



ANGER

Anger is perhaps the most destructive of women's emotions. A women in anger loses her sense of good judgement and does things that she would not even dream of doing when she is calm and collected.

Once my elder sister was involved in a senseless fight. She was sixteen years old at that time and played soccer with an amafeur team. While playing soccer with another amateur team, some players of the rival team taunted my sister, who played a defensive role in her team, after one of their teammates had scored a goal. My sister was hotheaded at that time and she replied to the taunts quite vehemently. This led to the exchange of insults and eventually a fight ensued. When she returned home that day, she had blue-black bruises on her face and body. She related the whole incident to my parents, after which she was severely reprimanded by my father for her behavior. My father advised her to be always level-headed and never to let anger blind her into doing senseless things.

Every once in a while, we read in the paper of youths and even adults involved in fights with dangerous weapons resulting in serious injury and even death. These incidents could have been easily avoided if the parties involved had not allowed anger to spoil their good judgement. A person should never act under the evil influence of anger as such rash acts would only lead to suffering and regret.



Pemalamu Gurung
X 'B'



King Birendra: A visionary Monarch

King Birendra Bir Bikram Shah Dev, who reigned Nepal from 1972 until his tragic death in 2001 is remembered as a respected and forward-thinking king. When he became king, Nepal was under an autocratic system. However, in 1990, after widespread protests, he made the historic decision to restore democracy, ending the panchyat system and establishing a constitutional monarchy were real power was held by elected leaders.

King Birendra also focused on bringing unity to Nepal's diverse population and improving the lives of his people. He promoted education healthcare and rural development to help ordinary Nepalis known for his humility and kindness, he often interacted with the public and earned the title of "People's King."

Tragically, king Birendra was killed in a palace massacre in 2001, which shocked the nation. Despite his untimely death, his legacy of promoting democracy and social welfare continues to influence Nepal today.



Nabin Baskota
X 'B'

What you feed grows, What you strave fades

Doubt Hatters confidence
Anger demolishes wisdom
Laziness buries Ambition
Jealousy poisons peace
Fear Destroys Dream
Ego kills Growth

Now Read It Backwards

"The things we focus on shapes our reality while the things we ignore slowly fade away. What we nurture is what grows, and what we neglect is lost forever."



Gaurav Thapa
X 'B'

time

The clock hands spin; the days go by,
A fleeting glance, a whispered sign.
Moments linger, then fade away,
Yet memories in the heart will stay.

Embrace the now, let life ignite,
For time is swift, like birds in flight.
In every hour, a story lies,
A chance to shine before it flies.



Rajmon Bhujel
X 'D'





Peace

Peace is a thing that makes conflict freeze
And it is obtained
But it can never be contained

Peace is joy and happiness
In its absence life ends in emptiness
It makes impossible possible
Without it life is horrible
Peace has many things to offer
Opposite of peace is to suffer
Everybody wants to have peace
At times people choose to get this.



**Sushant Oli,
Sohan Sunar**
X 'C'



GORKHALI SOLDIER

If I die in a war (zone), box me up
and send me home

Put my medals on my chest
Tell my mom I did my best,
Tell her to take care of herself
Let her know, her kid became a man

Tell my sister to live happily
Let her become the woman
She always wanted to be

Tell my friends to describe my bravery
Let the people know that
I am a brave Gorkhali

Tell my family members not to be upset
There will sun-rise after sun-set.

Tell my nation not to cry
Because I am a soldier
Born to die



Prajwal Bhandari
X 'C'



How we gain growth and maturity

The labyrinth of adulating and maturity is a journey full of challenges, growth and self-discovery. As children, we explore the world with curiosity and excitement, and learning basic lessons. Every little step helps us grow, even if we don't realize it. This is the foundation of who we are, where we begin to understand the world and our place in it. But as we move forward, the maze becomes more complicated, testing us in new ways.

During our teenage years, the maze feels more confusing and challenging. We face strong emotions, make mistakes, and start figuring out who we want to be. This time is full of changes, from learning to handle responsibilities to making big decisions about our future. These years are hard, but they help us grow stronger, wiser and more independent.

And finally, Adulthood begins with a sudden realization that life is no longer as simple as it once was. We will be covered with all the responsibilities and making important decisions become part of everyday life. Each

step in the labyrinth teaches us about account ability and the need to prioritize. Maturity develops as we navigate this maze. It's about understanding ourselves and other better, learning to control our emotions and seeing things from broader perspective with maturity comes the ability to face problems. Calmly, accept failures and learn from mistakes. It's also about building meaningful relationships and caring for others while maintaining our own boundaries. This stage teaches us that life is less about perfection and more about balance and understanding.

Ultimately, the journey of stages that we face is not a straight path but a winding road filled with both triumphs and trials. With each success, we gain confidence, with each failure, we gain wisdom. Through it all, we learnt that maturity is not about avoiding pain or mistakes but growing stronger and more self-aware through them. This is the delicate balance of highs and lows that defines the richness of the human experience and shapes us into who we are meant to be.



Kritika Niroula
X 'C'

Importance of sleep in a student's life



Sleep is one of the most critical factors influencing a student's academic performance. It is during sleep that the brain processes information, strengthens memory and recharges for the next day. Teenagers, who are in a crucial stage of development, require 8-10 hours of sleep each night to function at their best. However, many high school students struggle to meet this requirements due to late-night studying, social activities and distractions like screen time. This lack of sleep can have significant consequences on their ability to learn and perform well in school.

When students do not get enough sleep, they often experience difficulty concentrating in class, which affects their understanding of the material. Sleep deprivation also impairs problem-solving skills and decision-making, making it harder for students to complete assignments or perform well during tests. Over time, this can lead to a decline in grades and overall academic achievements. Moreover, insufficient sleep takes a toll on physical and mental health, increasing stress levels and making students more prone to illnesses.

To improve academic success, students most prioritize healthy sleep habits. Going to bed and waking up at the same time every day helps regulate the body's internal clock. Reducing screen time before bed and creating a quiet, comfortable sleeping environment can also enhance the quality of rest. Additionally, managing time effectively to complete homework and other responsibilities earlier in the evening ensures there is enough time for relaxation and sleep.

In conclusion, sleep is not just a luxury but a necessity for academic excellence. By understanding its importance and making it a priority, students can boost their focus, memory, and overall performance. Rest is not wasted time- it is the foundation for success in school and beyond.



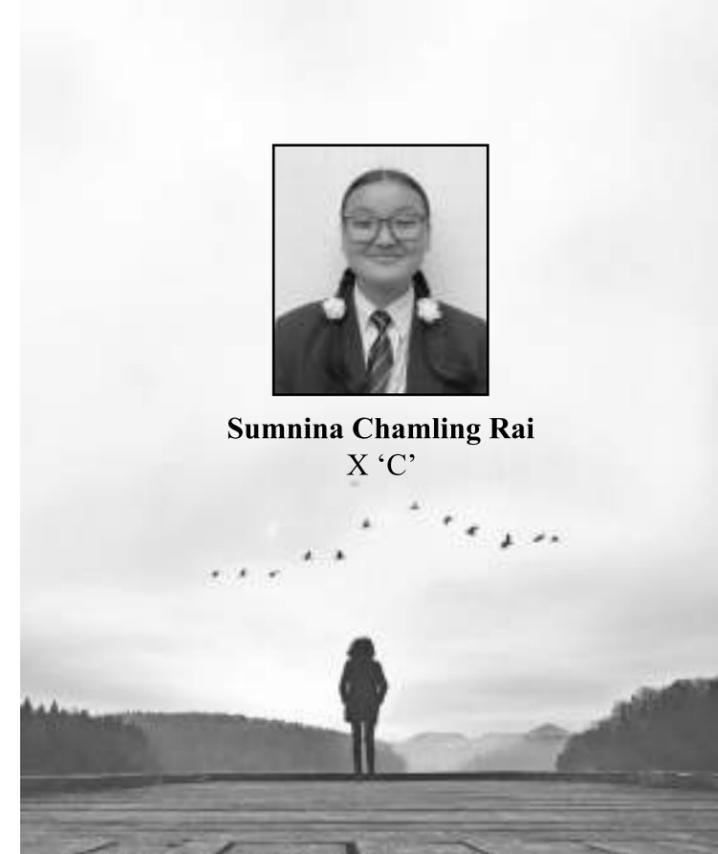
Apekshya Shrestha
X 'C'

What a worthy life is like?

Life is not for one's own self; it is given to spread love and light to others too. One who does that lives long even after he/she is gone. Even a short life, just like that of a lily flower, which just lives for a day, is so meaningful. The lily of the garden which blossoms with the first rays of the sun in the morning and fades and falls by the evening pleases so many hearts, so many eyes. It is a life well lived though so short-just a day long. Living long but giving no zest, no joy to any one is living a useless life-a life of no achievement, a life of no pleasure, a life of no service. So such life is - lost and forgotten in the hazy past with no memories left worth remembering. So, life's every moment should be lived for others to give something to lend something, to leave something to be remembered by. Even a short existence with such an achievement, is worthier than a long, in-sipid life lost 'unheard', 'dishonored' and 'unsung'.



Sumnina Chamling Rai
X 'C'



Beauty is skin deep

External appearances are sometimes deceptive. It is not always possible to make judgement about the real worth of a thing by its exterior appearance. Beauty of a face is only nine days wonder. Moral beauty is the real beauty. Our eyes are not the best judge. They cannot peep deep inside the heart of things. Every well-dressed man is not a gentleman. Every beggar is not a saint. A man may smile and yet he may be a villain. In other words, outward show is often misleading. We should judge things by their inner worth. The real test of a man lies in his deeds and not in his words. So the openness of one's is advisable in every circumstance.



Sampanna Khatiwada
X 'C'



THE PLEASURE OF DIARY WRITING

Very few people write diaries these days. This is perfectly understandable because everyone is so busy in these modern times. We are all too exhausted at night when we go to bed we can not even think of writing an account of what has happened to us during the day.

This may be understandable, but it is also regrettable. It is often of great value to us to write down an account of our day. It has been a very happy day it does us a lot of good to put this down on paper. We can then look back on that day and recall what it felt like to experience such happiness. The happy entries can cheer us up when we are miserable.

It is easy to understand why it helps us to write an account of unhappy days. You might think that the best thing to do about them is not to forget them. Yet often writing a diary entry about something sad can help us to realize that the event is not as unfortunate or important as we thought it was. Also writing an account of sad events can make us appreciate the good things that we have.

Usually, when we write a diary, we are writing it for ourselves. We do not like the idea of anyone else reading it. We regard a diary as a very private thing. Yet a diary can become an important historical document. It can tell other generations what life was like at time when it was written.



Lozifung Limbu
X 'C'



What is life?

If I die in a war (zone), box me up
and send me home

Put my medals on my chest
Tell my mom I did my best,
Tell her to take care of herself
Let her know, her kid became a man

Tell my sister to live happily
Let her become the woman
She always wanted to be

Tell my friends to describe my bravery
Let the people know that
I am a brave Gorkhali

Tell my family members not to be upset
There will sun-rise after sun-set.

Tell my nation not to cry
Because I am a soldier
Born to die



Sofiya Basnet
X 'C'

Student life

Student life is one of the most memorable phases of a person's life. The phase of student life builds the foundation of our life. In student life, we do not just learn from books, we learn to grow emotionally, physically, philosophically as well as socially. Thus, in this student life essay, we will learn its essence and importance.

Student life is meant to help us learn discipline and study. Despite that, life is quite enjoyable. The struggle is low in student life. One must get up early in the morning to get ready for school. Similarly, rushing to the bus stop is very exciting during student life. The mothers constantly remind us to hurry up and not be late. It is no less than a mantra for all mothers. In addition, there are other exciting moments in student life. We sometimes forget to complete our homework and then pretend to find the notebook when the teacher asks for it. With the examination time around the corner, the fun stops for a while but not long. One of the most exciting things about student life is getting to go on tour with your friends. You get to enjoy yourself and have a lot of fun.

Even waiting for the exam result with friends becomes fun. People don't realize how lucky and privileged one is to even get a student life. Many children dream of having it but never get on. Thus, if one gets to attain education, one must make the most of it. Student life won't always be filled with happiness but it will be worthwhile. It helps us grow in the path of life and acquire qualities such as honesty, patience, perseverance and more. All in all, student life is no less than perfect, life even though it has many ups and downs, it is all worth it in the end. Our student life determines a lot of things in our live later on. Therefore, we must strive to be good students not just academically but also in other aspects too. It is like a backbone to have a successful life later on:



Sneha Niroula
X 'C'

Dream

Dreams are buds about to bloom.
Cast away the weight of gloom.
After every step, a path unfolds.
Tell stories still untold.

Learn and grow, embrace the fight
Chase the sun and find your goal of life light
In your heart, the future gleams
A brighter world begins with dreams.



Jenisha Katwal
X 'D'



Anish Mahato
X 'D'

The Rise and Impact of Artificial Intelligence

Artificial intelligence (AI) is one of the most transformative technologies of 21st century, reshaping industries, economics, and daily life. At its core, AI involves creating system capable of performing tasks that typically requires human intelligence, such as problem-solving decision-making and natural language understanding.

AI's impact is vast and spans across sectors. In healthcare, AI-powered tools are revolutionizing diagnostics, drug discovery, and patient care. For instance, algorithms can analyze medical images to detect diseases like cancer with high accuracy, often faster than human experts. In the business world, AI is driving efficiency through automation, enabling predictive analytics, and enhancing customer experiences via chatbots and personalized recommendations.

In education, AI facilitates personalized learning, adapting content to students. Unique needs and learning speeds. Similarly,

in transportation, it powers autonomous vehicles and optimizes traffic flow through smart city technologies. Even in creative fields, AI is making strides, generating art, music and content that blend human creativity with machine precision.

However, the rise of AI is not without challenges. Ethical concerns, such as bias in algorithms and job displacement due to automatic, require careful consideration. Additionally, issues like data privacy and the potential misuse of AI technologies underscore the need for robust regulations and governance.

Despite these challenges, AI holds immense potential to drive innovation and solve complex global problems. As we continue to harness its capabilities, fostering a balance between technologies advancement and ethical responsibility is crucial to ensure a beneficial impact on society.

Awake, the earth begins to bloom,
Casting off its winter gloom.
Petals blush in Pastel hues,
A gentle breeze sing mornings news.
Streams unlock, their song unfold,
As life renews in green and gold.



Simran Thapa
X 'D'



'LAST YEAR OF SCHOOL'

I used to think that last year of school would portray as a time of excitement. Where we look forward to freedom after school. But now after coming closer to the end I am filled with a mix of emotions. The most emotional part of the last year is the realization that many of the friends, I have made over the years will soon be going in different directions. The classrooms, canteen, hallways or places that have been the backdrop to countless memories will be soon filled with new faces.

As the last year, I found myself under intense amount of pressure of final exams and the uncertainty of what the future will hold, it sometimes felt overwhelming. The last year of school is also a time for celebrating milestones like the final sports games and from school events to senior trips.

In the end, the last year of school is a reminder that life is a journey, not a destination. The last year of school is also the beginning of the next chapter of life. Very soon I am going to experience this, as I am on verge of my final year from my school, Balmiki Education Foundation.



Prantika Gautam
X 'D'



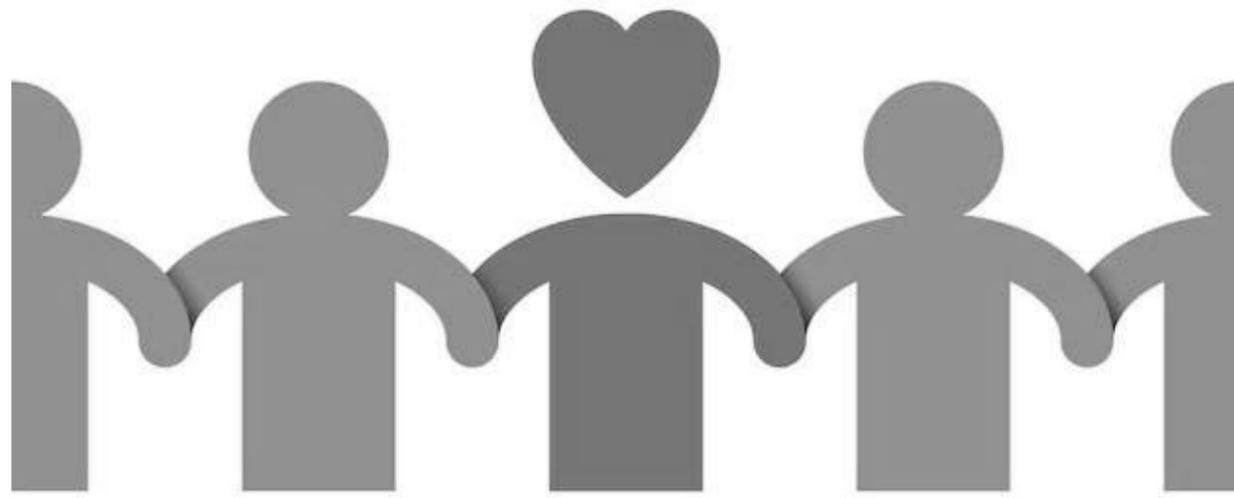
Importance of School Library

Books play and essential role in every person's life. A Library is a place where we find many exciting books like fairy tales, novels, poems, magazines, newspapers and many others. As students we learn a lot from the library. We take home the books that we want, and other after reading them, we return them. My school library has a lovely collection of writing spanning the genres of crime fiction, poetry and novels. I love my school library because I can learn about 50 many beautiful things from books.

It serves as the warehouse of knowledge. Every school must have a library to provide students with a platform to gain knowledge about various fields. It helps students to have an in-depth understanding of a topic by reading various books. Libraries help in expanding knowledge horizons. Library is also essential for any kind of research on different subjects. Thus, libraries are important for research, information, knowledge and pleasure of reading.



Roshan Limbu
X 'D'



Favourite People **Forever My School Squad**

When I think about my favourite people, I realize they're the ones who make life feel richer & more meaningful. They're not necessarily the ones with the most achievements or the loudest voices, but the ones who make me feel understood & valued. They're the friends, family & mentors who accept me at my best & worst, offering a safe space for me to just be myself.

What stands out most is the way these people make me feel seen. It's in the quiet moments, the shared laughter, & even the comforting silence between us. These are the moments that remind us that connections are not about trust, understanding & support.

My favourite people have taught some of the most valuable lessons in life. They made me love the weather around me & as well as the surrounding. They remind me that I am never truly alone & for that, I am endlessly grateful.



Tejaswi Siwakoti
X 'D'

As the final days of school approach, my heart feels heavy with the thought of leaving behind the friends who have been my world for so long. These aren't just friends, they're family. The ones who made every moment unforgettable. I'll miss the way we laughed until our stomachs hurt, the way we shared our dreams during zero periods, and specially the times we sneaked out to bunk classes together, turning those stolen hours into memories that will last a lifetime.

The classrooms, corridors and playground will never feel the same without them. I'll miss how we turned ordinary days into extraordinary adventures, how we stood by each other through every test, both academic and emotional and how they made every challenge less scary. Saying goodbye to this loved one feels like leaving a part of myself behind. But even as we walk different paths, I know our bond will remain some. I'll carry their laughter, their rebellious spirit and their love, support in my heart wherever life takes me. No matter the distance, they will always be the main. I'll forever cherish and miss.



Ojaswi Siwakoti
X 'C'

Life is Beautiful

Life is beautiful, but not always. It has lots of problems, you have to face everyday. Don't worry though! All these problems make you strong, it gives you courage to stand alone in future. Life is full of moments of joy. Pleasure, success and comfort punctuated by misery, defeat, failures and problems. There is no human being on earth, strong, powerful, wise or rich who has not experienced, struggle, suffering for failure. You have to work hard to reach to the highest position. Life is full of paths, you just have to choose the right one. Life is full of happiness so don't regret your life.

People say 'Don't dream your life, live your dreams!', live your life, however you want to have fun! Dance as much as you want! Take risks trust yourself. Believe in yourself, life is too short to save it for tomorrow. Treat people the way they treat you. Be strong and face people around the world. Haters are always around you but it doesn't matter as they are the ones who make you famous. Not everyone gets to live and those who do are so lucky.



Prashna Shrestha
X 'E'



What an SEE is!



The tale of the 'Iron Gate' resides in the collective consciousness of all Nepali household. Graduating the SLC or SEE as they can all it now, has always had a peculiar importance in our society.

Let's take an example of one of the most loved comic character from Nepali Telemetries industry 'Mundre' played by Jitu Nepal. Mundre is an SEE graduate who uses his degree as the foundation of his degree as the foundation of his introduction. The characters flaunts ear studs and chains, resembles a local goon and rides a bike across his Tole and does nothing else. But, for him having passed his SEE is a big deal and all the achievements he ever needs.

While this is just an example from a fictional world, we can see similar characters and similar values in real life too. Whether a student has passed SEE and with what percentage plays and important role not just in families but also beyond. The SEE status and percentages are something that instantly becomes a matter of concern for distant kith and kin, the neighbor and occasionally random strangers we meet at bus stops or tea shops.

The pressure that the school places on a students is not to be overloaded. Literatures on SEE being the 'Toughest' exam or 'determinant of life' are omnipresent. As soon as a students enters grade nine, he enters a whirlwind that is full of additional coaching classes, frequent mock exams and constant counseling. The students enters a zone where life is academics and academics are life. There is only one goal, to attend, pass and excel SEE with flying colors.

Everything else in a blur. Teachers actually persuade students to be short-sighted by focusing on SEE and nothing else. They groom students to study for 'one test time' as if they are appearing for the last exams of their life. Looking at this comprehensive scenario, it seems more like SEE is being used as an index to refer to the aptitude of earth. It is more of an index that measure the prestige of an family or a school.

But, what is the big deal? Let's take in account the first factor. The overrated rigor of exams. Honestly, the exams holds little or no importance in real life. The depth, importance and rigor of any course are based on factors such as academic level, specialization and content, among other things. SEE is just an academic base of our country.

The base is for everyone regardless of their personal aptitude and their future choice. The exam is never as harsh as one expects it to be in fact there are instances of too much freedom. However, it would be justifiable to say that students in rural and remote areas are at a certain disadvantage and feel more challenged than those who are coming from urban area of private schools.

The practical value of the exam is close to nothing. I mean, there is also an important question that has been raised over and again but never been addressed. How accountable and fair is the checking and how trustworthy is a student's performance in SEE is not solely dependent upon how much we master the typical 'Ten sets collections' and mug up every answer as there are high repetitions of questions. Every year, there are thousand who make it through using unfair means, and the regulation system aren't reliable either. Over marking and under making are pretty common and they eventually leads to shattering in our expectations or oranges of divisions. The simple adds to our streets.



Shova Rajbanshi
X 'E'



PHOTOS SECTION



Nursery with 'Mrs. Muna Kharel/Mina Timsina'



UKG - 'A' with 'Mrs. Inu Oli'



LKG - 'A' with 'Mrs. Preeti Neupane'



UKG - 'B' with 'Mrs. Mina Chhetri'



LKG - 'B' with 'Ms. Pragati Bhujel'



GRADE - I 'A' with 'Mrs. Dilmaya Adhikari'



GRADE - I 'B' with 'Mrs. Rekha Sapkota'



GRADE - II 'B' with 'Mrs. Shova Gurung'



GRADE - I 'C' with 'Mrs. Deepika Chhetri'



GRADE - II 'C' with 'Mrs. Swastika Mainali'



GRADE - II 'A' with 'Mrs. Binita Khebang'



GRADE - III 'A' with 'Mrs. Lalita Thapa'



GRADE - III 'B' with 'Mrs. Bhumika Adhikari'



GRADE - IV 'A' with 'Mr. Prem Limbu'



GRADE - III 'C' with 'Mrs. Madhu Sitoula'



GRADE - IV 'B' with 'Mrs. Sarita Ojha'



GRADE - III 'D' with 'Mrs. Saraswati Thapa'



GRADE - IV 'C' with 'Mrs. Puja Subedi'



GRADE - IV 'D' with 'Mrs. Sanju Uprety'



GRADE - V 'B' with 'Mr. Krishna Bhandari'



GRADE - IV 'E' with 'Mrs. Neha Sharma'



GRADE - V 'C' with 'Ms. Pramita Dhungel'



GRADE - V 'A' with 'Mrs. Sita Khatiwada'



GRADE - V 'D' with 'Mrs. Asha Lama'



GRADE - V 'E' with 'Ms. Prena Agrawal'



GRADE - VI 'C' with 'Mrs. Smita Limbu'



GRADE - VI 'A' with 'Mr. Sachin Khadka & Mrs. Harimaya Adhikari'



GRADE - VI 'D' with 'Mr. Ajay Mandal'



GRADE - VI 'B' with 'Mrs. Renu Agrawal'



GRADE - VI 'E' with 'Mrs. Rejina Siwakoti'



GRADE - VII 'A' with 'Mr. Birendra Kumar Chauhan'



GRADE - VII 'D' with 'Mrs. Sunita Chauhan'



GRADE - VII 'B' with 'Mr. Piyush Dhungel'



GRADE - VII 'E' with 'Mr. Sachin Khadka'



GRADE - VII 'C' with 'Mrs. Man Maya Timsina'



GRADE - VIII 'A' with 'Mr. Hemkrishna Pokharel'



GRADE - VIII 'B' with 'Mr. Ashish Kharga'



GRADE - VIII 'E' with 'Mr. Sonam Kafle'



GRADE - VIII 'C' with 'Mr. Tikaram Nepal'



GRADE - IX 'A' with 'Mr. Kulmani Chaulagain'



GRADE - VIII 'D' with 'Mr. Jeewan Acharya'



GRADE - IX 'B' with 'Mr. Gopal Uprety'



GRADE - IX 'C' with 'Mr. Bhuwan Khatiwada'



GRADE - X 'A' with 'Mr. Saroj Niroula'



GRADE - IX 'D' with 'Mr. Bharat Mahato'



GRADE - X 'B' with 'Mr. Ranjan Raj Prasai'



GRADE - IX 'E' with 'Mr. Khagendra Nepal'



GRADE - X 'C' with 'Mr. Madan Adhikari'



GRADE - X 'D' with 'Mrs. Binita Subedi'



GRADE - XI 'A' with 'Mr. Om Sapkota'



GRADE - X 'E' with 'Mr. Krishna Niroula'



GRADE - XI 'B' with 'Mr. Kulmani Chaulagain'



GRADE - XI 'C' with 'Mr. Komal Prasad Luitel'



GRADE - XI 'D' with 'Mr. Laxmi Chaudhary'



GRADE - XI 'G' with 'Mr. Nabin Kishore Bimali'



GRADE - XI 'E' with 'Mr. Bhuwan Khatiwada'



GRADE - XI 'H' with 'Mr. Niraj Gajurel'



GRADE - XI 'F' with 'Mr. Sagar Khanal'



GRADE - XII 'A' with 'Mrs. Krishna Prasai'



GRADE - XII 'B' with 'Mr. Bigyan Sangroula'



GRADE - XII 'E' with 'Mr. Deepak Timsina'



GRADE - XII 'C' with 'Mr. Manish Basnet'



GRADE - XII 'F' with 'Mr. Gopal Diyali'



GRADE - XII 'D' with 'Mr. Sanjeev Sangroula'



GRADE - XII 'G' with 'Mr. Bishnu Mishra'

TEACHING STAFFS



HSS/BBS STAFF WITH PRINCIPAL & VICE-PRINCIPAL



SCHOOL MANAGEMENT COMMITTEE WITH CHAIRMAN



ACCOUNT DEPARTMENT



HOSTEL DEPARTMENT



ECA DEPARTMENT



ADMINISTRATIVE SUPPORT STAFF



SUPPORT STAFF



COACHES



TRANSPORTATION STAFF



SCIENCE EXHIBITION





ACHIEVEMENTS



REFRESHMENTS





ACTIVITIES
PHOTOS



BLESSING CEREMONY
SEE BATCH 2080





GAMES & SPORTS





ANNUAL PROGRAM

