

What Is Love Like?  
 Love is like a river,  
 Love is like a play.  
 Love is what I feel for you,  
 Each and everyday!!  
 You are my god's gifts,  
 You are my love.  
 You give me birth  
 In this beautiful earth.  
 Father is god!!  
 Mother is friend!!  
 Oh! you two gods  
 don't change.

# What Is Love Like?



**Anusha Neupane**  
VI 'A'



# Who is Your Favorite?



**Aaningwa Sademba**  
VI 'A'

Roald Dahl was a famous English writer who wrote many children's books. Matilda, The BFG and George's Marvelous medicine are a few of my favourite books that he wrote. I really like his books because they have a lot of humor, have funny illustrations and the fact that he understands kids.

I found his book "The BFG" humorous. It is all about the adventures of the Big friendly Giant and a little girl, Sophie. My next favourite book is George's Marvellous medicine. It is about a little boy who was trying to get revenge on his horrible, disgusting granny. My third favourite book is Matilda. This one is about a bright little girl, her annoying parents, a lovely teacher and an evil headmistress....

I have read many other books from many writers such as David Walliams, Rachel Renee Russel, Jeff Kinney and many more. They are all equally interesting. My best time pass during Leisure is reading books. It is for better than staring and scrolling on screens. And the best part of reading? It saves you from getting yelled at by PARENTS.

# A parent's love

A parent's love is endless and true,  
 A shelter of warmth when sky is blue.  
 Through every struggle, they stand by our side,  
 Their hearts are a compass, our constant guide.  
 They give without asking, they care without end,  
 Parents are more than just family they're a true friend.  
 With love as their language, patience as their art.  
 A parent's love is a treasure, a beautiful heart.



**Aayushreya Karki**  
VI 'A'

# Save Water

Water is a precious resource that is essential for life on earth. It is necessary for every one on earth whether human, plants, animals or any living being.

We get water from many sources like rivers, ponds, lakes, under-ground and also rain water. We use water everyday for drinking, bathing and cleaning. Farmers use water for irrigating and cultivating crops. Industries need water to make things we use. The energy sector also relies on water for cooling fossil fuels.

Water is becoming polluted everyday. There are many causes of water pollution everyday. There are many causes of water pollution, first one is industrial water like toxic chemicals release into water which can contaminate water sources.

Pesticides and fertilizers from agricultural fields flow into water bodies causing water pollution.



**Dipshika Oli**  
VI 'B'

# DEPRESSION



Esther Roy  
VI 'B'

Depression is a feeling of extreme sadness that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

The symptoms of depression are, if you think that your friends are getting all the attention and you're left out then it could be the lead to the beginning of depression. The activities that you like to do, if one day those activities become boring and all, losing your energy to even do something simple is one of the symptoms of depression. High functioning depression is lots of trouble and highly bad for the person's health. One of the symptoms of high functioning depression is physical change. Eating a lot or eating less is also a symptom. The weight you have, even if its lots of weight or less weight with the low energy, could change the behaviour of the person. The biggest symptom is when the person's alone. The self hatered, self-pity and neglect happens. The person becomes extremely sad thinking about their friend getting attention when they're the one with low energy. The brain starts to argue and makes up the story saying that others are getting all attention. Self-hatered could cause depression.

People think that depression is all about being sad, having mental problems when its not. Who do you think you are to say what isn't even true? Are you God? No, are you a judge? No, everybody makes fun of the word 'depression'. Why? because it's fun! they say No, it's not fun. If you were dying and they start to laugh, will it be fun? Absolutely not. If a person's depressed, they'll try to hide it by smiling, pretending to be happy, saying 'I'm fine' when they're not. Real depression always starts with a smile to show others they're not sad. People have killed themselves because of depression. Lots of people become suicidal. If a person is depressed and all, then suddenly out of the blue, they become happy like it's the best thing ever, they might be trying to enjoy their last moment before they commit suicide. It's sad but it's the ugly truth. If there's yin then there is yang. If there is good then there is bad. If there's imagination then there is reality.



Britina Niroula  
VI 'B'

## Women Empowerment

Women have been a subject that men have been toying with for centuries. But, nowadays women have become independent and hold power that even men can't overtake. Women are souls of Mahakali and Maha durga. If there were no women in this world then it would be a disaster. Women are not safe in this dangerous world full of mysterious monster. Women are learning how to defend themselves. But, still many people try to keep women under their control and the traditional culture of the women only belonging in the kitchen.

In the modern generation, women are trying to fight for their rights. Because of traditional cultures and having horrible family members women need to take permission for everything. Because of many superstitions in Nepal female are being taken a back but if we spread awareness in different social media, advertisement etc. We can make women powerful. The meaning I want to give to everyone about the topic 'Women Empowerment is that' Women are also human being they also have dreams, feelings and emotions. So please, treat everyone equally.

# Gender Discrimination

The unfair rights between male and female based on different gender roles is called gender discrimination. In the past few decades gender discrimination is kind of being in control but still there are many villages in Nepal, where females are being discriminated. They say female belong in the kitchen but if you see from my perspective we females are also able to do the same work as men.

In the growing modernization if we still keep this perspective we can say that we are modern it's just a dumb superstition. There are many effects of gender disparity in the society. It has effects on the scale of population. Because of the discrimination the number of new born boys are more than new born girls. Education is a fundamental right but still girls are being restricted from a fundamental rights. Gender inequality is also evident in workplaces like men earn more money than female earn by doing the same work and obviously it's just not fair.

Now I am going to prove female can also do same or more than men. Let's talk about a popular figure Anuradha Koirala who was the first child to the colonel Pratap Sing Gurung and Laxmi Devi Gurung. Anuradha Koirala started Maiti Nepal.



**Ishana Siwakoti**  
VI 'B'

# My Mom

My mom is really great,  
Her arms were always open!  
When I need a hug,  
She always loves me a lot!  
She is caretaker and teacher,  
Who taught me things!  
in a better ways,  
When I need some help  
She is always with me  
You are my day!  
My mom is the best  
Your strength and love has guided me,  
and gave me wings to fly!



**Joya Puri**  
VI 'B'

# TIME

Time is a valuable thing which never goes fast for anyone nor stops for anyone. Time is more precious than diamonds gold and silvers. Someone tells today the time is going fast and someone tells today the time is going so slow.

For someone time goes fast and for someone time goes slow that is their imaginations and dreams. They just felt like that but that's not true. Time gets older but it does not gets younger if it goes younger then that is a fake thing or dreams.

In every generation, time is there. I guess you have seen flash I that film you may say that time is going slow but the flash was fast not the time. Time goes and we can feel it's presence everywhere and everytime.



**Pana Shrestha**  
VI 'C'



English speaking is vital in today's interconnected world as it serves as a universal language for communication. English being the most widely spoken second language globally enables people from diverse linguistic backgrounds to connect. It is the dominant language in education, science, business and international relations, offering access to academic resources, global markets and collaborative opportunities. Proficiency in English opens doors to better career prospects, cultural exchange and seamless travel experiences.

Moreover, English provides access to a vast array of media, literature and technology, enriching personal and professional development. It fosters confidence, expands knowledge and facilitates meaningful interactions across cultures. As a bridge language, English plays a critical role in fostering understanding, unity and progress in an increasingly globalized society.



**Kavya Pokhrel**  
VI 'C'

## THE COLOURFUL FLOWER IN THE GARDEN

There was a garden with lots of flowers in between them was a colourful flower which I adored. One day it started drying and I started panicking. I didn't want it to die. I thought of every idea. And I went to my mom and asked her what I should do. She told that I should try watering it and I watered it as she told me. I watered it everyday. After few days it started blooming again. It was like an adventure and it was fun. One day it again started drying and again I started searching for idea to make it bloom again. I went to my mom again to find the idea to make it bloom again. My mom told me that a plant also needs nutrients so, we have to make compost to give it nutrients. My mom told me to put compost on it monthly.

It was also like adventure. After that I always followed. What my mom said. And it never dried. So, it was my adventure with my mom, me and colourful flower.



**Mayusha Katuwal**  
VI 'C'



## Village Life

Village life is a simple and pleasant life. The villagers live a simple life. They use simple tools for daily activities. They cook food by the help of firewood. They bring water from the river. They grow crops and fruits from their farm. They have different domestic animals like cows, goats, sheep, chicken etc. They sell their crops in the city and we eat their crops. They grow their own rice from the farm. They are very friendly and polite. They take small places to make houses. They help each other when they are in trouble.

They make a group and solve big problems by listening to the idea of others. They have many natural resources like river, lake, ponds, jungles, forests etc. They take wood from forests and jungles and use them as firewood and building materials. They can make a house with help of others. If there is a big fight the police can help them. The police and government can help them, in any other problem.

Village life is better than the city life because it is non-polluted and have good environment because of that they are very strong and healthy. But cities are very polluted and it can affect people. People living in village have a good mental and physical health. They have better and healthier life than city people. That's why most of the people go to the villages and stay for a few days to be recharged.



**Krishal Khatwe**  
VI 'C'



# Friendship

Friendship is very beautiful gift of life. Friendship provides us a person who always stays with us in every situation of life. It's also the key to a happy and peaceful life. Everyone needs a true friend in their life that helps them in every condition.

A true friend always guides you to choose the correct path. Friendship is all about trust and loyalty, there's no place for lying and cheating. A true friendship is like a backbone that always keeps you straight and never let's you down.

Several times we are unable to share our emotions or feelings with others, this makes us stressed and depressed. In this situation we need a friend to convey our feelings. The body of friendship saves us from depression and makes us joyful. Friendship does not mean only understanding and helping. It needs some patience, naughtiness, love etc. So true friends are pillar of life. They are the most precious gift that we achieved.



**Prasadhi Oli**  
VI 'C'



# Mother\*

Mother is not simply a word, in fact it is a whole universe in itself. Mother is the symbol of love, care and sacrifice. She is the most important person in everyone's life. As for me, my mother is the most precious gift of god for me.

My mother is the person who has the most impact in my life. She is my first teacher, guide and my bestfriend. She takes care of everyone in our family. She teaches me good habits and moral values. She understands me and helps me to solve my problems.

My mother is my pride. She is my greatest motivation because she always encourages me. I tell all my secrets to her. I always wonder how she manages everything perfectly.

My mother is an inspiration to me. Her dedication, hardwork and faith inspire me to do more to learn more, and to reach my goals in life.

I love my mother so much and always pray for the health and long life of my mother. My mother is my everything. I love my mother so much.



**Isha Dangi**  
VI 'C'

# MY BEAUTIFUL COUNTRY "NEPAL"

Nepal is a beautiful country in South Asia. It is a small country located between India and China. The capital city of Nepal is Kathmandu. Nepal is divided into three regions known as Himal, Pahad and Terai. Himal is the Himalayans. Pahad is the forested hilly area and the Terai is the flat land. There are 7 provices and 77 districts in Nepal. Nepal is a country full of mountains.

Gautam Buddha was also originally born in Nepal. Our flag of Nepal is very unique because it is triangular in shape, where as the flag of ther countries are rectangular or square in shape. Nepal is rich in culture and in water resources. There are many rivers like Koshi, Gandaki, Karnali etc and lakes like Phewa, Rara etc. There are many people having different religions and cast in Nepal. They celebrate festivals like Dashain, Tihar, Holi, Loshar etc.

Nepal's national dress is 'Daura Suruwal and Dhaka Topi for men and Gunyeu Cholo Patuki for women.' The national animal of Nepal is cow, national flower is Rhododendorn, national bird is lophophorus and lastly national colour is crimson. Nepal is a very beautiful country with nature. At last, I am very proud to be a Nepali.



**Numa Chemjong**  
VI 'C'



# ENVIRONMENT

Environment is important for us. It gives air, water and animals. We should keep environment clean and healthy. We can plants trees and flowers. Environment includes all living things and non-living things in our surrounding. The life of humans and animals is dependent on environment. Environment also provides us with several other natural resources that are very important. Natural resources are the resources that environment gives us naturally without we creating it. It includes sunlights, atmosphere, land, water, plants, animals, sea life, different species and everything that occurs naturally on earth.

It provides us with the resources such as fuels, metals and most forms of energy to use. Environment is very poor that could never be imagined by our ancestors in previous time. Use of natural resources should be carefully planned and executed. We should save environment. We should use less electricity. Animals and plant are special. Let's protect them.



**Nalungma Rai**  
VI 'C'





English is a mixed language including many languages. English is used in many fields including communication, learning, advertisement and tourism etc. Among million people, 15% which is 1.35 billion people speak English. 13% of the world speak English. How much percentage did you thought of? English is the most spoken language in the whole world. Have you ever done any kind of public speaking? or want to? If can't by practicing it will boost confidence and help you do it even better. You can practice it by books and language learning applications like dualingo and more. But only by learning it will not help you, you also have to communicate. We can communicate with teachers and friends in English. It will help you.

Let's come in the point English is very important in many fields but in some countries you have to learn their languages because they haven't learned it. But also in countries like Korea and Japan they don't think English is important. So, in Japan it is hard to translate it in English who can't understand English. In Korea or South Korea a few member of K-pop bands can speak proper English where most of them are foreigners. Have you ever imagined your life without English; it would be hard to communicate.



**Prakriti Rajbanshi**  
VI 'C'

## BENEFITS OF PHYSICAL EXERCISE IN DAY TO DAY LIFE

Physical exercise is essential for maintaining a healthy body and mind, especially for students. Regular exercise helps strengthen muscles, improve stamina and boost immunity, keeping common illnesses away etc. Activities like running, cycling or even playing outdoor games ensure physical fitness and improve posture.

Beyond physical benefits, exercise has a significant impact on mental well being. It reduces stress, sharpens focus and enhances memory, which is especially helpful for academic performance. Exercise also promotes better sleep, leaving you refreshed and ready for the day ahead.

Participating in sports and other physical activities teaches teamwork, discipline and resilience qualities that are important for success in life. Even small steps, like taking the stairs or walking to school, can make a big difference.

Let's make exercise a daily habit. It's not just about staying fit. It's about building a healthier, happier and more confident version of yourself.



**Prinsha Pokhrel**  
VI 'C'



## Sumnima Paruhang

"Sumnima and Paruhang" are the deities of the Rai people, representing the creator, preserver and sustainer of the world. Sumnima is the female goddess of Mother Earth and fertility, while Paruhang is the male god of the sky and rain. Although they are distinct in origin, they are sometimes compared with the Shaivist deities of Nepalese Hinduism, Shiva and Parvati.

The Kirat people practice shamanism and worship mother nature, ancestors, the sun, the moon, wind, fire and the main pillar of the house. The religious scripture of the Kirat people is the Mundum, which guides the community in conducting rituals and other activities to maintain their identity.



**Manabi Rai**  
VI 'C'

# Life

We have to enjoy our life. It can be short or long. We can't see but we have to face happiness and sorrows. We have to enjoy all the things that we face in our life. So many people say death is the solution. No, that's absolutely wrong. We have to face all the situations in the life bravely. I know sometimes, we love life; we don't want to die. But in hard situation we hate our life. We think there is no any solution we hate our life. We think there is no any solution and have to die. Do not think that way. We have to become good person and no one will bully you. One day you will be in big trouble. Don't trouble anyone. One day if you are sick or anything. Someone will come to help you. Do respect to everyone, people will respect you. That's why we have to enjoy life. Not to die.



**Kriyansha Gautam**  
VI 'C'





**Prasanna Niroula**  
VI 'C'

## “THE EVOLUTION AND INFLUENCE OF THE RAPPING INDUSTRY”

The rapping industry, an integral part of the boarder hip-hop culture, has grown from its grass roots beginnings to a global phenomenon that influences music, fashion, social movement and youth culture worldwide. With its rhythmic wordplay, story telling and ability to convey powerful message, rapping has become one of the most dynamic and impactful forms of artistic expression.

The origins of rapping can be traced back to the streets of the Bronx, New York city, during the 1970s. Hip-hop pioneers like DJ Kool. Here, Grandmaster flash, and Afrika Bambaataa began experimenting with beats rhymes, creating a unique art form that resonated with the urban youth. Initially, rapping was used as a tool for storytelling, social commentary and entertainment in big parties and underground sconces.

The 1980s and 1990s marked the golden age of rap, with artists like Ran-D.M.C. Tupac Shakur. The Notorious B.I.G., and N.W.A. bringing rapping into the main stream. There artists asked their music to highlight societal issues, including racism, poverty and violence, while also creating a space for personal expression. During this period, record labels began in vesting heavily in rap, resulting in commercial success and the globalization of the genre, such as pop and EDM, have also broadened the appeal of rap, mocking it one of the most consumed music genres globally.

The future of the rapping industry looks promising with innovation in music production, AI generated beats and the integration of rap into global cultures. The genre’s ability to adapt and evolve ensure its relevance for generations to come. Upcoming artists from diverse backgrounds continue to enrich rap bringing new perspectives and styles to the forfeit.

The rapping industry is more than just music, it is a cultural force that reflects society’s struggles, triumphs and transformations. From its hamble beginings in the Bronx to dominating global music charls, rap has proven to be a resilient and evolving art forms. As it continues to inspire and influence millions worldwide, the industry stands as a testament to the power of creative expression and the enduring human spirit.

## About Farmer Hardwork

Farmers do hardwork for us. They grow vegetables for us. They live in a small house but they give crops for everyone. Poors or rich they eat rice only but some people give wastes food for poor people that is wrong we have to distribute rice, dals and curry equally to every poor people. They have powers of Hardwork which we give to other we also get that for example you throw stone in sky, you get stone only you don’t get flower to get flower we have to throw flower in sky then we get flower. Water and soil are the natural resources that farmers use. They don’t eat food, they give food to their children and for us. We don’t have to take damage vegetable in which the chemicals are mixed to grow and to chasing insects in fields. Some people snatch the fields of farmer and they make big buildings on their fields. We don’t have to do like that to farmer. We have to do good behaviour to farmers. All of us don’t have equal talent but all of us have equal opportunity to develop out talents.



**Sajesh Poudel**  
VI 'D'



## JOKES OF TWO STUDENTS

Once upon a time there were two students in class 6. Their name were nobody and somebody. They were very naughty in their class and there was one boy. His name was mad. He was good in studies. One day nobody and somebody fought in the class and mad had gone to principal sir office and he said “Sir Nobody and Somebody were fighting” sir said ‘What’ and mad again said “Sir Nobody and Somebody were fighting” sir became angry and said to mad “Are you mad” and mad said, Yes sir I’am mad. Ha, Ha, Ha,

**Notes for everyone: Laughing is good for our health.**



**Sajesh Poudel**  
VI 'D'

# What is this life?

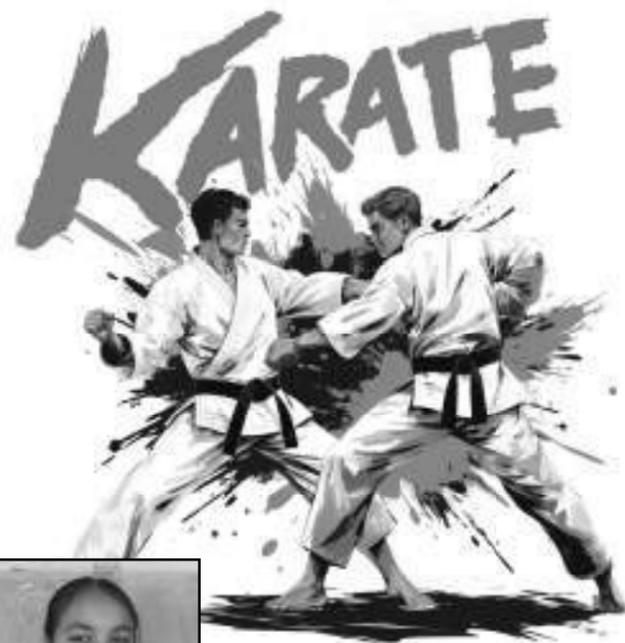
Some will say life is living and ending with family. Else, some will say achieving every success and desire is life. Everyone has their own definition of life, own explanation, desire to fulfill but what is the purpose of life? It is unknown to anybody. We all just play our roles in life. Some lead happy and successful life and some live in poverty and lead a miserable life.

We don't know about life. We have no idea about it. Right after we are born, we walk on our parents footsteps for some years learning what they learned from their parents. We know what they are going to teach about. And our upcoming generation will follow the path that we are leading now. Does the purpose of life serve teaching and following what our parents know? If the purpose of life is unknown, untold and uncertain, what is there to do then? What should the meaning of our life be?

It has never been proven. Nobody knows the purpose in their life. Everyone is in search of a purpose of their life. Maybe that's it. Maybe the basic instinct of humans to want to know about life itself is the purpose of life and meaning of life. I do feel, that the purpose of life is experiencing and accepting every change of life and living every moment of life in search of life.



**Rochak Poudel**  
VI 'D'



**Aakansha Bardewa**  
VII 'A'

Karate is a Japanese martial art whose physical aspects seek the development of defensive and counterattacking body movements. Karate was originated in Okinawa, Japan. Gichin Funakoshi is known as the father of modern karate. Karate has changed my life dramatically, the way of giving me mental confidence and making me feel like I can defend myself if needed. It has also taught me to walk away from arguments and only to use my karate training as a last option.

The themes of traditional karate training are fighting and self-defense, though its mental and moral aspects target the overall improvement of the individual. Karate training develops ability, strength and speed, allowing for fast and effective techniques as well as improve muscle tone and endurance. Karate practice strengthens the mind, develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence.

"The ultimate aim of Karate lies not in victory nor defeat, but is the perfection of character." Karate is not about techniques and their execution, but about boldness, integrity and fight for justice and the common good. But we shouldn't forget to study.

# POLLUTION

The air we breathe, a poisoned haze  
A choking shroud in modern days  
The riversweep, with plastic tears  
A silent sorrow, through the years  
The forests bleed, where toxins lie  
A dying green beneath the sky  
The ocean groan with plastic blight,  
A suffocation, plastic plight  
The earth's embrace, a poisoned kiss  
A fading green, a fading bliss  
But hope remains, a flicker bright  
To meant the harm, and set things right  
Let's join our hands, a conscious plea  
For a cleaner world, for you and me



**Suzal Baral**  
VI 'E'



# A pride of Nepal Mt. Everest

Mount Everest is the Earth's highest mountain above sea level, located in the mahalangur Himal Subrange of the Himalayas and on the boarder between Koshi province Nepal and Tibet Autonomous Region, China. The China-Nepal border runs across its submit point. Its elevation of 8,848m was most recently established in 2020 by the Nepali and Chinese authorities.

Mount Everest attracts many foreign climbers, including highly experienced mountaineers. Tenzing Norgay from Nepal and Edmund Hillary made by the first document ascent of Everest in 1953.

Mount Everest take the crown of the tallest mountain in the world. Mount Everest is also the beauty of the Nepal that has made Nepal, the living paradise on the earth.



**Sparkle Gautam**  
VI 'E'

# Global Warming



**Tejaswi Sangroula**  
VI 'E'



Global Warming is the increase in the average temperature of earth's near-surface air and oceans. The surface of the earth is surrounded by the layer of air called atmosphere. The average temperature of the earth has been continuously increasing since the mid-20th century. In the last 100 years, Earth's average surface temperature increased by about 0.80C (1.40F) with about two thirds of the increase occurring over just the last three decades. Global warming is caused by several factors. The primary cause of global warming is huge amount of emission of carbon dioxide gas in the atmosphere; for example: 8 billion tons of carbon dioxide entered the air in 2009. There are many consequences of global warming. It causes sea level to rise. There has been a rise in sea levels due to thermal expansion and melting of glaciers and ice sheets, and warming of the ocean surface. It may warm and melt the ice and cause glaciers to retreat. It may bring changes in agricultural production etc.

Success is the goal of everyone's life. No one can achieve success in life without hardwork. Hard work is the key to success in life. The achievements without hard work is impossible, there is no such things as achievement or success by luck. To get success, there are many things and rules that we should follow. Success demands sacrifice, struggle, faith, discipline, patience, competence, passion, consistency and relentlessness. Lord Krishna has told, there are three weapons to get success, they are: struggle, hardwork and patience. These are the main three weapons to get success in our life. If we really want to get success in our life then we have to do hardwork. It is the main key to success in our life.



**Shambhavi Thakur**  
VI 'E'

## IMPACT OF OVERPOPULATION ON EARTH'S ENVIRONMENT

The earth's current population is almost 7.6 billion people, and it's expanding. It is expected to surpass 8 billion people by 2025, 9 billion by 2040 and 11 billion by 2100. The population is quickly increasing. For surpassing our planet's ability to maintain it given existing habits. Over population is linked to a variety of detrimental and economic consequences. Including over-farming, deforestation and water pollution as well as entrophication and global warming. Although many incredible things are being done to increase human sustainability on our planet, the problem of too many people has made long-term solutions more difficult to come across. Over population is mostly due to trends that began with a rise in birth rates in the mid twentieth century. Migration can also result in over population many arise without a net increase in population. It can happen when a population with an experienced economy out grows its carrying capacity and migratory patterns remain stable. "Demographic entrapment has been coined to describe this situation."



**Utkarsh Shrestha**  
VI 'E'

## Power of Donation

Donation is the selfless act of giving to those in need. Whatever it's money, time, food or clothes. Donating could create a positive impact on communities and individual. It fosters the kindness and hope around the world. It bridges inequalities among people and can make the world a better place. Simple act of kindness can make a major difference in the lives of people. Let's spread kindness, and hope by donating to those who needs it.



**Sital Limbu**  
VI 'E'



# Drug Addiction

Drug addiction is a serious issue that affects millions of people around the world. It is a chronic disease that can have devastating consequences on an individual's physical and mental health, relationships and overall well-being. The use of drug can lead to a range of negative effects, including impaired judgment, memory problems and increased risk of overdose and death. The causes of drug addictions are complex and varied. Some people may turn to drugs as a way to cope with stress, trauma or mental health issues. Others may use drugs as a way to escape from reality or to fit in with a particular social group. Regardless of the reason, drug addiction can quickly spiral out of control, as individuals become physically and psychologically dependent on the substance.

One of the most significant challenges in addressing drug addiction is the stigma that surrounds it. Many people view addiction as a moral failing or a personal weakness, rather than a serious medical condition. This can make it difficult for individuals to seek help and can lead to feelings of shame and isolation. It is important to recognize that drug addiction is a disease that requires treatment and support, rather than judgement and punishment.

In conclusion, drug addiction is a serious issue that requires a compassionate and comprehensive approach to treatment. By recognizing drug addiction as a disease and providing individuals with the support and resources they need to recover, we can help to reduce the devastating impact of this condition and individual and communities.



**Spandan Katwal**  
VI 'E'



# Student's Life



**Ashusha Dhungana**  
VII 'A'

Student life is a golden phase of growth, learning and exploration, shaping the foundation of a person's future. It is a time filled with academic pursuits, where students acquire knowledge, skills and discipline that prepare them for life's challenges. Beyond the classroom, this phase offers countless opportunities for self-discovery, from exploring talents to engaging in sports, arts and extracurricular activities. Friendships formed during student life often become some of the most cherished and long lasting, experiences that create strong bonds and joyful memories. While challenges like exams, deadlines and peer pressure may arise, they teach resilience, time management and problem-solving, helping students grow into responsible

individuals. Student life is not just a period of hardwork and determination, it is also a time of fun, excitement and dreaming big, making it one of the most meaningful stages in life. Friendships and social interactions are another significant aspect, as students learn teamwork, empathy and communication, building relationships that often last a lifetime. This phase also comes with challenges like managing time, coping with pressure but these struggles teach valuable life lessons, fostering resilience and self-confidence. Ultimately, student life is a precious journey of learning, growth and self-discovery, where every experience contributes to shaping a well-rounded and capable individual.

# CHILD MARRIAGE

Child marriage, a heart breaking practice that steals the dreams, hopes and futures of millions of children around the world. It makes me feel sick to my stomach knowing that my grandparents were forced into marriage at a very young age. Their dreams and hopes were taken away in the blink of an eye. We don't even know the number of young girls who wake up with a puddle of blood, not knowing it's not their period. This problem is also seen in Nepal. While we are here complaining about our life, there are girls on the other side of the world, scared that they will be sold by their families. Many girls around the age of 10 or even less get married to men who are twice their age. Imagine a 10 year old girl, full of innocence, with dreams of becoming a teacher, doctor or a scientist.

Her days are filled with laughter, school, play and happiness and her future is full of possibilities. But instead of continuing her education and growing into the person she was meant to be, this little girl is forced into marriage, often to a man who is twice her age. I recently watched an interview of a muslim girl 'Wiam' who's a 13 years old girl, married to 'Mohammed' a 29 year old adult. Mohammed was asked 'Why did you marry her at such a young age?' he said 'I took her young to raise her by myself.' This single sentence made me realize that even adult can be immature and childish sometimes. Even her father was smiling and saying that she should obey her 'husband.' For a young girl, having duties like becoming a mother and a daughter-in-law sounds like a nightmare.

Every day, around the world, millions of girls wake up knowing that they had to leave their childhood far too soon. Why? Because they were born in poverty. The fight against child marriage is not just a fight against an ancient tradition, it's a fight for the millions of suffering children. It's a fight to save the hearts, soul and futures of millions of children who deserve so much better. The choice is in our hands, will we just stand by? or will we raise our voices and fight for change?



**Adheyta Bhattarai**  
VII 'A'

## 'Near to Far'

Once we used to sit in the same bench  
But between came a tall trench man  
We used to sit in a red car  
But it became near to far.

We used to walk through a narrow path  
But it faded away like an abstract art  
Between us was nothing and no scar  
But it became near to far

All the joys and plays

Go by day by day

The faces were full with scars

But it became near to far

Don't go behind a friend

It always comes to an end

The mentioned goal is too far

But it became near to far.



**Adhiktam Adhikari**  
VII 'A'



## How small act can make big difference

How small act can make big difference? What does it mean? It simply means when you help some one or give them a complement or smile at then or, holding the door for someone, seemingly minor acts of consideration and care have an immense cumulative effect to foster a culture of empathy that ultimately makes society as a whole healthier and happier. When there is something positive, then there is something negative like when you bully someone or make fun of them for fun, they may take it seriously and it may impact to their mental health. 'Little things make a big difference'. Little stones make big mountain, little step can cover a mile. Little act of loving-kindness, give the world its biggest smiles! Little words can soothe big troubles, little hugs can dry big tears.'



**Prapti Adhikari**  
VII 'B'





# FEAR



**Lamsang Limbu**  
VII 'B'

Fear is a feeling when normal faculties get damped and a sense of helplessness develops. It would be interesting to take a close look at what fear is. All people have fear in different things, there is no people who don't have fear in anything. Fear is a thing because of that many of people are demotivated. We should not have fear in anything because that can ruin our dreams. To understand it, let us take an example.

A girl used to work in office. She was kind and humble. She used to work very carefully and in a discipline way. But, the problem was she used to be afraid of showing her talent to the manager of that office. One day, the manager told her to prepare one presentation and submit to him. But, because of her fear she couldn't give her presentation to the manager. She lost her opportunity of being promoted to the higher position. That's why we should not fear of anything, because of fear, we may lose our biggest opportunities. A fear has got a good aspect about it. When there is legitimate reason. It is good to have fear. But once it has developed into a complex, fear is there even when there is no cause for it. As it is fear was not there in us when we were children. Fear grows with us as we grow.

In my case, I am afraid of people around me. I have been trusting people a lot and they betrayed me. I have a fear of people, which is not allowing me to focus on others things. After talking to other people I always think what they think of me. But after-words I realize that this is a hurdle that demotivate me from being successful in my life.

# Importance of Studying



English is an international language. It is spoken and understood all over the world. In our country, it is taught as a compulsory subject in the schools and campuses curriculum too. It is one of the richest languages of the world. It has become the languages of science, commerce, trade, literature and entertain, went international negotiations. It cannot be ignored for higher scientific technological studies.

The history of English literature and language shows that English has not become what it is today by a sudden leap. A man who has a good command in English is recognized to be a man of high social status. Those who wish to go for higher studies, to carry on research work, to be in touch with great scholars of advanced countries, to enter into foreign service and to travel abroad, cannot do anything without having a good working knowledge of English.

If a person does not understand English and his participation in international programmes will be meaningless. It helps to understand the world. It has been the main focal language of the UN. If people do not talk in English, they feel themselves humiliated among their friends.



**Kritika Yadav**  
VII 'B'

*dare to dream*

Close your eyes and let  
Your imagination fly away.  
See a picture of where  
You wish to be one day.

Let the colour of your  
Heart take command.  
To paint the picture of your  
Dream and place in your hand.

Hold on tightly and nurture it,  
But allow it room to grow.  
When you reach your dream  
Open your hand and let it go.

Close your eyes and search for  
Another, caring for it as before.  
Never stop searching, achieving  
Letting go for that's what dreams are for.



**Divya Khanal**  
VII 'B'





# My Hometown



**Kristina Adhikari**  
VII 'B'

My hometown Phidim is enriched with diverse natural, cultural and traditional heritages. Phidim holds a tremendous historical significance. It has lots to offer for trade, business, tourism and many more things.

Phidim is situated in the eastern part of Nepal at the top of a hill. It lies in Panchthar district. It is the headquarters of Panchthar district. Being blessed with stunning natural beauty my hometown has always been my favourite spot to visit.

Historically, Phidim is old name was Pheden, which is Limbu language means land on the top of hills. Phidim has been a talk of the town in the whole Panchthar district due to the significance it carries. Phidim is linked with many highways including Mechi highway.

The major tourism includes Phidim, Jorpokhari, Sadhutar, Timbung Pokhari etc. It is gradually becoming eminent in the eyes of nature lover. The calm, peaceful and charming weather of this place has made me amazed every single time. The sound of birds and greenery scene have the potentiality to make everyone speechless.

Phidim has always made me content when I am not in hilarious sprit. I feel so blessed to grow up in Phidim being close with peace, harmony and by neglecting worldly sore misery.

## ELON MUSK'S MISSION TO MARS: A BIG DREAM



Elon Musk is the founder of space x and Tesla. He dreams of sending people to Mars and build a big city there. Space X is working in a powerful rocket called starship which will carry people and cargo to the mars. Musk believes living on mars will help humanity survive in case of disasters on earth though the mission is challenging. It inspires the world to think big and believe in impossible.



**Mikesh Chauhan**  
VII 'B'



**Chahat Karki**  
VII 'B'

## Poem of Teachers

Teacher are keys  
That unlock the student's mind.  
You are guide who mould our mind  
You are one of a kind.

You are like a shepherd  
Who guides the sheep  
To the right path

You, teachers turn the page  
Of the great books  
You train us well  
To reach great rights.

Thank You, teachers  
For all you have done.  
In the group of many  
You are one.



## Importance of Rivers in Nepal

Nepal is rich in water resource. There are many small and big rivers. These are the natural gifts for Nepal. Nepal, nestled in the heart of the Himalayas, boasts an extensive network of rivers, lakes and glaciers, making it a repository of significant water resources. It is proved by the fact that Nepal is the second richest country in the world after Brazil in water. Most rivers in Nepal originate from the snow-clad mountains. Among these rivers in Nepal are: Koshi, Gandaki, Karnali, Narayani are some of the biggest rivers which flow from the Himalayas all through the year. Koshi is considered as the largest and Karnali is considered as the longest rivers in Nepal. Rivers are known as the white gold in Nepal. Rivers have been used to generate hydroelectricity. For example Sunkoshi, Marshyangdi and Trishuli are some of the leading hydroelectricity projects in Nepal. Another important use of rivers in Nepal is the most famous rafting sport. There is no denying the fact that Nepal can sell its electricity to its gigantic neighbours India and China there by adding a huge foreign currency into the pocket of its budget. The future of Nepal can be brightened if water resources are utilized well.



**Mikesh Chauhan**  
VII 'B'



## The winter time is so good

The winter time is so good  
The snow that falls down the road  
I recollect many things of life  
The snowfall fills the life with colour white  
The snowfall gives a positive vibe  
The winter Christmas vibe  
The snowfall makes my snowman  
Makes me feel excited about the sledge sessions  
I just love that white snow on my roof  
It gives me a silent proof  
That nature surely has all the colours  
The most pretty one is colour white  
The winter time is good !



**Khushi Dev**  
VII 'B'



## Women Empowerment



**Marisha Kunwar**  
VII 'B'



"Empowerment of women leads to development of a good family, good society and ultimately a good nation." Women empowerment is made up of the word 'women' and 'empowerment'. Empowerment stands for giving authority and power to women. It mainly refers to practice of making women independent so that they can make their own decisions as well as handle their lives without any restrictions. The main motive of women empowerment is to help them stand equally with men, giving women the ability to live a happy and respectful life in society.

Women are empowered when they have unrestricted access to chance in education, profession and life style. Empowering women is the most important factor in a country's overall growth. In the ancient times, women were treated very badly by family and society. They were not given education and were only restricted to doing household tasks, they were kept completely oblivious of their rights and development. Women make up half of the country so, in order to make the country an entirely powerful country, women empowerment is very necessary. There are various ways how we can empower women. The individuals and government must both come together to make it happen. Education for girls must be made compulsory so that women can become literate to make a life for themselves.

Women must be given equal opportunities in every field, irrespective of gender. More ever, they must also be given equal pay. We can empower women by eliminating child marriages in Nepal, which is commonly conducted in most of the villages areas. Various empowering programs are being made to make them able to defend themselves in case they face financial crises. Most importantly the shame of divorce and abuse must be thrown out of the window. Many women stay in abusive relationship because of the fear of society. Parents must teach their daughters it is okay to come home divorced rather than in a coffin.

Women empowerment in its truest sense, will be achieved only when there is attitudinal change in society with regard to women folk, treating them with proper respect, dignity, fairness and equality.

# The lonely well

"In a small village, there was an old well no one used anymore. It had stopped giving water years ago, and people said it was cursed. Kids were warned not to go near it, but one day, a curious boy named Timmy did."

He stood at the edge and called down, "Hello?" To his surprise, a soft voice replied, "I'm lonely. The villagers have forgotten me."

Timmy thought for a moment and asked, "What if we fix you?"

The voice whispered, "If you remember me, I'll bring water back."

The next morning, Timmy told the villagers, and everyone worked together to clean the well. As soon as they did, water flowed again, fresh and clear. From then on, the villagers always stopped by the well to say thank you, and sometimes, if you listened closely, you could hear the voice softly whispering, "Thank You for remembering me."



**Binisha Khatiwada**  
VII 'B'

Global warming is a phenomenon where the earth's average temperature rises due to increased amounts of greenhouse gases. Global warming can result in many serious alterations to the environment, eventually impacting human health. It can cause a rise in a sea level, leading to the loss of coastal land, a change in precipitation patterns, increased risks of droughts and floods, and threats to biodiversity. Global warming is also causing the depletion of the ozone layer over Antarctica. It is caused by the irresponsible use of fossil fuel. Developed countries like USA or UK emit the highest amount of carbon into the atmosphere. The simple steps to reduce global warming is to reduce, reuse and recycle. We can also use less heat and air conditioning and buy energy-efficient products. We cannot stop global warming overnight, we can slow the rate and limit the amount of global warming by reducing human emissions of heat trapping gases and soot ("black carbon"). We should take proper steps to control global warming and live happy.



**Jasmine Upreti**  
VII 'B'

# The Sea

The sea is a hungry dog,  
Giant and grey,  
He rolls on the beach all day  
With his clashing teeth and shaggy jaws  
Hour upon hour he gnaws  
The rumbling, tumbling stones,  
And 'Bones, bones, bones, bones!'  
The giant sea-dog moans  
Liking his greasy paws.

And when the night wind roars  
And the moon rocks in the stormy cloud,  
He bounds to his feet and sunffs and shippes  
Shaking his wet sides over the cliffs,  
And howls and hollars long and loud.

But on quiet days in May or June,  
When even the grasses on the dune,  
Play no more their reedy tune  
With his head between his paws  
He lies on the sandy shores,  
So quiet, so quiet, he scarcely snores.



**Karina Shankar**  
VII 'B'



## HOW ARTIFICIAL INTELLIGENCE IS SHAPING THE FUTURE OF CREATIVE EXPRESSION

Artificial Intelligence (AI) is transforming creativity in fields like art, music, writing and design. Tools like OALL-E create stunning art works, AIVA composes music and CHATGPT generates written content, demonstrating how AI pushes the boundaries of human imagination. Instead of replacing creativity, AI enhances it by automating repetitive tasks and offering fresh ideas.

The collaboration allows creators to explore new possibilities, but it also raises questions about authenticity and originality. Can AI generated works truly be called "art"? Ethical concerns, such as copy right and job displacement, add to the debate. As AI continues to revolve, it promises to unlock forms of creative expressions and make art more accessible, marking a future where humans and machines co-create innovatives works.



**Naba Bindu Magar**  
VII 'C'

# Natural Resources

Natural resources are the resources that are naturally available in our environment. We do not require any human intervention to derive them. Air, water, soil, rock and minerals are some useful resources found in our surrounding. These resources play very important role in our life. Without these resources human life does not exist. We directly or indirectly depend on these resources. It is a gift from nature. These resources will never finish because they can regenerate. They play a vital role in providing many things like food, cloths, shelter, drinking, breathings and many more. These naturally resources are used in various uses like water is used for hydroelectricity, irrigation and domestic use. Air is used to produce energy, soil is used for agriculture, rocks are used for construction and many more. These are known as renewable resources. But, however many natural resources are depleting fast. This is owing to several reasons. One of the main reasons depletion cause of natural resources is the growth of population. The consumption of natural resources is on an increase continually owing to the rapid population growth. Deforestation is also cause of depletion of natural resources. Land is being used for urbanization. The growing pollution of factories and industries are affecting the environment very badly. Incoming generation have to face many bad situations. So, we should always save natural resources. That's why prevention is better than cure.



**Melisha Kandangwa**  
VII 'B'



**Nirvik Poudel**  
VII 'C'

## *Importance of Forests in Nepal*

Nepal is known for its rich biodiversity, natural beauty & owes much of its ecological wealth to its forests. Covering nearly 40% of the country total land area, forests play a crucial role in maintaining environmental balance. They act as a carbon sink, mitigating the effects of climate change by absorbing greenhouse gases. Nepal's forests, ranging from tropical jungles in the Terai to alpine vegetation in the Himalayas, also support diverse wildlife, some of which are the red Panda, Snow leopard, and one-horned rhinoceros. These ecosystems not only contribute to global biodiversity but also attract tourism.

Forests are indispensable for the livelihoods of millions of Nepali. They provide essential resources such as timber, fuelwood, fodder and medicinal plants. Community forest management programs, a hallmark of Nepal's conservation efforts, empower local populations to sustainably manage forest resources while ensuring economic benefits. Furthermore, forests help regulate water cycles by preventing soil erosion and maintaining river flows, which are crucial for Nepal's agricultural economy and hydropower generation.

Beyond their ecological and economic significance, forests hold immense cultural and spiritual value in Nepal. Many forests are associated with religious beliefs and serve as sacred spaces for rituals and festivals. Recognizing the importance of forests, Nepal has prioritized afforestation and reforestation programs to combat deforestation and ensure sustainable development. Protecting forests is not just a matter of conserving nature but also preserving the cultural heritage and securing the future of the nation.



# EXERCISE IMPORTANCE OF GAMES

Exercise can be defined as any physical activity. It enhances or maintains physical fitness and overall health. It involves movement of the body that requires energy expenditure and can vary in intensity, duration and purpose. Regular exercise plays a key role in promoting good health, improving physical performance and preventing diseases.

Moreover, exercise helps in maintaining healthy body. When a person undertakes physical activity, there is an increase in the number of body weights and calories burnt. This contributes to the reduction of weight as well as the prevention of obesity. It also helps to regulate metabolism and reduce the chances of getting chronic diseases such as diabetes, high cholesterol, and some type of cancer. Regular physical activity is one of the most effective ways of enhancing immune function, there by making the body more resistant to infections and illness.

While physical fitness is an important element of a healthy lifestyle, the rewards of exercise go far beyond the parameters of fitness itself. It also builds emotional resilience, confidence and many opportunity for social interaction.



Games and sports are part and parcel of our regular life. It is the best option to become healthy, fit and improves sleep and self-confidence. Games and sports have much value in the development of body as well as that of a mind. A healthy mind means a healthy body. Every student should take part in games and sports. It is proved by the experts that sports can make our inner power stronger. It is important for mental growth too. The brain of a sport man is fast and is always active in their regular life.

There are lots of sport men we see and we follow as celebrities. All of them come from a really simple family. They do hard work and they understand their talent. As like this, there are lots of student who are really good at football.

Now I believe that as you understood the importance of sport and games in our life. Therefore we should involve in sports.



**Mausam Khatiwada**  
VII 'C'



**Pragyan Subba**  
VII 'C'



**Prashamsha Pandey**  
VII 'C'



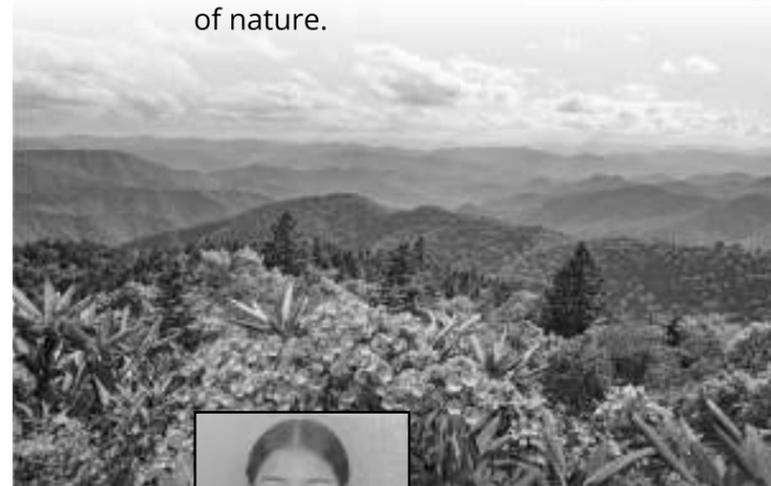
**Pranish Chemjong**  
VII 'C'

## Is Nature a magic?

The flowing rivers, the blooming flowers, the green hills, the twinkling stars, the snowing mountains, the sun looking pretty by shining in the top and the middle of the hills, the moon shining in the blue sky. Aren't they beautiful? Don't they make us happy, Don't we feel it like a magic?

Nature is a magic of happiness that removes our sadness. It often helps us to keep our mind fresh and develop positive thoughts. Nature makes us forget all our problems stay calm and enjoy with it. It seems to me that the natural world is the greatest source of excitement, the greatest source of joys in human life that makes worth living.

Nature is naturally beautiful that all the people love to enjoy it, but it shouldn't be destroyed by human beings because if nature wouldn't be protected, then I don't think that human life or all living beings life would be possible on earth. Nature is the biggest reason for our easy survival in this planet. Nature is the ultimate source of living. So, I would like to say for better life 'save nature, save life' and enjoy the magic of nature.



## My country Nepal

Nepal is a small country located between India and China. The capital city of Nepal is Kathmandu. Nepal is divided into three regions known as Himal, Pahad and Terai. The Himal is the Himalayas. The Pahad is the forested hilly area and the Terai is the flat land. There are 7 provinces and 77 districts in Nepal. Nepal is a country of Mount Everest (the highest mountain of the world) and birthplace of Gautam Buddha. The national flag of Npal is very unique because it is triangular in shape whereas the flag of other countries are mostly rectangular or square Nepal is rich in water resources. There are many rivers (Koshi, Gandaki, Karnali etc) and lakes (Phewa, Rara, Begnase) in Nepal. There are many people having different religion, caste etc in Nepal. They celebrate festivals like Dashain, Tihar, Chhat, Holi, Loshar etc.

Sita was also born in Nepal in Janakpur. Nepali is the national language of Nepal but people also speak other languages. The national dress of Nepal is Daura Suruwal and Dhaka Topi for men and Gunyew Cholo Patuki for women. The national animal of Nepal is cow, national flower is Rhododendron, national bird is Lophophorus and national colour is Crimson. At last, I am so proud to be a Nepali. I love my country Nepal.



## Limbu Caste in Nepal?

Limbu cast is one of the listed indigenous ethnic groups of Nepal. The Limbu people are physically mongolian. Limbu are physically and culturally very similar to Rai cast. Both Rai and Limbu are known as 'Kirat' in Nepal. According to National census of 2001, its population is around 359,379. Limbu people mostly live in hilly and the Terai region of far Eastern part of Nepal. Districts with dense Limbu population in Nepal are Taplejung, Illam, Terathum, Panchthar, Jhapa, Morang, Sunsari.

Limbu people follow their own religion 'Kirat'. Their religious activities are guided by Mundhum. They take Falgunanda as their founder of religion. But still in practice, knowingly or unknowingly, mostly the Limbu people feel proud to say Kirant to them. Limbu people speak their own mother language 'Limbu'. Limbu language has its own writing system (Script) known as Kirat-Sirjong & Script.

The founder of Limbu writing is Iman Sing Chemjong. They also speak Nepali language. The main festival of Limbu people are chasok, Tangnam, Kagphewa Tangnam, Yakwa Tangnam, Siseka Tangnam etc. They also celebrate Dashain, Tihar, Saune Sakranti etc. Limbu people mainly involve in agriculture and also young Limbu try to be British Army (Gurkha). But these days they involve in different activities. There are more than 15 sub-castes in Limbu.



**Nabina Sambahampe**  
VII 'C'

## Awaken The Inside You

Open your mind and you will see,  
You can be anything you want to be,  
Learn grow and make your dreams come true,  
Remember, the world is waiting for you.

Open your mind, let your spirit soar,  
No limits hold, explore and explore,  
Anything you dream, you can achieve,  
Learn and grow, and let your spirit weave.

A tapestry of dreams, bold and bright,  
Shining forth with radiant light,  
The world awaits with open arms,  
Embrace the challenge, weather all storms.



**Prakriti Ghimire**  
VII 'C'

## CORRUPTION IN NEPAL

Corruption is an unethical way used by an individual to take advantages over others. Sometimes it may be also an organization that does corruption. It has entered the root of every society and country. Corruption has become a very common problem all across the world. Nepal is also not free from corruption. There are many sectors in the governmental and non governmental organization that are doing corruption.

And it is not good, why? Because corruption can cause negative impact on the economy of the country and it may decrease the quality of life of a person. It also decreases the progress and development of a country. In Nepal, not all but many of the politicians are corrupted, because of which Nepal hasn't become a developed country yet. Not only the politicians but many people of higher states tend to be more corrupted. Lack of job opportunities, necessary capital and self reliance are obstacles caused by corruption.

Nepal is a very rich country in natural and historical elements. Even though Nepal is a landlocked country, it is the second richest country in water resource. It is the birthplace of many recognizable figures in the world, so even with all these advantages, our country is still lacking behind. If we look at our neighbouring countries, they are known as a developed countries. Because of corruption our country is lagging behind than other countries. Because of corruption, even the students who had a degree, have not found a job or even if found, the money given is not sufficient. So, what do they do? you ask? Going abroad, nowadays it has become a fashion that every students wants to go abroad for studying or work, just because there aren't better schools or jobs opportunities due to corruption. Nowadays, it has become a trend of students going abroad. In my opinion, this is not good, because if every person who is capable of doing something goes abroad, then how will the country will developed? If we 'the citizines' of our country try to prevent corruption then, one day our country will also be a developed country.



**Nishma Kandangwa Limbu**  
VII 'C'

# CHILD LABOUR

One of the greatest curses that still plagues our world is child labour. Children below the age of 14 years who are forced to work is called child labour. This social evil is rampant in India. Where a great number of children can be seen working at roadside stalls or in brick mills, glass factories, firecracker factorises etc. When one looks towards the causes behind this practice, one finds that child labour is prevalent due to poverty, illiteracy, and the lack of urge to do better etc. This poor children work as bonded labourers on a paltry wages.

They rarely have sufficient food or clothing. Not only that, they are also ill-treated. There is no one who listens to them or cares for their woes. What people don't realize is that this has become a vicious circle. These children when grow up still remain backward, poor and illiterate. Their children go through the some horrible existence. The government should take active measures and provide opportunities to these children so that they may improve themselves. Schemes should be implemented to provide them with a better future and this in turn will contribute towards the development of the nation. Many organizations and governments are working to stop child labour.

They are creating laws that make it illegal for children to work. These laws must be made it mandatory for children to go to school. Although the situation is much better now but still there are numerous child labour hidden in many corners of the world. Child labour has many negative effects on children. It can be harmful to their health because they work in dangerous conditions. For example, children working in factories may be exposed to harmful chemicals. The constitution of Nepal says "No child below the age of fourteen years shall be employed to work in any factory or mine or employed in any hazardous employment." Child labour is a social problem as well as a crime. So, it's elimination should be taken as the main responsibility of the government and the society.



**Nikki Shrestha**  
VII 'C'



# POVERTY

Nepal is the poorest country in South Asia and it comes under the top-ten list of the poorest country. About four fifths of the working population live in the rural areas and depend on subsistence farming for their livelihoods. In these areas the majority of households have little or no access to primary health care, education, clean drinking water and sanitation services. Life is a constant struggle for survival. Nowadays due to poverty more than average rate of people are going to foreign countries in order to earn money for their live due to this situation Nepal's population has decreased. All the young people are going abroad as it is very hard to survive in poverty. All this situation has occured due to the corruption in the market which is done by the big politicians. We should not trust politicians blindly. Nowadays people are being aware about these activities.



**Nandani Bhattarai**  
VII 'C'



**Nilima Tawa Limbu**  
VII 'C'



## It's Okay

It's okay to feel lost sometimes. Life can be tough, but you're tougher. It's okay to make mistakes, that's how we learn. It's okay to ask for help, we all need support. It's okay to take a break, rest is important. It's okay to be yourself, authenticity is valuable. It's okay to not have all the answers, nobody does. It's okay to take things one step at a time, progress matters more then speed. It's okay to feel whatever you feel, emotions are natural. It's okay to believe in yourself, confidence grows with effort. Remember, It's okay to be human, "imperfection is part of the journey."

# Through the years

In January falls the snow  
 In February cold winds blow,  
 In March peep out the early flowers  
 And April comes with sunny showers

In May the rose bloom so gay,  
 In June the farmer mows his hay,  
 In July brightly shines the sun  
 In August harvesting in begins.

September turns the green leaves brown,  
 October winds then shake them down,  
 November fills with bleak and smear,  
 December comes and ends the year.



**Nunima Kandangwa**  
 VII 'C'



# Entertainment

Entertainment is an important part of life. Without entertainment people feel low & non-energetic. People get entertainment from many things, like travelling, music, sports, reading books etc. We get entertainment from festivals, family gathering. People want to entertain more than working. Entertainment makes us mentally healthy. Mentally healthy person can get success. My favourite way of getting entertained is by reading about god and goddesses and I also like travelling. Travelling is the best way of getting entertainment because it makes us healthy, Trekking, hiking also makes us mentally as well physically healthy.



**Rishab Prasai**  
 VII 'D'



# Phases of moon

The moon reflects the light from the sun. But it does not always reflect the same amount of light. Since the earth and the moon both revolve in their orbits, the reflected light moves in or out from the earth. As a result, the shape of the illuminated part of the earth keeps changing.

There are eight distinct phases of the moon. They are as:

1. New Moon
2. Waxing crescent
3. First Quarter
4. Waxing Gibbous
5. Full moon
6. Waning gibbous
7. Last quarter
8. Waning crescent

### Do you know?

Each full moon month has it's name. For eg. The full moon of January is called the wolf moon.



**Saksham Phuyal**  
 VII 'D'



# Time

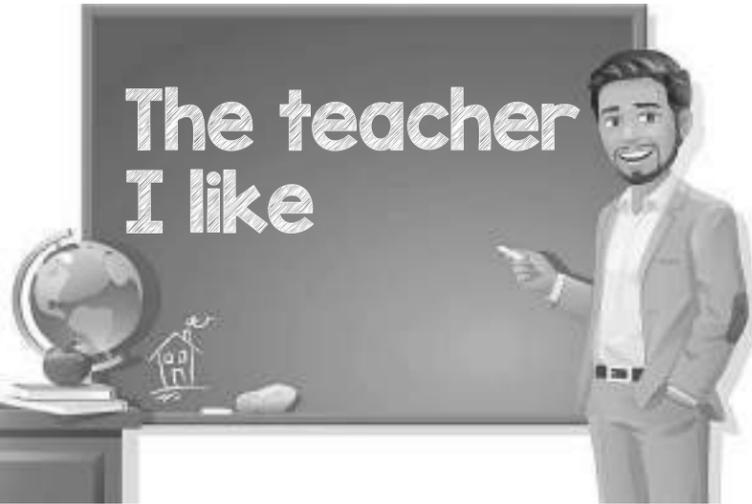
Time is one of the precious elements in the world. It does not wait for anyone whether he is poor or rich. Host of the physical things can be bought with money but time is a whole another matter, it does not wait for anyone.

If you go according to time you will get success but time cannot go according to you. The time you spend, does not come back, so time is very important in our life. No one can reverse time. Time is an element that we cannot control. So, time is something that is above our level. So, we should not waste our time.



**Aarogya Sangroula**  
 VII 'D'

## The teacher I like



I am a student of Balmiki Education Foundation. It is located in Birtamode-01, Jhapa. It is an English medium School. There are more than 1700 students in the school and more than 100 teachers. They teach different subjects in different grades. The school also has teachers for extra curricular activities like music, dance, games and drawing. All the teachers are good. I respect and obey them all. But the one whom I like and appreciate the most among all the teachers in this school is Kamal sir. He joined the school during the second term. He teaches us science. He makes us feel easy in the class and is really the coolest teacher i've ever known. He jokes around with us as if he is one of our friends. He also has a great personality and knows how to blend in with the students.



**Reeyaz Rai**  
VII 'D'

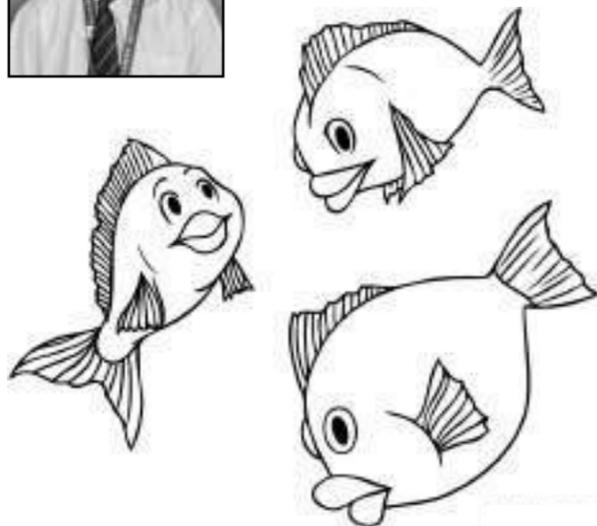
## Three fishes

There were three fishes. They were very close friends. They lived in a river. One day, two fishermen came to the river to catch fishes. One of the fishes alerted other fishes about the fishermen. The three fishes also heard about the fishermen. One said "Let's swim away from here and come back when the fishermen are gone." Another said, "What happens will happen, it's upto our faith." Another said, "I will think of a plan". The first fish swam away. The second fish got caught by the fishermen and died painfully. The third fish acted like it was dead and the fishermen threw it in the river and it swam away.

**Moral: Always think of a plan before danger arrives.**



**Renji Angdebey**  
VII 'D'



## NEVER GIVE UP

If I made a mistake  
Then I would have to retake,  
And do it once again  
Even if I feel the pain.

But there was a prize  
And that made me realize,  
That I have to gain  
Even if I fail.

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 giving up



**Ronish Bhattarai**  
VII 'D'

## Essay on Moon

The moon is the satellite of the earth that moves around the earth. We see it shining at night by the light which the sun reflects on it. The moon is a beautiful satellite that everyone admires for its beauty. Moreover, the bright moonlight is soothing for all of us. It makes the earthly objects shine like silver in the moonlight. Thus, an essay on moon will help us learn more about its enchanting beauty.

While people find the moon to be very beautiful, it is not as beautiful as it appears to be. It is devoid of plants and animals and is not a suitable place for plants or animals. Thus, we do not see any form of life on the moon.

Similarly, humans won't be able to live on the moon. Like how our earth has an atmosphere, the moon does not. Thus, the lunar days are quite hot and the lunar nights are very intense.



**Riway Bhandari**  
VII 'D'



**Saksham Phuyal**  
VII 'D'

# THE ATOM BOMB

The atom bomb, a devastating weapon of mass destruction is one of the most significant technological advancements of the 20th century. It's invention changed the course of history and continues to influence geopolitics and science today. This essay delves into the origins of the atom bomb. It's historical context, its current status, and what the future may hold.

## The Inventor and Development

The development of the atom bomb was a collective effort rather than the achievement of a single individual. The theoretical foundations were laid by scientists such as Albert Einstein and physicist Leo Szilard Einstein equation.  $E = mc^2$ , revealed the immense energy stored in matter, while Szilard conceived the idea of a nuclear chain reaction. The practical realization of the atom bomb took place during the Manhattan project, a top secret U.S. government project during WWII. Led by physicist J. Robert Oppenheimer, the project brought together some of the greatest minds of the time, including Enrico Fermi, Richard Feynman and Niels Bohr. In July 1945, the first successful test of an atom bomb, known as the Trinity test was conducted in New Mexico.

## Historical Context and Usage

The atom bomb was developed amidst the chaos of World War II, primarily as a means to end the war decisively on August 6 and 9, 1945, the United States dropped two atomic bombs on the Japanese cities of Hiroshima and Nagasaki. The bombings resulted in the deaths of over 200,000 people. Mostly, civilians and caused unimaginable destruction. These bombings led to Japan's surrender effectively ending, but they also marked the beginning of the nuclear age.

### The Present Scenario

Today, nuclear weapons are possessed by several countries, including the United States, Russia, China, the United Kingdom, France, India, Pakistan, North Korea and possibly others. While international treaties such as the Treaty on the Non-Proliferation of Nuclear Weapons (NPT) and efforts like disarmament talks aim to control the spread and reduce the number of nuclear weapons, the world remains under the shadow of potential nuclear conflict.

Technological advancements have led to the development of even more powerful weapons, including hydrogen bombs, which are significantly more destructive than the original atom bomb. The concept of deterrence. Where in countries maintain nuclear arsenals to discourage attack continues to dominate global security strategies.

## The Future of Nuclear Weapons

The future of nuclear weapons is uncertain and fraught with challenges on one hand. There are calls for complete nuclear weapons on the other hand, geopolitical tensions and advancements in technology, such as artificial intelligence and hypersonic delivery systems, complicate disarmament efforts.

## Conclusion

The atom bomb a product of human ingenuity and scientific progress. Serves as a stark reminder of both the potential and peril of technology. While it ended WWII and ushered in the nuclear age, it also introduced existential threats to humanity. The challenge for the present and future generations is to ensure that nuclear technology is managed responsibly, with a focus on peace and sustainability, rather than destruction. As Albert Einstein once warned, "The unleashed power of the atom has changed everything save our modes of thinking, and thus we drift toward unparalleled catastrophe." It is incumbent upon humanity to heed this warning and work towards a future free of nuclear conflict.

# The Carnival Scene

The carnival is a fun place to have fun. Once when I was very young, my relatives told me story about a carnival which was haunted. From that time till now I believe that the carnival was haunted. My relatives told me that there was a ghost named Mark. Once at my 13th birthday my father took me to that carnival which my relatives told was haunted. Inside that carnival I got lost at the roller-coaster. Then I mistakly went to one fun cave that was there but the lights went off and one voice echoed "Mark is dead" then I saw a man in white clothes with blood on the clothes. Then that unknown figure came to me, then I screamed and woke up.



**Samrat Kharel**  
VII 'D'



# DISCRIMINATION

Education is a preparation for life. It is the light of life. It is a continued and life long process. It is the most precious and permanent property of individual. It invites positive and constructive changes in life. It makes our life really prosperous and meaningful. Everyone wants to be well educated. Therefore, we see many students are going to schools, colleges and universities.

Education plays a vital role in the development on the human civilization. It is the key to personality development. It enables every one to self-dependent. It makes people civilized good-mannered aware well-skilled and responsible. Educated people can discriminate good and bad behaviour.

Education is considered to be the foundation of development. It provides the nation with technical and administrative manpower. Unless a country has required education manpower, it cannot development it's condition appropriately. For example, to make roads, run factories and produce more crops and vegetables, we need technical manpower.

Discrimination means treating people unfairly, differently by their gender, religions, cast, age. It happens when people judge each other. This unfair treatment can hurt many individuals. Discrimination is a major issue in many places. People deserve to be treated with respect and equality.

Discrimination can be harmful and long-lasting. It also creates divisions in communities and prevents people from working together. It happens at work, in school or in daily life, simply because of what they are. Discrimination can make people feel exceedingly hurt, less valued.

People need to learn to treat everyone with kindness and fairness. Education is also essential, as it teaches individuals to value diversity understand importance at equality. Laws and education plays a big role in reducing discrimination.



**Ronish Bhattarai**  
VII 'D'



**Manushri Niraula**  
VIII 'C'

# How to become a good student?

Student life is very important time of everyone. A person's knowledge and skills learnt and character built in this period greatly shapes his/her future. A good student can learn well and utilize his/her student life properly. Not all student are good student. A good student is quite different from an ordinary student. A good student possesses many qualities as discussed below.

To be good student, one should be properly motivated to studies. He should have a clear goal and should have a clear goal and should be self-confident. It is said that a student without an aim is like a ship without rudder. He should take studies seriously. He should be attentive and should participate actively in class. He should make quick responses without hesitation and fear. He should put problems to teachers. Likewise, he should take notes in class and revise lessons in free time or at home. He should share his knowledge and experiences with friends. He should do homework well and submit the same in time.

A good student learn better and is popular among friends and teachers. A good student always try to do better. A good student should also utilize other sources of knowledge besides textbooks. This helps to sharpen his mind and creativity.



**Ushahara Limbu**  
VII 'E'



# My true Friend

There's been many times when I've needed you as my friend, no matter what the reason is you'll be there till the end. Every time I need to talk when I'm sad and feeling blue, you understand me. You are honest and you give your point of view, you always put me first if I need you to be there, I appreciate you are doing this? It shows how much you really care. Your unconditional friendship shared me the person I am inside just to be myself. I never lie though there is gold up in the mountains, lovely pearls deep in the sea, these treasures do not mean as much as your friendship means to me. If you ever need anything, anytime day or night, I promise I will be there to try and make it right because I hope I can do for you all the things you've done for me.



**Aryan Sharma**  
VIII 'A'



# Life

Life is an opportunity, benefit from it  
 Life is a beauty, admire it  
 Life is a dream, realize it  
 Life is a challenge, meet it  
 Life is a duty, complete it  
 Life is a game, play it  
 Life is a promise, fulfill it  
 Life is a sorrow, overcome it  
 Life is a song, sing it  
 Life is a struggle, accept it  
 Life is luck, make it  
 Life is life, fight for it.  
 Life is too precious, do not destroy it



**Aaditya Siwakoti**  
VIII 'A'

## A fading childhood memory

A childhood dream slips into the blue,  
 Laughter ecos through time's fragile thread,  
 The sound of wind, a summer embrace,  
 Footsteps forgotten in a hider place.  
 The swing that created in the evening glow,  
 Now sways in shadows where memories go.  
 Fading but never gone from our view.



**Aashika Nepal**  
VIII 'A'



## A silent love

In a cozy little town, there lived a boy named Aryan. Aryan was a quiet, introvert and a shy child. When he was in UKG, he met a girl named Anika. She was bright and cheerful. Aryan and Anika became very close friends. By class three Aryan started liking Anika but eventually, he left that school.

Years later, Aryan found Anika on social media. They reconnected and talked daily for hours. Aryan loved her from the bottom of his heart, but the fear of rejection kept him from confessing. When he became a teenager he was no more an introvert kid but still he was scared to confess his feelings for her. Despite sensing that Anika might feel the same, Aryan remained silent, valuing their years of friendship.

In college, Aryan was still in love with Anika. He often hinted at wanting a deeper connection, but Aryan's introvert nature held him back. Though he never told Anika how he felt, he cherished their bond and found comfort in their close friendship.

### **Moral of the story:**

True love requires courage and honesty. While fear of rejection can hold us back, expressing our true feelings can lead to the most beautiful experiences. Seize the moment and be brave in love.



**Abiral Bohara**  
VIII 'A'

## Sorry Poem (To our class teacher)

We want to say you sorry sir,  
 I think you know what it is for,

We know that sir your heart is broken,  
 But by your beautiful speech we all are woken.

When you were called, we know sir, you felt very bad,  
 At that time we made you disrespected again, Sorry for that.

Your heart is broken like pieces of cake please don't kick it,  
 Let's be together like a family and fix it.

We know that sir, the mistakes we have made aren't few,  
 We promise sir, we'll be good and this is true.

Sorry Sir

**Class: VIII 'B' Students**



# Sports in Nepal: A growing passion and national pride

Sports have always played a significant role in the cultural and social value, with a rich tradition that has evolved over time. The most popular sports in the country include football, cricket and volleyball, which dominates both urban and rural areas. Football, in particular has a large following, with the Nepali National team participating in international competitions and local tournaments drawing crowds across the country.

The development of sports infrastructure in Nepal has seen significant progress albeit with challenges. Kathmandu, the capital city, boasts several stadiums, including the iconic Dasarath Rangasala, which hosts national and international football matches. However, rural areas are often lacking adequate facilities, which hinders the development of sports talent outside urban centers. Despite these limitations, Nepalese athletes have made remarkable achievements on the international tournaments, particularly in cricket, with Nepal earning recognition in international tournaments.

Sports in Nepal also hold potentiality for fostering social and economic growth. Initiatives to promote sports tourism, such as hosting adventure marathons and trekking competitions, are gaining momentum. Furthermore, sports provide a platform for youth empowerment and gender equality, as seen in the increasing participation of women in sports like football, taekwondo and volleyball. With proper investment and strategic planning, Nepal can harness its rich sports heritage to inspire future generations, create global opportunities and further unite its people.



**Ashutosh Kunwar**  
VIII 'A'



**Aaryan Ghimire**  
VIII 'A'

Nobody was listening to me. Yes! they all, ofcourse, had heard me. Still, they pretended not to have heard me. Finally, I made a decision. I barked at them. Few quieted while the rest looked at me open-jawed. I could read their eyes. They were questioning at me. Probably, they were counting me an odd figure in the crowd.

At that very moment, the teacher entered our class. He was surprised to see the students, so quite and immersed in silence. He showed his gratitude towards me and I was back to my place.

The lesson began. Everyone turned to their pages. I found it rather odd, exactly not knowing what had gone wrong. Something was eating me up from inside. The teacher was in full swing of his teaching. Rest of my friends were just listening in silence. I doubted, if everything went into their heads.

The bell rang. Everyone got up to see off the teacher. At that moment I realized yes, it was a moment that brought into me the reality, the shame, the feeling of having done something nonsense, yes, we all had forgotten to stand up and welcome our teacher with our greetings of good afternoon. It was the 5th period English class. But, our teacher never raised his voice ever into this matter.

This is clearly evident from the fact, that creating noise, becoming unaware of the teacher's presence and remaining inattentive to the class captain's voice is totally a breach of discipline.

Lucky, that our English teacher always posed himself a calm figure and hardly expected students to welcome him which I am sure most students do it out of compulsion and very few out of courtesy. Indeed, being a class captain is a tough job to handle with, especially when friends are born with different thoughts and ideas.

