



Kaadambari

School Magazine 2081

Vol. XV



Balmiki Education Foundation

Birtamode-1, Jhapa, Nepal

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Published By:

Balmiki Education Foundation

Birtamode-1, Jhapa, Nepal



राम्रोजति सबै तपाईंकै नानीलाई

संस्थापक
गोपालकुमार बस्नेत



यस प्रतिष्ठानको स्थापना कालदेखि नै प्रकाशित हुँदै आएको वार्षिक पत्रिका 'कादम्बरी' विद्यालयका विविध गतिविधिहरूलाई समेटेर प्रकाशित हुँदै आएको छ । शिक्षा केबल पाठ्यपुस्तकमा मात्र सीमित नभई नानीहरूको व्यवहारिक ज्ञान, अनुशासन र सिर्जनशीलतालाई पनि समेट्दै अगाडि बढ्ने माध्यम हो । नानीहरूको सिर्जनशीलता अभिव्यक्ति र लेखन क्षमतालाई अझ परिष्कृत बनाउन पनि यस पत्रिकाले महत्वपूर्ण भूमिका खेलेको छ । आज यस प्रतिष्ठानले २२ औं वसन्तहरू पूरा गरेको छ । सबैको साथ सहयोग र स्नेहको फलस्वरूप आज यस क्षेत्रमा एउटा गुणस्तरीय विद्यालय स्थापना गर्न हामी सफल भएका छौं ।

शिक्षा जीवनको मेरुदण्ड हो । शिक्षालाई युग सुहाउँदो, व्यवहारिक र जीवनोपयोगी बनाउनु हाम्रो दायित्व हो । त्यसका लागि परम्परागत शैक्षिक पद्धतिमा परिमार्जन गर्नु आजको आवश्यकता बनेको छ । हामीले पनि यस प्रतिष्ठानको शैक्षिक गुणस्तरको अभिवृद्धिका लागि विभिन्न प्रयास र प्रयोगहरू गर्दै आएका छौं । साना कक्षाहरूबाटै कम्प्युटरको प्रयोग गरी आधुनिक शिक्षण पद्धति अनुरूप शिक्षणका अभ्यासहरू सुरु गरेका छौं । किताबी ज्ञानका अतिरिक्त नानीहरूको व्यवहारमा सकारात्मक परिवर्तन ल्याउन नयाँ नयाँ शिक्षण विधिहरू प्रयोग गर्दैछौं ।

गुणस्तरीय शिक्षाको लागि विद्यालयको वातावरण पनि सकारात्मक हुनुपर्छ । भौतिक, सामाजिक, शैक्षिक, भावनात्मक दृष्टिकोणबाट यस प्रतिष्ठानले स्थापनाकालदेखि नै सकारात्मक वातावरण कायम राख्न सफल भएको छ । जसका कारणले विद्यार्थीहरूमा आत्मविश्वास, सिर्जनशीलता, राष्ट्रप्रेम र जिम्मेवारीको भावना विकास गराउँछ ।

स्नेही विद्यार्थी नानीहरू अनुशासन बिना शिक्षाले पूर्णता पाउन सक्दैन । शिक्षा क्षेत्रमा अनुशासन अत्यन्त महत्वपूर्ण छ । नानीहरूलाई आत्मनियन्त्रित, जिम्मेवार र इमान्दार बनाउने गुण नै अनुशासन हो । यस विषयमा अभिभावक, विद्यालय र विद्यार्थीबीच त्रिकोणात्मक सम्बन्धको आवश्यकता पर्दछ । यसरी हामी सबै एकजुट भई नानीहरूको उज्वल भविष्यका लागि अगाडि बढ्नु आजको आवश्यकता बनेको छ ।

समय अनुसार शिक्षाको क्षेत्रमा हामीले अझै धेरै रूपान्तरण गर्नु आवश्यक छ । हामी सबैको प्रयत्न नानीहरूको उज्वल भविष्यमा केन्द्रित हुनुपर्छ । राष्ट्र र अन्तराष्ट्रिय स्तरसम्म हाम्रा नानीहरूले प्राप्त गरेको ज्ञान र सीप उपयोगी बनोस् । हाम्रा नानीहरूले असल र गुणस्तरीय शिक्षा पाउन् । परिश्रमी र लगनशील बनून् ।

अन्त्यमा, यस प्रतिष्ठानको गुणस्तरीय रूपान्तरण, प्रगति र समृद्धिका लागि सबैबाट सदैव साथ, सहयोग र असल सल्लाह सुझावको अपेक्षा गर्दै अभिभावक, शुभेच्छुक, व्यवस्थापन समिति, शिक्षक, कर्मचारी अनि प्यारा विद्यार्थी नानीहरूप्रति नयाँ वर्ष २०८२ सालको हार्दिक मंगलमय शुभकामना यस प्रतिष्ठानका तर्फबाट व्यक्त गर्दछु ।

धन्यवाद ।





Message from the Executive Director's Desk

Executive Director
Mr. Anand Kumar Basnet

I came across this amazing quote and realized, how relevant it is for all of us; children, parents and teachers. There is never any point in the life of a person when he can sit back and say, "There is nothing more to learn, I can relax with comforting thought that the universe around me is an open book and I know it all".

Balmiki School was established in 2059 with the intention of offering value based quality education. Our philosophy of education has always been meeting the needs of the individual child. Children acquire skills and knowledge easily if we can make the surrounding stimulating and purposeful. In the 21st century, the digital revolution affects us all. Quite simply, it is changing everything around us. We have to make our children adapt to such surrounding. In such a surrounding when work and effort is valued, the child's self esteem is heightened and from this results self motivation. We, in Balmiki, try to achieve this objective and we firmly believe that it is our responsibility to develop our students as

fine human beings who are capable to face the challenges of the present competitive world.

With the grace of the God and the hard work put in by the students and teachers alike, this year has been outstanding. Be it in the SEE results, inter-school competitions or any other related activities, Balmiki has excelled. It is a matter of pride that Balmiki has introduced smart classes from classes I to IV which will be introduced in the pre primary wing from this academic session. We will be introducing child friendly and accident free play ground for our small ones. Pre-primary classes will be turned into well equipped classrooms where our small ones can get every knowledge and facilities they required.

Dear guardians, it is time-tested truth that the people of fine character live by their values. They are honest and are committed to truthfulness in thoughts and deeds. True character, thus encompasses the capacity for self discipline which leads towards being a good human.

"Kaadambari" an annual school magazine of Balmiki Education Foundation, displays the fabulous quality of our students in the area of creativity, knowledge, language and literature which they have exhibited through their articles. Today, as we march towards the Twenty First year of our accomplished existence, we pledge to work for every child and open new vistas in the field of education.

Last but by no means the least, I would like to express my sincere gratitude to everyone who has contributed for this magazine. I also would like to take this opportunity to extend my hearty best wishes of the New Year 2080 to all the parents, guardians, officials, organizations, teachers individuals and well wishers that may this New Year bring health, happiness and prosperity to all of you.





” **Message**
from the
Principal’s Desk

Principal
Mr. Pawan Giri

“Education is not the filling of a pail but the lighting of a fire.” - William Butler Yeats

It is with great joy, humility, and a profound sense of responsibility that I write these words for our annual school magazine—a mirror that reflects our collective journey, our shared dreams, and the spirit that binds the Balmiki family together.

At Balmiki Education Foundation, our motto “Learning Today, Leading Tomorrow” is more than a phrase—it is a promise. A promise to nurture young minds not just for exams, but for life. A promise to shape characters, spark curiosity, and build confidence in every learner who walks through our gates.

As I reflect upon the academic year, I am filled with pride at the growth and transformation taking place across every corner of our institution.

In the short span of my tenure as Principal, I have witnessed a profound commitment among our educators, staff, and students to strive for excellence—not only in academics but in values, discipline, innovation, and community responsibility.

This academic year has been a journey of growth, resilience, and transformation and as the Principal of this esteemed institution, I have come to believe that leadership is not about authority, but about responsibility. I see myself not as a boss, but as a guide—one who walks with his team, listens before speaking, and leads by example. My role is to cultivate a space where students feel inspired, where teachers feel valued, and where every voice matters.

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character — that is the goal of true education.”

- Martin Luther King Jr.

Recognizing that academic success must be supported by emotional and psychological well-being, we have proudly appointed a full-time School Counsellor this year. This step reflects our commitment to the holistic development of every student. Our counsellor serves as a pillar of support, helping students navigate stress, self-doubt, social challenges, and life decisions with empathy and confidence. In today’s world, mental wellness is not a luxury—it is a necessity.

We have also embraced several new initiatives—from capacity-building workshops for our teachers to enhanced academic support for our SEE students, and student-led events that highlight leadership, creativity, and community. Our Graduation Blessing Ceremony, beautifully hosted by Grade IX students, was a heartfelt celebration of our values in action. Meanwhile, our house system—Satya, Sanskriti, Vidya, and Gyana—has flourished through new symbolic representations and vibrant ECA engagement.

“Education is the most powerful weapon which you can use to change the world.”

- Nelson Mandela

I believe that true education is a balance of mind and heart—a place where discipline does not suppress creativity and freedom is rooted in values. We continue to stand beside every learner: uplifting the struggling, encouraging the average, and challenging the exceptional.

To our dedicated teachers: thank you for your quiet strength, for mentoring with compassion, and for demonstrating that dignity and excellence go hand in hand. Your integrity defines our institution. To our students, I say: believe in yourself. You are the torchbearers of tomorrow. Let curiosity guide you, discipline ground you, and values shape you. To the parents and guardians, I express my sincere gratitude for your steadfast trust and partnership. And to my fellow educators and administrative team, thank you for walking alongside me with shared vision and integrity.

This magazine is a celebration of who we are—our identity, journey, and dreams. I encourage everyone who turns its pages to not only relive the memories but also feel inspired by the passion and perseverance behind each story, poem, project, or photograph.

Let us continue to build a community where education is not just about success, but about significance.

With sincere appreciation and resolute optimism,

Principal
Mr. Pawan Giri
Balmiki Education Foundation

Message from the Vice-Principal's Desk

Vice Principal
Mr. Subodh Tamang



It gives me immense joy and pride to extend my heartfelt greetings through the pages of this year's school magazine. As Vice Principal of Balmiki Education Foundation, I have had the privilege of witnessing the incredible growth, commitment, and creativity of our students and staff over the past academic year. This magazine is not just a compilation of articles, poems, achievements, and photographs-it is a mirror reflecting the vibrant life and spirit of our school community.

Education today is not confined to textbooks and classrooms. It is about fostering curiosity, encouraging critical thinking, nurturing values, and building character. At Balmiki, we strive to provide a balanced education that harmoniously blends academic excellence with co-curricular activities, leadership opportunities, and emotional intelligence. This publication highlights the journey of our students as they explore new ideas, express their thoughts, and share their learning beyond conventional boundaries. Our students have brought laurels to the institution not only through outstanding academic results but also by showcasing their talents in art, literature, sports, science, and technology. Their achievements are a testament to the hard work of our dedicated teachers, the support of parents, and the enthusiasm of our young learners. I am also grateful to our management for their unwavering vision and encouragement in every step we take.

This magazine stands as a platform for students to voice their imagination, perspectives, and creativity. I urge each one of you to continue writing, thinking, and exploring. Let this issue not just be a celebration of what we have achieved, but a motivation for what we can aspire to become.

I extend my warmest congratulations to the editorial board and all the contributors who have worked tirelessly to bring this edition to life. May the spirit of learning, creativity, and excellence always shine bright at Balmiki Education Foundation.

With warm regards,

Vice Principal

Mr. Subodh Tamang

Balmiki Education Foundation

Editorial



Chief Editor
Mr. Rajan Raj Prasai



It gives me immense pleasure and satisfaction when it is time to jot down a few words of editorial notes on "Kadambari"- Balmiki School's child centric yearly magazine decorated with creative efforts of little Balmikians, trained, tamed and taken care at Balmiki Garden of Birtamode town.

'Kadambari', in essence, is a literary magazine through which students are encouraged and induced to express themselves creatively so that they can develop literary tastes in them and they can also brush up their writing skills. This magazine is always published at the threshold of new year ever since the tradition of this publication was established in 2061 B.S.

Balmiki school has made every possible efforts to make it an institution of quality and academic excellence where each student is valued and their latent natural talents and flairs are explored and exposed through various clubs available in the school such as dance, vocal, guitar, drum, violin, flutes, fine arts, fabric painting, knitting, karate, basket ball, volleyball, T.T., Badminton, football and so on.

We firmly believe that a child learns more by playing and interacting with other children in the school. This is possible only if we offer them ample opportunities of extra-curricular activities.

To meet this needs, we have enough infrastructural facilities, resources, materials and expert trainers. Besides, we also try to inculcate moral values, etiquette, common decency and sense of discipline into the minds of children by way of classroom preaching, games and sports and sometimes by holding mass preaching session in the school.

Within a short span of time, we have had miraculous achievements in the field of academics, extra-curricular activities and infrastructural facilities as a result of our sincere best efforts we put in to achieve our goals of excellence under the able and visionary leadership of our school's Director and Executive-Director, Mr. Gopal Kumar Basnet and Mr. Anand Kumar Basnet respectively.

Publishing a magazine is not an easy task. It requires a taxing and arduous efforts of a large number of people. I take this opportunity to express my sincere gratitude to our school's Executive-Director, Mr. Anand Kumar Basnet for his continual advice and suggestions. My sincere thanks also goes to Principal Mr. Bishnu Singhal, Vice-Principal Mr. Subodh Lama and the editorial board members for their expertly help and support.

Lastly, on behalf of the entire school, I would like to extend my hearty best wishes to everyone on the auspicious occasion of New Year - 2080.

सम्पादकीय



प्रधान सम्पादक
नविन ओली

पूर्वकै हो सान हाम्रो विद्यालय वाल्मीकि
स्वदेश र विदेश छायाँ ज्ञान र गुण सिकी

नयाँ शैक्षिक सत्रको सुरुवातसँगै बसन्तले पालुवा फेरेझैं कादम्बरीको १५ औं अङ्क लिएर हजुरहरू समक्ष उपस्थित भएका छौं । विद्यार्थी संख्या र शैक्षिक गुणस्तर दुवै दृष्टिले पूर्वमै अग्रणी स्थानमा रहेको यस वाल्मीकि एजुकेशन फाउन्डेसनले आफ्ना विद्यार्थीहरूमा अन्तर्निहित साहित्यिक क्षमता र विद्यालयको गतिविधिलाई यस पत्रिकामार्फत उजागर गर्दै आएको कुरा सर्वविदितै छ । पत्रिकाको प्रकाशनमा सुरुवातकालदेखि अहिलेसम्म विद्यालयका संस्थापक श्री गोपालकुमार बस्नेतज्यूबाट व्यक्त गरिएको सद्भाव र सहयोग सराहनीय रहेको छ । संस्थाका कार्यकारी निर्देशक श्री आनन्दकुमार बस्नेतज्यूले दिनुभएको उत्प्रेरणा र चासो अमूल्य छ । विद्यालयका प्रधानाध्यापक पवन गिरीले पुष्प्याउनु भएको अभिभावकीय सहयोग र सहायक प्रधानाध्यापक सुबोध लामाको संयोजनकारी भूमिका महत्वपूर्ण रहेको छ ।

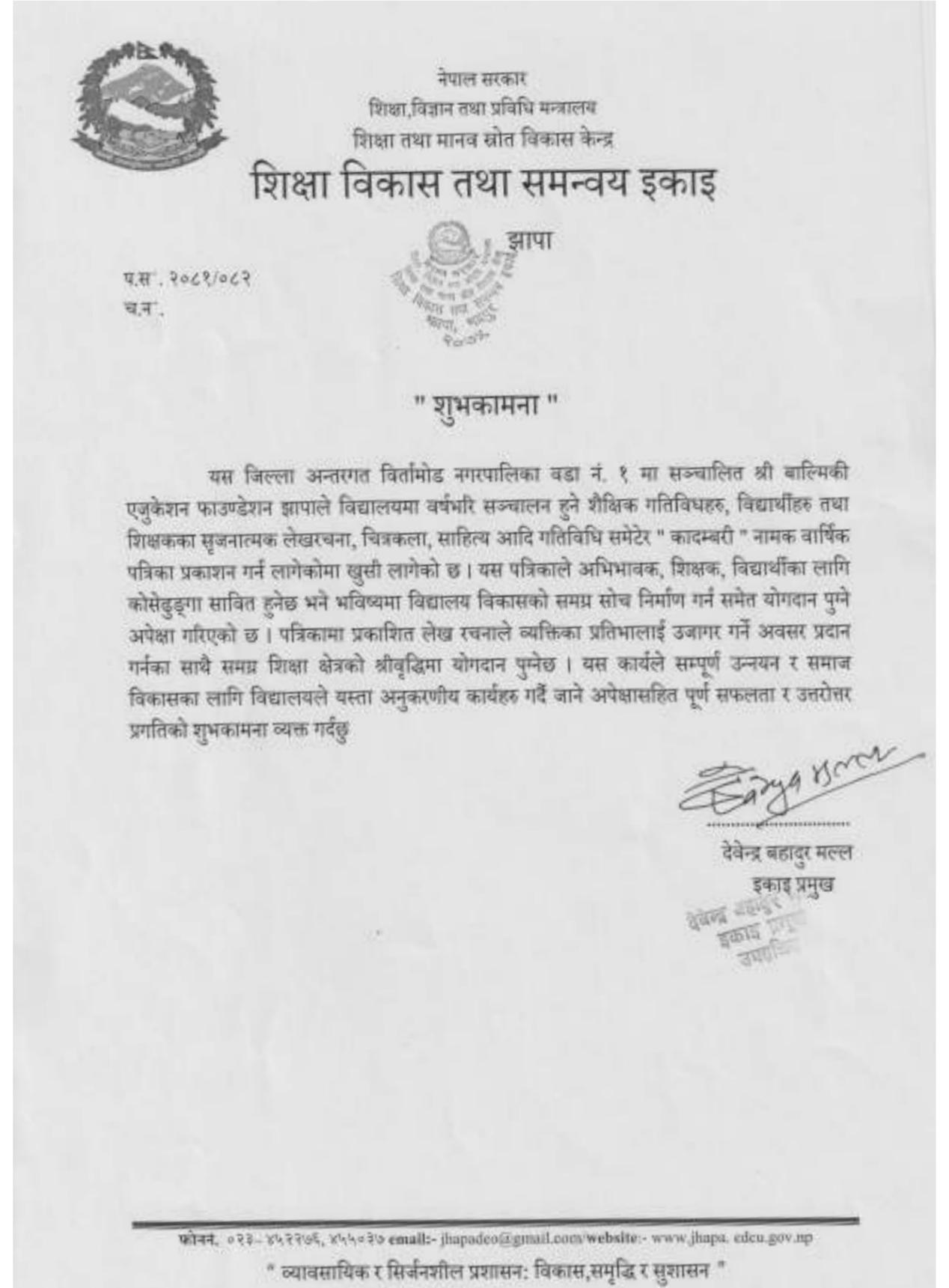
यो पत्रिका हाम्रा विद्यार्थीहरूको कल्पना बुद्धि र भावनाको अभिव्यक्तिले बुनेको एउटा जीवन्त चित्र हो । यसले कला साहित्य र मानव अनुभवका बीचमा रहेको अन्तरसम्बन्धलाई अन्वेषण गर्ने हाम्रो सामूहिक प्रयासलाई प्रतिबिम्बित गर्छ । भविष्यमा साहित्यिक क्षेत्रमा लागेर समाज र राष्ट्रमा पहिचान बनाउन चाहने विद्यार्थीहरूको लागि कादम्बरी पहिलो खुडकिलो हो भन्नु अत्युक्ति नहोला ।

यस पत्रिकाका पृष्ठहरूमा तपाईंले विद्यार्थीहरूको अभिव्यक्तिको बहुरङ्गी संसार पाउनु हुने छ । तोते बोलीका

सिर्जना र हुर्कंदै गरेका नानीबाबुहरूका अन्तर्निहित भावनाहरू शब्दमा उतारिएको पाउनु हुने छ । यो पत्रिका केवल प्रकाशन होइन विद्यार्थीहरूको भावना, कल्पना, सपना र एकताको प्रतीक हो । यसले हामीलाई हरेक आवाज उत्तिकै सशक्त र महत्वपूर्ण हुन्छ भन्ने सम्झाउँछ ।

विभिन्न तहमा करिब ३००० विद्यार्थीहरू अध्ययनरत यस संस्थामा माध्यमिक, स्नातक र स्नातकोत्तर तहका कक्षाहरू सञ्चालित छन् । कक्षा ११ र १२ मा व्यवस्थापन र विज्ञान, स्नातक तहअन्तर्गत बी.एच.एम, बी.सी.ए, बी.बी.ए तथा स्नातकोत्तर तहमा एम.बी.ए तहका कक्षाहरू सञ्चालित छन् । तोते बोली बोल्ने दुधे बालकदेखि वयस्क युवा युवतीहरू समेतलाई पठनपाठन गराउने यस संस्थाले उच्च शिक्षातर्फ रोजगारमूलक र प्राविधिक विषयलाई विशेष महत्व दिँदै आएको छ ।

कोशी प्रदेशकै स्थापित र नमुना शैक्षिक संस्थाको रूपमा रहेको यस संस्थाले सदा झैं शैक्षिक सत्र २०८२ को विद्यालय पत्रिका कादम्बरी हजुरहरूको हातमा पुऱ्याइसकेको छ । संस्थाको बृहत चिनारी दिने र स्कुले बालबालिकाका भावना र विचारलाई शब्द र चित्रमा प्रस्तुत गर्ने यस पत्रिकालाई सदाझैं माया गरिदिनुहुनेछ भन्ने आशा गर्दछु । अन्त्यमा नयाँ वर्ष २०८२ सालको उपलक्ष्यमा सबैमा सुस्वास्थ्य समृद्धि र उत्तरोत्तर प्रगतिको कामनासहित हार्दिक शुभकामना व्यक्त गर्दछु ।





वित्तमोड नगरपालिका
BIRTAMODE MUNICIPALITY
नगर कार्यपालिकाको कार्यालय
OFFICE OF THE MUNICIPAL EXECUTIVE

☎ नम्वर : ०३३-५१६००६

वित्तमोड, जहपा, कोशी प्रदेश, नेपाल
Birtamode, Jhapa, Koshi Province, Nepal

प.सं. २०८१,०८२ (नगर प्रमुखको सचिवालय)

च.नं.

हार्दिक शुभकामना

शिक्षाको क्षेत्रलाई उच्च प्राथमिकतामा राख्न आजको आवश्यकता हो। यिनै आवश्यकतालाई आत्मसात् गर्दै अनवरतरूपमा गुणस्तरीय शिक्षा प्रदान गर्न समर्पित बाल्मिकी एजुकेशन फाउन्डेसनले शैक्षिक क्षेत्रमा उल्लेखनीय योगदान पुर्याउँदै आएको छ।

विद्यालयले प्रत्येक वर्ष प्रकाशन गर्दै आएको 'कादम्बरी' पत्रिका जसको यस वर्षको संस्करण 'कादम्बरी अंक-१५०' प्रकाशनको अन्तिम चरणमा पुगेको छ भन्ने सुन्न पाउँदा हर्षित छु। यस प्रकारका सृजनारमक कार्यले विद्यार्थीकोहरूको क्षमताको विकास गर्नेछ। विद्यार्थीहरूको भाषा-कला, साहित्यिक अभिरुचि र समग्र व्यक्तित्व विकासको खुशिकलो बन्ने छ।

विद्यालयका विभिन्न गतिविधिहरूको संग्रालो 'कादम्बरी' पत्रिकाले पुस्तकाको लागि दस्तावेजका रूपमा दर्ज हुन सकोस्। यस ऐतिहासिक अंकको प्रकाशनमा जुट्नु भएका सम्पूर्ण विद्यार्थी, शिक्षक, सम्पादकीय टोली, विद्यालय व्यवस्थापन समिति तथा अभिभावकहरूलाई समग्र वित्तमोड नगरपालिकाको तर्फबाट हार्दिक बधाई तथा शुभकामना व्यक्त गर्दछु।


पञ्चदेवी महतारा प्रसाद
नगर प्रमुख
पञ्च देवी महतारा प्रसाद
नगर प्रमुख

पुर्वाञ्चल नगर, विन्दी रोड पश्चिम व व्यवसायको अतिवृद्धि,
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PRIVATE & BOARDING SCHOOLS' ORGANIZATION NEPAL (PABSON)

DISTRICT EXECUTIVE COMMITTEE, JHAPA

Ref No-08/81/082

Date-2082-01-09



Best Wishes Message for Balmiki Education Foundation

It is a matter of great joy and pride to know that Balmiki Education Foundation is soon publishing the 15th edition of its annual magazine "Kaadambari."

On this remarkable occasion, I extend my heartfelt congratulations and best wishes to the entire Balmiki family founders, management, teachers, staff, students, and contributors. Publications like Kaadambari serve as a creative and intellectual platform for students and teachers to express their ideas, talents, and reflections. It is a mirror of the school's academic and co-curricular vibrancy, showcasing the progress and achievements of the institution over the years. May this edition of Kaadambari continue to inspire learning, creativity, and critical thinking among the students. I am confident that Balmiki Education Foundation will keep rising as a center of excellence in education, instilling knowledge, discipline, and moral values in future generations. Wishing you continued success in all your academic endeavors and a bright, progressive journey ahead.

With best regards,


Chhatra Bdr Karki
President
PABSON JHAPA

District Office
Birtamod-1, Jhapa

033-534790
023-644790

info@pabson.org.np



बिर्तामोड नगरपालिका
BIRTAMODE MUNICIPALITY
नगर कार्यपालिकाको कार्यालय
OFFICE OF THE MUNICIPAL EXECUTIVE

☎ नयाँ नं. : ०११-२२००११

बिर्तामोड, झापा, कोशी प्रदेश, नेपाल
Birtamode, Jhapa, Koshi Province, Nepal

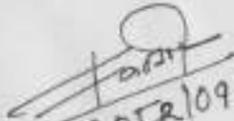
प.सं. २०८१/०८२(शिक्षा, युवा तथा खेलकुद शाखा)
च.नं.



मिति: २०८२/०९/०९
ने.सं.१२२५ चौलागा ९, मंगलबार

विषय : - शुभकामना

बिर्तामोड नगरपालिका वडा नं १मा रहेको श्रीबाल्मिकीएजुकेशन फाउण्डेशन, भापाले यस वर्ष पनि निर्जनात्मक लेख, रचना, चित्रकला, साहित्यआदि समावेश गरी "कादम्बरी अंक १५" प्रकाशन गर्न लागेको थाहापाउँदा खुशीलागेको छायो वार्षिक पत्रिकाले विद्यालयको विगतदेखि वर्तमानसम्मका शैक्षिक गतिविधितथा घटनाक्रमलाई उजागर गर्नुका साथै शिक्षक, विद्यार्थी लगायतकालेख रचनाहरु समेटेर विद्यालयको एउटा महत्वपूर्ण दस्तावेज तयार गर्न कोसेढुंगा सावितहुने विश्वास लिएको छु। यस पत्रिकामा प्रकाशित सामग्रीहरुले सम्पूर्ण शैक्षिक सरोकारवालाहरु र पाठकहरुलाई विद्यालयकानविनतम् प्रयोग र गतिविधितथाहापाउन र महत्वपूर्ण ज्ञान प्राप्त गर्न सहयोग पुग्ने विश्वास लिदै उत्तरोत्तर प्रगतिको कामना गर्दछु।


2082/09/09
तिलचन भण्डारी
उपसचिव
तिलचन भण्डारी
उपसचिव
शिक्षा युवा तथा खेलकुद शाखा

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Executive Director
Mr. Anand Kumar Basnet

Principal
Mr. Pawan Giri

V. Principal
Mr. Subodh Tamang

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Higher Secondary/BBS	Mr. Sagar Khanal
Secondary	Mr. Surya Kuikel
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Primary	Mrs. Geeta Gurung
Pre-Primary	Mrs. Anjeela Chhetri

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Cashier	Mrs. Bidhya Neupane

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Mr. Diwakar Nepal	Science	Mr. Gayatri Chauhan	Economics
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Mr. Niraj Shrestha	HM	Mr. Om Sapkota	Mathematic
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Asst.Cook	Mr.Sanjok Lepcha
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Helper	Ms Samjhana Majhi
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Dance Teacher	Ms. Rina Tamang
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Guitar	Mr.Srijan Rajbanshi
Guitar	Mr.Sandeep Shrestha

Flute	Mr.Laxman Oli
Keyboard	Mr.Dhurba Sharma
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Drum	Mr.Manab Rai
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IT/Communication Department	Mr.Suman Dhakal

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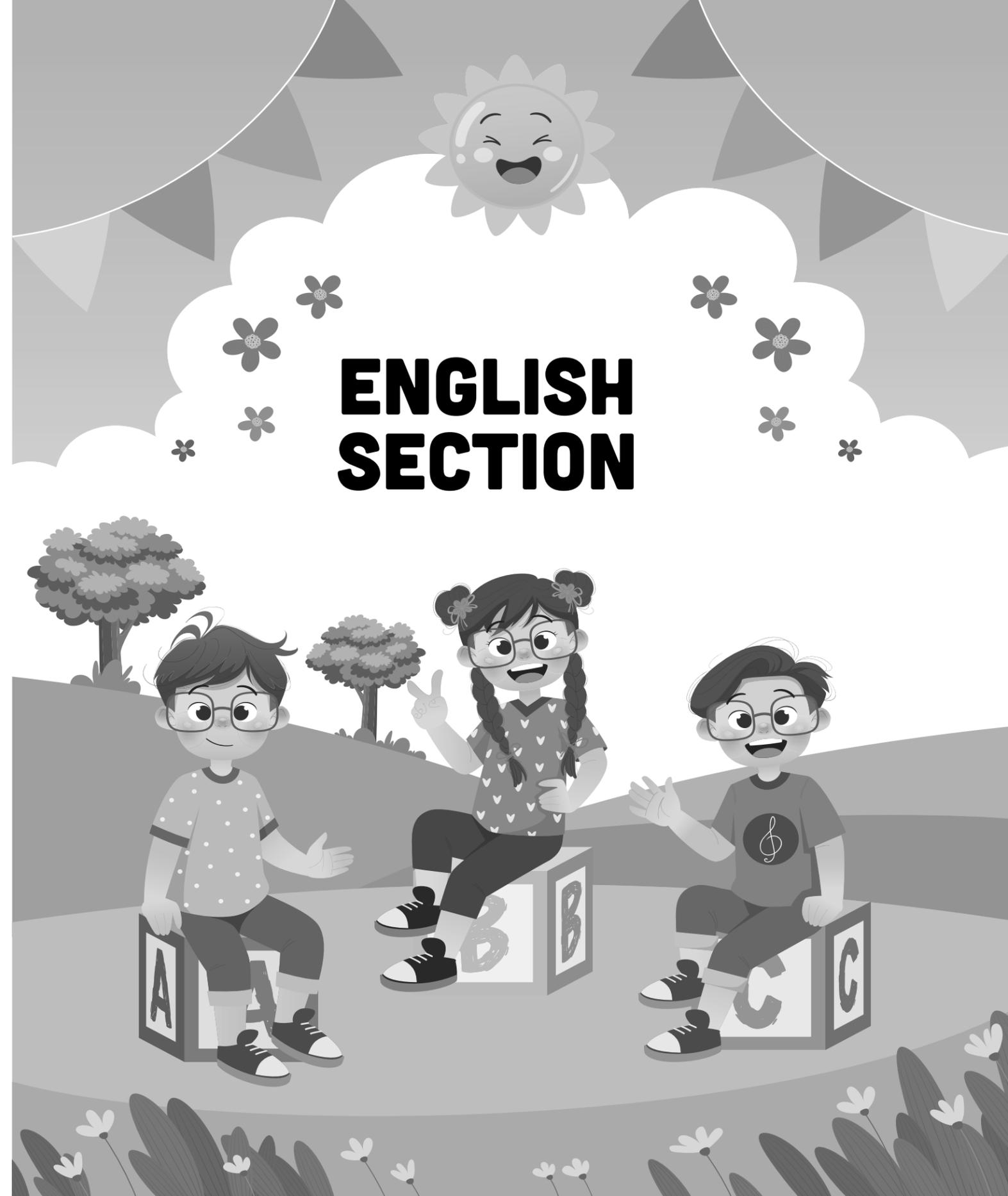
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Handy boy

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Mr.Kausal Majhi	Mr.Janak Mukhiya	Mr.Santosh Rajbanshoo

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Mrs. Dhanbati Rajbanshi	Mrs Ratna Kumari Ghale	



” The Magic of Pre-Primary...

A Journey of Discovery,
Creation & Growth



Block Incharge

The department of Preprimary

Mrs. Anjeela Chhetri

Give me some sunshine...

Give me some rain...

Give me another chance, I wanna grow up once again.

No no! I am not talking about 3 Idiots or the story of Joy Lobo. Nor it is about Raju, Farhan or Ranchoddas.

This is about us. The Balmikians. The kids and their learnings in The Department of Preprimary at 'Balmiki Education Foundation'.

The Magic of the Preprimary: A Journey of Discovery, Creation, and Growth

The preprimary department is where a child's first steps into the world of formal education are taken, yet it is so much more than an introduction to learning. It is a microcosm of exploration, creativity, and emotional development, where every day is an opportunity to discover, experiment, and grow. Here, the foundation of a child's lifelong educational journey is laid, and the seeds of curiosity, imagination, and social consciousness are planted. In this sacred space, children experience a world of wonder, guided by teachers who are not just educators but mentors, nurturers, and facilitators of joy and learning.

The Teachers: Catalysts of Imagination and Discovery

At the heart of the department lie the teachers, whose role transcends that of traditional educators. These professionals are the guiding lights for young minds, understanding that their influence will set the tone for the child's entire educational journey. The teachers of preprimary classrooms are masters in the art of patience, empathy, and creativity. They recognize the profound responsibility they bear in shaping the emotional, social, and cognitive development of their students during these formative years.

Every interaction between teacher and student is grounded in trust and respect. Teachers don't just instruct; they observe, listen, and engage. They carefully assess each child's needs, learning style, and unique strengths, crafting a tailored experience that fosters not only academic growth but also the development of confidence, empathy, and resilience.

The beauty of us is the teachers' ability to recognize that learning is not a passive process. Children learn best

when they are actively engaged in experiences that allow them to make connections to the world around them. Preprimary teachers are skilled in creating immersive, sensory-rich environments where learning feels like an adventure, whether it's through building blocks, painting a masterpiece, or engaging in collaborative problem-solving games.

The Children: Explorers in the World of Learning

For the children, we are the boundless world of exploration. This is the place where they make sense of their surroundings, develop fundamental skills, and begin to understand themselves and others. Every day is an opportunity to discover new things—new shapes, new colors, new letters, and most importantly, new ways of interacting with the world and their peers. The process is not merely academic; it is a holistic journey of growth that involves developing emotional intelligence, social skills, and physical coordination.

In this early phase of their educational journey, children also begin to develop crucial social skills. They learn how to cooperate with peers, how to share, how to navigate conflict, and how to express themselves both verbally and non-verbally. These moments of interaction, while seemingly simple, are foundational to their emotional development. Friendships begin to blossom, and the concepts of empathy, respect, and collaboration take root.

Moreover, these moments of creation are not solitary. In a preprimary classroom, children collaborate, share ideas, and build on each other's creativity. Whether they are building a model together, singing a song, or performing a skit, they learn the importance of teamwork, cooperation, and mutual respect. These social skills, forged in the fires of shared creation, will serve them throughout their lives.

The Journey of Learning: An Adventure in Every Moment

The preprimary department is not only a place where children learn about the world but also where they learn about themselves. The educational journey is designed to be immersive, engaging, and holistic. Every day, children are introduced to new concepts—whether they are the fundamentals of language, numbers, or the natural world. They experience learning as an adventure, full of excitement, surprise, and discovery.

The curriculum is designed to cater to a child's developmental needs, incorporating a blend of structured learning and exploratory play. Through a variety of experiences—such as group storytelling, sensory play, music, and outdoor exploration—children develop cognitive, motor, and social skills in ways that are meaningful and engaging. The goal is not to fill children with knowledge but to empower them to seek knowledge on their own, to ask questions, and to discover answers in ways that are engaging, creative, and fun.

As children immerse themselves in their learning environment, they begin to see the world through a different lens. They develop an understanding of the interconnectedness of things, learning about cause and effect, relationships, and the broader world in which they live. They learn about nature, art, history, and cultures—concepts that might seem vast and complex but are presented to them in ways that are accessible and engaging.

The Foundation of Lifelong Learning

We serve as the foundation for a lifetime of learning. It is a place where children's love for discovery is ignited, and where they begin to develop the skills, confidence, and emotional intelligence that will serve them throughout their lives. The experiences they have here shape not only their academic success but also their sense of self and their ability to navigate the world.

Every day is an opportunity for growth, creativity, and connection. It is a place where children are encouraged to dream, explore, and create. It is the beginning of a lifelong journey of learning, and it is here that the seeds of curiosity, imagination, and resilience are sown—promising a future filled with endless possibilities.

Cheers! To the journey.

Cheers! To the childhood.

Blooming Balmikians.

MY SCHOOL

I love my School very much. My School name is Balmiki Education Foundation. It is big and beautiful. We have many classrooms, a library, and a big playground. My teachers are kind and helpful. I love my teachers and friends. My class teacher name is Mrs. Rekha Sapkota. My friends and I play, read, draw and sing together. I like to go to school everyday.

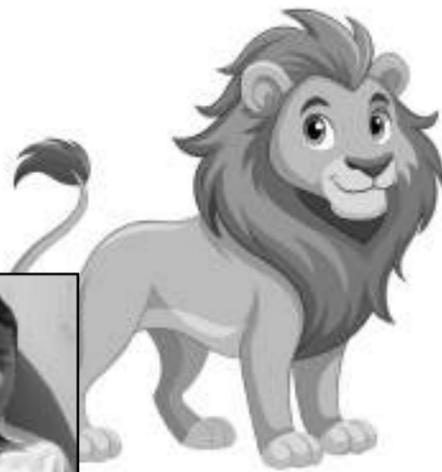
I feel happy in my school!



Advika Tamang
I 'B'



Anubhav Niraula
I 'A'



THE LION

1. The Lion is a wild animal.
2. It is a king of the forest.
3. It lives in jungle.
4. It has a strong body.
5. It is yellowish in colour.
6. It has smooth fur on it's body.
7. It has sharp teeth and strong claws.
8. It is a carnivorous animal.
9. It runs very fast.
10. It is a very good hunter.

An Ideal Teacher

A teacher is a guide of students who lights the path of knowledge. An ideal teacher is someone who is kind and patient and makes learning fun and easy. An ideal teacher explains lessons in a simple way so that all students can understand. They motivate students to work hard and be their best.



Drishya Dahal
I 'A'

Army

Army is the most important part of any country. Because of the army today we live comfortably in our house without any fear. Army protects the country by becoming a security shield for our country. Today's happy life for us is the gift of the army. We should be proud of our army.



Aahan Khawas
I 'A'

SUPER STAR

Ding dong bell
I am in the hostel
Baa Baa Black sheep
I make friendship
Twinkle Twinkle Little star
I am Prithak Super star.



Prithak Lamichhane
I 'B'



My favourite pet DOG

My favourite pet is dog. It has two eyes, a nose, a mouth, two ears, four legs and a tail. Dogs guard our house. They have sharp teeth. Dogs are omnivores animals. They have a strong power of smell. Dogs eat meat and bones. They are very useful to us. Dogs are found in various colours, size and shape. It is a faithful animal.



Babishna Karki
I 'A'

Best friends

Best friends
To be best of friends
Is a true gift
To share things together
To care and uplift.

In good times and bad,
The bond will endure.
Whether happy or sad,
The love will be pure.

Whether living close together,
Or being far apart.
Your friend is with you,
In your mind and your heart.



Prizma Aryal
I 'B'



Aarush Kuikel
III 'B'

My friendship started after coming in this school. My bestfriend's name is Ivan Khadka. He is a good boy. We read, write and play together and help each other in need. We have to make good friend not bad. Friendship is the rope of our life.

TREE

Do not cut me,
cried the tree.
Because I give you
Rain free.
In my cool shade
You rest,
Eat my fruits
That are best.
Take in My fresh smell
Let me live
My life well.



Samridhi Trikhatri
II 'C'

Don't laugh to much
At the chimpanzee
He thinks he's as wise
As your name.
And the penguins
Strutting around the lake
Can understand
Remarks you make
Treat them as well
As they do you think
And you'll always be welcome
At the zoo.



Ashish Siwakoti
II 'A'

Teacher

My teacher is the best.
She never ever rest.
She works hard day and night.
To make us very bright.
She teaches new things everyday.
And there is always time to play.
She is like mother to me,
I would like to thank her.....
For never giving up.....



Sugyani Basnet
III 'D'

Rainy Day

I put on my coat
And boots on my feet
I put on my hat
And stroll down the street
The rain falls down
from the clouds above
Splashing in puddles
Is what I love!



Samridhi Poudel
II 'C'



WHY DO WE BRUSH OUR TEETH?

Brushing our teeth is very important for our health. It keeps our teeth clean and healthy. Everyday when we eat food tiny bits stuck in our teeth. If we do not clean them germs can make hole called cavities.

We should brush our teeth two times a day, in the morning and before bed. Clean teeth make our smile bright. Use a toothbrush and toothpaste to clean our teeth. So, let's remember to brush everyday!



Uniska Thapa
II 'C'

Be kind to everyone

Once upon a time, there was a man called Josh. Josh was a farmer. He was poor. He sold fruits. One day he was going to his shop and he saw a poor man. He was very kind. He gave some money to the poor man. After a month, Josh became very poor. One day the poor man came to help Josh.



Saksham Suyal
II 'C'

My Country Nepal



Kesang Tamang
III 'B'

My country Nepal is small but a beautiful country. It lies between two big countries India and China. The total area of Nepal is 1,47,181 sq km. The population of our country is about 3 crore+. Nepal is known in the world as the land of Mt. Everest and the birth place of Lord Gautam Buddha. Nepal is an agricultural country. More than 54% of people are farmers. People of different castes live in Nepal. Most of the people are Hindus, some are Buddhists, some are Christians and some Muslim. People of Nepal are helpful, honest and hardworking. I love my country very much.

Thank you.

How to be positive in our daily life

1. Smile and let it go.
2. Say "sorry" when needed.
3. Extend your hand first for handshake.
4. Let go of the past and stop worrying about the future.
5. We should love all living beings.
6. Be happy with what you have.
7. Whether you win or lose our life is celebration.



Anmol Basnet
IV 'A'



JOKES

Aru went to court on Sunday

Judge: Order! Order!

Aru: "1 Pizza. 2 Dosa and 1 cold drink

Judge: Shut up!

Aru: No, No, it's 7 up.

Teacher: What's something that you need but you can't see or feel.

Student's Air (In 2000 AD)

Student's Wifi (In 2019 AD)

Conversation between Amrin and Police

Police: Where do you live?

Amrin: With my parents.

Police: Where do your parents live?

Amrin: With me.

Police: Where do you all live?

Amrin: Together!

Police: Where is your house?

Amrin: near to my neighbour's house

Police: Where is your neighbour's house

Amrin: If I tell you won't believe

Police: Tell me?

Amrin: near to my house.

(Amrin Rock Police Shock)



Aaradhya Dahal
IV 'A'

life

Life is too short to be spent

Why to cry when life is short

Why to fight when life is short

Enjoy your life, because life is short

Helping others and being kind will make us happy

Why to cry when life is short?

Why to fight when life is short?

Life comes only once, so why to fight?

Life comes only once, why to cry?



Aayushma Khatiwada
IV 'A'



MY SCHOOL DAY

I wake up early and start my day,

Pack my bag and head on my way.

In the classroom, I meet my friends,

Learning new things, as the day never ends.

Maths and Science, reading too,

Every subject helps me through.

Recess time, I run and play,

Having fun throughout the school day.

At the bell, it's time to go,

Another day, I've learned and grown.

I'm proud of all I've done today,

Ready to learn more, comes what may!



Aavash Mainali
IV 'B'



My Mother

My mother is a great person. Mother carries us in her womb for nine months and gives us birth to us. She gives us birth to see this beautiful world. She is so kind and helpful. She helps to do my work and homework. She is gift of god. She is my best friend. I love my mother very much.



Ishani Limbu
IV 'B'

DID YOU KNOW?



Bikhyat Kharel
IV 'B'

Hi friends! Did you know that which animal is hybrid of a lion and tiger? It is liger! I know you might think it's stupid. Yes I know, well I think 10% of people know that but did you know which animal is the strongest animal on the earth its African bush elephant yes because it can lift 6000kg OMG! It is monster, okay now lets know and learn special facts. Do you know which is the national animal of Japan? The answer is green pheasant. What are the layer of atmosphere. Oh, you see I made a rhyme! let's come to the topic the answers are below:

1. Troposphere
2. Stratosphere
3. Mesosphere
4. Thermosphere
5. Exosphere

Our Brain

Our brain is like a walnut
If brain has no memory,
We can't do anything.
The brain is connected
To all of the nerves,
To move all of body.



Bhanu Bhattarai
IV 'B'



Mother Teresa



Mother Teresa, a very honoured name used to be all day with a very kind heart and warm helping hands. She spent her life in service to the poorest of the poor. She is probably the model for social workers of all times Mother Teresa was born on 26th of August in skopje.

Her parents were Albanian descendants. She was kind hearted from her childhood. She always had some feeling that she had to work to spread the love of god. Mother Teresa believed everyone deserve love and respect. She opened schools and homes for those in need. Her work made a big difference in many lives. In 1979, she was awarded the Nobel Peace Prize for her efforts to help others. She was truly a compassionate and kind-hearted person.

Thank You.



Bibika Yadav
IV 'B'



Manakshya Poudel
III 'D'

My Mother

My mother is the best,
She is my love,
She is my best friend,
I can share everything to her.

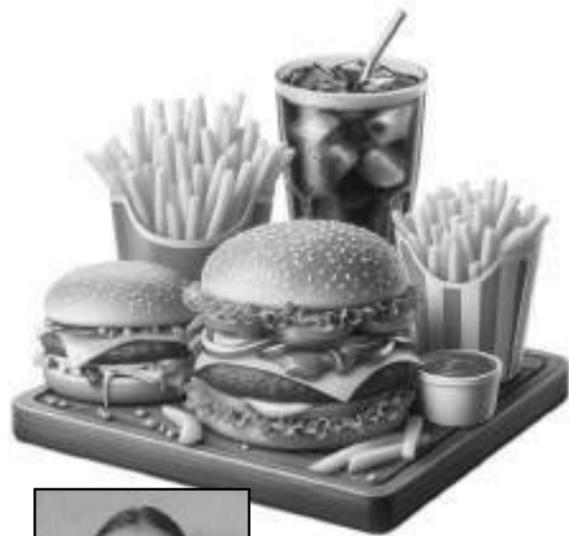
I love my mother,
She is my treasure,
She is everything for me,
She is like a god for me.

My mother is good,
I love her food,
She cooks the best,
Not a single day she rest.

My mother is my world,
She is my real gold,
Who made my mother,
I think he moulded her heart of pure gold.

You are my first teacher,
You teach me what is right,
Everyday you teach me new things,
Thank You, mom for everything.

When I was a kid, you never let me cry,
Now, I will try to never make you cry,
I will also be a good daughter for you,
Love you mom.



JUNK FOOD

Everyone know that health is wealth. But, in these days of the rat race of life, we have to depend a lot on junk food. If we want to live a healthy life then we need to adopt healthy eating habits. Now a days, the consumption of junk food is increasing rapidly. Junk foods are much popular due to delicious taste. It includes packaged and oily foods sold in the markets. It is very popular in youth and children. Some of the most common junk foods include Pizza, Burger, Potato chips, Chowmein, momo, French fries.



Bigyasha Pathak
IV 'B'

! AIR POLLUTION

Air pollution is a serious problem. Everyday, the quality of air is getting poor in the environment. Air is one of the most essential things for life and we can not survive without fresh air. These days, the increasing number of vehicles, factories and burning of fossil are the major causes of air pollution. They release harmful substances, such as smoke and chemicals, which contaminate the air badly, breathing polluted air can cause health problems like asthma and respiratory infections. It also harms the environment by causing acid, rain and damaging plants and animals. To reduce air pollution we must plant more and more trees.



Divyansh Agrawal
IV 'B'

My Best Friends

The best friends,
can change a frown
Into a smile
When you feel down.



The best friends
will understand
your little trials
And lend a hand.

The best friends
will always share
Your secret dreams
Because they care.

The best friends
Worth more than gold,
Give all the load
A heart can hold.



Neuna Tamang
IV 'C'

Freedom

Freedom
Freedom is the wind,
A gift of life that softly flows
It is the sky, so wide and blue,
A chance to dream, to start a new.

Freedom is morning sun,
A light for everyone.
It is the laughter, wild and free,
A world where all can truly be.

Freedom mean to have a voice,
To live your life, to make choices.
It is the courage to stand tall,
And share kindness with us all.



Prinsh Rai
IV 'C'

Tree

"Do not cut me,"
Cried the tree.
Because I give you
rain free.

In my cool shade,
You can rest,
Eat my fruits
That are the best.

Take in my fresh smell
Let me live
My life as well.



Binayak Giri
IV 'D'





Mingsoma Thebe
IV 'C'

There was a little boy who loved to draw. He would spend hours everyday drawing pictures of animals, people and landscapes. One day, his art teacher noticed his talent and encouraged him to enter an art competition. Timmy was so excited and worked hard on his entry. However, when the winners were announced, Timmy was disappointed to find out that he didn't win. His teacher told him that just because he didn't win. It didn't mean it he wasn't a great artist.

Timmy kept practicing his drawing over time, he got better and eventually become a famous artist. He learned that just because he loved drawing it didn't mean he was maturely good at it. He had to work hard and hard and practice to achieve his dreams.

Moral of the story : Having a passion for something is great but it takes hard work and dedication to turn that passion into a skill.



A MAP

I have mountains, but cannot climb,
And rivers, but cannot swim.

I have deserts, but feel no heat,
And cities, but cannot meet.

I hold the world, yet have no hands,
And tell stories, across the land.

Who I am?

A map



Spandan Shrestha
IV 'E'



STORY OF THE PLAYER

Once upon a time there was a boy names Wilson. He lived with his paralyzed mother. He loved to play football. One day, a person with his son came to their house. He started to talk with the boy. He started talking about the boy's hobby. The hobby of the boy is to play football. The person who came to his house offered him to play in his club. The name of the club is young boys FC. He started the journey with the club. He started playing in the club with his new friends, coaches, teaching staff. He made his journey in June 25th 2021. He became the key player of the club. In his first match he was awarded M.V.P. of the match.

Suddenly, his mother fall sick. The boy wanted to go home to see his mother. He requested to the club to let him go his house. The club agreed. The boy went home and saw his mother's condition was very critical. The boy immediately took his mother to hospital. After few months, the club called the boy to come and play in their club. But, the boy rejected to play. After few weeks they again offered him to play but he denied. After the discharged of his mother the boy and his mother lived a simple life.



Anmol Khatiwada
V 'A'

Importance of Reading Books



Reading books is very good habit and plays an important role in everyone's life. Without books, life would be incomplete. Friendship with good books helps to be a good person. Reading good books provides knowledge, and lead you in the right direction. Reading books can also improve our memory, reduce stress and increase mental power as well as knowledge. Additionally, reading books increase our focus in life. We can solve many problem while reading books. Reading book stimulate your brain muscles and keep your brain healthy and strong.



Mahira Kunwar
IV 'B'



Natural Environment

Natural Environment is a part of nature
It is a thing from which pollutions cure,

Natural environment is "Important"
That is very helpful for every moment.

Pollutions cause global "Warming"
Which are very harmful for living.

We need natural environment to live
Bees need natural environment to make hive.



Aarohi Pokhrel
V 'A'



Discipline

Discipline is something that keeps each person in control. It motivates a person to progress in life and achieve success. Everyone follow discipline in his/her life in a different form. Besides, everyone has his own prospect of discipline. Some people consider it a part of their life and some don't. It is the guide that availability directs a person on the right path.

Without discipline, the life of a person will become dull and inactive. Also, a disciplined person can control and handle the situation of living in a sophisticated way than those who do not.

Moreover, if you have a plan and you want to implement it in your life then you need to be discipline. It makes things easy for you to handle and ultimately bring success to your life.



Ashreya Bardewa
V 'A'

SOCIAL MEDIA

Social media is an online platform for online social interaction. Some top social media companies are on facebook, instagram, Youtube, whatsapp, LinkedIn, Pinterest etc. Social Interaction means online interaction and communication between different age groups of people, it may be in any form like a web application, website or smartphone application. Some people use it to become popular. They create good videos and images to attract users and then people follow them.

Social networking sites and apps are the cheapest communication service in this world. Just you have an internet services plan. You can make video calls, message and send documents and do more. So, anyone can talk with his or her relatives or family person's in anywhere in world.

Social media has now become the fastest communication medium in the world. Its popularity is also increasing in people. Nowadays, every age group is using social networking websites.



Himal Shrestha
V 'B'



KARATE

Karate is a form of martial art. It belongs to the country Japan. Karate is a Japanese word. In karate there are 5 things that we have to do. 1. Kick 2. Punch, 3. Kata, 4. Fight, 5. Block of kick punch. The word karate means 'empty hand'. Karate is martial art which we do by our hands and legs. Learning karate keeps our body healthy and we become an active, karate helps to protect ourself from others. There are 9 steps in Karate/belt in Karate they are: White-belt, Orange-belt, Step-green, full-green, brown belt- 4th kyu, 3rd kyu 2nd kyu, 1st kyu and black-belt. In karate we have lots of friend, coach and fun. Karate is my best and favourite game.



Anupama Tamang
V 'A'



Cleanliness of Environment

Our environment is really important to us. The entire nature depends on the environment. We need to ensure a clean and beautiful nature. Otherwise we could face lots of difficulties in many ways. There are so many ways that are polluting the air, water and soil. We need to stop all these pollutions. Otherwise the earth will be unable to live for us. Cleanliness is really important in our life. If we keep the environment clean, we will get better air, better water, and overall better life. And that's why we need to keep the air clean.



Bhupendra Adhikari
V 'B'



My Dream

I have lots of dreams in my life. I want to become a doctor. From my childhood, I wanted to help people. I wanted to make people laugh. I think everyone should get rid of greed. We should love each other in society. Everyone is equal. There are lots of places in our country where they don't have enough opportunity to get good treatment. They don't find a doctor when they become sick. And that's why I want to help these people after being a doctor.

My parents are so supportive. They always inspire me to do good things such as helping people. They also want me to become a doctor and help people I am studying hard to reach my goal. I hope I will be a doctor one day. Being doctor is not that easy. You have to study hard to get admission in medical college. I hope I will make it.



Isha Gurung
V 'B'



Importance of health

"Health is the most valuable wealth." It is more precious than gold and diamond. To an unhealthy person, food, drink, gorgeous clothes, building and ornament are of no use. He cannot use them. He is deprived of all happiness and enjoyment in life. There is no exaggeration in saying that health is more important than education. Even a highly educated man can do little if he is confined to bed. It's also difficult for an unhealthy person to get educated.

Unhealthy persons cannot work properly in the field, factory or office. They have to spend a lot of money on medical treatment. They are always worried and mentally disturbed. They cannot think deeply and creatively.

Healthy persons, on the other hand, are strong and are able to do hard labour. Hard labour brings them success. Success makes them happy. Happiness encourages them to work more. Thus, they can enjoy life. In fact, good health is a great boon. Healthy and educated people can shoulder all kinds of responsibilities and can speed up the national development process. On the contrary, the country cannot expect anything from unhealthy people; they merely become the burden. That's why healthy people are considered the most valuable resources of a country.



Ichhing Limbu
VI 'B'



Never Give up

Never Give up
If I made a mistake,
then I would have to retake,
and do it once again,
even feel the pain.

But there also lays a prize,
and that made me realize that,
even if I was to fail,
It would be a learning trail.

If I hope for medals and a cup,
I can't just rely on luck,
I must do hard work,
to show the world my worth.

That's the essence of never give up!



Bigyan Kadel
V 'B'

My Father

You protect me
from this world
which is full of curse
and tempt to hurt.

I don't know why
But a strong bond between us,
Makes me feel that I'll never go wrong
And lose your trust.

I feel a little shy
To express my feelings to you,
But it's you who ask me everythings
Under this beautiful sky and tell me something new.

It's you father
Who want me to shine
Like a star in this black night.



Delia Uprety
V 'B'



Student Life



The student life is a most valuable time in our life. A student learn many thing from book, This is the time when people make their future. In our student life, we should learn good things. We must learn to have discipline. We must care for our health. Without good health, we can't do anything. If we have a good health we can do anything. If we have good education we can make our future good.

We must remember to obey our parent and teachers. The best part of a life is student life. Student life is filled with studies, friendship, sports and fun etc. In student life everyone make many sweet memories for life.



Glary Laksam
V 'B'



Friendship

Why to fear, if you are here.
I feel secured when you are near.

In good times and bad,
The bond will endure,
Whether happy or sad,
The love will be pure
The best of friends
Will always share
Your secret dreams
Because they care.

Thanks for being there
And helping me to grow
Your friendship means a lot
This I'd like you to know

My life would be boring
Without Ichha and Geeta
My dear friends, and darling
Without you my life will be
fairy tale without fairy.



Jeshika Magar
V 'B'

Lost PEACE

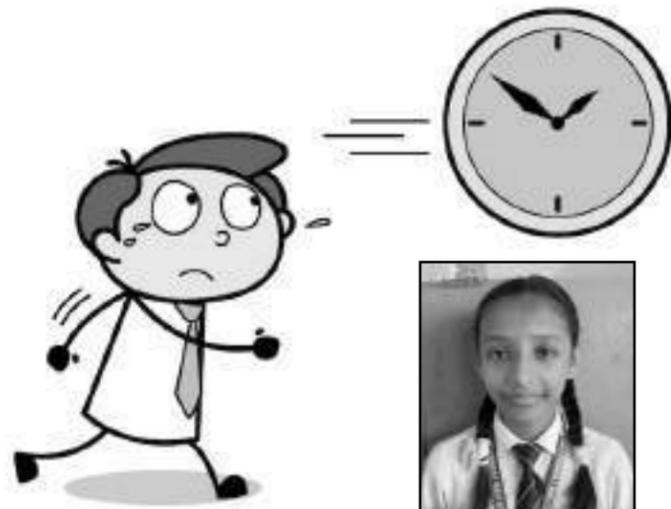


Siddharth Bhujel
V 'D'

Today's achievement also brought
Conflict and war everywhere
Among this,
Peace is lost everywhere.
Fight for something
Something to gain
One shows the selfishness
And thousand suffer with pain.
Humans are less bothered
About the pains of other,
How can one ignore
The fear of countless mother?
Why don't people understand?
How the loss of family feel
Everything in the world
are useless to heel
Everyone wish Buddha to be born,
once again on the earth
How can we forget
Buddha was Siddhartha when born
Human should begin to ponder
To find peace and unity
Which is possible
Only through humanity

TIME ! TIME !

Time has great importance in our lives. Time is the most precious gift of human life. We are free to make good use of our time and build a great future. In student life, we should use our time very intelligently so that we can create a good life for ourselves. It is truly said that "once time is passed", it never comes. Those, who waste time and don't value it, time leaves them behind and shows the worst results and those who understand it's importance and make use of every movement, time leads them to success and shows great results. Time is the key to unlock the doors of great destiny. All successful people know the importance of time very well and utilize it to achieve all their heights and success. To utilize time in a great way, we should focus on our daily lives and make changes in our schedule where we are wasting time.



Krishala Karki
V 'B'



Krishala Chapagain
V 'B'



"WHY IS SELF DEFENCE NECESSARY?"

Why is self defence necessary? Nowadays in this world, self defence is a must important for every person. It is something that we, as a human being need in daily life. It is one of the most essential factors in human's lifestyle.

Self defence is a personal skills for our own safety. Nobody knows what happens in future so, it is important to practice self defence skills like Karate, taekwondo, boxing skills and many more fitness is important for self defence so, being fit adds more benefits for your body in self defence.

We should always be ready with our next move for very difficult phase in our life. That's what the self defence is all about and what it teaches us.

IF I WAS A SUPERHERO

If I was a superhero,
I'd definitely fly.
Arms out stretched,
Racing birds in the sky.

If I was a superhero,
I'd have special powers
Like extra strong legs
For jumping over towers.

If I was a superhero,
I'd save all the oceans,
With my secret and magical
Cleaning up potions.

If I was a superhero
I'd save all the trees,
And the mountains and rivers
The birds and the bees.

If I was a superhero
I'm sure you'll agree,
The world would be better
Because of me.



Josab Rai
V 'B'



Devid Rajbanshi
V 'B'

Important Rules
Here are some rules
For you and me,
See how important
They can be.

Always be honest
Be kind and fair
Always be good
And willing to share.

These are rules
We all should know,
We follow these rules
Wherever we go.

THE ELEPHANT

The elephant is a wild animal and one of the largest land animal in the world. It is known for its massive size, long trunk, large ears and tusks. Elephants are mostly found in Africa and Asian countries living in forests and grasslands.

They are herbivores, which eat grass, leaves, fruits and tree barks. Elephants are very intelligent and social animals. They live in groups called herds, led by the oldest female, known as the matriarch. Elephants use their trunks for many purpose, like drinking water, picking up food, and even greeting other animals. Their tusks, made of ivory, help them dig for water and defend themselves. Elephant are strong and gentle, they are endangered due to hunting and habitat loss.

People around the world are working hard to protect these magnificent animal and their homes.



Mukta Poudyal
V 'C'



The Monkeys, And A Cap seller

Once upon a time there was a cap seller going to the town to sell caps in a sunny day. He sold some caps and he became tired, he decided to rest below a big mango tree and he fell asleep, there were monkeys in the mango tree. They saw the basket with caps and the monkeys decided to wear the caps, after a while he woke up and was in shock to see the basket empty, he saw the monkeys dancing above the tree. He tried to get his cap by throwing stones, the monkeys repeated his action and threw mangoes than he had an idea, he threw the Cap that he was wearing in the basket and the monkeys again repeated his actions and threw the caps in the basket and that's how he got all his caps and went to his home happily.

Moral: Wisdom is better than weapons of words.



Sambriddhi Kharel
V 'D'

Internet

Internet is the one of the most popular invention by the scientist. It is very important in different promises. Internet is also known as global networking system. Internet is also useful to entertain our self by watching social media, youtube etc. Internet also is harmful for us in our health by impairs concentration, memory loss and higher chances to lose the relationships with their family. Thus, the internet has allowed for the creation of new way to give both time and money.



Samridhi Lamichhane
V 'D'



CRICKET



Sampanna Mallik
V 'E'

Cricket is a popular game played all over the world. It's played with a bat and ball by two teams of 11 players each. The field is oval with a pitch in center. The measurement of the pitch is 20.12m long and 3.04m wide. At each end of the pitch are wickets (three vertical sticks with horizontal bails on top).

Teams alternate between batting and bowling in turns called "innings" (always plural). Each team has one or two "innings" depending on type of macth.

Bowlers deliver the ball with a straight arm, aiming to hit the wicket and knock off the bails. The batsman is considered to be 'out' (dismissed), if the balls are knocked off or by other various in methods. A bowler delivers 6 balls known as an "Over" than, another player comes to ball.

The batting side protects its wickets and tries to score runs. The objective of the game is to score more runs than the opposing team.

MOBILE PHONES

The word 'mobile' is known by everybody. It helps us to communicate with others. We can watch movies, series, cartoon, sports etc using mobile phones. If you don't have cash then you can transfer by using mobile phones. You can chat with your family and friends. You can know every information using mobile phones. But, if you watch very much mobile phones you will have eyes problem and you may have to wear glasses. Children will also ask for work purpose but might be attracted by it and they can forget about the work. So, we should use mobile phone in its limit.



Arju Khatri
VI 'A'

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 my dad not to bow!
He won't get tension from me now
Tell my brother to study perfectly
Key of my bike will be his permanently
Tell my sister not to be upset
her brother will take a long sleep after sunset
Tell my nation not to cry
Because I am a soldier
Born to die



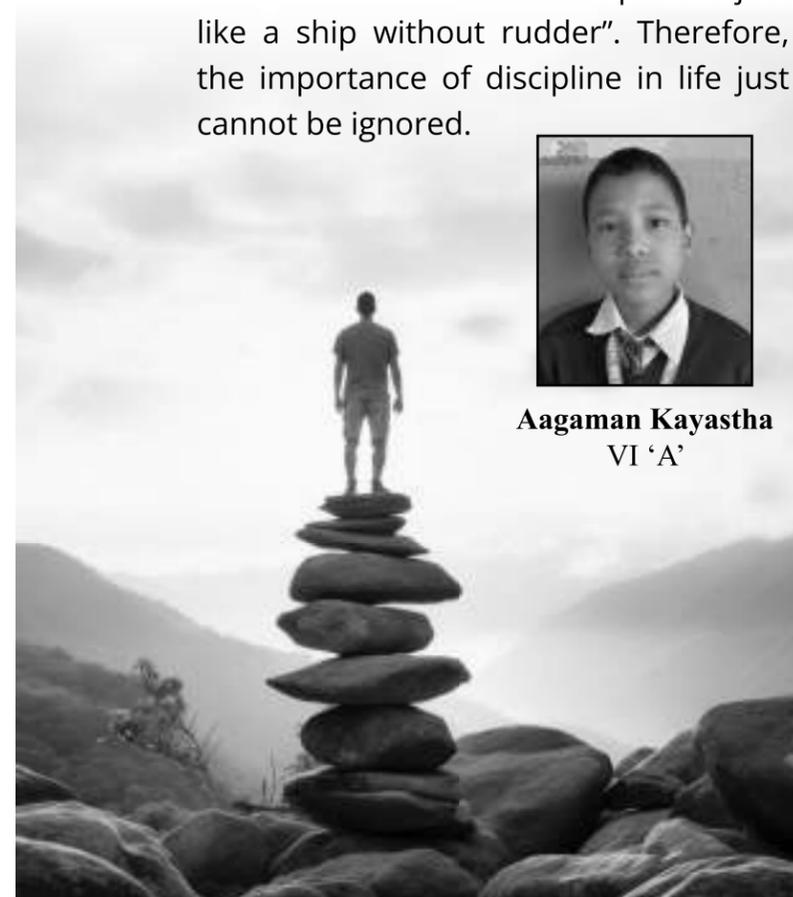
Aditya Rai
VI 'A'

Importance of Discipline

Discipline is one of the most important personality traits in everyone's life. It refers to a set of rules and regulations which are to be followed while undergoing any task or activity. It is a way of being honest, hard working, motivated and encouraged while doing any task. It is a character trait that helps individuals to complete the tasks within a given fixed deadline. The role of discipline in our life is to set orderliness, efficiency, punctuality, organization and focus on our tasks. "Life without discipline is just like a ship without rudder". Therefore, the importance of discipline in life just cannot be ignored.



Aagaman Kayastha
VI 'A'



DISCIPLINE

Discipline is one of the important part of our life. A person with a discipline can achieve everything in their life so, it plays a vital role. It is the way of following rules and regulations in order.

The journey of a success begins from discipline. Discipline is also considered as a means of self control. It helps us to be responsible and focused. Disciplined people are more respected and looked up to. When we lead a disciplined life, we start improving our habits which improves our personality and life. Everyone should inculcate discipline from their student life.

Above all, we can learn that discipline is the factor that is required to be successful in life so, to have a successful life we must maintain discipline. It makes our life more happier and meaningful.



Shristi Gautam
V 'E'