

Growing Older

Growing Older
Each year I grow,
A little more wise.
Time moves on,
Like clouds in the skies.

My steps may slow,
But my heart stays strong.
With everyday,
Life feels like a song.

I grow each day,
And learn what's new.
Times moves fast,
But dreams stay true.

My hair turns gray,
My hands grow slow.
But love and joy,
Still warmly flow.



Mansi Odari
IX 'A'



Judge by the character

I'm not a saint, neither are you
I'm not angel, nor are you.
I've made mistake, so have you,
I've made bad choices, just like you.
My mistake doesn't define who I am
My past doesn't determine my future.
I'm not perfect, the same as you
Please don't judge me from my appearance,
From the thing I do,
Judge me from what my heart holds.....
because that where really me is....
My heart cannot be seen, that means
the real me.



Angela Sitoula
IX 'A'

YOUTHS AND NATION BUILDING

People are the most important resource of any country. Only natural resources cannot do anything themselves. It is the human beings who mobilize them properly. But all kinds of people and all groups are not equally useful and productive. Youths, i.e. all people of working age in a broader sense, are to shoulder more responsibility towards building a nation. They are support for their juniors and hope for their seniors. They are of working age and have longer to life and more to do than the aged ones. It is very important for them to work towards making their future secure.

Because youths are energetic, strong, perceptive and creative, the task of nation building is much dependent on them. Naturally, every nation expects a lot from its young population. They should realize the needs of their country and acts accordingly, with proper guidance from their seniors, they can face better challenges. They can work ceaselessly and do miracles.



Bikem Rai
IX 'A'



TEEN-AGE

Teenage is the group of age between 13-19 various changes comes in body. Many hormonal changes comes in the body. In this age the children spend their time taking with their friends in place of using it for things which can be useful for them. The load of homework and projects stop teenagers from the extra curriculum activities they want to do in home and out of home. This is the reason that the teenagers start thinking they are a machine which is controlled by family members.

The teenagers who take their assignment positively become successful in future and those teenagers don't have much friends that attract them in their studies and take their studies seriously and also score good marks in exams that makes them famous in class in terms of studies. But in teenage people who only focus in sports not in studies behalf of it, it will be hard for them in upcoming colleges.

In teenage our focus in studies will be very less but we have to build our focus in studies to go higher and to be successful in future.



Maria Limbu
IX 'A'

Little Imperfections

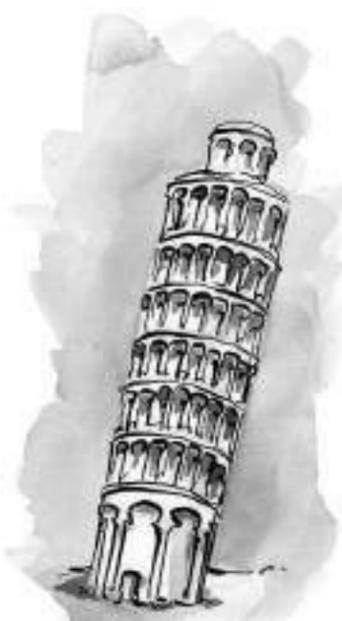
Not everyone or everything is perfect because there are little imperfections in them too. These little imperfections also means we can not have a completely perfect life. It means we should stop chasing perfect skin, the perfect job, the perfect house or the perfect spouse. It means we can find freedom to live with our little imperfections.

In fact, the sooner we realize that perfection is not available to us in this world, the sooner we can begin living better lives because of the little imperfections. Consider what the ongoing presence of our imperfection means. The fact that we can finally stop chasing happiness in perfection. We can relate to one another in our weakness. We can also admit that we need help because we all have blind spots-tendencies that continually trip us up often without notice because of our little imperfections. We can also learn to grow through our little imperfections and we can appreciate the good we see around us.

Life is not perfect, but it does go on and when we learn to. Fully embrace both its beauty and its weakness, we create the opportunity to live victorias in both.



Everyone makes mistakes no matter what age one is, personality, gender, we all make mistakes. Most of us make a mistake with out us even knowing that we did make a mistake. No one is immune to making mistakes- we are human, after all ! But if we simply apologize or correct it and carry on as before, we aren't in danger of repeating the same errors. All people have the capability and opportunity to learn from their mistakes through positivity. Most, if not all, of our mistakes, can be excellent learning opportunities. In fact, learning from failure is often the key to success. By getting things wrong, we'll improve our skills and grow in various ways. We all are humans. We make mistakes. But mistakes teach us.



Kunti Limbu
IX 'A'



Kusum Adhikari
IX 'A'

Those Golden Days

I wish I could go back to those time
Where I was free and I didn't have to worry about fee
May be those times would never come back
But there is a beautiful future which I should welcome.

Sometimes, may be sometimes but those days were tough
I don't remember if I use to cry this much
Maybe those days would never come back
But I will try my best to make myself happy sometimes.

I wonder if those were my golden days
Than these days may not be worst
But I will always be proved wrong
As I will the worst out burst

Let me do my best today, I would tell myself
but these day's I can't feel as happy and free like those golden days.



Bijeta Oli
IX 'A'

The power of Gratitude

Gratitude is more than just saying "Thank you." It's a mindset that can transform our outlook on life. By focusing on what we have instead of what we lack, we invite positivity and contentment into our daily lives. Research has shown that practicing gratitude can boost mental health, reduce stress, and improves relationships. It's a simple yet powerful habit. From acknowledging small acts of kindness to appreciating the beauty of everyday moments. Embracing gratitude helps us live more fully, fostering to reflect on the blessing in one's life, big or small. Moreover, gratitude positively impacts mental health by reducing stress, anxiety and depression.



Alisha Khulal
IX 'A'

RACISM: THE PAST AND THE PATH TO A SOLUTION

Racism is a concept that has lived for far too long and finds its roots in beliefs concerning racial superiority. Such ideologies have served as the grounds for justifying centuries of slavery, colonization, and segregation, particularly against the people of Africa, Indigenous communities, and other minority groups. The ramifications of this history continue to be felt today, with many people of color facing discrimination in key areas such as education, employment, and the justice system. These profound racial cleavages have produced inequality, oppression, and violence with long-lasting consequences for marginalised communities.

Racism requires meaningful action from both individuals and institutions. Education plays a vital role in changing attitudes by teaching the importance of empathy, understanding, and the value of diversity. By addressing harmful stereotypes and promoting awareness, people learn to challenge their biases and prejudices. At the same time, laws and policies need revision to guarantee equal rights and opportunities for all. Encouraging open discussions of race will also give them an opportunity to foster more empathy and understanding of others by listening to those affected by racism. Creating more inclusive and diverse learning and working environments in schools, workplaces, and throughout the community will help overcome the stereotypes that divide society.

Ultimately, it will take efforts toward a fairer, more just society. We can only begin to break down these systems of inequality that have been in place for centuries by addressing the root causes of racism, fostering open dialogue, and committing ourselves to legal and social reforms. Only through these combined efforts can we eliminate racism and build a future where everyone, regardless of race, has an equal chance to succeed. Acknowledging the past and taking responsibility for change is the path toward a more inclusive and equal world for future generations.



Dibyam Uprey
IX 'A'

Those Days

I miss those days,
When our team was like a blaze.

We met accidentally,
And became the best group incidentally.

Even without a single member,
The memories we share still ember.

We cannot get into the past,
But can pray for our future till last.

Those gossips, laugh and jokes we cracked,
All of us can see it getting lacked.

However, we are now separated,
And trying to make new friends.



Miski Sauden
IX 'A'



Importance of Games and Sports



Games and sports have become parts and parcel of human life. A child enjoys playing games. Games and sports are very useful in maintaining one's health-both physical and mental. They are source of physical exercise needed for good health. A player can maintain his physique and grow hygienic attitude to life. 'Healthy mind exists in healthy body. In other words, mental freshness often proves impossible without physical wellbeing. Besides, games and sports are impossible to play without players. Games and sports are important source of freshness. We can get refreshed after sports such as the football tournaments which are often thrilling.

Modern teaching methods are based on play activities. One can learn his/her lessons better if taught as fun of game play. Computer and video games are growing so popular among children. Creativity is sharpened though games and sports. Some student do much better in games and sports.



Leeja Lohani
IX 'A'



The letter

The letter

I'm writing a letter
to send by the post,

It is to the person

I care the most

I write the date clearly
And begin Dearest Mummy
To express my love
Hidden my heart purely.

Slowly my pen travels
All down the long sheet,
Because I am anxious
To keep it all neat.

I carefully blot it
To dry up the ink
Such nice blotting-paper
I put the stamp an,
And now it has gone!



Neha Budhathoki
IX 'A'



English and Its Importance

English is the most widely used language of the world. It is official language of the UK, USA, Canada, Australia, Newzealand, Ireland, South Africa and several other common wealth nations. It has developed as the first language of international communication.

English belongs to the Anglo-Germanic language group. It originated from north western Europe about (500 years ago and has developed very much in this long time. Its vocabulary is more comprehensive than any other languages. It has more than one million vocabularies including, slang and dialect expressions and scientific and technical terms. The vocabulary of English is constantly enriched by borrowings from different other languages. As a constant process, new words are being coined and usages modified to express new concepts. However, English is said to have one of the most difficult spelling systems.

English ranks the second in the number of users after chinese. During the colonial period, English spread as the language of colonizers, mainly the British. Since 1960's it extended in the English speaking world as a language of the literature of the UK and the USA. Now it is also learned widely as a second language for the purposes of education, employment, entertainment and travel by a rapidly increasing number of people worldwide. It is becoming a world language also because of its use as a language of global media, the internet and technology.



Kanchan Kadariya
IX 'A'

The Element of Life

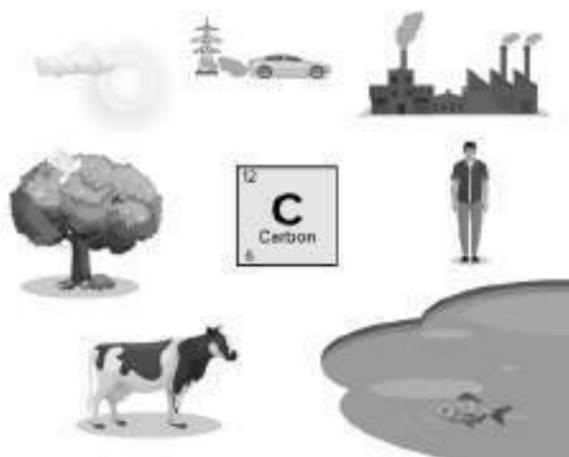
Carbon is tiny thing,
In every rock, leaf and wing.
It builds the trees, it fuels the fire,
It's in the food that we require.

From diamonds bright to coal so black,
Carbon leaves its endless track.
It forms the plants, it shapes our bones,
It carves the earth, it builds the stones.

From stars above to soil below,
Carbon helps the flower grow.
A tiny atom, both strong and true,
It's magic shines in me and you.

In your pencil, in your bread,
Even hiding in your bed!
From sparkling gems to burning flame,
Carbon is a part of every game.

So next time when you breathe or eat,
Or walk along the busy street,
Remember carbon's everywhere
In every breathe, in every stare.



Chirayu Neupane
IX 'A'



The Quiet power of pausing in a world that never stops



Binisha Agrawal
IX 'A'

In today's world, everything moves at an incredibly fast pace we've no idea what's going around us. We're constantly surrounded by endless tasks, chaos, hustle and the pressure to always be doing something. It can feel like there's no time to stop or to breathe. Everything is moving so fast we've no idea of. In a world that never stops and is coordinating with itself, pausing for a while can hold incredible strength. We're unaware of pausing collectively doesn't mean stopping life altogether, it's about taking tiny moments to step back.

The rush of daily life makes us feel competitive with others full of chaos and we get caught in the never ending cycle of work and social expectations. Pausing even for just a few moments, helps us get a break from this continuous hustle. It gives us a chance to clear our minds and to focus on what track we are. Those quiet moments, where we just breathe out and get relief from the stress make us realize our values and help distinguishing the right and wrong.

Constant activity drains our energy, leaving us feeling exhausted and no space in the mind of thinking vastly. Stopping for a while helps us recharge, returning to the tracks with a positive mind. It's in those quiet pauses that we find the space to be creative, think freely and start with new ideas that we were missing out for so long. Pausing and stopping to adjust in the crowd isn't a big deal. In a world, where it's easy to get caught up in the rush, allowing a fruitful break to yourself can help us stay clear-minded and connected to what truly matters. In fact, taking a breath has he strength to remind us that sometimes, doing less can actually help us achieve more.



Bidhan Bohora
IX 'A'

THE EFFECTS TECHNOLOGY HAS ON US TODAY

We live in an age where technology affects all aspects of an individual's life, it can be said that technology is a life changer, As we look at the different aspects of the technological progress brought by time, we see if sociological economically, educationally, as well as environmentally.

The wheel was the first technology to change how we know life today. It was followed by more technologies including the internet and later the smart devices we use for web browsing. In today's world, we are using the power of AI Biotechnology, and communication at our fingertips which are steadily changing the way we experience life as well. As more and more people gain access to smart devices and the internet, technology has started playing a role in creating social interaction, Facebook, Twitter, and Instagram are one of the few social media platforms that let us interact in fun and informative ways. These platforms indeed allow us to

communicate in unique ways but some of the dangers of using these platforms includes the erosion of privacy, negative impact to mental health and weakening social relationships, Misinformation and cyberbullying are some of the potential implications of the growing use of social media when it comes to communication. Another expected outcome that will enhance human diversity will greatly diminish the geographical barriers of working together.

In light of the above, the complexity of social networking would introduce some level of understanding and perhaps compassion among people which would in one way or another reduce culture contact. These can as well result into echo chambers and fragmentation whereby people adjust their websites to fit their expectations.

Technological advancement's are fundamental shifts in the way economies are structured. Automation, AI and the creating of technology are advancing all industries with better output, But this debate over the destruction of jobs has risen because of the replacing of human doing by machines and algorithms. For example, the manufacturing industry has been undergoing vast transformations brought about by robotics which have caused massive layoffs and the creation of other employment opportunities dominated by computer software skills. Moreover, the gig economy has developed in the era of the internet with people self-employing themselves through Uber, Fiverr, etc. While this blow hollies of opportunities for many people it also poses questions around job safety, benefits, and the rights of workers. Flexibility and security are something that continues to be debated in relation to the changing nature of work.

Education has also been brought into this technological revolution and one can comfortably say that never has education been this easy. Today, online courses, e-learning platforms and even digital books allow people to get quality education from anywhere. This would therefore lead to the empowerment of previously disadvantaged groups and narrowing of educational gaps.

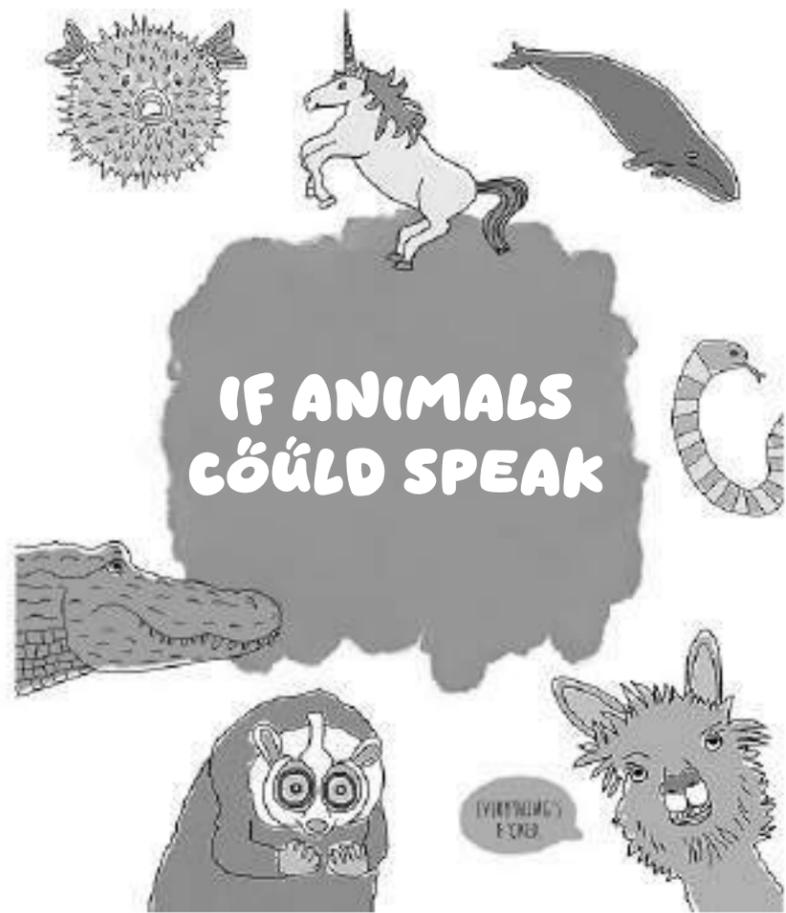
But distanced and hybrid learning has its drawbacks too. Overdependence on technology would only widen the approach's inequalities, marginalizing those without electronic devices or even stable Internet access. Furthermore, the argument on whether online education can be as effective as face to face has been raised, pointing to the fact that blended mode of education is ideal in this case.

Another major topic of concern is technology's effects on the environment. Undoubtedly. It is hard to deny the fact that there has been much technological advancement in the field of renewable energy resources and in environmentally friendly processes. However, sided with this advancement was a lot of destruction as well. The marketing and disposal of e-waste is a great challenge, as is the carbon emissions associated with using technology more. Smart grids as well as advanced energy technologies are believed to be good alternatives, however, these will need to be adopted widely and policies put in place to make them useful. So as the world moves towards greening economies, the matters of technology and environmental conservation will be intertwined.

The society effect of technology is a rather frightening thing and very charming at the same time, It can make lives easier, boost efficiency, and connect people across continents. On the other hand, it equally poses a counterpart in an opposite direction that instead need careful consideration.

We are constantly looking for new innovations, but it is important to keep in mind how such innovations can impact humanity, ensuring they promote, rather than reduce, the quality of life.

To conclude, in order to appreciate this new reality, one must assess the complex challenges that technological advancement poses from the middle ground perspective. This approach encourages us to focus on the benefits while accepting the fact that there are some drawbacks and we adjust to the realities of this very complex environment and aim for the future that would capitalize on the technologies for the good of everyone.



Astha Ghimire
IX 'A'

Imagine a world where animals possessed the gift of speech, bridging the silent divide that separates humanity from the rest of the natural kingdom. Such a reality would transform our understanding of coexistence, unveiling secrets of ecosystems, emotions and survival instincts that remain hidden in their enigmatic silence.

If animals could articulate their thoughts, our perspective on their lives would expand immeasurably. A migratory bird could narrate the trials of its arduous journey, weaving tales of distant lands and changing climates. A honeybee might recount the intricate dance of pollination, highlighting its indispensable role in sustaining life on earth. Through their voices, nature's marvels would be presented not as abstract phenomena, but as lived experiences.

However, their newfound voices might confront us with uncomfortable truths. An elephant could lament its shrinking habitat, while a caged parrot might mourn its stolen freedom. Livestock might question the ethics of their existence, compelling humanity to reevaluate its dietary and industrial practices. The cacophony of animals, grievances would serve as a mirror, reflecting humanity's disregard for the environment and its non-human inhabitants.

Yet, this hypothetical gift would not solely bring reprimands. Animals might express gratitude for kindness, love for their caretakers, and wisdom drawn from their primal connection to nature. Their words could inspire a paradigm shift, fostering empathy and coexistence.

While animals may never speak our language, the responsibility lies with us to listen to the silent stories they tell and to safe guard their right to live as equals in a shared world.



The Universe

The universe is the vast expanse that contains all of existence-everything from the tiniest particles to the largest galaxies. It is a boundless space filled with matter, energy and the physical law to govern them. As humans, our understanding of the universe has evolved over millennia, but it remains a source of awe and mystery.

The universe is a complex web of celestial bodies and phenomena. Galaxies, made up of billions of stars, are its primary building blocks. Within galaxies, stars form planetary systems, some of which may harbor life. Beyond the visible stars and galaxies lies dark matter and dark energy, which together constitute about 95% of the universe's total mass-energy content, through their nature is still largely unknown. The universe is believed to have originated approximately 13.8 billion years ago with the Big Bang, a colossal explosion that marked the beginning of space time and matter. Since then, it has been expanding and cooling, leading to the formation of galaxies, stars and planets. The study of the universe, through disciplines like astronomy and astrophysics has revealed its stunning complexity.

The universe is more than just a physical entity, it is a symbol of human curiosity and resilience. As we continue to explore its mysteries, the universe reminds us of our small yet significant place with in its grand design. Its vastness inspires us to look outward, question and seek answers, ensuring that our journey of discovery never ends.



Miktok Limbu
IX 'A'



The beauty of Kirat Culture

The Kiratis are one of the most oldest and significant indigenous groups of Nepal, tracing their origins to ancient times when their ancestors established their presences across the hills and valleys of the region. They have maintained a rich spiritual tradition and cultural heritage. The Kirati people's relationship with nature is beautifully reflected in their festivals and culture. For instance, during Udhali (a winter festival), Kirati's worship the earth and nature to express gratitude for the harvest. Similarly, Ubhali is celebrated in spring to welcome the planting season and seek blessing for a bountiful harvest. These festival also feature cultural dances like Sakela dance, Chyabrung dance, where people come together in traditional attire, singing and moving in patterns to honor nature and deities. The mythology of Kirati people, particularly stories like that of Sumnima and Paruhang reflect a worldwide deeply rooted in balance, unity and nature. The richness of Kirati Culture is an important and beautiful part of the diverse culture tapestry of the Himalayas.



Neha Rai
IX 'B'



My art journey and Interest

Something I wonder how my art journey started and I always fantasized about it all the time. As I reminisced about my childhood I used to love drawing mountains and houses in my neighbourhood. As I was getting improvement and intact on my artworks, that made me increasingly fascinated at my art journey. As I grew up I perceive that art was getting filled on my empty hobbies space. At the age of 6 years, art was my hobbies. Since from the age of six to eight years I grew up drawing only mountains and houses.

So, I thought of trying other types of arts and started sketching. But, when I realized I wasn't happy with the black and white colour of my art works. Then my life took a turn towards the colourful journey which was "painting". I started painting at the age of 15. While I started painting I was shocked and happy because I found that the painting was more fun and little more fascinating than the sketch. Now, I am old enough to know about my art journey and interest about it.

"Growing up is fun until you get the time to do works which are your hobbies and interest." I am 16 and I don't get more time to give on my paintings. Because of my classes and the assignments but, hobbies are just hobbies they can't take over our studies. So, I thought of giving less time to art. By these art journey I found that painting aren't just hobbies or a talent they can also make a person happy and also make dull person charming.



Udeshya Pariyar
IX 'B'

Now

If you have work to do,

Do it now time never waits.

If you have something to share,

Share it now tomorrow may be late.

If you have things to say, say it now,

Tomorrow you may be dead.

Today the sky is clear and blue,

Tomorrow black clouds may come in view.

Enjoy the things today around you,

You can be one of the luckiest few.

Enjoy the happiness around you,

May be tomorrow your happiness

May not come in your view.



Divya Bista
IX 'C'



Like a shedding flower, whom death awaits
burning in the summer, peace it craves
by dimming the lights, sky has played its part,
and then the mother watches its creation depart.

Soon the grass forgets the fragrance of life,
says death is beautiful was a wonderful lie,
listening to him, the mother replies,
everything I created one day has to die.

but, don't worry my child it's a cycle I built,
to keep myself away from pain,
and from drowning in guilt,
you'll all live again and someday die.

A new beginning offer you all everytime,
to let you kids leave the pain behind,
help you open your wings and soar the sky,
so embrace the dance of life and death's gentle sign
each goodbye whispers of a new sunrise.



Arshiya Khadka
IX 'C'



The Journey of Life

Life's a river, deep and wide,
Always flows to its destination

With twists and turn

It gives a lesson everyone should learn

The hills we climb, the storms we bear,

Gives us a message clear

That our strength is found,

In simple joys, our hearts are crowned.

Though paths may split, and shadows fall,

The journey's meaning binds us all.

With hope as guide and faith as light,

We march ahead through day and night.



Jarina Sangroula
IX 'C'



Aspiring to be a lawyer

Deciding what I want to become in life has been an important part of my life and I aim to become a lawyer in future. This dream comes from my deep interest in justice and the subject law itself, and my desire to stand up for people who need help. I believe that working in the field of law will not only challenge me intellectually but also give me the chance to contribute positively to society by ensuring fairness and equality for all.

A lawyer's role is significant because they are the ones who speak for people who might not be able to speak for themselves. They help resolve disputes, protect rights and ensure that justice is served. I admire how lawyers use their knowledge and skills to tackle complex issues and make sure that laws are upheld. To me, being a lawyer is not just a profession but a responsibility to contribute to the betterment of society.

What inspires me the most about becoming a lawyer is the ability to bring about real change. Whether it's helping someone get the justice they deserve or working on issues that affect communities, I want to be a part of that process. I am particularly interested in areas like criminal law because it aligns with my values of addressing wrongdoing and ensuring accountability.

I plan to dedicate myself to studying law and developing the skills needed to succeed in this field. For me, the idea of standing in a courtroom or working on cases that matter deeply is worth every effort. It will take lots of hard work, patience and preference, but becoming a lawyer is about making a difference, standing up for what's right, and leaving a positive impact on the world. This goal motivates me and gives me purpose. Thus, I aspire to a lawyer.



Aastha Subba
IX 'C'

Music- A Life

Music is literally the universal vibe that brings people together, no matter where you're from or what language you speak. It's that thing that can instantly change your mood, whether you're vibing to a feel-good banger or just chilling with some mellow beats. Music connects us in ways words can't, creating a space where we can express who we are, what we're feeling or what we're going through-without saying a single word.

Think about it: Music is everywhere. From the songs we play during hangouts to the tracks that accompany our daily routine, it's the sound track to our lives, shaping the moments we'll remember. And it's not just about listening-creating and sharing music has become a way to connect with others. But the power of music isn't just about fun and games. It can help with everything from boosting your energy to calming your nerves. There's a reason why music therapy is a thing- it's like a secret tool for healing your mind and body.

No matter what genre you're into, music has that magical ability to take you places-whether it's hyping you up, bringing you comfort, or helping you connect with people who gets it. It's the OG mood booster and will forever be one of the most powerful ways we communicate.



Anusha Guragai
IX 'C'



Peace

Peace is a calm and quiet condition, free from disturbance or noise. In a broader sense, it is absence of wars or conflicts. It is also an inside feeling, the calmness of the mind, with no fear.

Peace is a unique need of human beings. Happy life is possible in a peaceful environment where there is security of life and property. But peace has not been easily earned in the human history. Many countries have long been passing through devastating conflicts. Nepal witnessed a decade of civil war which is now being settled through the comprehensive peace Accord 2006.

History shows that violence is by no means good. The two great wars in particular caused unprecedented suffering to the mankind. Though violence has been applied sometimes as a means of political and cultural revolutions, it cannot fully be justified for the destruction it has caused. Beside all of these, our wisdom, skills and technological advancements should only be used for the cause of peace and construction. Above all feelings of mutual respect should come from every human heart.



Ayusha Niraula
IX 'C'



TREE

Tree, Tree
Nowadays, when I see
I realize that
You are not getting to live free

You give us oxygen, fresh air
With your wood we make fire
All dare to cut
No one care to plant

Now, where the birds will sit
What the herbivorous will eat
When these things in
The heart of people will fit

No one realizes your importance
But one day when you will be lost
People will realize your cost.



Sauharika Dhital
IX 'D'

An Ideal Student

A student is a person who studies formally at school, college and university. As a student one studies lessons, gains knowledge and learn skills from various sources. Many qualities make an ideal student, which is different from ordinary students.

An ideal student is ambitious and hardworking. He utilizes every important source of knowledge. He is very sincere in his duties. He is regular to his classes. He pays full attention in classes and makes quick responses. He prepares his lessons and does his assignments well. But he is not a bookish fellow. He uses references and reads newspapers and non-textual books as well. He realizes his mistakes and tries to learn from the same. He acts creatively and deserves excellent results. He is a source of inspiration for all his friends.

Besides textual information, an ideal student learns many life skills, He takes part in games and sports as well as other extra-curricular and creative activities. He wants to develop his leadership. He also takes interest in politics and current affairs. He does not boost upon his knowledge. He shares his knowledge and ideas with others. He helps week students and always encourages them.

An ideal student also tries to practice knowledge into real life. He always keeps his body, belongings and things neat and clean. He takes good care of his health. He never tells lies. He does not hesitate to accept his weakness and faults. He is frank, friendly and cooperative. But he never keeps bad company. He respects parents and other seniors and loves juniors. He has known the value of time so he never wastes time. Thus, an ideal student is popular and his bright future is secured in advance.



Ayeshana Limbu
IX 'C'



FRIDA KAHLO

A Mexico artist Frida Kahlo known as 'The Woman behind the legend.' She was born on July 6 1907 in Mexico city. As a child, she suffered a bout of polio that left her with a slight limp. Kahlo was close to her father, who was a professional photographer. Although Kahlo took some drawing classes, she was more interested in science. In 1922 she entered the national preparatory school in Mexico city with an interest in eventually studying medicine. In 1925 Kahlo was involved in a bus accident, which so seriously injured her that she had to undergo more than 28 medical operations in her life, during her slow recovery Kahlo taught herself paint and she was studying the art of the old masters.

VIVA LA VIDA

Viva La Vida was the last works painted by Frida Kahlo in 1954 in Mexico, which has a still life style and is exhibited at Frida Kahlo Museum in Mexico city.

In this painting we see how due the symptoms of her illness the fruits are less defined with less marked features. The vibrant red colour celebrates life in all its power, the passion, the symbolism of the fruits itself, indicate to us the side full of feeling and emotions of human life; sentimental side and at the same time all those strong emotions; such as pain and suffering. The suffering that is also hidden in the background, darker on one side and lighter on the other; as if to indicate two sides of the same coin, Kahlo shows in the painting that once her shell is cut open, it reveals an inner life that is vibrant, fresh and sweet. Also, the many seeds of the watermelons, like those of pomegranate in Greek mythology its symbolize fertility as well as immortality. Once fruit is gone, the seed carry the promise of new life forward into eternity.



Tijoma Lingden
IX 'E'



The Hope



Samip Lingdam
IX 'D'

"One shall be come worthy if he believes in it." A person who wanted to be something, he admired and looked up the whole life. Though far his reach, though the qualities needed is not within. He should never lose hope to attain it, even in the wildest darkness. "As a TORCH can even light up the whole darkness." If attained don't try to control it, situation and emotions are like water. When it is agitated it is difficult to see but if you allow it to settle, it becomes clear. BELIEVE IN YOURSELF and let go off the uncertain past as you learn from it. As the saying goes, "Yesterday is HISTORY, Tomorrow is a MYSTERY but today is a GIFT" that is why it is called present.

What/Why is literature?

It is very easy for everyone to identify literature as a poem or a story or a drama or an essay. It is because everyone is interested in either genre/branch/part of literature. Literature can be defined as differently as people are in the world. Literature is felt rather than more reading.

One of the most important qualities of literature is its aesthetic delight in relation to the readers while reading it. Aesthetic delight is the happiness a reader of literature deeply. Our mind is purified by the effects of literature because we forget the outside world while reading. Secondly, creativity is another characteristic of literature which has to do with the originality of the writer. It is surprising matter and things that every work of literature is different and its effects are different because of its creativity of the author on both subject matter and style. Thirdly, it is known fact that every work of literature must last long or it should never die out. The dramas written during the Greek civilization 2500 yrs ago are still regarded as the greatest dramas of the world.

The society is identified as civilized or uncivilized is easy by the indicators of literature. If a society is conscious about the literary figures or works of literature that society is marked as a civilized society. Therefore, we can judge ourselves if we belong to civilized society by the ways we have any affinity to the creative works of literature. Our path of life should be led by refined works of literature.



Smriti Siwakoti
IX 'E'



1. **Why did the scarecrow win an award?**

Because it was outstanding in its field.

2. **Why can't your nose be 12 inches long?**

Because then, it would be a foot.

3. **Why don't skeletons fight each other?**

Because they don't have the guts.

4. **Why don't eggs tell jokes?**

They'd crack each other up.

5. **Why did the bicycle fall over?**

Because it was two-wheeled.

6. **Why did the math book look sad?**

Because it had too many problems.

7. **Why don't I fake my smile?**

Because even my smile can't pretend to enjoy nose jokes.



Yuddha Prasai
IX 'E'



Migration In Nepal *The joy of travelling*

Migration in Nepal is a major social issue that affects many people in the country. It refers to the movement of people from one place to another in search of better economic opportunities, education or a better life. In recent years, many Nepali citizens have left the country to work abroad, primarily in the Gulf countries due to the lack of employment opportunities in Nepal.

One of the main reasons for migration in Nepal is the lack of economic opportunities. Many Nepali citizens find it difficult to make a decent living in their own country due to the lack of job opportunities, low wages, and limited access to education and training. As a result, they choose to migrate to other countries in search of better economic opportunities.

Another reason for migration in Nepal is the lack of access to education and training. Many Nepali citizens are unable to follow higher education due to financial constraints, lack of opportunities, and other reasons. As a result, they choose to migrate to other countries where they can pursue education and training that can help them in their careers.

However, migration also has its negative consequences. It has led to a brain drain, where skilled workers and professionals leave the country in search of better opportunities. This has had a negative impact on the country's development, as the loss of skilled workers has made it difficult for Nepal to compete in the global market.

In conclusion, migration is an important social issue in Nepal that has both positive and negative consequences. While it provides many Nepali citizens with opportunities to improve their lives, it also leads to the loss of skilled workers and has a negative impact on the country's development. Therefore, it is important for the government and other stakeholders to work towards creating more economic opportunities and improving access to education and training in Nepal to reduce the need of migration.



Diwakar Bhattarai
IX 'E'

Pack your bags, the road is near
Adventure calls, no need to fear.
The world awaits with open arms
With new sight, sounds and hidden charms.

Through winding roads and selfish so wide
We chase the horizon, side by side
Mountain high and oceans deep
Memories to make and dream to keep.

Every step a story told
In oases new and lands of old
From sunlight shares and snowy peaks
A thousand wonders all unique

So let the journey lead the way
With every dawn, a brand new day
For travelling brings the world to view
And shows us life's endless hue



Suhana Tamang
IX 'E'



Healing our Ailing Planet

Every day, a silent cry echoes from our planet a plea from forests, oceans and skies for relief from environmental pollution. This cry is visible in dying rivers, smog-filled cities, and barren lands, felt in rising temperature and unpredictable storms. It's a tragedy that affects not only nature but also the air we breathe, the water we drink, and the food we eat.

Pristine waters now carry toxins and micro plastics, choking marine life and disrupting ecosystems. The skies, once clear, are shrouded in smog, causing respiratory ailments. Fertile soils are poisoned and forests are destroyed, leaving displaced wildlife and desolation in their wake.

But there is hope. Small action-refusing single-use plastics, planting trees, using public transport, can spark change. Communities cleaning polluted areas, advocating for sustainability and demanding policy shifts ignite hope for a healthier planet.

The Earth's fate is tied to ours. If we harm it, we harm ourselves; if we heal it, we secure our future. Let us cherish and protect this home for ourselves and generations to come. Together, we can silence pollution's cry and hear the song of a thriving planet once more.



Tapashya Khatiwada
X 'A'



Florence Nightingale

Florence Nightingale is known as "the lady with the lamp". She was a British nurse. She established nursing as a worthy profession in the nineteenth century Europe. She also earned fame as a hospital reformer and humanitarian.

Florence was born into British family in Italy in 1820. She was named Florence after her birthplace. She was a brilliant child. She attained outstanding academic achievement since her childhood. When her parents were thinking of her marriage, she diverted her attention to others concerns. She knew she wanted to help others by doing nursing. However, nursing was not considered a suitable profession for an educated women at that time. As she was insistent, she was allowed to tour Europe undertaking nursing trainings. Her parents had finally agreed that Florence would become a nurse.

When the Crimean war was declared by Britain, France and Turkey against Russia in 1853; Florence went to Sanctuary, Turkey and volunteered her medical services there. She wrote about poor sanitary conditions and nursing facilities of British barracks - hospital in Turkey. She herself was appointed for directing all nursing operation at the war front.

Then Florence led a team of 38 nurses to Turkey. She reorganized the sanitary system of the barrack-hospital there. At night, she used to move along the corridors with a lamp in her hand checking the wounded soldiers. For this habit, they started calling her "the lady with the lamp."

A large fund had been raised in honour of her services with the money, she established the nightingale school and home for nurses in London in 1860. This marked the beginning of professional education in nursing.



Pabitra Bhattarai
X 'B'



Jenisha Khawash
IX 'E'

THE BIG ISSUES OF TODAY'S YOUTH'S

Comparison

Comparing ourselves to other people can be something that pushes us forward and helps us to be better. Always see the best one as your inspiration and be motivated looking behind you. However, unless we're really secure who we are, it can be something that pressure on to us. When we compare with someone just perfect than us in which we're not as good as them, it can affect, the way we think of our own value. Comparing our looks, lifestyle exam results families or social media status of people can just increase our insecurity. God creates us all unique, with different gifts, skills and appearance. Be your own example for the world. There's a saying "Don't get so distracted by someone else's race that you forget to run your own."

Hurting yourself

Some people intentionally hurt themselves in a number of different ways and for uncountable reasons. Many of them choose to self-harm as a way of expressing some very difficult feelings that they are struggling. Instead, today's youth express their emotions, problems by their social media status. Why? If you or anyone is struggling in this way, it is really important to talk with someone you feel good or get a suggestion in order to get out from it.

Social Media

In today's world; social media has been a worldwide time to spend to everyone. How we are using is important and so, is the way we let it affect us. Most of the time, we engage in internet, which truly affect our health, study and environment around us. It makes the nature of youth as fearless altitude. It can create insecurity inside them. Slowly it makes the social media a time consuming world where we can't even get out of it. So, this is the problem of being successful in our attempts of hardworking.

Distraction

It is directly related to the social media, android devices, internet related etc. Most of the student suffer from this. Because of using social media in the wrong way they tend to lose their academic strategy. Instead of doing homework they started to be engaged in mobile phones. Some students thought to use for a while but the distraction start up in their mind by different notifications and all. What people say "Social networking is a topic that devices opinion." Some people think it's an amazing field but others are worried about impact it has on people's life.



Our wild and fun filled school trip to Darjeeling: *Dancing, Singing and unforgettable Memories!*

Our school trip to Darjeeling wasn't a memorable "The trip" from the moment we boarded the bus to Kanyam, was packed with fun, laughter and memories that will stay with us forever. Here's a glimpse of the wild ride we had!

Day 1: Arrival, Exploration and a night to remember.

After we felt it like a never-ending drive, we finally rolled into Darjeeling around 3pm, where the air was the crisp mountain air walking us up and filling us with excitement.

First stop: Darjeeling Zoo and Museum. We saw some cool animals, learned a lot about Darjeeling's history, and couldn't resist snapping pictures at every turn. Then, we had a mini stop to admire the tea gardens and take in the stunning views of the hill lit up with sparkling lights as the sun dipped behind the mountains. It was like we'd stepped into a postcard. But the real party started when we got back to the hotel. Although we had only a few hours of sleep, that didn't stop us! We turned the night to a mini concert-dancing, singing and laughing until we couldn't breathe. Who needs sleep when you're having this much of fun, right?

Day 2: Scenic views, Iconic spots and Chaurasta Madness

The next morning, we were woken up bright early at 7am. Despite the minimal sleep, we were pumped for day two! First, we visited the Batasia Loop, where we were lucky

enough to see the toy train winding through the mountains. We snapped so many photos that our cameras almost ran out of space. Then, we headed to the Ghoom Monastery, where we had a peaceful moment (though, honestly, we were still recovering from last night's fun). After that, it was on to the peace pagoda, where the clear skies gave us breathtaking views that made the early waking-up totally worth it.

Later, we hit up Chaurasta, the vibrant market where the real adventure began. We shopped, bargained and explored every nook and cranny, making tons of new memories. The energy in the market was contagious, and we couldn't stop smiling as we found quirky souvenirs and captured even more funny moments.

Day 3: Sunrise at Tiger Hill and Kanyam Shenanigans.

By day three, we were total pros at early morning wake ups, so when the alarm went off at 4am to head to Tiger Hill, we somehow managed to get out of bed without much complaining. Though the mountains were playing hide-and-seek with the clouds, we made the best of it. We laughed through the chilly morning air, took goffy group photos, and just enjoyed the moment together. Sunrise or no sunrise, we were on the top of the world.

On our way back, we made one last stop at Kanyam, where we soaked in the beautiful views, laughed, explored, and snapped more photos- of course! It was perfect way to end our trip before we boarded the bus back home.

The Journey Home: A Bag full of memories.

As we made our way back to school, we realized that our bags weren't just filled with souvenirs- they were packed with unforgettable moments: Spontaneous dance-offs, late night talks, inside jokes, and memories we'll be talking about for years to come. Darjeeling gave us more than just stunning views-it gave us lifelong memories and a deeper bond with our friends and teachers.

This trip wasn't just about sight-seeing, it was about the fun we had along the way. From the first photo to the last laugh at Kanyam, it was a trip of a lifetime. Darjeeling, you were everything we needed and more!



Prasamsha Bhetwal
X 'A'

Just do it.

The world, my friends is not what you think,
Because science is cruel and it changes within an eye's blink.
I know, you love football,
But, who knows, when your career made on football might fall?

The universe is very big and ever expanding,
If you just do nothing, who's gonna do your child's funding?

The horses' tail, my friend, is very long,
one is working hard for his future while the other, to sharpen
His voice, is practicing king kong, ding dong.

The person you look at, might be thin, or totally fat,
Who knows, that big guy might win the world with a ball and a bat.
Oh, hello, the mountain is covered with ice and crust
I must tell you, the only thing harder than it, is to win someone's trust.

Whispers of Time

Beneath the stars, the world stands still,
A canvas vast, yet soft and real.
The wind hums songs of days gone by,
Its tender voice, a wistful sigh.

The river flows, a silver thread,
Through dreams once lived,
through words unsaid.
Each pebble speaks of love and loss,
Of fragile bridges we all must cross.

And as the moonlight graces earth,
We weigh our lives, their fleeting worth.
In every shadow, light does gleam.
A fleeting hope, a timeless dream.



Aaditya Sangroula
X 'A'



Prashika Bharati
X 'A'



I pretended Friendship

I don't know if specifically you had this experience in your school time. But I myself and a handful of other people have had this experience once in a lifetime.

Listen, I am not an extrovert neither an introvert but an ambient. I like company at times and don't like other times, but I always lack company many times. Especially, in grade 5, I resorted to pleasing my friends as a means of getting friends. But if I look back, I feel like I'd have been alone then if I had not please friends constantly people pleasing.

I often struggled with saying no, establishing boundaries etc. I felt if I said no friends wouldn't like me and I would be left alone with no friends. So afraid of being alone, I often pretended to be liking friends who left me alone.

But after sometimes, I realized the core truth, It's not possible to please everyone. It's not possible to make everyone like me. And even if I tried my best, there would still be who disliked me and I realized it's ok, it's normal.....

When I used to be alone, I often felt it was sad and I was pitiful. But now I realize it's better to be alone than hangout with the wrong crowd. God places people with a purpose in your life and pushes them away if they're not meant for you after sometime.

Remember, you live your life for yourself not for anyone else. Let it not be your regret in your death bed, that you lived a life every moment for others but not for yourself.



Kriyosga Prasai
X 'A'

DEATH

Death knocks at everyone's door
Be they rich learned and poor.
It comes uncalled, yet never late,
The silent keeper of every fate.

No riches control, no power bends,
For death takes all and all its ends.
A king, a child, a beggar's request,
All are in one eternal rest.

Yet in my arms, there is no pain,
A quiet pause from life's chain.
The struggles cease, the noise is gone,
All of us drift to where we belong.

A final breath, a whispered tone,
And yet, we are never alone
Memories linger and love remains,
A spark of warmth in life's remains.

Then fear it not, this quiet night,
It dims the dark and warms the light.
Death is but a closing door,
That leads us our home for sure.



Safal Dhungana
X 'A'

“ ENGLISH WITH CHIYA GUFF



Hridaya Pd. Siwakoti
X 'A'

My friends, the wonder I experience while uncovering the mystery of learning English is unmatched. Today we will discuss a concept that will definitely alter your perspective on learning English. "English with Chiya Guff" what does it really mean! I am talking the whole informal side of English that we have overlooked throughout this journey of learning English for example; It is sure that none of us has ever attended a Hindi class, however, we speak it intently, don't we? The main reasons for this include Sanskrit being a common root for both the languages, but the most significant factor is our informal attitude towards Hindi. As children we viewed cartoons in Hindi, enjoyed television programs in Hindi, listened to our favourite songs in Hindi and most importantly. Most of movies that we watch are in Hindi. What I'm trying to convey is that for obtaining fluency in a language, informality is the supreme way.

Coming to the topic, each of us has soon adult man gathered at a tea shop discussing the nation's socio-economic situation, particularly politics. "Congress UML allocate positions, KP Oli does that, etc etc...." It definitely comes with an advantage to us as their opinions mirrors our reality and country's state; however, why not we utilize this concept to improve our English what if we create a informal environment either in our classroom or outside just for the sake of freely conversing in English, making mistakes and laughing at each others. These mistakes are going to be the stairs towards learning this language and this is what I define "Chiya Guff".

Since the first approach, we are pre-programmed to focus on the grammer rules, structure and other various aspects for learning English I do understand that they are important for building the foundation for English literature. But, as our primary concern is fluency, I feel all those extra rules are simply a burden for a student trying to speak a foreign language. It is a big hindrance as for, who considers everything before articulating a sentence. The biggest issue for students who do root speak English is the fear of losing their minds to be in absolute blank state when they begin to speak. It is because they hesitate to speak impromptu and think prior to communicate which is unnecessary for a language. If you, my friend, feel the same that you run out of vocabularies or words to speak let me open your eyes of wisdom with this realistic example.

"Do you remember the scene from the movie 3 Idiots where Mr. Ranchordas Chanchad was forced to go out, just for explaining a machine in simple words. The main part where he returns saying, he forgot something. While the whole class was waiting for his reply on what he forgot, he said, "Instruments that record, analyse, summarise, organize, debate and explain information, that are illustrated, non-illustrated, hardbound, paperback, jacketed, non-jacketed, with forward introduction, table of contents, index, that are intended for the enlightenment, understanding, enrichment, enhancement and education of the human brain through sensory route of vision and sometimes touch". Well, all of these words here are just pointless because they just refer to a single word book.

So, it is sure that you don't really need all those words for you to speak, what you really need is to Just do it.



Sahil Pathak
X 'A'

The secret language of universe

The universe is vast and mysterious, filled with stars, planets and countless wonders. But have you ever thought that the universe might have its own way of speaking to us? The idea of "Secret Language" of the universe is fascinating and helps un understand the world better.

Patterns in Nature

One way the universe talks to us is through patterns in nature. For example, have you noticed the sunflower seed grow in spiral? This spiral follows something called the Fibonacci sequence a series of number found in many natural things, like pinecones and seashells. These patterns shows us that there's order in how things grow and form, even if we don't always see it at first.

Numbers and symbols

Numbers are another way the universe communicates. For example, have you ever noticed repeating numbers like 11:11 on a clock? Many people feel that these numbers are special and carry messages, like reminding us to focus on positive thoughts. Similarly, shapes like circles and triangles also appear everywhere from the design of snowflake to the planet's orbits showing how the universe loves symmetry and balance.

Coincidences that feel special

Sometimes, strange coincidences happen that make us think. Maybe you think of fiend and they suddenly call you. These moments, called synchronicities, feel like the universe is giving us a sign. They remind us that everything might be fully connected in ways we don't understand yet.

Vibrations and sounds

Everything in the universe vibrates, even though we can't hear or feel it. Scientists claim that each object has its own frequency. Think of a guitar string: when you pluck it, it vibrate and produces sounds. Similarly, the universe vibrates, such as when planets move or stars burn. Some people believe that listening carefully to this vibration carefully can help us feel calm and connected to our surroundings.

How can we understand it?

To understand the universes language, we must remain curious and attentive to the world around us. Observing the stars, listening to nature, or even noticing small details in our daily life can make us feel more connected to the universe.

Life is a lesson

Life is a lesson
Don't be afraid to live it!
Take what it gives.....
And return to it a thankfulness.

Life is a lesson
We all have tests to pass.
Some attempt to refuse their tasks
And fall to be become indignant and crass.

Life is a lesson
Learn your lessons well
Some will choose a path to heaven!
Others will curse themselves.....
Preferring to address their stressing hell!

Life is a lesson
Do what is received as given.....
And perceive with that,
You are doing you're best!
At least.....
You are doing what you can and well!



Denisha Shrestha
X 'B'



Eyes: A window to the soul

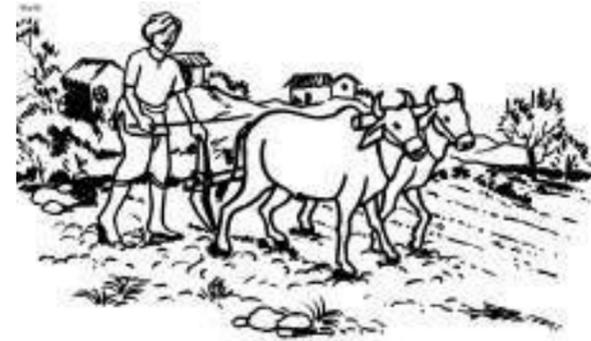
Eyes, where the universe lies
Which holds the untold ties.
It shows the emotions which
Cannot be expressed through words
Sometimes can be like a sword
Kind eyes are hard to find
Can be like a landmine
Eyes hide lots of sorrow
Cause happiness is hard to borrow
As pretty as the sky
Which dreams high
As clear as the snow
When the sunshines, it glows
Eyes can define human nature
Can be a creature magnificent



Merika Gurung
X 'B'

Farmer

Beneath the sun, the farmer tails
Turning earth with patient spoils
Speeds he sows with tender care
Dreams of harvest in the air
Raindrops kiss the fertile land
Crops grow strong beneath his land
From down to dusk, his work is sweet
Bringing food for all to eat
A humble heart, a steady peace
The farmer's love lights every place
Through seasons harsh, he stands so tall
A noble giver to us all



Lahmu Tamang
X 'B'

WHY DO WE FEAR THE UNKNOWN?



We fear the shadows, dark and wide,
The things we cannot see or guide.
The future holds its secrets tight,
And we can't see beyond the night.

What lies ahead, we cannot know,
The path ahead is all aglow.
With questions, doubts and silent cries,
Underneath the endless skies.

Our minds create what isn't there,
Imagining dangers everywhere.
A simple step, a change of pace,
Becomes a challenge we must face.

But deep inside, we also find,
A spark of courage in our mind.
For though the unknown may cause fear,
We face it strong, we persevere.

The fear will fade, the doubts will cease,
As we embrace the unknown's peace.
For every step we boldly take,
The unknown becomes less a mistake.



Shrutika Khanal
X 'B'