was sick himself. That’s why he sent her away– to comfort himself.

पुस्तक समीक्षा

देन बज्राचार्य

कक्षा: पाँच (सेती)



पुस्तकको नाम - चराका कथा

लेखक -रत्न प्रजापति

चित्रकार -देवेन्द्र पाण्डे 'देवेन'

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

मुख्य घटना- चरिकोटका चराहरू वृहत् कार्यक्रमको आयोजना गर्न सबै सारङकोटका सारौँ, कागबेनीका काग, बर्दिया राष्ट्रिय निकुञ्जका चितुवा, हातीवनका हाती आदि सहभागी भएका थिए । यस कार्यक्रममा मुख्य अतिथिचाहिँ गिद्ध थियो । साँस्कृतिक कार्यक्रमपछि जलपान कार्यक्रम भयो । सहभागीहरूले कार्यक्रममा रमाइलो अनुभव गरे ।

असल पात्र - गिद्ध

आफूलाई मनपरेको भाग

मलाई कथामा सबै जनावरहरू नाच्दै गाउँदै र माइलो गरेको र अन्त्यमा गिद्धले उपहार दिएको मन पऱ्यो ।साथै चरिकोटका चराहरूले समूहमा मिलेर एउटा ठुलो कार्यक्रम आयोजना गरेको मन पऱ्यो ।

बुबाको मुख हेर्ने दिन

पालिजा श्रेष्ठ

कक्षा: चार (नारायणी)

बुबाको मुख हेर्ने दिन हाम्रो विद्यालय बिदा थियो। त्यसदिन मैले बिहान उठ्ने बित्तिकै बुबालाई अँगालो हालें र बुबाको मुख हेर्ने दिनको शुभकामना दिएँ । खाना खाएपछि मैले आमासँग बजार गएर बुबालाई मनपर्ने मिठाई ल्याएँ । आमाले घरमा सगुन बनाउनुभयो। हामी सबैजना सँगै बसेर दादा र मैले बुबालाई सगुन र मिठाई दियौँ । बुबाले आशीर्वाद दिनुभयो । हामीले धेरै कुरा गर्यौँ र रमाइलो गर्‍यौँ । रातीको खाना बुबालाई मनपर्ने ठाउँबाट ल्याएर घरमै सबैजना सँगै बसेर खाना खायौँ । यसरी मेरो दिन रमाइलोसँग बित्यो ।

त्यहाँ डिजे पनि बोलाईएको थियो । वेलुका भएपछि सब जानाहरू खुसीसाथ नाचिरहेका थिए । म र मेरा साथीहरू रमाइलो मन्दै हेरिरहेका थियौँ । यो दिनमा हामी सबै टेन्टमा सुत्‍यौँ । सुकुटे किनारमा बिदा मनाउन जानेहरूको धेरै नै भीड लाग्ने गर्दो रहेछ । त्यसैले हामीले कोठा नपाएर टेन्टमा सुत्‍नु परेको थियो । बिहानको वातावरण अत्यन्त सुन्दर थियो । म ओच्छ्यानबाट उठें र हातमुख धोइ राम्रो लुगा लगाएँ । त्यसपछि हामी खाजा खान गयौँ । त्यसपछि हामी नदीमा राफ्टिङ खेल गयौँ । त्यहाँ मैले मेरो पुरानो साथीलाई पनि भेटें अनि हामीले कुराकानी गयौँ । त्यसपछि हाम्रो घर फर्किने समय भइसकेको थियो । हामी गीत गाउँदै घर फर्कियौँ । काठमाडौँबाट नजिकै रहेको सुकुटे किनार बिदा मनाउने एउटा सुन्दर गन्तव्य रहेछ । हामीले त्यहाँ धेरै नै रमाइलो गयौँ । सम्झाउँछ र हामीलाई सधै सत्यको जित हुन्छ भन्ने कुराको ज्ञान दिन्छ ।

सारङ्गी

साक्षी भण्डारी

कक्षा: ९ (गण्डकी)



नेपाल लोकसंस्कृतिमा समृद्ध मुलुक हो । यहाँ विभिन्न प्रकारका संस्कृतिहरू छन् र लोकबाजाहरू पनि रहेका छन् । ती मध्ये सारङ्गी पनि एउटा लोकबाजा हो । नेपालमा परम्परागत रुपमा सारङ्गी केवल गन्धर्व वा गाउने जातका मानिसहरूद्वारा बजाइने गरिन्थ्यो । तर आजकल भने यसको लोकप्रियता गन्धर्व समुदायभन्दा बाहिर फैलिएको छ र यसलाई व्यापक रुपमा प्रयोग गरिन्छ । अन्य जातजातिका मानिसहरूले पनि यसलाई बजाउने गर्छन् ।

यसलाई नेपाली सङ्गीत विधाहरूमा पनि धेरै चासो लिइएको छ । सारङ्गीको बाहिरी भाग छालाले ढाकेको हुन्छ र तार जडान गरिएको हुन्छ । यसलाई रेटेर बजाइन्छ । समयसँगै सारङ्गीका प्रकार पनि फेरिँदै आएका छन् । पुर्खाले बजाउने सारङ्गी १२ तारको हुन्थ्यो जसलाई ‘अरवाजो’ भनिन्थ्यो । त्यसमा आफ्नै खालको मौलिक धुन र सारङ्गी हुन्थ्यो, बजाउन गाह्रो पनि थियो । अहिलेका पुस्ताले चार तार, तीन तारको सारङ्गी बजाउँछन् । यी बजाउन केही सजिलो छ सारङ्गी दक्षिण एसियाली कला सङ्गीतको सबै भन्दा महत्त्वपूर्ण लोकबाजा हो । यसको संरक्षण गर्नु आजको पुस्ताको कर्तव्य हो ।

हाम्रो बुढानीलकण्ठ

ज्यास्मिन थापा

कक्षा: नौ (गण्डकी)



प्राकृतिक सुन्दरताले भरिएको हाम्रो बुढानीलकण्ठ धार्मिक महत्त्वले भरिएको हाम्रो बुढानीलकण्ठ विष्णुमती र रुद्रमतीको विचमा 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 साझा 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 सुकुटे किनारको

यात्रा

प्रतिस बस्नेत

कक्षा: आठ (इन्द्रावती)

म बिहान सबेरै उठें अनि नित्य काम गरेपछि मै ले थोरै कसरत गरें । खाजा खाएर सफा र नयाँ लुगा लगाएँ अनि विद्यालय गएँ । विद्यालय पुगे पछि मैले मेरा साथीहरूसँग मेरो यात्राको बारे मा कुरा गरें अनि गुरुआमा आउनुभयो । अनि मै ले गुरुआमालाई भनें म अब ३ घन्टा पछि सुकुटे किनारको यात्रा गर्दै छु । गुरुआमाले म कोसित जाँदै छु भनी सोध्नुभयो । म आफ्नो भाइ, दिदी, साथी, आन्टी र आमा, बुवाहरू सँग जाने कुरा बताएँ । तीन घन्टा पछि मेरो ठुलो बुवाले मलाई लिन आउनु भयो । त्यसपछि म गुरुआमा र

साथीहरूसित बिदा भएर घरतिर लागें । मेरो ठुलो बुवाले मलाई घर पुऱ्याउनुभयो अनि म आफ्नो लुगा लगाएर आफ्नो सुटकेसमा राखें । एउटा बस हामीलाई लिन आयो अनि मैले आफ्ना दिदी, दाइ, भाइ आन्टी, साथीहरूलाई भेटें र उनीहरूसित कुरा गर्दै बस आएपछि म बसको अन्तिम सिटमा बसेँ । हामीहरू सबै गीत गाउँदै र माइलो गर्दै गाइरहेका थियौँ । म र मेरा साथीहरू आइप्याडमा गेम खेली रहेको थियौँ । त्यसैबेला अचानक नाग देख्यौँ । त्यो नागले कुखुरा खाइरहे को थियो । त्यहीँ एउटा मानिस बसिरहेको थियो । उसले अचानक हाम्रो गाडीमा ढुङ्गाले हान्यो । त्यसपछि हामीले पुलिसलाई खबर गर्यौँ र उसलाई पुलिसले पक्रेर लग्यो । हामीलाई धेरै ढिला भएको थियो । हामीहरू बल्ल बल्ल सुकुटे किनार पुग्यौँ । त्यहाँ पुगेपछि हामीहरू पौडी खेल्ल थाल्यौँ । हामीले त्यहाँ धेरै खेलहरू खेलेका थियौँ । टेबलटे निसमा मैले जितेको पनि थिएँ ।

मेरी आमा

सतक्सी राणा क्षेत्री

कक्षा: दुई (सुनकोशी)

		मिहिनेती मेरी आमा विहान छिटै उठ्छिन् चिया बिस्कट ल्याएर मलाई उठाउँछिन् ।
आँखा चिम्ल गरेर म सुतेजस्तै गर्छु अनि उनलाई भुक्याएर भट्ट मोड खान्छु ।		
	आमाकी प्यारी छोरी बाबाकी मायाको डोरी वेलावेला खान्छु म चकलेट चोरी चोरी ।	
माया लाग्छ आमाको किन धेरै धेरै रिसाउँदा आमा मेरी रुन्छु धेरै बेरै रिसाउँदा आमा मेरी रुन्छु धेरै बेरै ।		

मेरा प्यारा शिक्षिकाहरु

सान्सा गुरुङ

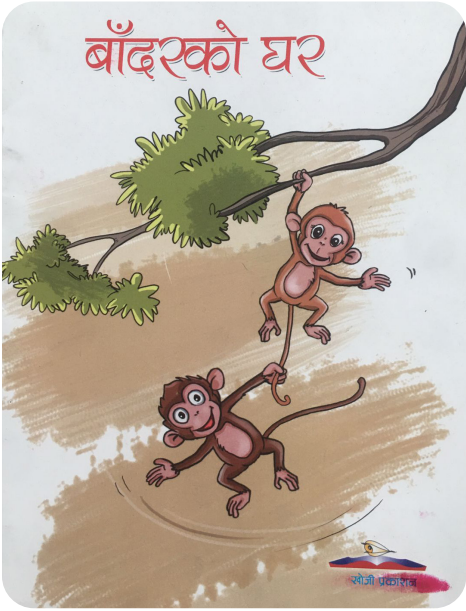
कक्षा: एक (तमोर)

मेरा कक्षा शिक्षिकाको नाम निता श्रेष्ठ र सृजना थापामगर हो । उहाँहरु धेरै असल हुनुहुन्छ । उहाँहरुले असल मानिस बन्न सिकाउनुहुन्छ । हामीलाई ज्ञान र विद्या पनि दिनुहुन्छ । उहाँहरुले हामीलाई धेरै माया गर्नुहुन्छ । उहाँले सधैं नयाँ कुरा सिकाउनु हुन्छ । हामीलाई सबै साथीहरुसँग मिलेर बस्न र खेल्न सिकाउनुहुन्छ । मेरा शिक्षिकाहरुको मलाई असाध्यै माया लाग्छ । मैले उहाँहरुलाई आदर र सम्मान गर्छु । त्यही भएर उहाँहरु मेरा प्यारा शिक्षिका हुनुहुन्छ ।

बाँदरको घर

युभेका बोगटी

कक्षा: तीन (मर्स्याङ्दी)



‘बाँदरको घर’ कथाको लेखक माया ठकुरी हुन् । यस कथाका चित्रकार रमेश ङंगोल र उजेली सुनार हुन् । यो कथामा बाँदरलाई घर नहुँदा परेको समस्या, समाजको दृष्टिकोण र चुनौतीहरु चित्रण गरिएको छ । समाजमा विभिन्न प्रकारका मानिस हुन्छन् । कथामा जस्तै आमा र छोरी बाँदनी जस्तो मिहिनेती, लगनशील र पौरखी मानिसहरु समाजमा हुन्छन् । त्यस्तै समाजमा अरु बाँदर जस्तै मानिसहरु पनि हुन्छन् । जो अरुको खुट्टा तान्ने, हो च्याउने, खिल्ली उडाउने र प्रगति देख्न नसक्ने खालका हुन्छन् । हामीले छोरी र आमा बाँदनीलाई जस्तै यस्ता मानिसहरुसँग सजग हुनुपर्छ । यस्ता मानिसहरुले आफ्नो प्रगति पनि गर्दैन र अरूको प्रगति पनि देख्न सक्दैन । यस्ता मानिसबाट हामी टाढा बस्नु पर्दछ भन्ने शिक्षा यस कथाले दिन्छ ।

शिक्षाको रुख

आन्सी बिष्ट

कक्षा: ८ (इन्द्रावती)

घुमाउरो पहाडको बीचमा रहेको एउटा शान्त गाउँमा माया नामकी एउटी सुन्दर केटी बस्थी । उसलाई नयाँ कुरा सिकाइमा गहिरो प्रेम थियो र सधैं नयाँ ज्ञान प्राप्त गर्न उत्सुक हुन्थी । तर, उसको गाउँमा शिक्षा जस्तो कुरालाई विलासिताको रूपमा लिइन्थ्यो, विद्यालयहरु थोरै कम मात्रामा थिए । माया विद्यालय पढ्न चाहन्थी, तर उसको परिवारको आर्थिक अभावले उसलाई विद्यालय जान असम्भव बनाइदियो ।

एक दिन माया आफ्नो गाउँ नजिकैको जङ्गल घुम्दै थिइ । अचानक उसले अचम्मको रुख देखी । रुखको बोटामा केके कोरिएको थियो र त्यो रुखका पातहरु पनि रङ्गीन थिए । माया रुखको नजिक पुगी अनि रुखका रङ्गीन पातहरुले ढाकिएका हाँगाहरु देखी । प्रत्येक हाँगामा विभिन्न चिजहरु लेखिएको थियो । मायाले जिज्ञासाले भरि एका आँखाले एउटा पात टिपेर पढ्न थाली । त्यस पातमा सौर्यमण्डलको जानकारी, ग्रहहरु, तिनीहरुको कक्षहरु र चन्द्रमाहरु सबैको वर्णन गरेको थियो । यो देखेर माया अत्यन्तै खुशी भई ।

माया दिनदिनै जङ्गल गएर हरेक दिन नयाँ नयाँ कुरा सिक्न थाली । उसले इतिहास, गणित, साहित्य र विज्ञानको बारेमा धेरै पढी । रुख उसको गोप्य शिक्षक बन्यो । मायाको ज्ञान जति बढ्दै गयो, उसलाई आफ्नो ज्ञान बाँड्ने इच्छा पनि त्यतिनै बढ्न थाल्यो । उसले आफ्ना साना

भाइबहिनी र गाउँका केही बालबालिकालाई पढाउन थाली । सिकाइको रुखको छायामुनि उनले अनौपचारिक कक्षाहरु सञ्चालन गरेर आफूले हासिल गरेको ज्ञानलाई बाँड्दै गई । मायाको शिक्षाको कुरा गाउँभरि फैलियो र चाँडै धेरै भन्दा धेरै केटाकेटीहरु उसँग पढ्न आए । मायाको समर्पणबाट प्रभावित भएर गाउँका अग्रजहरुले रुखको छेउमा एउटा सानो विद्यालय बनाउने निर्णय गरे । उनीहरुले स्रोतसाधन जम्मा गरे र छिमेकी गाउँहरूका स्वयंसेवकहरुको सहयोगमा विद्यालय निर्माण गरे ।

विद्यालयमा धेरै बालबालिका आएर पढ्न थाले । माया यस विद्यालयको पहिलो शिक्षिका भई । त्यो शिक्षाको रुख सुरूमा गोप्य थियो अब सम्पूर्ण गाउँको लागि आशा र शिक्षाको प्रतीक बन्यो । केटाकेटीहरु रुखको वरिपरि जम्मा भएर पढ्ने मात्र होइन, मायाका गाउँबाहिरको फराकिलो संसारको कथाहरु पनि सुन्न थाले । मायाका विद्यार्थीहरुमा ज्ञान र आत्मविश्वास बढ्दै गयो । कोही उच्च शिक्षाका लागि सहर गए र कोही गाउँ फर्केर आफै शिक्षक बने । यसले गर्दा गाउँको समृद्धिसँगै शिक्षाको महत्व प्रस्ट हुँदै गयो । गाउँले हरूले विद्यालय, पुस्तकालय र सिक्ने अवसरहरुमा लगानी गरे । उसको दृढ सङ्कल्प, समुदायको समर्थन र शिक्षाको रुखको बुद्धिका कारण सबैका लागि उचित शिक्षा भन्ने मायाको सपना साकार भएको थियो ।

मायाको जीवनको रङ्ग सकारात्मक रूपमा परिवर्तन भएको थियो । उ एउटा सिकारू केटीबाट एक योग्य शिक्षक बनी र धेरै बालबालिकाको भविष्यलाई आकार दिई । गाउँमा शिक्षाको पहुँच पुगेकाले गाउँ पनि समृद्ध बन्यो ।

नयाँ प्रविधिको असर

वैभवी पाण्डे

कक्षा: आठ (इन्द्रावती)

एकादेशमा एक जना स्मृती नामकी केटी बस्थिन् । उनी सानैदेखि नै राम्रो पढ्ने भएकाले कक्षामा सधैं प्रथम स्थान हासिल गर्थिन् । स्मृतीका आमा र बुवा पनि उनीसँग धेरै खुशी थिए । लगभग नयाँ साल सुरु हुन लागेको थियो । स्मृती कक्षा ९ मा पुगेकी थिइन् । गत साल स्मृतीले बि .एल .इ परीक्षामा नेपालभरिबाट नै प्रथम स्थान हासिल गरे काले सबैको प्रशंसा पाएर उनी धेरै खुशी थिइन् । “अब देखि म धेरै पढ्छु ” भनेर उनी नयाँ साल सुरु गर्न तयार थिइन् । नयाँ कक्षा र नयाँ साथीहरूसँग उनी एकदमै रमाइरहेकी थिइन् । कक्षा ९ को पहिलो हप्ता छिट्टै बित्यो । पहिलो हप्ता केही पढाइ नभएकाले स्मृतीले आफ्नो फोनमा नयाँ अकाउन्ट खोलेर सिनेमा हेर्न थालिन् । आर्को हप्ताबाट पढाइ सुरु भयो । उनको ध्यान पढाइभन्दा सिनेमामा जान थाल्यो । त्यस्तै स्मृतीको ध्यान धेरै उनको गेमको हाई स्कोरतर्फ हुन थाल्यो । त्यसै गरी स्मृतीको प्रथम खण्डको परीक्षा बिग्रियो । स्मृतीले येती कम नम्बर ल्याएकोमा स्मृतीका साथीहरु देखि लिएर गुरुगुरुआमा सम्म सबैजना छक्क पर्नुभयो । स्मृतीका बुवाआमाले उनलाई सोधे, “स्मृती तिमीलाई केही भएको छ आजकाल, तिम्रो पढाइमा भन्दा आरु तिर ध्यान बढी गइरहेको छ । हामी तिम्रो पढाइमा कती पैसा खर्च गर्छौं ।” स्मृतीलाई भित्रबाट भनक्क रिस उठ्यो । स्मृतीले भर्को मानेर भनिन्, “ह्या ! तपाईंहरु किन यसो भन्नुहुन्छ के ? मलाई एकलै छोड्नु न ।” आफ्नी छोरीको व्यवहारमा यस्तो नराम्रो परिवर्तन भएपछि स्मृतीका आमा र बुवालाई धेरै चिन्ता पन्यो । उहाँहरुको मन आफ्नी छोरीका नराम्रा शब्दले च्वास्स घोच्यो ।

स्मृतीको यो परिवर्तित बानी कसैलाई पनि मन परे न । उनी विद्यालयमा आफ्ना साथीहरु र गुरुहरूसँग

रुखो स्वभावले बोल्न थालिन् । उनको यस्तो स्वभावले सबैजना उनीबाट टाढा रहन चाहन्थे । उनलाई पनि बिस्तारै उनको बानी परिवर्तनको महसुस भइरहेको थियो तर जे गर्दा पनि उनले आफूलाई सुधारन सकिनन् । उनले पढ्न खोजेपनि उनलाई पढ्न मन नै लाग्दैनथ्यो । जत्ती पढ्न खोजेपनि एकै ठाउमा पन्ध्र मिनेट भन्दा बढी बस्न सकिदैनथिन् ।

एक दिन उनी विद्यालयमा गणित पढ्दै गर्दा उनलाई गुरुआमाले प्रश्न गर्नुभयो, “स्मृती, प्रश्न नं. तीनको उत्तर कति हो ? तिमीलाई त यो सजिलै आउँछ ।” स्मृतीले उनको कापीमा हेरेर भनिन्, “यसको उत्तर १२ हो गुरुआमा ।” सबैजना उनलाई हेरेर हाँसे । स्मृती आफैलाई गलत उत्तर भनेकोमा विश्वास लागेन । उनलाई पहिला त यस्ता प्रश्नहरु सजिलै लाग्थ्यो । बिस्तारै बिस्तारै स्मृतीको स्मरणशक्ति पनि घट्दै गयो । आन्तिम खण्ड परीक्षामा उनले धेरै कम अङ्कका साथ उत्तीर्ण भइन् । अङ्क देखेर उनी आफै ढोका थुनेर रुन थालिन् ।

एक महिना विदा थियो । अब कक्षा १० को सुरुवात पनि हुन लागेको थियो । कक्षा १० मा पनि बोर्ड परीक्षा थियो भनेर उनलाई थाहा नै थियो । उनले आफ्ना बुवा र आमालाई भनिन्, “बुवाआमा, मलाई मेरो व्यवहार र पढाइमा भइरहे को परिवर्तनको महसुस भयो । म हजुरहरूसँग माफी माग्छु ।” स्मृतीका आमा र बुवाले केही पनि भनेनन् । केही समयपछि उनले समस्यालाई बुझेर स्मृतिको मोबाइल आफ्नो नियन्त्रणमा लिए । मोबाइल लिइदिएकोमा स्मृती धेरै रिसाइन् । उनकी आमाले सम्झुदै भन्नुभयो, “जबसम्म तिमी आफ्नो बानी सुधार्दिनौ तबसम्म तिमी आफ्नो मोबाइल पाउँदिनौ ।” स्मृती रिसाईन् तर कही सीप नलागेपछि पढ्न थालिन् । केही समयसम्म उनलाई पढ्न गाह्रो भएको थियो । उनलाई फेरी बिस्तारै पढ्ने आदत पन्यो । उनले राम्ररी पढेर एस.ई.ई. मा प्रथम स्थान हासिल गरिन् र अबदेखि मोबाइलको लतमा नलाग्ने प्रण गरिन् ।

नारायणहिटी दरबार सङ्ग्रहालय भ्रमणको अनुभव

अराज एन्टन बास्तोला

कक्षा: चार (राप्ती)



हामी कक्षा चारका विद्यार्थीहरु नेपाली विषयअन्तर्गत नारायणहिटी दरबार सङ्ग्रहालय पाठ अध्ययनको सिलसिलामा नारायणहिटी दरबार सङ्ग्रहालय भ्रमणमा गएका थियौं । यो सङ्ग्रहालय काठमाडौँमा रहेछ । यस सङ्ग्रहालयको स्थापना विक्रम संवत् २०६५ साल असार १ गते भएको थियो । यो सङ्ग्रहालय पहिला नेपालको राजाको दरबार थियो । यस सङ्ग्रहालयमा मुख्य ढोकाहरुको नाम हिमालको नामबाट राखिएको रहेछ । कक्षहरुको नाम भने जिल्लाको नामहरुबाट राखिएको रहेछ । यहाँ शाहवंशीय राजाहरुको तस्वीरहरु राजकीय सामग्रीहरु सङ्ग्रह गरिएको रहेछ । राजा वीरेन्द्र र उनका परिवारले प्रयोग गरेका सामग्रीहरु कक्षहरुमा राखिएको रहेछ । यो सङ्ग्रहालय शाहकालीन इतिहासको संग्रह हो । यो भ्रमणबाट मैले धेरै कुराको जानकारी पाएँ । विशेषगरी राजाहरुको पालामा घटेको धेरै पुराना घटनाहरु थाहा पाएँ । यो सङ्ग्रहालय शाहकालीन इतिहासको संग्रह हो । यस सङ्ग्रहालयमा धेरै राम्रा राम्रा बिसन नसकिने बस्तुहरु थिए तर त्यसमध्ये मलाई सुनौलो पिपलको पात मन पन्यो । यो भ्रमण शिक्षाप्रद हुनुका साथै रमाइलो थियो ।

मनपर्ने बाजा मादल

सजल नेपाल

कक्षा: दुई (मर्स्याडदी)



मलाई मनपर्ने बाजा मादल हो । मादल घिन्ताङ घिन्ताङ गरी बजाइन्छ । मादलको घिन्ताङ घिन्ताङ आवाज सुन्न धेरै मजा आउँछ । मादल नेपालको लोक बाजा हो । मादल हाम्रो पुरानो बाजा मध्य एक हो । यो कुनैपनि गीतमा सङ्गीत भर्न वजाइन्छ । मादल सिलिन्डर आकारको हुन्छ । मादलको सानो र ठुलो गरी दुईटा छेउ हुन्छ र ती छेउमा हातले हानेर मादल एकदमै राम्ररी मिठो आवाजमा बजाइन्छ । मादललाई कम्मरमा बाँधेर नाच्दै बजाउन पनि मिल्छ । मलाई पनि मादल बजाउन एकदमै मनपर्छ ।

मेरो गाउँ

कुशल लामा

कक्षा: आठ (इन्द्रावती)

आहा ! कति सुन्दर छ यो मेरो गाउँ
हरियाली वातावरणले भरिपूर्ण छ, यो ठाउँ
धुलाम्मे सहर भन्दा छ, केही यो पर
सबैलाई मेरो गाउँ हेरूँ हेरूँ लाग्ने यो रहर ।

मुहानको त्यो चिसो पानी खाँदै मुख रसाउने
कलकल बगेको त्यो खोलाले मनलाई लोभ्याउने
हिमालका चुचुराले शितलता दिलाउने
लाग्छ, साधैं हेरी राखूँ हृदयलाई बुझाउने ।

जात छन् फरक फरक तर मन एउटै छ, सबैको
कसैलाई आपत् पर्दा एकजुट भई भन्छन् हामी
दाजुभाइ हो
सदा जीवन उच्च विचार राख्न पर्छ, सबैले
गाउँको जीवन के हो नबुझी 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 ।

सकारात्मक सोच

गृष्मा कर्माचार्य

कक्षा: ८ (इन्द्रावती)

उपत्यकाको पहाडी छेउमा ‘सानो गाउँ’ नामको गाउँ छ । उपत्यका नजिकै रहेका अन्य गाउँहरूको तुलनामा यो धेरै सुन्दर तर दुर्गम छ । यो गाउँ आफ्नो प्राकृतिक सौन्दर्य र वातावरणको लागि प्रसिद्ध रहेको छ । त्यो गाउँका मानिसहरु विभिन्न संस्कृतिलाई आत्मसात् गर्थे । यो गाउँ विभिन्न रङ्गीन फूलहरुको नर्सरी जस्तै थियो । सोनम र रवीन्द्र गाउँमा मिल्ने साथी हुन् । सोनाम पहाडमा बस्छन् र रवीन्द्र तल्लो फाँटमा बस्छन् । गाउँको प्रमुख समस्या भनेको नै दैनिक जीवनका लागि खाने पानीको हो । गाउँका मानिसहरु १ घण्टा हिंडेर पानी जम्मा गर्ने गर्दथे । परिवारका लागि पानी बोक्न पनि विद्यार्थीले विद्यालय छोड्नुपर्ने बाध्यता थियो ।

एकदिन दुईजना साथीहरूले गाउँलेहरूका लागि माथिको खहरे खोलाबाट पानीको पाइपलाईन जोड्ने योजना गरे । त्यसका लागि उनीहरूले गाउँलेको

अनौठा परेवाहरू

श्रभ्या श्रेष्ठ

कक्षा: ६ (वरूण)



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 ढेडिँदै गएर भनी, “तपाईंले चराहरूलाई मार्नु हुँदैन, तपाईं मुखियाकी छोरी हो, तपाईंलाई यो सोभा दिँदैन ।” यो सुनेर मुखियाकी छोरी रमालाई रिस उठ्यो । उसले भनी “तेरो भाषण तैंसँग राख् । मलाई जे गर्न मन लाग्छ म गर्छु । नत्र मेरो बुबालाई भनेर तेरो बुबालाई कामबाट निकालिदिन्छु ।” यो सुनेर रमाका साथीहरु हाँसे ।

साना बालक

आरम्भ ढकाल

कक्षा: ६ (महाकाली)

		साना साना बालक हामी
		भोलिका कर्णधार
		खाना पाउनु पर्ने
		हाम्रो अधिकार ।
स्वस्थ व्यवहार	स्वस्थ घर	
स्वस्थ परिवार		
राम्रो शिक्षा पाउनु पनि		
हाम्रो अधिकार ।		
	प्याट्र पुट्र	नपिट्ने
	मायालु	दण्ड दिने
	त्यस्तै गुरु	पाउनु पनि
	हाम्रो	अधिकार ।
मिठा मिठा सपना हाम्रा		
सुग्धर बानी व्यवहार		
खेलकुद गर्न पाउनु पनि		
हाम्रो अधिकार ।		
	राम्रा कुरा सुन्न पाउनु	
	सुचना अनि समाचार	
	गोप्यता राख्न पाउनु पनि	
	हाम्रो	अधिकार ।

बैठक बोलाए । पाइप र आवश्यक सामग्री किन्न पैसा जुटाएर काम गर्ने सहमति गरे । सबै गाउँलेहरू पानी ल्याउन सफल भए र उनीहरूले गाउँमा भोज गरेपछि बाजागजा बजाएर उत्सव पनि मनाए । पहाड र तल्लो फाँटका बासिन्दाले समान मात्रामा पानी पाउने गरी सन्तुलित रूपमा पाइपलाईन वितरण गरिएको थियो । यो सफलतासँगै सोनम र रवीन्द्रले फेरि गाउँमा अर्थतन्त्रको विकासका लागि पर्यटन व्यवसायको थालनी गर्ने योजना बनाए । यसका लगि गाउँमै होमस्टे सुरु गर्ने योजना बनाए । उनीहरूसँग पर्यटकलाई लोभ्याउने प्राकृतिक सौन्दर्य छँदै थियो अहिले पानीको सुविधा पनि भइसकेको थियो ।

यसैगरी उनीहरूको होमस्टे खोल्ने योजना पनि पूरा भयो । गाउँका हरेक घरमा अहिले पर्यटकको आगमनले गाउँलेको आम्दानी र जीवनस्तर बढे को छ । सोनाम र रविन्द्रप्रति सबै गाउँले खुसी र आभारी छन् । सोनम बेलाईतको रिटायर्ड आर्मी हुन् । एकदिन सोनमलाई बेलाईती सेनाबाट फोन आयो । सोनमको विगतको व्यवहारले गर्दा पुरानो कम्पनीले राम्रो तलब र सुविधा दिनेभयो र उनको सम्पूर्ण परि

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 चराहरूलाई अन्न दिई । आमाले भनिन् “राम्रो गच्यौ तिमीले परेवाहरूलाई यहाँ लिएर आयौ ।” त्यति नै बेला सपनाको बुवा आउनुभयो । बाहिर चराहरू देखेर यस्को बारेमा सोध्नुभयो । सपनाले बुबालाई सबैकुरा भनिन् । बुबाले भने “तिमीले राम्रो गच्यौ तर मुखियाको छोरीसँग अलिकति सतर्क रहनु बल्ल बल्ल एउटा ठाउँमा काम भेट्टाएको छु ।” अर्को दिन जब सपनाको बुवा 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 परेवाहरूलाई भनी, “मसँग तिमीहरूलाई दिन एउटा अन्न पनि छैन, आज हामीहरु सबै भोकै सुत्नु पर्छ ।” यो सुनेर एउटा परेवा बोल्‍यो, “ 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

मेरी आमाको जीवनी

आयान भण्डारी

कक्षा: ४ (नारायणी)

आमाको जीवनी भगवानको अर्को नाम आमा हो । आमा एउटा यस्तो जुन शब्द महसुस गर्दा न्यानो पनको आभाष हुन्छ । मलाई यो संसार देखाउने सबैैभन्दा बढी माया र स्नेह बोक्ने मेरी आम वि. सं. २०४४ साल जेठ नुवाकोट जिल्लाको छहरे बजारमा पिता निलकण्ठ गौतम र माता देव कुमारी गौतमका कोखबाट कान्छी सुपुत्रीका रूपमा जन्मिनुभएको थियो । उहाँको नाम उमा गौतम हो । नुवाकोटकै श्री जनज्ञान निवेदन सेकेण्डरी सम्मको स्कूलमा माध्यमिक अध्ययन गरी उहाँ उच्च शिक्षाको लागि काठमाडौँ आउनुभयो । पछि फेरि अध्ययनकै लागि ५ वर्ष सिङ्गापुर बस्नुभयो र नेपाल फर्कनुभयो । उहाँले २०६८ सालमा विवाह गर्नुभयो त्यसपछि बुवाले व्यापार सुरु गर्नुभयो । मेरी आमाले आफ्नो काम छाडेर मलाई हुर्काउनु भयो अनि पछि उहाँले आफ्नै व्यवसाय सुरु गर्नुभयो अहिले मेरो सानी बहिनी पनि छिन् । आफ्ना सन्तानका लागि आफ्नो संसार भुलिदिने मेरी आमा हामीलाई आफ्नो सर्वस्व ठानेर माया गर्नुहुन्छ घर, परिवार, बच्चा अनि व्यवसायलाई सँगसँगै मिलाएर अधि बढ्ने मेरी आमा मेरो प्रेरणा, मेरो साथी, मेरो जिन्दगी, मेरो पहिलो प्रेम अनि मेरो जीवनको सवथोक हुनुहुन्छ ।

वार बेलाईतमा बसाइँ सर्नु पर्नेभयो । सोनामले आफ्नो घर वेच्ने निर्णय गरे । अर्को गाउँको राजु नामको केटाले उनको घर किन्यो । राजु सोनाम जस्तो दयालु इमानदार र सहयोगी थिएनन् ।

राजु स्वार्थी स्वभावको थियो । एक दिन उसले आफ्नो घरमा मात्र पानी बढाउने सोच बनायो । यसो गरेमा उसले धेरै पर्यटकलाई राख्न सक्थ्यो । एक रात राजु सामानहरू लिएर पानीको मुहानमा गयो र पानीको सबै स्रोत उसको घरतिर फर्कायो । राजुको घरमा धेरै पानी आउन थाल्यो । यसले गर्दा उसको घर अरुको घरभन्दा सफा र सुन्दर देखियो । जसका कारण राजुको घर पर्यटकको पहिलो रोजाइ बन्न थाल्यो । राजु छोटो समयमा धनी भयो भने तल्लो फाँटका गाउँलेले खानेपानीको अभाव भैल्नुपर्‍यो । राजुको कामले तल्लोफाटका गाउँलेको कृषि व्यवसाय र होमस्टे व्यवसाय नराम्ररी प्रभावित भयो । राजुको व्यवहारका कारण दुइ गाउँबिच दुस्मनी बढ्यो ।

एकदिन रवीन्द्रले तल्लो फाँट क्षेत्रमा खानेपानीको अभावको कारण पत्ता लगाउने विचार गरे र पानीको मुहानतिर गए । कसैले सबै पानी पहाडतिर लगेको

भान्सामा गएर त हेर सबै थाहा हुन्छ ।”

भान्सामा गएर हेर्दा सबै खानेकुराहरू रहेछन् । बुवाको कोठामा पनि धन-सम्पत्ति धेरै थियो । सपनाले बुबालाई बोलाईन् 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 थियौ ँ ।” परेवाका कुरा सुनेर सपनाले भनी, “मलाई यी जादुका कुराहरू केही चाहिँदैन वरु मेरी आमालाई सन्चो बनाइदिनुहोस् ।” यो कुरा सुनेर 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 परेवाहरूलाई घर लिएर आए । मुखियाकी छोरीले परेवाहरूसँग सुन र चाँदी मागी तर परेवाहरुले केही दिएनन् । रमालाई रिस उठ्यो । उसले ती परेवाहरूलाई पिंजडामा 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 ।

जानकी मन्दिर

रेनोर बोगटी

कक्षा: दुई (तिनाउ)



जानकी मन्दिर धनुषा जिल्लाको जनकपुर अञ्चलमा पर्छ । यो मन्दिरमा बसबाट र जहाजबाट पनि जान सकिन्छ । यो मन्दिर काठमाडौँबाट ३७५ किलोमिटर टाढा छ । जनकपुर सीतामाताको जन्मस्थल हो । भारतबाट बर्सेनि विवाहपञ्चमीको अवसर पारेर जन्तीको रुपमा तीर्थयात्री आउने गर्दछन् । यो मन्दिरमा पुग्ने जो कोहीलाई पनि यहाँको कलात्मक बनावटले मन्त्रमुग्ध बनाउँछ । यो ठाउँको कला साँच्चै नै अचम्मको छ । यहाँ मन्दिरमा गएर बस्दा मन सारै नै आनन्दित हुन्छ । यो मन्दिर मुगल शैलीमा बनेको छ । यो मन्दिरको निर्माण भएको ११५ वर्ष भएपनि रामसीताको मूर्तिहरू ७ सय वर्ष पुरानो रहेका छन् । जानकी मन्दिर एकदमै राम्रो तीर्थस्थल हो । जहाँ विभिन्न देशहरुबाट मन्दिरको दर्शन गर्न मानिसहरु आउने गर्दछन् । जानकी मन्दिर हिन्दूहरूको महान् तीर्थस्थल हो ।

कुरा पत्ता लगाए । त्यसपछि सबै गाउँलेलाई बैठक बोलाएर सबै पानी आफ्नो घरतिर फर्काउने व्यक्ति फेला पारेको कुरा गरे । उनले आज मध्यरातसम्म खानेपानीको समस्या समाधान नगरे दुई दिनभित्र गाउँलेहरूले उनको घर भत्काइदिनेछन् भनी समाचार पठाए ।

यस्ता कुरा सुनेर राजुको शरीर पसिनाले भिज्न थाल्यो र पहिले जस्तै पानीको व्यवस्था गर्ने निधो गरे । उनले मध्यरातमा गएर सबैलाई बराबर पानी उपलब्ध गराए । पानीको मुहानमा पर्खिरहेका रविन्द्र र केही गाउँलेहरूले राजुलाई समाते । रविन्द्रको चलाखीले काम गर्यो । त्यसपछि राजुले सबै वास्तविकता बतायो र गाउँलेले दिने सजाय भोग्न तयार भयो तर गाउँलेहरूले उसलाई सजाय दिएनन् र एकैै छोडे । धेरै बेरसम्म कोही नबोलेकोले राजु दुःखी भयो । उसले आफूले गरेको गल्ती र गाउँलेहरूलाई परेको समस्याको महसुस गर्यो । त्यसपछि राजुले गाउँमा असल मानिसको उदाहरण बन्ने निर्णय गर्यो । उसले वृद्धवृद्धाका लागि पार्क बनाए राम्रो कामको थालनी गर्यो । गाउँको खुसी फेरि फर्कियो ।

भक्तपुर दरबार क्षेत्र

अध्ययन भ्रमण

दिया गुरुङ

कक्षा: १० (भोटेकोशी)



हामी कक्षा १० का विद्यार्थीहरू भक्तपुर दरबार स्क्वायर अध्ययन भ्रमणमा गएका थियौं । हामी त्यहाँ दरबार, नेपालको संस्कृति र यसको इतिहास बारे थप ज्ञान सामाजिक अध्ययन विषयअन्तर्गत गएका थियौं । पहिलो पटक भक्तपुर गएको हुनाले

म निकै उत्साहित थिएँ । जब म त्यो दिन स्कूल पुगें तब मैले यात्रामा सिकेका कुराहरूको टिपोट गर्न कागज पाएँ । त्यसका लागि म र मेरो समूहसँगै बस्यौ ताकि हामी सबैलाई जवाफ दिन सकौं । हामी हाम्रो स्कूलबसबाट भक्तपुर दरबार स्क्वायर पुग्यौं र त्यहाँ पुग्न करिब एक घण्टा लाग्यो । मुख्य दरबार चोकसम्मको पैदल यात्रा रोचक थियो । प्रवेशद्वार छेउका ससाना पसलहरू पुरातन थिए र प्रवेशद्वारसम्मको बाटो भव्य थियो। त्यहाँ पुगेपछि म र मेरो समूह पहिलो सुनौलो देखिने ढोकाबाट भित्र पर्यौं । यो ढोकाभित्र तलेजु मन्दिर र नागपोखरी रहेछ र त्यो ढोका सुनको रहेछ । सुरुमा सानो ठाउँ जस्तो देखिन्थ्यो तर ठूलो थियो । हामी एउटा सानो ढोकाको कुनामा हेर्न गयौं । यस ठाउँमा नागपोखरी थियो । १६७८ मा मल्ल राजाद्वारा निर्माण गरिएको यस पोखरीमा तत्कालीन राजा र रानीले नुहाउने गर्दा रहेछन् । पोखरी वरपरका सर्पहरू र पूजा गर्ने ठाउँको विवरणले मेरो सबै भन्दा बढी ध्यान तानेको थियो । मलाई यो ठाउँ साँच्चै मनपर्यो । त्यसपछि हामी न्यातपोल मन्दिर गयौ। यो मैले

देखेका मध्ये सबैभन्दा अग्लो मन्दिर थियो । सिंढी साँघुरो भएकाले माथिल्लो तलासम्म जान डर लाग्यो । माथि पुग्दा त निकै रमाइलो पो रहेछ । त्यहाँ एक पर्यटक गाइड थिए । त्यसैले हामीले पनि प्रश्न सोध्ने मौकाको सदुपयोग गर्यौं । मन्दिरमा माता देवीको शक्तिशाली अवतार रहेको मूर्ति रहेछ र यहाँ कर्मचार्य पुजारीहरूले देवीको अनुष्ठान गर्दा रहेछन् । यो मन्दिर रोचक रहेको छ । त्यसपछि हामी सञ्जय सरसँग सामुहिक फोटो खिचेर तल गयौं। हामी दरबार स्क्वायरको वरिपरि घुम्‍यौ र स्थानीयहरूलाई इतिहासका बारेमा प्रश्नहरू सोध्यौं । प्रश्न सोध्दै गर्दा सिद्धिलक्ष्मी मन्दिर र वत्सला मन्दिरले मेरो ध्यान तान्यो । यसको वास्तुकला धेरै अद्वितीय थियो । स्वर्गीय राजा जगतप्रकाश मल्लले हाम्रो ऐतिहासिक संस्कृति जोगाउन देवी दुर्गाको महत्त्वका नाममा सन् १६७२ मा यस मन्दिरको निर्माण गरेका थिए । मैले उनीहरूलाई सबैभन्दा बढी मन पराएँ । अन्तमा हामीलाई धेरै गर्मी भइरहेको थियो र हामीले कुल्फी खायौं अनि एकछिन आराम गर्यौं । त्यसपछि हामी विद्यालय फर्कियौं ।

आयुर्वेद चिकित्सा

श्रीषा पन्त

कक्षा: 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 क्रमिक रुपमा आयुर्वेद चिकित्साको पनि लोकप्रियता बढ्दै 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 मनोचिकित्सा आजभोलि आममानिसमा सर्वाधिक लोकप्रिय छन् । यसले शारीरिक एवं मानसिक क्रियाकलाप त्रिदोष अर्थात् वाथ, पित्त, कफमा निर्भर रहने भएकाले तीनओटै कुरामा सन्तुलन कायम गर्न सके मानिस स्वस्थ हुन्छ भन्ने मान्यता राख्छ । यसको उपचारमा प्रयोग हुने औषधि जरिवुटीबाट 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 अष्टाङ्ग यसप्रकार छन्: काय चिकित्सा, शल्यचिकित्सा, सालाक्य चिकित्सा, कौमारभृत्य चिकित्सा, अगदतन्त्र रसायन चिकित्सा र करण चिकित्सा ।

नेपाल आयुर्वेदिक चिकित्सा र यसको औषधिका लागि भूस्वर्ग मानिन्छ । नेपालका आयुर्वेदिक महत्तवका जडिबुटीले नेपालको समृद्धिको ढोका खोल्न सक्छ । व्यापारका क्षेत्रमा 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 ।

मेरो आमामुवा

भीक्टर प्रताप श्रेष्ठ

कक्षा: एक (अरुण)

आमामुवा मेरो संसार हुन् । उहाँहरू बिनाको मेरो जीवन अँध्यारो हुन्छ । आमामुवाले हाम्रो उज्ज्वल भविष्यको लागि धेरै मिहिनेत गर्नुहुन्छ । हामीलाई हुर्काइ, बढाइ लायकको बनाउनु हुन्छ । त्यसैले मेरो आमामुवा मेरो लागि ईश्वर हुन् ।

पहिलो खण्डको परीक्षा

निलभ पन्त

कक्षा: ९ (गण्डकी)

शैक्षिक सत्र २०८० मा हामी अब कक्षा ९ मा पढ्छौं भन्ने खबर पाउँदा हामी एकदमै खुसी भयौं । यो साल हाम्रो लागि एक रमाइलो वर्ष बन्छ भन्ने लागेको थियो । कक्षा सुरु भएको समय वितेको पत्तो नै नभइ परीक्षा त आइसकेछ । परीक्षा भनेको आफूले पाएको सिप र ज्ञानलाई परीक्षण गर्ने हो भन्ने कुरा बुझेका थियौं । परीक्षाको उद्देश्य भनेको विद्यार्थीको सिकाइ उपलब्धिको हिसाब गरेर भविष्यको शैक्षिक निर्णयहरूमा मद्दत गर्नु हो । अझ यसले विद्यार्थीको मनोवैज्ञानिक गुणहरू जस्तै बुद्धिमत्ता, सीप, मनोवृत्ति मापन गर्दछ र भविष्य निर्माणमा पनि बाटो देखाउने काम गर्दछ । परीक्षाले हाम्रो ज्ञानको मात्र नभई हाम्रो सिपको पनि मूल्याङ्कन गर्छ । परीक्षा अधि हामीले धेरै मिहिनेत गर्दै परीक्षाको तयारी गरेका हुन्छौं । शैक्षिक सत्र २०८० मा पहिलो खण्डको परीक्षा हाम्रो लागि कक्षा नौ को पहिलो परीक्षा थियो । त्यसैले हामी यो परीक्षामा सहभागी हुन धेरै नै उत्सुक थियौं । यो हाम्रो लागि माध्यमिक शिक्षाको पहिलो परीक्षा पनि थियो । हुन त पहिला पहिला पनि परीक्षा त दिएको हो तर कक्षा नौ मा पुगे पछि अलि जिम्मेवारी थपिएको महसुस हुँदो रहेछ । लिखित र प्रयोगात्मक दुई तरिकाबाट मूल्याङ्कन गर्ने प्रणालीअनुसार प्रयोगात्मक परीक्षामा अङ्क प्राप्त गर्न आफ्नो आनीबानी पनि राम्रो बनाउनु पर्छ । शिक्षाको उद्देश्य नै बालबालिकाको व्यवहार परिवर्तन गर्नु रहेको छ । हाम्रो प्रयोगात्मक परीक्षा वर्षको सुरुवात नै सुरु हुन्छ । जसमा पढाइ, लेखाइ, सिर्जनात्मक कार्य, परियोजना कार्य आदि हेरिन्छ । पहिलो खण्डको लिखित परीक्षा श्रावणको १२ गते बाट सुरु भयो । पहिलो परीक्षाको पहिलो दिनमा हामीलाई परीक्षाका नियमहरू भनिएको थियो । परीक्षा दिँदा अनुशासन र नियममा बसेर दिनुपर्छ । हामी बिहानैबाट परीक्षा हलमा बसेर परीक्षाको तयारी गर्दै थियौं । हामी पहिलो परीक्षाको दिन केही आत्तिएका थियौं । दोस्रो दिनदेखि आत्मविश्वास बढ्यो । पहिलो परीक्षा राम्रो भयो भने पनि आत्मविश्वास बढ्दो रहेछ । सुरूदेखि नै निरन्तर रूपमा पढ्ने बानी बसाल्यो भने पनि सजिलो हुने रहेछ । परीक्षा अधि मात्र पढ्ने बानीलाई सुधार गर्नु आवश्यक रहेछ । छ दिन लगातार परीक्षा दिएपछि हाम्रो परीक्षा सकियो । यो दिन हामी एकदमै खुसी थियौं ।

मेरो परीक्षा राम्रो भए पनि अझ यो भन्दा राम्रो गर्न सक्छु भन्ने विश्वास बढेर आएको छ । हामीले अरुसँग नभई आफैँसँग मूल्याङ्कन गर्दै सुधार गर्दै जानु पर्ने रहेछ ।

मेरो परिवार

सान्भी अर्याल

कक्षा: दुई (सुनकोसी)

आमामुवा हजुरआमा मिलीजुली बस्ने हजुरमुवा काका काकी कति माया गर्ने ।

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

म पनि त राम्री छोरौ दादा राम्रो छोरा घरमा छौं हामी दुई मायाको डोरा ।

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

नागपञ्चमी

आर्यातारा श्रेष्ठ

कक्षा: दुई (तिनाउ)



नाग सर्पहरूको राजा मानिन्छ । नाग रिसाएमा पानीको अभाव हुने भएकाले नागलाई विशेष पूजा पानीको लागि गरिन्छ भन्ने चलन पनि छ । गर्मी समयमा पानी कम हुने भएकाले पानीका लागि पनि नागलाई खुसी पार्न पूजा गर्ने परम्परा बसेको छ । नागलाई विष्णु र शिवको रुपमा मानिन्छ । श्रावण शुक्ल पञ्चमीको दिन प्रत्येक वर्ष घरघरको मुलदैलोमा अर्थात् ढोकामाथि नाग भगवानको फोटो टाँसेर त्यस फोटोलाई पूजा गरेर दूध, फल, भेटि आदि चढाएर पूजा गर्ने गरिन्छ । यसो गर्नाले सर्प, विच्छी, किरा आदि बाट रक्षा हुन्छ भन्ने विश्वास छ । हरेक घरको जगमा नागको बास हुन्छ । नाग रिसाएमा घरको जग भत्कन्छ भन्ने धार्मिक विश्वास छ, त्यसैले हरेक वर्ष नाग पूजा गरिन्छ ।

साथीलाई चिठी

मिति : २०८०/८/२७

ठेगाना : बालाजु, काठमाडौं

प्यारो साथी सभिर

मीठो सम्भना

यहाँ मलाई ठिकै छ । तिमीलाई ठिकै छ भन्ने आसा गर्दछु । चिठी लेख्नुपर्ने त खास कुरा थिएन तर पनि केही दिन अगाडि हाम्रो विद्यालयले हामीलाई घुमाउन लगेको ठाउँको बारेमा जानकारी दिन्छु । हामी विद्यालयबाट चाँगुनारायण मन्दिर घुम्न गएका थियौं । यो मन्दिरको धार्मिक र ऐतिहासिक महत्व रहेछ । चाँगुनारायण मन्दिर भक्तपुर जिल्लामा पर्छ । हामीलाई विद्यालय देखि चाँगुनारायण पुग्न दुई घन्टा लाग्यो । हामी बसमा गीत गाउँदै गयौं । चाँगुनारायण मन्दिर नेपालको प्रसिद्ध तीर्थस्थल र प्राचीन पुरातात्विक स्थल हो । यो क्षेत्र विश्वसम्पदा सुचिमा पनि सुचीकृत रहेको छ । हामी त्यहाँ गएर नेपालका मल्ल राजाहरूका बारेमा पनि बुझ्ने मौका पायौं । यो मन्दिर धार्मिक दृष्टिले मात्र नभइ पर्यटकीय दृष्टिले पनि महत्वपूर्ण छ । त्यसैले तिमी नेपाल आएको बेलामा हामी पनि सँगै त्यहाँ घुम्न जानुपर्छ है । यति भन्दै आजलाई यही कलम रोक्न चाहन्छु, बाँकी अर्को चिठीमा लेखौंला ।

उही तिम्रो प्यारो साथी

स्तवन मरासिनी

पठाउने

स्तवन मरासिनी

बुढानीलकण्ठ, हात्तीगौँडा, काठमाडौं

पाउने

सभिर शाह

क्यालीफोर्निया, अमेरिका

समाजसेवी महावीर पुन

सारा खरल
कक्षा: चार (नारायणी)

महावीर पुन नेपालका समाजसेवी हुनुहुन्छ । उहाँ गण्डकी प्रदेशको म्याग्दी जिल्लाको नाङ्गी नामको गाउँमा विक्रम संवत २०११ साल माघ ५ गते जन्मनुभएको थियो । उहाँ राष्ट्रिय आविष्कार केन्द्रको संस्थापक र सञ्चालक हुनुहुन्छ । उहाँले स्थापना गरे को राष्ट्रिय आविष्कार केन्द्रका अनुसन्धानकर्ताहरूले विभिन्न किसिमका सामग्रीहरू बनाएका छन् । जसअन्तर्गत स्वचालित ड्रोन, सब्जी कोठी, बाँदर धपाउने यन्त्र,रोबोट जस्ता सामग्रीहरू पर्दछन् । यस अनुसन्धान केन्द्रमा विद्यार्थीहरूले नयाँ नयाँ कुराहरूको अनुसन्धान गर्न सक्छन् । महावीर पुन नेपाली वैज्ञानिक हुनुहुन्छ । उहाँ नेपालको गाउँहरूमा इन्टरनेट सेवा पुऱ्याउन सफल हुनुभयो । यसले गर्दा नेपालका गाउँघरमा शिक्षा र कम्प्युटरको जानकारी पुऱ्याउन सजिलो भयो । यसै कारण महावीर पुनले थुप्रै पुरस्कार पनि प्राप्त गर्नुभयो । नेपालको एउटा सानो गाउँमा जन्मेर उहाँले धेरै सफलता हासिल गर्नुभयो । उहाँ सबैको लागि प्रेरणादायी हुनुहुन्छ । महावीर पुन नेपालका लागि विशेष व्यक्ति हुनुहुन्छ ।

गाई

प्रत्यूष जोशी
कक्षा: एक (तमोर)

मलाई मनपर्ने जनावर गाई हो । गाई हाम्रो राष्ट्रिय जनावर हो । गाईलाई हिन्दुधर्ममा लक्ष्मीको रुप पनि मानिन्छ । गाईले हामीलाई दुध दिन्छ । गाई एउटा घरपालुवा जनावर हो । गाईको चारवटा खुट्टा दुई वटा आँखा दुईटा कान एउटा नाक र एउटा लामो पुच्छर हुन्छ । गाईले घाँस खान्छ । गाई धेरै रडको हुन्छ । लक्ष्मीपुजाको समयमा गाईलाई पूजा पनि गरिन्छ कुनै-कुनै गाई असाध्यै ज्ञानी हुन्छन् । त्यही भएर मलाई गाई एकदम धेरै मनपर्छ ।

तिहार

दृशना लम्साल
कक्षा: छ (वरूण)

तिहार हाम्रो रमाइलो चाड घरघरमा आइसक्यो रङ्गी र चङ्गी फुलेका फूलको बासना छाइसक्यो ।

औसीको रात छ घमाइलो भनै रात नै पर्दैन जता गए पनि उज्यालो हजुर बत्ती नै चाहिँदैन ।

दिदी र बहिनी हल्लाउँदै कम्मर खेलेर देउसी भैलो आशिष दिँदै जाउँ अब हामी सबैको घरको दैलो ।

कागलाई पुज्दै कुकुर पुज्दै तिहार मनाउने गाईलाई पुजा गरिसकेर लक्ष्मी भित्र्याउने ।

जीवनमा आउने दुःख र पिडाको गरेर सामना दाजुभाइको दीर्घायुको गरौं मिलेर कामना ।

फूल

शान अधिकारी
कक्षा: चार (नारायणी)

फूल हुन्छ साढे राम्रो
फूलले बनाउँछ सफा वातावरण हाम्रो
यसले दिन्छ मिठो वास्ना
राख्नुपर्छ यसलाई हाम्रो साथमा ।

फूल हुन्छ रङ्गीचङ्गी
मौरी र पुतली यसका साथीसँगै
फूल चाहिन्छ गर्नलाई पूजा
हामीले गनपर्छ फूललाई माया ।

फूलवाट बन्छ अत्तर
यसले दिन्छ वास्ना हरहर
फूललाई टिप्नु हुन्न कोपिलामा
राख्नुपर्छ यसलाई हाम्रो कोठामा ।

फूललाई फक्रन चाहिन्छ घाम र पानी
हामीले बसाल्नुपर्छ असल बानी
कमलको फूलमा बस्नुहुन्छ लक्ष्मी माता
हरेक पूजापाठमा हुन्छ फूलको चर्चा ।

दाउरेको खुसी

सम्राट जङ्ग खत्री
कक्षा: सात (मेची)

एकादेशमा एउटा सानो गाउँ थियो । त्यही गाउँमा एउटा दाउरे बस्थ्यो । ऊ निकै गरिब थियो । उसलाई विहान बेलुकाको छाक टार्न पनि धौ धौ थियो । ऊ दिनहुँ दाउरा टिप्न जंगलमा जान्थ्यो । उसले जंगलमा बटुलेको दाउराहरू बजारमा लगेर बेच्थ्यो र त्यही पैसाबाट आफ्नो गुजारा गर्थ्यो । दाउरे गरिब भएता पनि इमान्दार र परिश्रमी थियो । एकदिन दाउरे आफ्ना साथीहरूसँग रुख काट्नको लागि जङ्गलमा गयो । दाउरे निकै खुसी थियो किनभने जहिले पनि एकै जंगल जाने दाउरे आज साथीहरूको साथमा गएको थियो ।जंगलमा पुगेपछि ऊ निकै उत्साहित हुँदै सुकेका रुखका हाँगाहरू काट्न थाल्यो । उसका साथीहरूले भने धेरै दाउरा पाउने आशामा हरिया रुखहरू पनि काट्न थाले । उसले साथीहरूलाई हरिया रुखहरू काट्नु हुँदैन भनेर अनुरोध गर्‍यो तर उसका साथीहरूले उसले भनेको कुरालाई वास्ता गरेनन् । सबैजना आफ्नै सुरमा रुख काट्न व्यस्त थिए । दाउरे सुकेका रुखहरू काट्ने क्रममा एउटा ठुलो रुखमाथि चढ्यो । ऊ रुखमाथि चढेर सुकेका हाँगाहरू काट्दै थियो । अचानक ऊ रुखबाट चिप्लिएर तल खस्‍यो र जमिनमा नराम्रोसँग बजारि यो । बिचरा दाउरे उठ्नै सकेन । यी सबै कुराहरू उसका साथीहरूले देखिरहेका थिए । तर

मेरो विद्यालय

तिप्प्या ज्ञवाली
कक्षा: एक (तमोर)

मेरो विद्यालयको नाम इम्पेरियल वर्ल्ड स्कुल हा । मेरो विद्यालयमा १ देखि १० सम्मका कक्षाकोठाहरू छन् । हाम्रो शिक्षकहरूले हामीलाई धेरै माया गरेर पढाउनुहुन्छ । मेरो विद्यालयमा ठुला दादादिदीहरूले फुटबल खेल्नुहुन्छ । हामी पनि विभिन्न खालका राम्राराम्रा खेलहरू खेल्छौं । विद्यालयको चारैतिर फूलहरू रोपिएका छन् । हाम्रो विद्यालयमा भएका फूलहरू थरीथरीका छन् र फूलहरू अति नै राम्रा छन् । विद्यालयमा मिठो खानेकुरा खान पाइन्छ । हामीले खाने खाना पनि सधैं स्वस्थकर हुन्छ । मलाई मेरो विद्यालयको धेरै माया लाग्छ । मलाई विद्यालय जान पनि सार रमाइलो लाग्छ । मेरो विद्यालयमा शिक्षकशिक्षिकाहरूले खेलाई खेलाई पढाउनुहुन्छ ।

बुबाको सम्मान

दिवम के. सी.
कक्षा: तीन (मर्स्याङ्दी)

यसपालि कुसेऔँसीमा मैले बुबालाई एउटा टिसर्ट दिएको थिएँ बुबा त मख्ख पर्नु भयो । अभै केक काटेपछि बुबाको अनुहार हेर्दा मलाई आनन्द आयो । वास्तवमा बुबाले परिवारको निम्ति रातदिन काम गर्नुहुन्छ । आफ्नो सन्तानको कमजोरी र गल्तीलाई सुधार गर्नुहुन्छ । हाम्रो हरेक कुरामा सहयोग गर्नुहुन्छ । हामीलाई अनुशासन सिकाइ एक असल मानिस बनाउनको लागि हर समय प्रयास गर्नुहुन्छ । बुबाहरू जीवनको पहिलो गुरु हुनुहुन्छ । त्यसैले बुबाको सम्मान गरी सधैं बुबालाई माया गर्नु हाम्रो कर्तव्य हो ।

कसैले पनि उसलाई उठाउन गएनन् । उसले आफ्ना साथीहरूसँग सहयोग माग्यो तर ती स्वार्थी साथीहरूले उसलाई सहयोग गर्नुको साटो भन्नु गिज्याउन थाले । ऊ निकै निरास भयो । दाउरे विस्तारै उठ्यो र दाउराको भारी त्यहीं छोडेर घर गयो । ऊ घर पुग्दा रात परिसकेको थियो । दाउरे त्यस दिन केही नखाइकन बिस्तारामा गएर सुत्‍यो । त्यही रात उसले अनौठो सपना देख्यो । सपनामा उसले एकजना गुरुलाई देख्यो । गुरुसँग उसले आफ्नो दुःखको बारेमा कुरा गर्‍यो । गुरुले उसलाई आफ्नो कर्तव्य नभुलीकन अगाडि बढ्नुपर्छ अनि जीवनमा सुख र शान्ति पाउन सकिन्छ । तिमीले चाडै नै सुख पाउने छौ भनेर सम्झाए । दाउरे आफ्नो सपनाबाट ब्युँभियो । दाउरेले आफ्नो अगाडि एउटा बुढो मानिसलाई देख्यो । त्यो बुढो मान्छे निकै विरामी र कमजोर देखिन्थ्यो । उसलाई निकै दया लाग्यो उसले त्यस बुढो मानिसलाई आफूसँगै राख्यो र उपचार गर्‍यो।आफूले सकेको खान दियो। केही दिनपछि बुढो मानिस निको भयो । दाउरेले सहयोग गरेको बुढो मानिस टाढाको गाउँको जमिनदार थियो । उसलाई छोरा बुहारीहरूले हेला गरेर घरबाट निकाली दिएका थिए र ऊ भौतारिदै त्यहाँ आएको थियो। आफूलाई राम्रोसँग हेरबिचार गरेर सहयोग गरेकोमा बूढो मान्छे दाउरेप्रति निकै प्रसन्न भयो। उसले दाउरेलाई आफ्नो छोरा बनाउने निर्णय गर्‍यो। त्यसपछि बूढो मानिसले आफूसँग भएको सारा सम्पत्ति दाउरेको नाममा गरिदियो । त्यस दिनदेखि दाउरे र बुढो मानिस सुखी र खुशी हुँदै बाँकी दिनहरू बिताउन थाले ।

9

श्रीकृष्ण जन्माष्टमी

सम्राट केसी

कक्षा: सात (कर्णाली)



कृष्ण जन्माष्टमी भगवान कृष्णको जन्मदिन मनाउने पर्व हो । यो पर्वलाई कृष्ण अष्टमी, गोकुलाष्टमी, श्रीकृष्णाष्टमी, श्रीकृष्ण जयन्ती पनि भनिन्छ । कृष्ण जन्माष्टमी नेपाली पात्रो अनुसार भाद्र महिनाको कृष्णपक्षको आठौँ दिनमा मनाइन्छ । यो पर्व अङ्ग्रेजी पात्रो अनुसार अगस्ट सेप्टेम्बरमा पर्छ । भगवान् कृष्णलाई भगवान् विष्णुको आठौँ अवतार मानिन्छ । कृष्ण मथुराका यादवहरूको यदुवंशका थिए ।उनी राजा वासुदेव र मथुराकी रानी देवकीका आठौँ छोरा थिए । भगवान कृष्ण कारागारमा मध्यरातमा जन्मिएका थिए। भगवान कृष्णको अवतार उनको दुष्ट मामा कंशको दुष्ट कर्मको अन्त्य गर्नको लागि भएको थियो । उनी जैविक सन्तान वासुदेव र देवकीको भए पनि उनलाई हुर्काउने काम गोकुलका नन्द र

यशोदा मैयाले गर्नुपरेको थियो । कृष्णको बाल्यकाल रमाइलो र मायालु वातावरणले भरिएको थियो भने युवावस्था गोपीहरू र गोपिनीहरूसँगको प्रेम र मित्रताको उदाहरण थियो । रुक्मिणीसँग उनको विवाह भएको थियो भने उनको प्रिय गोपिनी राधा थिइन् । महाभारतको युद्धमा भगवान कृष्णको महत्त्वपूर्ण भूमिका छ । उनी अर्जुनका रथमा सवार थिए । युद्ध जित्नको लागि कौरवहरु विरुद्ध पाण्डवहरुलाई समर्थन गर्ने मुख्य पात्र भगवान श्रीकृष्ण नै थिए । उनको पवित्र सल्लाहहरू भगवत गीता भनेर चिनिन्छ, जहाँ उनले अर्जुनलाई धर्म र पापका बारेमा सिकाएका छन् । उनले शारीरिक रुपमा युद्धमा भाग लिएनन् तर उनी पाण्डवहरूको हृदय र आत्म थिए । उनको सहयोगविना पाण्डवहरूले युद्ध जित्नु सम्भव थिएन । भगवान श्रीकृष्णलाई मुरारी, हरि, गोपाल, श्याम, नन्द, लाला, माखन चोर र धेरै नामले पुकारेर पूजा गरिन्छ । भागवत गीतामा कृष्णले भनेका छन्,“ जब-जब दुष्टको प्रभुत्व हुन्छ र असल कर्मको पतन हुन्छ तब म दुष्टको अन्त्य गर्न र धर्मको रक्षा गर्न पूनः जन्म लिन्छु ।” कृष्णाष्टमी शैतान र खराब शक्तिमाथि राम्रो र धर्मको विजयको उत्सव हो । जब पापको भाँडो भरिन्छ र धर्मको अन्त्य हुने समय आउँछ तब भगवान उद्धार गर्न आउनु हुनेछ भन्ने सम्झना गर्न हामी यो दिन मनाउँछौं । कृष्ण जन्माष्टमीले हामीलाई असल र खराब बिचको युद्धका कथाहरु सम्झाउँछ र हामीलाई सधै सत्यको जित हुन्छ भन्ने कुराको ज्ञान दिन्छ ।

हामी साना नानी

लियोन कुँवर

कक्षा: दुई (सुनकोशी)

	हामी साना नानी
	हामी साना नानी
	पढ्छौं ज्ञानी बनी
	स्कुलमा गएर
	साथीसँग मिलेर ।
हामी साना नानी	
खेल्छौं ज्ञानी बनी	
स्कूल हाम्रो राम्रो छ	
सफा अनि सुन्दर छ ।	
	हामी साना नानी
	लेच्छौं ज्ञानी बनी
	सबै कुरा बुझेर
	अक्षर राम्रो पारेर ।

हामी साना नानी जान्छौं घर ज्ञानी बनी गृहकार्य गरेपछि खेल्छौं घरमा पनि ।

दर्शन

केयूष कल्प विष्ट

कक्षा: एक (तमोर)



हामी सधैं दर्शनको टीका हजुरआमाको हातबाट लगाउँछौ । दर्शन हामी परिवारसित बसेर मनाउँछौ । दर्शन मलाई धेरै मनपर्छ । मैले दर्शनमा मासुका धेरै परिकारहरु खाएँ । दर्शनमा लामो बिदा पनि हुन्छ ।

चङ्गा

खुशी राज्यलक्ष्मी शाह

कक्षा: तीन (त्रिशूली)



चङ्गा सबैलाई मनपर्ने खेल हो । यो प्राय दर्शनमा उडाइन्छ । प्रायजसो सबै केटाकेटीलाई चङ्गा मनपर्छ । चङ्गा विभिन्न रङ्ग र विभिन्न किसिमका हुन्छन् । कुनै चङ्गा धेरै राम्रा हुन्छन् भने कुनै ठूला हुन्छन् त कुनै साना पनि हुन्छन् । चङ्गालाई लडाइको सहयोगबाट उडाइन्छ । चङ्गाको बिचमा धागो हालेको हुन्छ । जसले गर्दा चङ्गा बलियो हुन्छ । मानिसहरूले दर्शनभरि आकाशमा रङ्गीचङ्गी चङ्गाहरु उडाइरहेका हुन्छन् । सबैलाई चङ्गा उडाउन मनपर्छ तर चङ्गा उडाउँदा हामीले निकै ध्यान पुर्‍याउनुपर्छ । यसमा दुर्घटना हुने धेरै सम्भावना हुन्छ ।

चरा नै भएको भए

निरुक्त कट्टेल

कक्षा: दुई (तिनाउ)

यदि म चरा नै भएको भए आकाशको माथिमाथि उट्थें । बादलसँग लुकीलुकी खेल्थें । अनि चारैतिर घुमेर धेरै साथीहरूसँग रमाइलो गर्थे र बादलमा लुकामारी खेलेर बस्थें । घुम्दाखेरि विभिन्न रुखमा भएका फलफूलहरू टिपेर खान्थें । रमाइलो र माइलो ठाउँमा घुम्थें । अनि हरेक बिहान मिठो स्वरमा गीत गाउथें । अग्ला अग्ला घरको छतमा गएर बस्थें । मानिसहरु मलाई धपाउँथे अनि म एकछिन जिस्किएर भुरं उड्थें । फेरि फर्किएर मानिसले सुकाएको धान, चामल मकै गहुँ आदि अन्नहरु टिपेर खान्थें ।

बाल पुकार

सोनिया घले

कक्षा: ७ (मेची)

	आजका बालबालिका
	हुनेछौं युवा भोलिका
	अन्धकारमा चम्किन्छौं
	विकास पथमा लम्किन्छौं ।
स्वस्थ भई हामी बढ्नु छ	
लेख्नु छ धेरै पढ्नु छ	
भत्केको घर टाल्नु छ	
शिक्षाको ज्योति बाल्नु छ ।	
	खोज्नु छ हक अधिकार
	बन्नु छ आफैँ स्वरोजगार
	गर्नु छ सेवा स्वदेशको
	माया छ भाषा र भेषको ।

आमाबुवा दिदीदाइ बढाऔं अधि युवालाई शासक समाज फेर्नु छ देशले हाँसेको हेर्नु छ ।

बुढानीलकण्ठ क्षेत्र

भ्रमणमा जाँदाका

अनुभव

परिना गुरुङ

कक्षा: पाँच (भेरी)

हामी कक्षा चार र पाँचका विद्यार्थीहरु गुरु तथा गुरुमाहरुसँग बुढानीलकण्ठ क्षेत्रको शैक्षिक भ्रमणमा गएका थियौं । सुरुमा हामी विद्यालयबाट गाडीमा चढेर गयौं । त्यसपछि हामी बुढानीलकण्ठ क्षेत्रमा अवस्थित देशकै ठूलो धार्मिक मन्दिर बुढानिलकण्ठ गयौं । त्यहाँ मलाई अति रमाइलो र मनमा शान्तिको अनुभव भयो । पहाडको फेदी र पानीमा नागहरूको बिचमा विष्णु भगवान सुतेको मुर्ति निकै राम्रो थियो । त्यसपछि हामी शिवपुरी राष्ट्रिय निकुन्ज गयौं । शिवपुरी राष्ट्रिय निकुन्जमा भनै रमाइलो भयो । त्यहाँ हामीलाई एक जना सरले त्यहाँको बारेमा जानकारी दिनुभयो । हामी सबै जना हिँडेर विष्णुद्वारतिर लाग्यौं । हरिया वन, पहाडहरू देखेर मलाई निकै रमाइलो महसुस भयो । उकालो बाटो कहिले नहिँडेको हुँदा मलाई हिँड्न अलि गाह्रो भयो तर साथीहरूसँग रमाइलो भयो । हरिया रुख र भरनाहरु हेर्दै हामी निकै बेर हिँड्यौं । ढिला भएर आधा बाटो पुगेर गन्तव्यमा नपुगी फर्किँदा भने नमजा लाग्यो। अर्को पटक उही पुग्ने इच्छा राख्दै हामी फर्कियौं ।

मिलाको साथी

सुदेशना गौचन

कक्षा: दुई (तिनाउ)

मिला सधैं बगैँचामा एकलै खेल्थिन् । मिलाको खेले कोही पनि साथी थिएनन् । उनी एकलै थिइन् । एक दिन खेल्दै गर्दा उनले बिरालोको आवाज सुनिन् । उनको बगैँचामा सानो बिरालो आएको रहेछ । मिलाले कचौरामा दूध लगेर दिइन् । बिरालोले सबै दूध खायो । अर्को दिन पनि मिलाले बिरालो देखेर भात लगेर दिइन् । यसो गर्दा अर्को दिन बिरालो मिलाको छेउमा गएर बस्यो । यसरी दिनहरु बित्दै जाँदा मिलाले बिरालोको धेरै ख्याल राखिन् । मिलाको कोही पनि साथी नभएको कारण बिरालो उनको साथी जस्तै बने को थियो । यसरी दिनहरु बित्दै गएपछि बिरालोले मिलालालाई असाध्यै माया गर्न थाल्यो र उनीहरू साथी भएको दिनदेखि मिलाले कहिल्यै पनि एकलै खेल्नु परेन ।

जनैपूर्णमा

निम्सा थापा

कक्षा: सात (मेची)

धार्मिक परम्परा अनुसार हरेक वर्षको साउन महिनाको शुक्ल पूर्णिमा तिथिको दिन जनैपूर्णमा मनाइन्छ । मन्त्र गरिएको धागोको एउटा पवित्र अंशलाई शरीरमा लगाउनुलाई जनै लगाउनु भनिन्छ । ब्राह्मण र क्षेत्री पुरुषहरूले हिन्दु परम्परा अनुसार हरेक साल यो दिन जनै लगाउने चलन रहिआएको छ । हिन्दु संस्कार अनुसार मानिसको जीवनलाई सोह्रवटा संस्कारले बाँधिएको हुन्छ । तीमध्ये पहिलो महत्त्वपूर्ण संस्कार भनेको व्रतबन्ध हो । यो दिन जनै लगाउनाले आफ्नो चाहनाहरूको नजिक पुगिन्छ भन्ने मान्यता रहिआएको छ । व्रतबन्ध गरेका पुरुषहरूलाई गुरु पुरोहितहरुद्वारा अरुले नसुन्ने गरी कानमा गायत्री मन्त्रको उच्चारण गरेपछि मन्त्रेर तयार पारिएको जनै दिइन्छ । धार्मिक परम्परा अनुसार सत्ययुगमा दानवराज महाबलीले लगातार युद्धमा हारेर देवराज इन्द्रसमेत लखेटिएका देवगणलाई सुरक्षा गर्नको लागि गुरु बृहस्पतिले रक्षा विधान तयार पारी बाँधेको रक्षासूत्रका कारण नै देवराज इन्द्र विजयी भएका थिए । सोही दिनदेखि रक्षाबन्धनको परम्परा चलिआएको विश्वास गरिन्छ । हिन्दु धार्मिक शास्त्रअनुसार हरेक वर्षको साउन महिनाको शुक्ल पूर्णिमा तिथिको दिन तागाधारीहरूले पुरानो जनै फेरेर नयाँ जनै लगाउने गर्दछन् । एक दिन अगाडिदेखि व्रत बसी बिहानै स्नान गरी चोखो भई वैदिक विधिपूर्वक नयाँ जनै फेर्ने चलन रहेको छ । वाम्दणहरूले गाउँघरमा सबैतिर गई सबै मानिसलाई रक्षाबन्धन बाँधेर टिका लगाइदिने गर्दछन् । जनैपूर्णमा अर्थात रक्षाबन्धनको पावन दिनमा नेपाललगायत भारतमा दिदीबहिनीले दाजुभाइलाई दीर्घायु र सफल जीवनको कामना गरी अनेकधरीका कलात्मक राखी बाँधी आफ्ना दाजु भाइबाट आफ्नो रक्षाको वचन लिने गर्दछन् । यो चाडमा खाइने विशेष परिकार भिजाएको गेडागुडीबाट बनेको क्वाँटी हो । नेवारीमा क्वाँटीको अर्थ तातो भोल हो । क्वाँटीमा नौ प्रकारका गेडागुडीहरु मिसाइएको हुन्छ । टुसा पलाएको गेडागुडीलाई विशेष गरी भोल तरकारीको रुपमा पकाएर खाने गरिन्छ र यो दिन क्वाँटी खाने विशेष महत्त्वपूर्ण दिन पनि हो ।

लालीगुरास, लालुपाते,

गुलाब र सयपत्री

विभान अधिकारी

कक्षा: तीन (त्रिशूली)

लालीगुराँस नेपालको राष्ट्रिय फूल हो । लालीगुराँस हिमाली भेगमा पाइन्छ । यसको रङ रातो हुन्छ । उच्च पहाडी भागमा यसको रुख धेरै ठूलो र भ्याम्म परेको हुन्छ । नेपालका धेरै मानिस लालीगुराँस फूललाई मन पराउँछन् । भन्ने चलन छ लालीगुराँस फूलले घाँटीमा अड्किएको काँडलाई निकाल्न मद्दत गर्छ । त्यस्तैगरी अहिले नेपालको वनजङ्गलमा लालुपाते फुलेको देखिन्छ तर आजभो लि लालुपाते फूल धेरैजसो मानिसले घरघरमा रोप्ने गरेका छन् । जसले घरको आँगन राम्रो देखिन्छ । गुलाब फूल प्रेमको प्रतीक मानिन्छ । गुलाफ एउटा फूल हो । गुलाब धेरै रङहरुमा पाइन्छ । प्रेम गर्ने जोडीहरुमा यो फूल निकै प्रसिद्ध रहेको छ । सयपत्री पनि एउटा फूल हो । यो फूल नेपालको प्रसिद्ध फूल हो । यो फूललाई अङ्ग्रेजीमा मेरीगोल्ड भनिन्छ । यो फूल धेरै प्रजातिको हुन्छ । यो फूल नेपालमा तिहारको बेला विशेष रुपमा प्रयोग हुन्छ र घरमा पूजाआजा गर्नको लागि पनि हजुरबुवा हजुरआमाले प्रयोग गर्नुहुन्छ ।

Students' Art



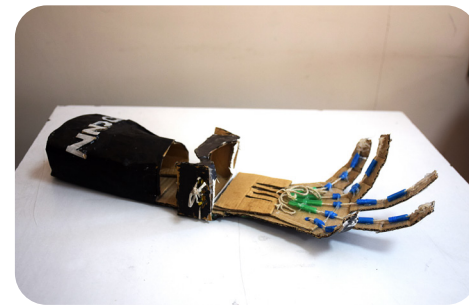
Aaryav Sharma, VI, Landscape, Pencil color on paper



Aayan Bhandari, IV, Painting of Ndebele house



Anubhav Shrestha, VII, School's Jersey Design, Mixed media on paper, Adobe illustrator and photoshop



Denn Bajracharya, V, Prosthetic limbs



Drishana Lamsal, VI Barun, Imperial World School, 2023



Filmark Giri, X, Humor, Acrylic on Canvas



Nimisha, VIII, Mental health, Mixed media on paper



Reva Rai, VII, Mental health, Mixed media on paper



Saheena Shrestha, IX, My Story, Acrylic on canvas



Sambridhi Sharma, IX, Mental Health, Acrylic on canvas



Sarah Kharal, IV, School's Jersey Design, Mixed media on paper, Adobe illustrator and photoshop



Shaan Adhikari, IV, Painting on the Kite



Shreyank Shakya, V, Painting on kite_ Dashain



Shreyas Shakya, V, Humor I See, Oil on Canvas



Srija Khanal, VIII, Drawing of Imaginary Forms



Students of I Tamor_Arun, Aboriginal Art I, IPC, Crayon on paper.



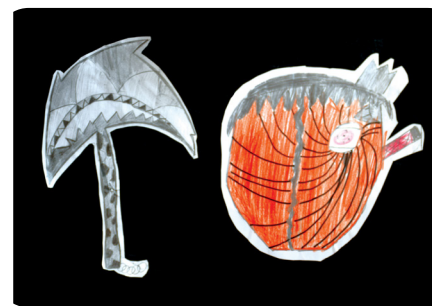
Students of I Tamor_Arun, Aboriginal Art II, IPC, Crayon on paper



Students of I Tamor_Arun, Aboriginal Art III, IPC, Crayon on paper



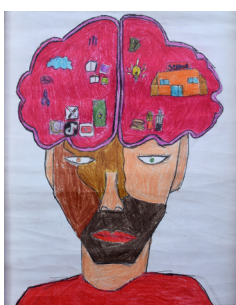
Students of VII, Celebratory Designs I, IMYC, Mixed media and collage on paper



Students of VII, Celebratory Designs II, IMYC, Mixed media and collage on paper



Students of VII, Celebratory Designs III, IMYC, Mixed media and collage on paper



Swoyome Thapa, VII, Mental Health, Mixed media on paper



Tejasbi Subedi, VII, Mask Design, Acrylic color on Paper mache



Yuvna Gurung, IV, Painting of Ndebele House



Activities



Captivating the hearts at Imperial World School, Trio no Treble, a musical sensation from Norway, enchanted the audience with a harmonious rendezvous, spanning from timeless classics to the pulsating beats of the Z generation.



Celebrating victory in style! Opal House clinches the coveted 'House of the Year' title at the thrilling conclusion of the Sports Day ending ceremony.



Kicking off Sports Day 2080 with a powerful display! Young students showcase their impressive Taekwondo skills during the electrifying opening ceremony.



Delightful Darr Eating Ceremony at Imperial World School marks the joyous commencement of Teej festivities!



Grade 1 Arun learners doing yoga for their physical, mental and spiritual well-being. Breathing in serenity, exhaling stress and finding inner peace



Grade 2 steals the spotlight with a vibrant dance performance on 'I'm Alive,' perfectly aligning with their theme 'Live and Let Live' in the Exit Point presentation. These young talents are spreading positivity and embracing the essence of harmony!



The graceful Panchakanyas extend a warm welcome to Chief Guest Baikuntha Manandhar during the grand opening ceremony of Sports Week. A moment of elegance and honor as we embark on a week of athleticism and spirit!



Our students got the opportunity to perform in a joyous music video for a children song written by Ram Babu Subedi, 'Kalam Ra Kapisit'.



Grade 3 brings the vibrant spirit of Chhath to life with a heartfelt depiction of the celebration. Through colorful presentations and cultural flair, these young talents capture the essence of this joyous festival.



Grade 3 students enchantingly portray the divine festivities of Krishna Asthami, weaving a tapestry of devotion and joy. A mesmerizing showcase of cultural richness and the spirit of celebration.



Guest lecture on the importance of cyber safety for adolescence and being safe from cyber crime by Advocate Sajana Maharjan Amatya.



Educational trip of Grade Nine to Natural History Museum, Swoyambhu.



Poem reciting program organised by Budhanilkantha Municipality against Gender Abuse.



Teacher's Workshop on the topic 'Authentic Assessment' by Dr Basu Prasad Subedi from Kathmandu University.



Grade 10 students wandering through the echoes of the past, unearthing the secrets of Bhaktapur.



Grade 1 Tamor students dressed up as Radha-Krishna enraptured and awed everyone.



Mr. Amir Bham, the Administration and Logistics Officer in the Department of UN peacekeeping operations enlightening the students of Grade 4, on the UN and SDG goals.



Grade 8 students explore Changunarayan for history firsthand. Discovering the past, learning from the source!



Experience enchanting melodies at the Annapurna Orchestral Evening, showcasing our students' extraordinary talents, harmonized with the IWS Music Department and dedicated teachers.



Engaging learning experience: Grades 5 and 6 interact with local police officers to gain valuable insights into traffic rules and safety protocols.