

DREAM

Name : Reeti K.C.

Class: 8 'C'

Dream is not only the thing that we see while we are sleeping. To be honest, dream is the reason that makes us alive. We all live for dream. We work hard to fulfill our dream day and night. Everyone in this world have dream, some dream may be to become doctor while some may be to become a footballer. It depends on the person.

Well, we must know that a dream doesnot become reality through magic, it takes sweat, determination and work. Positive attitude is the most thing needed for accomplishing dream. We must understand that dreams are not what we see in our sleep, dreams are things which donot let us sleep and also that dreams don't work unless we do. It is never late to set another goal and do dream a new dream so just everyday keep on dreaming and keep on working hard to fulfill it. But dreams are only dreams until you write it down then it becomes goal. Sometimes our dreams may be challenging but all our dreams can come true, if we have the courage to pursue them. We should always keep in mind that what takes us back to the past are memories and what brings us forward is our matter how hand comes to our mind for a reason so no matter how hard it is don't let them leave you. There will be haters, there will be doubters, there will be non-believers then there will be you proving them wrong by showing them by achieving your dreams. Person's heart without dream is like a bird without feathers dreams are not just dreams they are the goal of your life. Don't just let your dreams be dreams make them reality. Also, never let your problems push you but led by your dreams.

Never stop dreaming only because you encounter a few bumps on the road or someone tells that you are not good enough, who are they to tell that? Or may be that its taking too long to accomplish. You were born for a great purpose keep your dreams alive, see on the flipside of of life.



ABOUT TULIP

Name : Grishma Gurung

Class: 9 'A'

Tulip is the third most popular flower and was the most expensive flower in the world. It is also the national flower of Afganistan. They are colourful in colour which often carry their own significance like red tulip are associated with love, purple tulip symbolize royalty while white tulips are used to send messages of forgiveness. Like unseasonal vegetable they don't have specific time to grow. So, the lover of tulip grow them every year in their garden. As it is the most beautiful and charming flower, it is one of my favourite flower too.



THE RAIN IS SADNESS; GOD'S CRY

Name : Mamata Poudel

Class: 9 'A'

There was a boy named Mart who lived in the city known as hope in a country. He was a very obedient and helpful child of Kevin and Sally. He had lots of skills. He used to paint very well. He used to spend time in prayer and reading bible. He always tried to be reflection of Jesus.

When Mart was 14, some boys started teasing him and beat him. He prayed to lord for hours and asked him to not to let these things again. But it started from next morning to and almost everyday. He was sad and started loosing concentration in study also. In all this situation Mart tried to be thankful but he couldn't whenever he was sad he used to walk in streets or in open space asking lord, "Why does things always happens to me but not someone else? Aren't you there for me lord?" Whenever he walked in streets in sadness. It used to rain heavily. Kevin and Sally saw their son being depressed and they were really worried. They consult doctors and psychologist but nothing worked. Mart passed away due to depression at the age of 15. Kevin and Sally were sad but they also thank god for taking their son to the heaven. Yeah, Mart was in heaven. He left his physical body but his spirit went heaven. He was really happy to be there one big and sparkling man come near Mart he said, "Mart! How are you feeling here? Are you happy to be here with me" Mart replied, "yes lord! I am happy for now but where were you there when I was in pain. I was in very sadness but you didn't show up. Why lord? Weren't you there for me?"

Then the man replied "Mart, I was always there for you. I always saw you. I was happy when you were and I was more sad when you were hurt. I was always there, whenever you were sad, tears rolled out of my eyes and it come to you in rain which coded you down".



YOUTUBE

Name : Swornim Dhungana

Class: 9 'B'

Youtube is the biggest social media to share the thoughts, and feeling. Youtube was founded in 2005 A.D. Jawed Karim and other two members founded this. The first video of the youtube is "me at the zoo" uploaded by the founder, Jawed. The most subscribed channel in youtube is "Pewdiepie". The most disliked video in youtube is "Baby" of Justin Biber. The most liked video in youtube is "Despacito" of Daddy Yanke and Luis Fansi. And, it is also most viewed video of youtube with +5 billion views. Many Nepalese people have gave significant role in youtube.



FATHER'S LOVE

Name : Alina Gurung

Class: 9 'A'

A Father's love is irreplaceable. He may love his child differently, but it always come from his heart. Nothing in this world can replace the feeling that our Father's love can given us for his love is eternal, righteous and unconditional.

Fathers are the perfect beings to show love. They may not be as expressive as our mothers, cute like our brother or super jolly like our sister, but in the end, they are the ones who deeply cares enough about us. Being a father, in a matured daughter's or son's view, is not easy. A father gives effort, time to his family. He has to maintain balance, between his work and his family. He is the "provider", the breadwinner.

Unconditional love is very common among father's but only a few can express it. Father love you the most. It is not easy to be one, but at least some beings knows how to be one.



BTS

Name : Chismi Karki

Class: 9 'A'

Nowadays, people are influenced by foreign music. Among different music, pop and English songs come first which have already spread across the world. Then, there comes the k-pop or Korean songs that are not getting proper attention. BTS is one of the Korean Pop-artist groups who are able to bring the K-pop to the door of Billboard. BTS stands for 'Bang Tang sonyeaundaen' whose members are commonly known as 'Bang tang boys and they were made up by the big hit company. They had started their campaign from Seoul, South Korea. They are all from South Korea. The leader of the group is Kim Nam Joon, also known as Rap monster, who is named so because of his rapping skills. They are all cheerful, helpful to each other and dedicated towards their work. They have been working really very hard. Their hard work has paid off as they are receiving big honorable awards and people have been respecting them than any other K-pop group. They have won the title 'Artist of the year' for several times and even two billboard awards for 'Artist of the year and Top Social Artist' of the year.

At last, I would like to conclude by inviting you to join the forum of BTS and give them a hand to precede their hard work and dedication. I would like to tell you that 'they are worth it'.



VALUE OF EDUCATION

Name : Smriti Gurung

Class: 9 'B'

Education is one of the basic activities in every society. Most people view education as a formal process of acquiring knowledge that takes place in a class environment. Education is a process that starts right at birth. Education can be considered as process of discovering new things that a person was not previously aware of and increasing knowledge.

Education is very important because it is an avenue that facilitates the process of cultural transmission. Education allows the culture of a society to be transmitted to young people, hence the continuation of society. Education fulfills the needs of each society, as every society has its specific ways of doing things. It is also a process that promotes socialization. Education is valuable because it gives man freedom. The knowledge gained from the education process empowers a person to act with authority without the need to continuously consult other person. One is given the intellectual freedom to engage in different activities as they wish.

Education is, therefore, a very important tool that is essential for every person. Education helps people to develop positive social relations, fit in different stages of life, acquire knowledge, and live a good and peaceful life. Education also empowers people with skills that enable them to gain employment, hence, be empowered economically, It is, important that everyone invests in education.



HUMAN BEINGS

Name : Kassav Shakya

Class: 9 'A'

Earth, our home is a planet located in the solar system of the milky way galaxy. Currently it is the only planet we are aware of which can house life. It has suitable temperature, atmosphere and water for the existence of life. We, humans live here. We are the self entitled most intelligent animals on earth. Scientists believe we are the descendants of an animal very similar the monkeys we have on earth. Some theories state that we are the product of an evolution that took thousands of years. Although we are said to have evolved from monkeys, monkeys still exist, why? Because the existing monkeys are not our forefather but more like our far relatives.



IMPORTANCE OF ROBOTS IN OUR DAILY LIFE

Name : Kabin Karki

Class: 8 'A'

The robots or robotics is the branch of the computer science, the mechanical engineering. They deal with the construction, the design, the operation and many more fields and sectors. At this present robot play very important role in our life. It is almost impossible to live a satisfied and healthy life without robot. As they play important role on medical field and in entertaining field. Robots are also used in educational field. it helps in the development of learning different knowledge about their study and more extra ordinary things. Prototype robot don't need a human to control it as these robots are self controlled like human being. These kinds of robot are mostly used in industries. Robots are the combination of hardwares and software student's course more interesting and makes student's more curious. Which helps in making student more learning friendly environment. It motivates students and cheers them to believe nothing is impossible. Even they can make if they work hard. Nowadays robots are used in hospital also. Mainly in the operation theater as they are very precise in these work because stepper motors are used in these kind of robot. After the massive destruction in Japan during world war 2, Japan also did a massive recovery to this destruction by their robotics technology. It was the only reason that made Japan one of the most developed country in the world. It was only possible due to the practical education. Japan only focused on their weakness as they were not good in technology before world war 2. They learned lesson from the world war 2. But our country thinks that theory is most important, and they ignore practical education. As our country is already too weak in technology we still don't focus on producing engineers related with robotics. We still think that we need the person who are first. But it's completely false. We need the person who are interested mostly in robotics. As we know in every school's science lab there is not a single thing's related to robots. Most of the people in Nepal have only seen robots in videos not in reality. There are literally for people in Nepal who are interested in this field. But making robot is also costly. Most of the people who are interested in this field mostly can't afford some parts for robot. No one are interested in giving them funds or donations. Governments were also supposed to help them by giving money for their new robotic inventions but they don't even care, which cause our country more undeveloped. As we know there are different classes, universities related with robots in Japan. There are also so many organization which help them in their inventions. As we know advertisement in the world are everywhere. If there was no advertisement we wouldn't be able to eat a single food because everything will get way too more expensive. Like wise there is no one helping the people who are interested in robotics so their talent is getting vanished which cause us to lose those future Nepalese pride and makes our country undeveloped in robotics and technology. As we don't have any industries related to electric gadgets. So, we all buy electronic component from other countries which are expensive and causes us trade deficit which is also currently happening due to these reason. Currently our country is like the country who do not have advertisement at all. After the destruction of the last earthquake Nepal still haven't learned their lesson at all that they are weak in technologies and they have to improve their technologies first rather than any other things. So, we can understand that now big importance of robotics in this world.



IMPORTANCE OF DISCIPLINE IN A STUDENT LIFE

Name : Ayush Gurung

Class: 8 'A'

We can say that student and discipline are both side of a coin. A student life is a period of learning and grooming, therefore s/he needs to be sincere, dedicated, firm and focused to achieving his/her personal goals. Discipline plays significant role is shaping his/her personality and molding his/her personal character.

Discipline means complete obedience to certain rules and regulations at the home, school, community and society. It is important for the progress of society and the development of one's personality as well. It is all the more important for students.

A student needs to be very punctual to his/her daily routine. S/he should be very regular and sincere to his/her regular duties including studies. S/he should be hard working. S/he should always be ready and active in various other extracurricular activities. S/he should remain active and smart. S/he should learn how to face difficult situations and challenges and how to win over them.

A student is the future of the society and country. S/he should be healthy and physically fit. Physical education is therefore important for students as to be serious and sincere at studies. For this s/he should get up early in the morning. S/he should take physical exercise daily. S/he should play indoor and outdoor game of his/her choice daily. It is well known that a healthy body has a healthy mind. His/Her mind will be strong and sharp only when s/he is physically strong, fit and healthy.

The biggest task of a student in his/her life is to study. S/he should be very devoted and sincere to his/her studies. S/he should clearly know the importance of time. S/he should regularly do his/her home work. S/he should always be ready to learn new things. S/he should be co-operative and helpful with friends. S/he has respect for his/her teachers, parents and elders and love to younger.

Discipline demands self-control and dedication. One who cannot control him/her-self cannot control others discipline is a virtue and needs to be cultivated from early childhood. It cannot be developed overnight. It takes and requires patience. When discipline is enforced, it fails to bring the desired result. True essence of discipline is lost when it is enforced. So, a student should be much disciplined in his/her student life. One who is disciplined raises high in life. Life of great people is examples of discipline. The great people have made mark in their lives, because they strictly follow their goals with all the sincerity.

So, a student should try to be disciplined from early stage of life. Both at school and at home, s/he should follow the rules of discipline and should always learn good habits. This will lead to the information of a good society and nation as well.



IMPORTANCE OF FATHER IN OUR LIFE

Name : Rista Regmi

Class: 8 'A'

Most of the man becomes father once or twice in their life. It is not only about being a father, it is about important role of being dad in a child's life. They are capable caretakers of children and disciplinarians. they contribute greatly to our cognitive, language and social development. They help us to develop good self-esteem in us. Fathers characters or characteristics will transfer to his children. If father is responsible, polite, kind and caring, child will be same. The children who have better terms with their fathers tend to do better in exam and other extra-curriculum activities. Children who are well-boned and loved by father, tend to have less bad behaviours and are somewhat inoculated against alcohol and drug abuse. Fathers are as important as mothers in their respective roles. Such as; caregivers, financial supporters and role models for social and emotional behaviour. Active father figures may play a role in reducing behaviour and psychological problems in young adults. Children who are raised with fathers perceive themselves to be more physically competent than their peers without a father. We should love our father and respect him too. We should recognize and reward dad for being there and actively teaching important life skills to us.



CHILD LABOUR

Name : Sampada Dhakal

Class: 8 'A'

As many people say, children are the backbone of the country. They are the builders of nation. They are the flowers of our national garden. They are the one to lead the nation from darkness to bright future. Children are the future of the country. But looking at the present status of the children, they are forced to do work. Their rights are taken away. They are not getting their rights. Child labour refers to forcing child to do work and earn money like adults. This is a global and socio-economic problem. Many children these days are found on street. These children work whole day to earn a little bit of money. We should think deeply on this matter. The government should take action against it. If the future builders are in the wrong track then really the whole world will go towards the dark and dangerous path. Government should find out solution for it. Let's save those children and save the world.



MY JOURNEY TO LUMBINI

Name : Aryan Gauchan Manandhar

Class: 8 'B'

It was the holiday after 1st term that I went to Lumbini with my family which consists of my parents, my two sisters and me. Lumbini was a great place to visit for the holidays. We took our own car to get there and it took 9 hours to reach there because of the traffic jam. He stayed there for 5 days in a hotel named 'Yeti Hotel'. On the first day after our arrival, we explored near our hotel and on the 2nd we went to Lord Buddha's birth place, Maya Devi temple, Ashoka pillar, etc. It was very existing. On the third day, we went to see various temples made by different countries in the name of Lord Buddha. On the 4th day we went to the border of Nepal and India and bought some things as it was very cheap. On the 5th day we rested and explored some more and went back to Pokhara. It was a very exciting journey and I believe that I won't forget it.



RACISM-GLOBAL ISSUES

Name : Ayush Adhikari

Class: 9 'B'

Racism is the belief that the characteristics and abilities can be attributed to people simply on the basis of their race and the some racial group are superior to others. Racism have been used as a powerful weapons encouraging fear or hatred of others in times of conflict and war and also even during economic down turns.

Racism is present in Europe, Africa, Australia, Middle East, North America and Asia. Concept of white people as owner of the black people was started very long time ago. The slavery system ended but the concept in some of the people's mind has not ended. In the world the racism is done on the basis of their skin colour black skin means slave. This should be ended. people with black skin donot get opportunities. In Asia racism is done in the basis of caste, colour, religion, gender, race etc. The called low caste people donot get good opportunities.

Everyone in world with black skin wants to have white skin. They don't know what's the problem with black skin. They have bear thinking that only white skin means the beauty. But its false. There is no problem with black skin. Black skin people has also won many beauty pageant.

It just need awareness, education, good low execution in order to remove racism and racist people's thinking.



NASA

Name : Shuvam pandey

Class: 8 'B'

NASA is space agency of United States with the full form National Aeronautics and Space Administration. President Dwight D. Eisenhower established NASA in 1958 A.D. to discover mystery of universe, to achieve a great step on other planet and to sent rockets to other planets NASA is sending many mission to different planet like sending rocket in Mars, etc. NASA has launched over 500 missions scientist are working hard to discover and open new mystery of the universe. In NASA there are more than 17 thousand employees. The motto of NASA is "For Benefit of All". To visit other planets or go to other planets Astronaut need to wear suits because space is dangerous place for humans. There is no air to breathe. Space has high level of radiation and some part of space are cold. NASA is an independent agency. NASA official website is www.nasa.gov. NASA also deals with space exploration, planet designing. The current NASA administrative head is Jim Bridenstine. NASA is first Apollo mission was Apollo 11, which was on moon in 1969. NASA is giving its best to open the secret of universe that we human being are not known. There are a lot of questions like are we alone in universe? Is there any planet except Earth suitable for us? etc. We may get its answer in future and became proud to be human. We should feel proud of NASA and respect astronauts who live in other planets for research, in spite of the danger.



UNIVERSE

Name : Suman Lamsal

Class: 9 'A'

The study of the universe has always remained challenging due to its vast space and for lack of sophisticated equipment. Universe is a vast space in which all the heavenly bodies lie. It is believed that the universe is expanding outward continuously. It is hard to determine the size and limitation of the universe. The universe consists of countless galaxies in it. A galaxy has numerous stars. The sun is one of medium-sized stars which is the source of life on the earth. Universe is a space wher different heavenly bodies and other luminous bodies



ENVIRONMENTAL POLLUTION

Name : Christina Acharya

Class: 9 'A'

Advancement and modernization of human life has been fortified due to different types of development activities. But the advancement and modernization has created a big program against the life process of the whole Earth are the pollutant substances produced by those development works. Smoke emits out from vehicles and industries, dust is another by product of running industries dust is another chlorofluorocarbon used as refrigerate agent has depleted the protective zone layer of the atmosphere and there are so many other hazards created by the activities of human being. Human being has been the most active creature in producing pollutant materials in the environment. Due to environment pollution the natural condition of environment and nature has been degraded in several way.



LIST OF FIFA WORLD CUP WINNERS

Name : Madan Karki

Class: 8 'B'

This is a list of all the team or a country who have won FIFA World Cup tournament since its inception in 1930.

By team:

The 21st World Cup tournaments have been won by the eight different teams. Brzil has won the most titles, five. The current champion is France who won the title in 2018 A.D.

World Cup Winning Nations

S.N.	Titles	Team	Year(s)
1.	5	Brazil	1958, 1962, 1970, 1994, 2002
2.	4	Germany	1954, 1974, 1990, 2014
3.	4	Italy	1934, 1938, 1982, 2006
4.	2	Argentina	1978, 1986
5.	2	France	1998, 2018
6.	2	Uruguay	1930, 1950
7.	1	England	1966
8.	1	Spain	2010



GENERAL KNOWLEDGE

Name : Biprash Subedi

Class: 9 'A'

1. Who was the third prime minister of Democratic Republic Nepal?

Ans.: Jhalanath Khanal

2.

Which is the youngest district of Nepal?

Ans.: Kalikot

3. Where is the sign of volcano located in Nepal?

Ans.: Dullu, Dailekh

4. Who introduced leather coins in Nepal?

Ans.: Siddhinarsingh Malla

5. What was the other name of Bahadur Shah?

Ans.: Fatyabahadur Shah

6. Who is the eighth General Secretary of UNO?

Ans.: Ban Ki Moon

7. Where is the headquarters of UNESCO?

Ans.: Paris, France

8. Which country is the largest producer of Banana?

Ans.: Australia

9. Which country has no national anthem of its own?

Ans.: Switzerland

10. Who identified the cause of Tuberculosis?

Ans.: Robert Koch

11. Who observed the moon of Jupiter first?

Ans.: Galileo

12. Which is the largest satellite of Saturn?

Ans.: Titan

13. Who invented wireless Telegraph?

Ans.: Guglielmo Marconi

14. What is the atomic no. of Germanium?

Ans.: Thirty Two (32)

15. Who discovered oxygen?

Ans.: Joseph Priestly



EDUCATION

Name : Sarika Subedi

Class: 9 'A'

Education is the act of learning things around us. Education is the fundamental need of human beings. A man without education is no better than an animal, without horn and tail. Without education we are incomplete and our lives are useless.

Education helps to set a goal and go ahead by working on that throughout life. It improves our knowledge, skill, confidence level and personality. It brings maturity and teaches us to live in society with the changing environment. It trains us whole life and brings lots of opportunities to our way to get better prospects required for career growth. It plays a great role in the development of an individual as well as country. Hence, education is very important in student's life for their better and beautiful future.



ANTONIE GRIEZMANN

Name : Manish K.C.

Class: 9 'B'

It is an 26 years old famous football player who was born on 21st March 1991 in Macon, France. His father Alain Griezmann was town counselor by profession and his mother Isabelle Griezmann started his football career joining the youth academy with home town club of Macon. He later joined to club Real Sociedad in the year 2009 and signed a 5 years deal with the work of around 40 million to keep himself in the club for until 2015. He scored his first goal for the club Real Sociedad on october 2010.



INTERESTING FACTS

Name : Babin Shrestha

Class: 9 'B'

1. The first world cup was held in 1930 A.D. which was won by Uruguay.
2. Hooded Pithou is the only poisonous bird.
3. The stapes is the smallest bone in our body present in the ear.
4. Liver is the only organ of our body which can regenerate after being cut.
5. The stampedes is the smallest muscle in our body located in our ears.
6. Giraffe is the only mammal without vocal cords.



MY DREAM NEPAL

Name : Kaushal Gurung

Class: 8 'B'

I want my country without poverty. I want Nepal to be in equality, peace and good governance. I want development in Nepal. I want Nepalese politicians not to be corrupted. I want my Nepal to get technology and scientific knowledge.

Now Nepal is very far from my dreams. The rich are becoming richer and the poor are becoming poorer. I want my country to be rich not poor. All people should get equality and get same fruits and foods. Some people are enjoying all kinds of facilities. They are spending very luxurious life. But many people are dying of hunger. They don't have clothes to wear. Some do not have houses to live. I want my country to get proper justice and freedom.

The politicians do corruption and there is economic inequality. They do not do anything for country. There isn't political stability in my country. In my dream Nepal there should be no rich and no poor. Everyone should be respected equally.



AVALANCHE (SNOW-SLIDE)

Name : Prajwal Raj G.C.

Class: 9 'A'

Avalanche is a natural disaster in which a large snow mass slides down a mountain side. It is an example of a gravity current consisting of granular materials. In an avalanche, lots of materials fall or slide rapidly under the force of gravity. It is also known as snow-slide.

Nowadays, due to global warming avalanches frequently occur in the mountain region of Nepal. On the 3rd of Baisakh 2017 BS many climbers and guides lost their life. On the 12th of Baisakh 2072 BS when earthquake took place, avalanche hit Mt. Everest killing many mountaineers, guides and local people.

Avalanches are of 4 types;

1. Loose snow avalanches
2. Slab avalanches
3. Powder snow avalanches
4. Wet snow avalanches



"MAKING YOU : FOR YOU OR FOR THE SOCIETY !"

Name : Binita Gurung

Class: 10 'C'

We live in a society, we build up ourself in the society and we are living not for us but for the society. We always want to make progressive change in ourself but due to the fear that, "what people will say? What will they think? is it tight from their view?" We forget ourself in that. We forget, "what we are? and who we are for?" We always keep our priority aside and keep people's priority in first which kills ourself inside. From that view it is our fault to achieve success in our life.

Let us think for a second, if there were no comparison between doctor and farmer, between science and management, people wouldn't be afraid of choosing farmer as their occupation and management as their field. But, due to the vision of comparison in the society, people kill their choices in themselves and build the fake choices for the sake of the society. Just think, how many days we can be happy with the fake choices? Not one day, two day, three day it ruins our life and make us dissatisfied. But, if we make ourself and build ourself not listening what people will say or rumors will say, we can get success. The best slap to your society will be your success which will give them a good lesson. So what is your decision now? Think for a while, "Are you really reading in school for yourself or for the sake of your name and fame in the society?" So, there can be different answers. If you are reading for yourself that's great but, for the sake of the society that's sad. Don't feel that you will be called as a bad person if you don't allow the societies vision. Take a positive mind and do the things that you think are right. In this way you can make you from the inner spirit. Sometimes, society can be a best example of changing a lazy person into successful person because sometimes pressure is needed for the people make them progressive and it is good too. But, giving pressure to the people in the field which they don't like is the biggest fault. So, we should think from all sectors while doing anything.

Lastly, I want to say that do whatever you like but it should be progressive one. Don't feel ashamed or afraid of choices taking against society but, build up you to a successful person which will lead the mind of society in the positive path. Be you, be you not for the sake of the society.



TOURISM IN NEPAL

Name : Jasmine Shrestha

Class: 9 'C'

Nepal is one of the most famous tourist destination of the world. Tourists from all over the world came here mostly to trek across and climb the world famous Himalayas. Many of the local people depend on tourism for their livelihood.

The first and the foremost in Nepali tourism is the mighty Himalayas. It is the tallest mountain range of the world and has the tallest peaks like Mount Everest, Annapurna, Kanchanjanga and Dhaulagiri. They are the main mountains that attract tourists. They come from all corners of the globe to see and stay among the tallest peak of the world. They also trek across the mountain trails to far off villages that are not accessible, either by vehicles or aeroplanes. They see and study the culture and the way the people in villages live.

The Himalayas are not only famous for its mountains. It is renowned the world over for its Flora and Fauna. 'Spiny Babbler' is a bird that is found only in Nepal. The variety of plant and animals life is numerous and different. One can also find a lot of scientists and conservationists camping in the Himalayas, collecting samples and taking photographs. The Himalayas is a heaven for people who want to study the Flora. Besides the Himalayas, the tourists also go to the Royal Chitwan National Park to see the rhinos, elephants, tigers and deer in their natural habitat. The Royal Chitwan National Park also houses the ethnic Tharu people. These people are sturdy and hard working. They are also immune to malaria. The Tharus are very good living example of people living in harmony with nature. It is one of the most successful conservation projects in Nepal.

A lot of Nepalese are directly and indirectly dependent on tourists for their livelihood. The people involved in the travel trade are directly dependent on the tourists for their livelihood. These are people who are involved in chalking out itinerary for the tourists and making their travel arrangements. Other people works as guides and porters when the tourists go to treks or sight seeing. People who own and work in hotels are also directly dependent on tourism. This kind of dependency and livelihood is directly related to the number of tourists coming to Nepal. More the tourists, better the business.

Other people who are indirectly involved in the industry are cab drivers, rickshaw pullers, shopkeepers and others. These people are not totally dependent on tourism for their livelihood but will thrive if tourism is good.

We can safely conclude that quite a number of people directly or indirectly dependent on tourism and it plays a vital role in the economy of the nation. An increase in the number of tourists means on increase in the direct earning of the people and country. So we have to try our best to encourage foreigners to come and visit our country.



SCHOOL/EDUCATION SYSTEM: THE CHANGE IT NEEDS

Name : Prashant Gurung

Class: 9 'B'

Albert Einstein once said, "Everybody is a genius, but if you judge a fish by it's ability to climb a tree. It will live it's whole life believing that it is stupid".

Today on trial, we have modern day schooling. Glad you could come. Not only does it make fish climb trees, but also makes them climb down and do a 10-mile run. Tell me school. Are you proud of the things you've done? Turning millions of people into robots. Do you realize how many students relate to that fish swimming upstream in class never finding their gifts thinking? Believing they are stupid. They are useless. Well the time has come no more excuses, I accuse school of killing creativity, individuality and being intellectually abusive.

A modern day car and cars of past have huge difference. Grab a modern day mobile in a hand and mobile from 150 yrs ago in another, you see a big difference right. But, first you observe modern day class and go see a picture of class 150 years, ago, nothing has changed. Now ain't that a shame and literally more than a century nothing has changed yet. Tell me schools, you claim to prepare students for the future? But with evidence like that I must ask, do you prepare students for the future or the past?

I get it back then times were different. We all have a past, I myself am no Gandhi, but today we don't need to make robot-zombies. The world has progressed and now need people who think creatively, innovatively, critically and independently with the ability to connect.

See every scientist will tell you that no two brains are the same and every parent with two or more children will claim. So please explain why you treat students like cookie cutter frames giving them this one-size-fits-all. But, if a doctor prescribed the exact same medicine to all of his patients, the results will be tragic. So many people would get sick yet when it comes to school. This is exactly what happens. This educational malpractice where a teacher stands in front of 40 kids each having different strains, different needs, aims, dream and school you teach the same thing some way. That's horrific.

See I don't mean to blame the teachers. Teachers are heroes that often get blamed, but they aren't the problem. they work in a system without many options or rights. Curriculum are created by policy (makers) most of which have never taught a day in their life. Just obsessed with standardized tests they think bubbling in a multiple-choice question will determine success that's outlandish. In fact, Frederick J. Kelley who invented tests said, "These tests are too crude to be used and should be abandoned.

If we continue down this road the results will be lethal. I don't have much faith in education system. And if can customize health care, cars and facebook pages, then it is our duty to do the same for education. No more common core instead let's reach the core of every heart. Sure maths is important, but no more than art or dance. Let's give everything an equal chance. I know this sounds like a dream but countries like Finland are doing this impressive things They focus on collaboration instead of competition. These are being followed in some parts rapidly. But let's get moving because we may be 30% of our population but 100% the future. So let's attend our dreams. There's no telling where we can achieve. This is a world in which I believe. A world where fish are no longer forced to climb trees.



TAXATION IN NEPAL

*Name : Apex Maharjan
Class: 9 'C'*

The word 'Tax' is derived from Latin word 'taxare' which means to estimate. It is compulsory payment by the people. Nowadays, it is the biggest source of public revenue of modern government. Paying tax is a kind of legal duty of citizens towards the country. Gifts, registration fees, etc don't require tax to be paid. Sources of taxation in Nepal are by custom tax, VAT, personal income tax etc. They are the main sources of government revenue. Citizens by law are to pay taxes for public welfare, in case that they don't pay taxes, then they are subject to punishment by law. According to World Bank, Nepal ranks 142 in global economy for ease of paying taxes. It has been estimated that 339 hours with 34 numbers of payments is required for compliance. Total tax rate of Nepal is around 29.5% which is lower than 36.2% in Asia Pacific Despite such a high total tax rate. Nepal's GDP ratio is only 15%. It shows that Nepal has narrow tax base and many people aren't paying taxes. These low numbers show many problems in our county. It shows inefficient administration and low tax payer morale. This weak tax collection is also associated with instable government, corruption and ignorant citizens. As taxes are important, these problems should be quickly resolved by simplifying tax rules awaring citizens and by having non-corruption and efficient administration.



EXISTENTIAL NIHILISM - PART 1

(The favours and the contrary)

Name : Aayush Dhungana

Class: 9 'B'

What if life was the only to experience? Nothing to do after death, nothing to face after death. So, does this mean what ever we will do, that will never affect us? If yes, basically, how much evil we are, it wont matter if we survive happily doing bad. It's like a life of anarchism. If life has nothing to do with the things we are going on by, why is life here? Via emergence and evolution, we turned to humans. But now, what was the purpose of it? It's quite certain that the universe will die one day via heat death or may be vacuum decay. And our earth will pass away long before it. We may transport to a new home. But after all, we will have to die. Life has no intrinsic value.

The unsolved mysteries of the universe are rather to-be explained by science and not by the presence of a deity. So, no heaven or hell. Just a life and all gone. Now, rather than scolding the nature, we would have to face with other intellects around us. Life is just as we come. Suffer or enjoy and go. See, nothing much attentive. The most opposing view on this is that we enjoy the grant and that's why we are here. It's true and a happy news to be may be only one to think and solve the wonders of the world and it's the reason may be we are here. But, what's even the purpose of it? Literally, we turn out be simulations. This belief of the life to have no intrinsic value and to be an anarchism is known as the existential nihilism.

If life is just a long lasting illusion, why to do anything with it? It doesn't mean that, we should just live like animals do. But it means that, for a temporary existence, why shall we work so hard, earn the wealth and fame? A mediocre life would be still on priority. Saying personally, me, a 14 years boy is still confused whether to work really hard to be a billionaire in future or enjoy the most of my life with my families and friends and live a life just above than depressives. As we have nothing to take after our life, a life with happiness is all enough. This doesn't turn us to ambition-less person but increases the self-satisfaction.

Coming to the topic, life has nothing to regret and towards. We are just lonely creatures wandering for the answer of questions which would further create more questions. So, having a wikipedia in brain doesn't mean so much. Leaving happiness and working 18 hours a day to earn wealth doesn't turn out to be even matter too.

So, life is meaningless. I don't say that death should be the priority but all this endless race is what I actually call meaningless and its what life is being. A friend asked me, "who's the winner of the recent world cup?" He was trying to show himself an informative guy. I just said that I didn't knew though I did. Now, he was out of his limits. See, this society doesn't accept the people having rest.

What's the benefits of knowing these contemt prary events? What's the benefit of working hard? Fame and wealth can be gained even in a mediocre life. Why is it important to have so much wealth? Why is it important or people to be out of limits? It's not that essential. Life now is really worse.



IMPORTANCE OF GAMES AND SPORTS

Name : Sangam Shrestha

Class: 9 'C'

We all are familiar with games and sports. We play many games and sports in our home, school, offices, etc. Games and sport is very important in our life. There are many games. We people play games to entertain ourselves.

There are so many games which we play in our daily life. For eg: football, volleyball, cricket, badminton, basketball, ludo, etc. Games are also of two types. One is indoor game and another is outdoor game. There are many types of sports like running, jumping, throwing, etc. There are many importance of playing games and sports.

We can get many benefits by playing games and sports. Games and sports develops discipline in an individual. From games and sports we can make our muscles compact. Games and sports develops individual physically, mentally and socially. It helps to increase our appetite. It makes our body healthy. It makes of body free from stress. Games and sports helps to make us free from diseases and make us healthy.

In many countries, they play various games like football, volleyball, cricket, basketball, etc. By playing games and sport a country can earn prestige and foreign currency. A country can be more friendly when they play games and sports. In different countries like: USA, Australia, America, Japan, Pakistan, India, etc. many games and sports are played. If we play many games and sport than a country can be more developed.

In our country some of the games and sports are played but most of the games and sports are not played. If we play more games and sports than we can be healthy, strong, etc. We will be save from various diseases. So, we should give more importance to games and sports.



THE LONGEST LUNAR ECLIPSE OF THE CENTURY

Name : Ashim Sapkota

Class: 10 'A'

The longest lunar eclipse of the 21st century on July 27. It took place around 11pm and it's total phase ended at around 2:43pm. A rare blood moon happened that day. The eclipse lasted for about 1 hour 42 minutes and 57 seconds. During the eclipse, the mars appeared unusually large and bright as it. Will be nearly 57.7 million kilometers away from earth on it's elliptical orbit around the sun. The eclipse was mainly visible in Europe, Africa, Asia and Australia as well as some parts of South America. The eclipse was not visible from North America or most of the pacific. It was a worth watching and historic event of this century. Many scientists have stated that, the next lunar eclipse of such a long length is due in 2123AD.



SHOULD I DOWNLOAD YOU TUBE VIDEOS?

Name : Krishant Timilsina

Class: 10 'A'

Before answering the "should" part, let me tackle the "can" part. Yes, you "can" download You Tube videos via different means. But, is it legal to download 'any' video from You Tube?

Almost all videos uploaded on You Tube have some kind of copyright protection associated with them. There are agreements between copyright owners and You Tube that allow you to watch videos on the platform without directly paying anything. Just like any other service or app, You Tube too has certain terms of use that prescribe different rules you are asked to follow.

You might boast "I've a large collection of downloaded You Tube videos stored on my hard drive for personal use". Well, it might be a common practice among users and Google isn't saying any user for doing the same, but it doesn't mean that it's legal to go on the download for every videos on the platform.

You might also consider the moral point of view. By downloading You Tube music videos or converting them to mp3, you are taking away a considerable amount of revenue from content owners. At the end, it's your own choice either to download or not.



IMPACT OF COMPUTER IN MODERN SOCIETY

Name : Spandan Timilsina

Class: 9 'C'

Since the invention of computer, there has been many reforms in it. They have become the central tool in modern societies. They are used in almost all fields, such as education, health, entertainment, banks, homes, etc. The terms computer and society have become complimentary to each other these days. Even the development of a country is measured on the basis of the country's advancement in the field of its Information Technology (IT). Like everything computer also has both positive and negative impacts in the modern society. It has many positive aspects as it helps to create employment opportunities in various fields, improving education system, conducting e-commerce etc. These days negative impact of computers are increasing. Cyber crimes are at a raise these days. People's privacy is at risk. Even the reputed companies sell users' data. Therefore computer plays the role of both developer and destructor in the modern society. So, we should be safe from cyber criminals and use the computer safely.



FACTS ABOUT THE UNIVERSE

Name : Nirajan Dhakal

Class: 10 'A'

1. There are most likely more than 500 million planets able to support life in our galaxy.
2. It takes our solar system 225 million years to revolve around the Milky Way.
3. All the galaxies, planets and stars only make up 4% of the universe.
4. There is such a thing as "cosmic cannibalism"
5. The sunlight touching you right now is 30,000 years old.
6. Days on the Earth are getting longer.
7. There are most likely many more universes termed as "Multiversity".
8. There are upto 4,800 stars born every second.
9. Looking into night sky gives you a view back in time.
10. We are made up of stardust.
11. There are 100,000,000,000 neurons and only 15% are active in human body.

Source: (<https://www.teachscienceoutofcourse.wordpress.com/2018/07/20/10-amazing-facts-about-the-Universe/>)



BELIEVE

Name : Sashanka Sigdel

Class: 9 'B'

Once upon a time there was a small village, it was quiet developed, there lived a woman and her son. They both were happy. The boy's name was Hari. Hari was a smart and helpful boy. But sometime Hari used to stay at his point, he didn't listen to other. One day his friend asked me him to go to the river, for swimming, but Hari's mother didn't allow him, because it was dangerous. Although Hari's mother didn't allow him, he went, while swimming the river flood's him, but he survives. He tell's his mother everything but his mother didn't scold him and she says if you had listened to this wouldn't have happened.

Moral: *People should obey and believe to seniors because they are always right.*



PROS AND CONS OF FEDERALISM

Name : Aayush Gurung

Class: 11 'B' (Science)

"For the growth and development of a country, for its prosperity and power Federalism plays a positive as well as a negative role". Federalism is the distribution of the administrative powers of a country into various states, municipalities and village development committees. Basically power is divided into central, state and local levels. Many countries of the world are established as federal state among them our country has also been established as a federal state.

Federalism has many advantages towards a country. These advantages can be : a country instead of being governed by a central body, is governed by many states and local bodies. Because of this there is transparency in the administrative works and the public feel more assured. Each an every state or local body can become independent and work according to the condition of their state or local level. When the state and local levels prosper then the whole country prospers as one. The valuable means and resources that are available in that particular state gets used and distributed equally. So that the means and resources get preserved. The ethnicity, cultures and traditions that are in that state are preserved and even the minorities many get the chance in the involvement of administration stream. As the candidates that are selected by the public are reachable easily there is transparency in their works and if not then those candidates may leave the past. The infrastructures that are available in the capital can also be asses side by the citizens all over the country. The tourism industry also flourishes when the country is divided into states. For example in our country, there are many tourism destinations. By dividing the country into many states the respective states can focus and developing their own tourism industry as they have full authority over the state and the country prospers.

Federalism also has some drawback that I will discuss in this part. The country used to with only one central government may take long time to figure out about federalism. The means and resources may be misused and over exploited by some powerful people which is a bad thing as a whole for a country. The central government may not give much concern about the state as a result or which the states may get into trouble or the central government might not perform the adminis travive works properly as a result of which the economy of country may collapse.

According to me federalism is a good thing for a country. Federalism helps each state to grow and prosper as an independent state as a result of which the whole country gets advantage. In my country too federalism has shown very new and remarkable changes in these past few years in all the sectors.

As a conclusion I would like to say federalism has both pros and cons but I really comes down the citizens. If the citizens are well aware and conscious about it the country prospers but if not the country collapses in all economic and other factors.

(First Position in Essay Writing Competition - 2075 'Science')



PROS AND CONS OF FEDERALISM

*Name : Krishna Poudel
Class: 11 'A' (Science)*

Federalism is a dual system of government where a single political system is divided into different states or provinces to run the administration smoothly. In this system, the principle of decentralization of power is followed. After a country acquires federalism, it is termed as a federal state. This system mainly divided the centralized power into two levels. Central and state level. Many countries in this world have acquired federalism and fortunately their history reveals positive impacts of federalism in their political situation. If we analyze the history of federalism in United States. Federalism there was introduced in around 1731 AD and coming upto 2018 AD. the system had been able to bring lots of positive impacts in their politics. However, few countries in this world are suffering a lot due to the negative impacts of federalism. Hence, federalism has it's pros and cons in different aspects.

Federalism as already mentioned, decentralizes the power of a political region or unit. It reduces the dependency of the whole nation to the centre. As it divides its power among different sub-units or states, it becomes easy for the citizens to interact with the government. Through different sub-units like local government and state government, they can easily convey their demands and their needs which will definitely reach to the central government through the local and state governments. This helps to construct bridge between citizens and the government. Likewise, when the power are divided the work load on a single unit decreases. As a result each and every bodies can function administrative as well as developmental works in better way. The conflicts and disputes arising at local levels can easily be solved by the effort of local bodies. Similarly when the work load decreases in central level, it can maintain good foreign relationships. It will further help in maintaining foreign trade and so on.

Though, federalism has many pros, there are also some cons which cannot be neglected. Federalism instead of solving conflicts and disputes, brings conflict among the divided provinces or states. There may be dispute regarding the boundaries or regarding the area of the division. And the main problem arise while assigning the name for those provinces or states. Similar, situation had arised in our country few months ago. There became strikes and conflicts among different castes in Nepal too. This may create worst situation in the country. Further expoiing the political situation in the country.

Hence, federalism itself does not have any pros cons. In which way the citizens of a particular country implement this system makes the differences. If the system is applied in correct way it can bring and if the system is not implemented correct it may take any way.

(First Position in Essay Writing Competition - 2075 'Science')



TECHNICAL EDUCATION - THE NEED OF 21ST CENTURY

*Name : Anish Banjara
Class: 12 'A' (Management)*

In this 21st Era there have been overall development in the world. 2.5 billions of years, people have gone far away beyond the imagination and the main reason the people are in such period. It is due to education.

There are various types of education. Where people get through educated one or well know people or we can say that transfer of education, idea, knowledge from on person. After another all there are 3 type of education they are formal, informal and technical as far as my knowledge and understandability.

Firstly, Technical Education means those education which helps to provide knowledge about technical field technology such as tailor, plumber, cobbler, hairdresser etc. where the people learn and have job in order to fulfill his/her family belly. So, there is great important of Technical Education in this 21st century.

Technical Education has played vital role in this 21st century. As in this Aka, people get formal education and aims to have great personality through doctor, pilot, or highly respected job but no one aims to have job of tailor, cobbler. As they think this job as low post job or poor people job. But they are unknown about the things that the suit they wear are made by the poor people, they are known about it but pretend about they are unfamiliar about it. As the pace of Technical Education is decreasing day-to-day due to formal education and people's concept about the low people, job. So, the people who involve in such job becomes the victim of racism. So, they don't involve in such job. But there is great need of such job in this century just like there is scarcity of the people who maintain electronical things, plumber work, cobbler work and so on. So, there is great need and necessities of technical education where everyone must treat every job equally and respect each and every job or profession.

When there are more technical human resources they can have more creativity just like today's fashion design, hairstyle or each personality of the people are changed and reach at maximum capacity and they are highly praised in such sector. So, they are highly dun anded in this 21st century all the people wants to look better and goods. So, there is great need and importance of Technical Education.

In the context of Nepal, the Technical Education is not so developed and there are only rare cases about Technical Education. According to data, the most runned Technical Education is Nepal are: Beauty parlour, which are highly forward and in great pace at the movement so, not only girl but boys are also involved in handsome parlour and these profession have provide

great profit. Although there are other technical sector they have not got fassinated more. But in case of agriculture, we have more opportunity to get advantage of technical education. As we know that Nepal is agro based country and more than 80% people are engaged in agriculture but still the people inside the nation become the victims of scarcity of food it is due to lack of technical education. But in case of USA, there are engaged in agriculture about 20% but also they export their product fulfilling the need of the country. It is due to technical education like hybrid seeds, technical machine, proper JTA etc. But in the case of Nepal due to different causes like political instability, corruption etc.

So, we must get the lesson through USA and move forward for the nation. We think that it is the work of nation. But it is our responsibility to begin the step forward and make nation just like the Asian Countries like South Korea which is run or developed with 20 years interval from least developed country to be well recognized as developed country of the world so, there is great important of Technical Education in 21st century.

(First Position in Essay Writing Competition - 2075 'Management-Morning Shift')



PROS AND CONS OF FEDERALISM

Name : Lil Bahadur Khatri

Class: 12 'A' (Science)

Multiple forms of governments prevail around the world. Some of them include, federal, monarchical, republic systems etc. Federal system of government is one of the highly appreciated form of government and is being exercised by more than 25 nations of world encompassing about 40% of world's population. It's the form of government in which a country is divided into multiple autonomous province or states. This form of government is based on the principle of decentralization of power among the administrative bodies. Powers are divided equally among central, provincial and local governments.

This form of government has recently been implemented in Nepal. The overall political history of Nepal isn't so smooth sailing unproportionate development, lack of political stability, lack of consensus among political parties, political instability, favouritism, nepotism were widespread in Nepal and even are today. These problems led to widespread dissatisfaction and frustration among people as a result of which maoists launched armed conflict. The primary purpose of rebellion was to overthrow monarchical system and establish people's republic. The concept of federal system of government was also raised at the same time to eliminate regional disparities and uplift the condition of marginalized and janajati people.

The federal system of government has it's pros and cons. For the country like Nepal with unproportionate development, federalism can assist to ensure the optimum utilization of available resources and generation of adequate income from that. Federalism can play an important role for the independence and self reliance of the state. Further more, federalism also helps in the realization of full potential of the state and proper it in the path of development. It has been implemented in Nepal so as to maintain the uniformity in development in each and every nooks and corners. There is a maximum people's participation in formulation, execution and implementation of different plans and policies.

On the other hand, there are con's of federal system. Since, federal system is very expensive form of government it may be inappropriate for developing countries like Nepal. Recently, the people have been victimized by over taxation. The aspect of finance is very crucial for local and provincial government. Similarly, the unhealthy competitions among the provinces can result in tussle and cold war among the states. Demarcation of border is really troublesome. Further more, the unscientific division of provinces can further aggravate the problem of regional disparities and non-uniform development.

No form of government is good or bad in itself. We overthrew monarchical system of government yet, ironically are still lagging behind in development with people's republic. But, the monarchical system became really effective for U.K. and it's still progressive. Similarly, the problem has further become adverse due to unqualified political leader and lack of consensus among them. This problem can only be curtailed when people become conscious and determined for the development of nation regardless of the form of government that we choose.

(First Position in Essay Writing Competition - 2075 'Science - XIA')

FRIENDSHIP

Name : Diya Gurung

Class: 8 'C'

I wanted to thank you
but was unable to explain
What it means to have a friend
to share life's joys and life's pains
It's good to know our friendship
is one of endless devotion
Forget of respect
and every kind of emotion.

It's patient and forgiving
never failing or forsaking
When a hand is outstretched
or one's heart is breaking
It's ever faithful
even when the world condemns
And sparkles in the darkness
like fireworks and gems
It does my heart good
at the end of the day
To know that you will never
be more than an email away ...



A SISTER IS A FRIEND FOR LIFE

Name : Amulya Ghale

Class: 8 'C'

A sister like you is a joy forever
You are great fun to be with
Your sunny smile brightens therewise
it's gloomy day.
You do funny things to make the heart glad
You help to find life's little pleasures
A sister like you offers support and joy.
You are never more than just a thought away.
You have a special place in my thoughts and
heart
A sister is someone who stands by you
lifelong.
Having you for a sister, is a feeling so
heavenly
Life is sweet because of you sister
You are the most important part of my life.
A bouquet of love, for you my sister.
I thank my god that I have sister.



THE SEASON I LIKE MOST

Name : Nikita Dahal

Class: 8 'A'

All seasons come once in a cycle of one year. There are four important seasons in our country. Summer, winter, autumn and spring season. December and January are the best month and May and June are hottest, July and August brings heavily rains. Each season has its pleasure and pain. In our country, the month of February and March are very pleasant and bring happiness. This season is called 'spring' I like spring season. It is neither hot nor cold. It is season of greenery, flowers, fruits and festivals. The wind blows in its special way like playing with trees and having green leafy plants. It sings when passes through branches and leaves of trees and plants. In this season I feel healthy and fit. So, I like this season.



HARDWORKING LIFE

Name : Kritika Baral

Class: 7 'A'

Life, life is full of struggle
either being a happy
Life, life is full of puzzle
being a part of lazy

Without any mistakes
No one get success
And, important is trying
because of buying

Favourable result doesn't come flying
Bad is hoping while you are lying
Precious is doing
Not by showing.

Do your optimum
When life takes your trial
Think that success can't get by snapping
It is all about doing an unflagging



BEFORE THE FEAST

Name : Aarsina Shrestha

Class: 7 'A'

Rise and Shine
People under Grape Vine
Three witches across the sea
So people be aware when you cross the sea
king lear under fear
Let's leave it for his dear.
Now the knight will kill the beast
Later everybody enjoy the feast.



YOUNG SOLDIER

Name : Abhinesh Gurung

Class: 9 'A'

Stay calm soldier
Do not panic or fear
Stay calm soldier
Think of your career
You're too young to die
My soldier
You're too young to leave.

Run soldier run
From the danger ahead
Run Soldier run
Don't let them, to blow up your head
You're too young to die
My soldier
You're too young to tie.

Fight soldier fight
To crush the enemy
Fight soldier fight
To make us free
You're too young to die
My soldier
You're too young to fly.

Come home soldier
I miss you terribly
Come home soldier
To bring happiness in my family
You're too young to die
My soldier
Don't ever leave me.



MY DEAR MOTHER AND FATHER

Name : Adarsha Chhetri
Class: 8 'B'

My dear mother ! My dear father
You are always greater than other
You are there to wipe my tear
When I am scared due to fear.

My dear mother ! My dear father
You always guide me like a teacher
You always stand in front with no fear
You are the person whom I am near.

My dear mother ! My dear father
You are the god to me forever
You are the universe I am the earth.
I want to be your son in every birth.



LIFE

Name : Unnati Ranabhat
Class: 9 'A'

Life is a train.
It carries beautiful cranes

Sometimes there is fear
Still we should be there

For good deeds there should be our name.
Then we will gain our fame.

Life can be good or bad
But we should never be happy or sad.

Life continues the path of a river
In any difficulty we should be clear.

It can change its structure anytime,
Although we should think it as a gold mine.



THE INTERNATIONAL SYSTEM OF UNIT (SI UNITS)

Name : Aayush Tripathi
Class: 8 'A'

<u>Quantity</u>	<u>Unit</u>	<u>Symbol</u>
Length	Meter	m
Mass	Kilogram	kg
Area	Square meter	m ²
Volume	Cubic meter	m ³
Acceleration	Meter per second	m/s
Time	Second	s
Force	Newton	N(kgm/s ²)
Temperature	Degree Celsius	⁰ C



Useful Symbols and Units

>	Greater than
<	Less than
=	Equal to
≠	Not equal to
≈	Approximately
≡	Equivalent to
→	Map to
∴	Therefore
∵	Because
⊥	Perpendicular
∥	Parallel
≥	Greater than or equal to
≤	Less than or equal to
Δ	Symmetric different

ENVIRONMENT

Name : Karuna Adhikari

Class: 7 'C'

The environment with its treasures
All so countries to measure
Fish and whales in the deep blue water
Life in the sea, so alive.

Grassland and forests with terrestrial life
Cold, freezing mountain peaks.
And hot, tiring deserts.
Life among the trees and sounds, so alive.

Sky so blue with air so clean
Only sun, moon and stars to see.
Eagles and vultures take their turn.
Life in the sky, so alive.



LIVING IN A VILLAGE

Name : Nirajan Khanal

Class: 7 'C'

Life in the village is quite natural than the life in the cities. The people living in the village can live their life in peaceful and clean environment despite some difficulties.

At the present, there are many cities established along with the growth of population and the availability of the several modern facilities. Cities have the speedy and facilitated life but it lacks the naturalness and healthy environment. The people living in a villages can get fresh air, fresh food and water and healthy atmosphere.



आमा सितको पहिलो यात्रा

नाम : ममता श्रेष्ठ

कक्षा : ९ 'क'

कार्तिक २१ गते वि.सं. २०७० मा म मेरी आमासँग जन्मेदेखिबाट नै मेरो पहिलो यात्रा, पोखरादेखि हाम्रो गाउँ अर्घाखाँचीसम्म थियो। त्यतिखेर मलाई धेरै रमाइलो अनुभव भै रहेको थियो । म जन्मेदेखि मेरो रेखदेख मेरी सानी आमाले गर्नुभएको थियो । आमासँग म पारिवारिक भ्रमेलाका कारण ९ वर्ष टाढा रहनु परेको थियो । आमाको मायाको छाया ममाथि एकचोटि पनि परेन । सानो छँदा निकै याद आउँथ्यो तर कसैले मलाई बोल्ने मौका पनि दिन्थेनन् । एक यात्रामा मैले मेरी आमाको पीडा छोरीबाट टाढा भै बाँच्नु परेको पीडा मैले त्यतिखेर बल्ल बुझेँ ।

यात्रा त बिहान ५ बजे सुरु गरेका थियौँ । मलाई त धेरै निद्रा लागि रहेको थियो तर मेरी आमाले मलाई मेरो खातिर आफ्नो हत्केलामा मलाई आनन्दपूर्वक विश्राम गर्न दिनुभयो । मेरी आमालाई पीडा त हत्केलामा भएको थियो तर मेरो निद्राका सामु उनले सहनु भएको पीडा उनलाई केहीजस्तो पनि लागेन होला । आमालाई पीडा भै रहेको थियो तर उनले मलाई एक पटक पनि यस्को बारेमा केही भन्नुभएन । ११ घण्टाका यात्रामा ७ घण्टा त सुतेरै नै बितेको थियो र उठेर हेर्दा त आमाको हात त रातो भइसकेको थियो । आमालाई दुख्यो भनेर सोधेँ नाइँ दुखेछैन भन्नुभयो । त्यस दिन त्यो यात्राले गर्दा मात्र मैले आमाको माया बुझेँ । त्यसैले मेरो यात्रा निकै यादगार यात्रा थियो ।



छात्रावासको महत्त्व

नाम : शीतल महत

कक्षा : ९ 'ग'

छात्र वा छात्रा विद्यालयको आवासमा बस्ने व्यवस्थालाई छात्रावास भनिन्छ । स्थानीय सहयोग र सद्भाव भएमा छात्रावास जीवन सहज हुने हुँदा छात्रावासको महत्त्व छ । छात्रावासमा विद्यालयले विषयगत शिक्षकको व्यवस्था गर्ने गर्दछ । यसै गरी विद्यालयले शैक्षिक सामग्रीको, खेलकुद सामग्रीको समेत व्यवस्था गर्दछ । घरबाट आउन सम्भव नहुने विद्यार्थीका लागि भने सबैभन्दा बढी महत्त्व छात्रावास हुन्छ । छात्रावासको व्यवस्था गर्दा डेरामा बस्नुपर्ने समस्याबाट मुक्ति मिल्दछ । महँगो डेरा भाडा तिर्नु नपर्ने, अभिभावकको भन्दा बढी शैक्षिक वातावरण सिर्जना गर्न सकिने, अनुशासनमा रहने जस्ता कारणले छात्रावासको महत्त्व हुन्छ । एकातिर विद्यार्थीलाई गृहकार्यको समस्या नहुने अर्कातिर छात्रावासमा सामूहिक रूपमा उत्तरदायित्वको भावना विकास हुन्छ । सिकाइमा पछि परेका विद्यार्थी लाभान्वित हुने हुन्छन् । बाबुआमा वा अभिभावक अशिक्षित भएमा पनि छात्रावासको व्यवस्थाले पठनपाठनलाई नकारात्मक प्रभाव पर्दैन ।



मेरो विडम्बना

नाम : अदिती सुवेदी

कक्षा : ७ 'क'

ठूलो आवाजको माइकबाट उद्घोषकको आवाज गुञ्जियो, “अब म मञ्चमा बोलाउन चाहन्छु, यस वर्षकी उत्कृष्ट बाल प्रतिभा, विडम्बना आचार्य !” विडम्बना अगाडि आइन् र भनिन्, “धन्यवाद ! नमस्ते सबैलाई, म निकै खुसी छु कि तपाईंहरूले चित्रकला क्षेत्रमा मलाई अगाडि बढ्न मद्दत गर्नुभयो र आज म हजुरहरूलाई आफ्नो कथा भन्न गइरहेकी छु ।”

म, भाद्र २९ गते जन्मेकी हुँ । मलाई आमाले अस्पतालमा जन्माउनु भएको हो । अस्पताल घरबाट निकै टाढा थियो । म जन्मेको खबर सुन्ने बित्तिकै मेरो ६ वर्षीय दाइ र हजुरआमा गाडी चढेर अस्पताल आउनुलाई हिँड्नुभयो । तर बाटोमा गाडी दुर्घटना भयो र मेरो दाइको मृत्यु भयो । मेरो परिवार न हर्ष न शोकमा भयो । जुठो परेर मेरो न्वारान पनि भएन, यत्तिकै हावा तालमा नाम राखियो, विडम्बना । दाइ मरेपछि मेरी आमा पुनः गर्भवती हुनुभयो, तर बच्चा खेर गयो । हजुरआमा भन्ने गर्नुहुन्थ्यो, “भकोलाई त मारी मारी, आउनेलाई पनि बाँकी छोडिन् यो अलच्छिनीले ।” यसले मलाई निकै चित्त दुख्यो, अन्ततः म १२ वर्षकी हुँदा मेरो भाइ जन्मियो । परिवारमा निकै खुसी थियो । तर अरुले भन्थे, “यो बाबुलाई यो अलच्छिनीबाट पर राख है ।” मलाई निकै रिस उठ्यो । भाइ जन्मिएपछि मेरो स्कुल पनि छुट्यो । म रिसले घर छोडेर हिँडे । एउटा ट्रकको पछाडि लुकेर सहर पसेँ । तर सहरमा मेरा कोही थिएनन् । म केही हिन भोकै बसेँ । लेऊ लागेका भित्तामा सिन्काले मैले विभिन्न थरीका चित्र बनाउँथे । फुटपाथमा ढुङ्गाले कोरेर चित्र बनाउँथे । मेरो सौभाग्य, त्यतिबेला प्रमुख चित्रकार त्यहाँबाट जानुभयो र मेरो चित्र देख्नुभयो । उहाँले मेरो बारेमा सोध्नुभयो, मैले मेरो सबै कथा भनेँ । उहाँले मलाई प्रोत्साहन दिनुभयो । एउटा कोठा खोजिदिनुभयो । उहाँको प्रोत्साहनले मैले धेरै चित्र बनाएँ र उत्कृष्ट चित्रकार हुन सफल भएँ । म उहाँलाई विशेष धन्यवाद दिन चाहन्छु । अन्त्यमा म भन्न चाहन्छु, आफ्नो प्रतिभा चिनेर काम गर्नुस् हजुर पक्कै सफल हुनुहुने छ । यति भन्दै उनी मञ्चबाट ओभेल परिन् ।



संस्कृति प्रेम (कथा)

नाम : आश्रिपजन लामिछाने

कक्षा : ९ 'ख'

कुनै एक देशमा एउटा गाउँ थियो । त्यस गाउँमा लोकगीत सम्बन्धी कार्यक्रम थियो र त्यस कार्यक्रममा एक जना मन्त्रीलाई प्रमुख अतिथिका रूपमा निमन्त्रणा दिइएको थियो । कार्यक्रममा मन्त्री उपस्थितसमेत भएका थिए र उद्घाटन समेत उनैले गरे । करिब तीन चार घण्टा त्यहाँ बिताएपछि उनले अन्तिममा सबै गाउँबासीलाई सम्बोधन गर्दै भने, “आदरणीय जनसमुदाय, लोक संस्कृति नै हाम्रो पहिचान हो, संस्कृति बिना हामी पूर्ण हुन सक्दैनौं ।” त्यहाँ तालीको गुन्जाहट सुनियो । मन्त्रीले पुनः भने, “हामी सबैले संस्कृतिको संरक्षण गर्नुपर्छ, यसमा नै हामी सबैको भलो छ ।” त्यसपछि उनी आफ्नो चिल्लो गाडीमा पसे । त्यस गाउँका मान्छेले उनलाई बाहिरैबाट बिदा गरे मन्त्री गाडीभित्र पस्दा गाडीमा सुमधुर आवाजमा लोक गीत बज्दै थियो र मन्त्रीले तत्कालै गीत बन्द गरी अङ्ग्रेजी र हिन्दी गीत लगाउन अनुरोध गर्दै भने, आज दिउँसोभरि नेपाली गीत सुन्दा सुन्दा दिमाग खराब भइसक्यो । अब त केही अङ्ग्रेजी र हिन्दी गीत सुन्नु पर्‍यो ।”

सन्देश : हामीले हात्तीले भ्रै देखाउने र खाने दाँत फरक फरक बनाउनु हुँदैन ।



महिला शिक्षाको महत्त्व

नाम : सिद्धार्थ बगाले

कक्षा : ९ 'ग'

हामीलाई जीवन जिउनका लागि धेरै आधारभूत कुराहरू चाहिन्छ । जस्तै: खाना, कपडा, घर आदि । यस्ता कुराहरूमध्ये शिक्षा पनि अहिलेको युगको एउटा महत्त्वपूर्ण आवश्यकता हो । शिक्षाबिना अहिलेको यो युग केही गर्न पनि सकिन्न । हामीले जन्मिएदेखि नै सिक्दै आइरहेका छौं र नमर्दासम्म पनि सिक्किरहेका हुन्छौं । मानिसलाई पूर्ण योगदान रहेको छ । मानिसलाई दिने पद र इज्जत पनि शिक्षाको अनुसार दिइने गरिन्छ ।

नेपालमा ५४% जति नेपाली महिला छन् । महिलाको पनि नेपाल विकासमा ठूलो हात छ । शिक्षा सबै मानिसको लागि एउटै हो तर नेपालमा छोरालाई विद्यालय र छोरीलाई बिहे गरेर पठाइदिने चलन पहिलैदेखि चलिआएको छ । समाजमा पनि महिलालाईभन्दा पुरुषलाई बढी सम्मान दिइने गरिन्छ । नेपालको धेरै जसो पदहरूमा पनि पुरुषकै हात छ । नेपालमा पुरुषहरू बाहिर गएर काम गर्ने र महिला घरभित्र बस्ने चलन चलिरहेको छ ।

हामी २१औं शताब्दीका मानिस हौं । हामीसँग विवेक र बुद्धिको प्रयोगले यस धर्तीमा बाँचिरहेका छौं । हामीलाई थाहा छ कि पुरुष र महिला दुवै एकै समान हुन् । हामीलाई थाहा हुँदाहुँदै किन भेदभाव गर्छौं त ? यो सबै महिला शिक्षाको कमीले भएको हो । देशमा महिला शिक्षाको आवश्यकता छ । महिला शिक्षाको लागि विभिन्न कार्यक्रम चलाउनुपर्छ । महिलाको लागि ठाउँठाउँमा विद्यालय खोल्नुपर्छ । महिलालाई पुरुष जत्तिकै सम्मान दिनुपर्छ । आमाबुबाहरूलाई छोराछोरी एकै हुन् । छोरालाई माया र छोरीलाई हेपाइ कहिल्यै गर्नुहुन्न । छोरीहरूलाई पनि विद्यालय पठाउनुपर्छ जस्ता कुरा सिकाउनुपर्छ । नेपालका विभिन्न पदहरूमा महिलालाई पनि ठाउँ दिनुपर्छ । महिला र पुरुषलाई समान रोजगारीको अवसर दिनुपर्छ ।

नेपालमा पुरुषभन्दा महिलाहरू बढी छन् । पहिला महिलाहरू शोषित भएका थिए । महिलाहरूलाई निस्कन दिइँदैनथ्यो । महिलाहरूलाई बाहिर काम गर्न दिइँदैनथ्यो । महिलाहरूलाई बच्चैमा बिहे गराइदिन्थ्यो । महिलाहरूको साक्षरता एकदमै कम थियो । महिलाहरूलाई पढ्नुभन्दा काम गर्न पठाइन्थ्यो । तर अहिले समय बदलिएको छ । अब महिलाहरू पनि अगाडि आएका छन् । नेपालको राष्ट्रपति महिला हुन् । महिलाहरू पनि पुरुष सँगैसँगै उभिएका छन् ।

महिलाहरूको यस धर्तीमा ठूलो महत्त्व छ । उनीहरू नभएको भए मानव यहाँसम्म पुग्दैनथ्यो । महिला पुरुष जत्तिकै छन् । उनीहरूको पनि पुरुष जत्तिकै अधिकार छ । यसको लागि महिला शिक्षा महत्त्वपूर्ण छ । देशको विकास गर्न र नयाँ मोडमा पुऱ्याउनका लागि महिला शिक्षा महत्त्वपूर्ण छ । महिला शिक्षाको लागि हामीले घरैबाट आवाज उठाउनुपर्छ ।



आत्मबल

नाम : सुस्मिता रुचाल

कक्षा : ९ 'ग'

धेरै समय अधिको कुरा हो । कुनै गाउँमा राम र हरि नामका दुई अत्यन्तै मिल्ने मित्र बस्थे । राम १० वर्षको थियो र हरि जम्मा ६ वर्षको थियो । राम र हरि गाउँमा असल मित्रताको राम्रो उदाहरण बनेका थिए । एक दिनको कुरा हो राम र हरि दुबै जना खेल्दा खेल्दै गाउँभन्दा अलि पर कुवाको नजिक पुग्छन् । उनीहरू आफ्नो गफमा व्यस्त थिए । त्यतिकैमा राम अचानक इनारमा खस्छ । ऊ डर र त्रासले आतिन्छ । हरि आफ्नो मित्रको अवस्था देखेर वरिपरि गुहार माग्न जान्छ तर त्यहाँ उसलाई सुनिदिने टाढाटाढासम्म पनि कोही थिएन । त्यतिकैमा हरिले त्यही इनारमा पानी निकाल्न प्रयोग गरिने डोरी देख्यो । उसले त्यस डोरी इनारमा फालेर रामलाई समात्न भन्यो । रामले पनि हरिले भने भैं गयो । केही समयपछि ऊ साँच्चिकै सफल भयो । राम माथि आयो । उनीहरूले सारा गाउँलेलाई सबै वृत्तान्त सुनाए तर उनीहरूको कुरामा कसैले विश्वास गरेनन् । विश्वास गरून् पनि कसरी ? हरि जम्मा ६ वर्षको बालक जसले एउटा पानीले भरेको बाल्टी समेत उचाल्न सक्दैनथ्यो, त्यसले त्यति ठूलो रामलाई कसरी माथि ल्याउन सक्छ त ? तर त्यही गाउँलेहरूले पनि साँच्चै थाले, “यति ठूलो मानिसले उनीहरूको कुरामा केही न केही त होला नि ।” सारा गाउँले जम्मा भएर त्यस विद्वान मानिस कहाँ गए र सोधे, “हरिले यो कसरी गन्यो त ?” त्यतिकैमा त्यो विद्वान मानिसले भने प्रश्न यो होइन, “हरिले कसरी गन्यो ?” प्रश्न यो हो की “हरिले यो किन गर्न सक्यो ?” र त्यसको एउटा मात्र जवाफ छ र त्यो हो, त्यति बेला टाढाटाढासम्म पनि हरिलाई हरि तैले यो गर्न सक्दैनस् भन्ने कोही पनि थिएन । त्यति मात्र होइन ऊ आफै पनि थिएन । सारा गाउँलेले आफ्नो जवाफ पाए ।

यस कथाको सन्देश यही हो कि, शारीरिक बल भन्दा मानसिक बल धेरै ठूलो हुन्छ । सकारात्मक सोचले नै हामीले आफ्नो गन्तव्यतर्फ पाइला सार्न सक्छौं । मानिसले चाह्यो भने जे पनि गर्न सक्छन् ।



दुष्ट साँप

नाम : सनिस्मा गुरुङ

कक्षा : ७ 'क'

एक पटक कुनै एउटा गाउँमा साँप थियो । गाउँमा एक दिन हिमपात सुरु भयो । साँप ठण्डीबाट जमेको थियो । साँप हिँड्न सकेको थिएन । एउटा गाउँले त्यही बाटोबाट आफ्नो गाउँ जाँदै थियो । उनी धेरै दयालु र सहयोगी थिए । उनले त्यस साँपलाई घर ल्यायो । उनले साँपलाई आगो नजिकै न्यानो गर्न राख्यो । त्यसपछि साँपले शक्तिलाई पुनः प्राप्त गन्यो र हिँड्न थाल्यो । गाउँलेका छोराछोरी आफूलाई न्यानो गर्न आगोको नजिक बसेका थिए । साँपले तिनीहरूलाई डस्न गए । सौभाग्यवश तिनीहरू भागे । गाउँलेले लट्ठी लियो र साँपलाई मान्यो ।



वातावरण प्रदूषण समस्या र समाधान

नाम : सचिता रानाभाट

कक्षा : १० 'ग'

मानिस बस्ने वरपरको हावापानी, भौगोलिक परिस्थिति नदीनाला, पहाड, हिमाल, वनजङ्गल आदि प्राकृतिक परिवेश वा पर्यावरणलाई नै वातावरण भनिन्छ । मानिस लगायत अन्य प्राणी वातावरणमा नै निर्भर भई बाँचेका हुन् । यहीं वातावरण मानिस र अन्य जीवलाई बाँच्न चाहिने हावापानी, वनजङ्गल जमिन आदि प्रदूषित भएको अवस्था नै वातावरण प्रदूषण हो । वातावरण प्रदूषणका कारणले प्रकृतिको गुण नाश हुँदै गएको छ जसका कारणले मानिस र अन्य जीवलाई पृथ्वीमा नै बाँच्नकालागि नै समस्या भएको छ । वातावरण प्रदूषणले अहिलेको समयमा विकराल रूप लिएको छ । त्यसै ले आज यो समस्याप्रति सबै मानवको चासो बढेको छ ।

प्राणीलाई बाँच्नका लागि वातावरणको माटो, प्रकाश, हावा, जल आदिको आवश्यकता पर्छ । मानिस र अन्य प्राणीले श्वास फेर्न हावा, शरीर बनाउन पानी, प्रकाश र शरीरमा शक्ति बनाउन अन्न आदिको प्रयोग गर्छन् । तर यी प्राकृतिक वस्तु प्रदूषित हुँदा यसले मानिसको स्वास्थ्य बिगारिरहेको छ । वातावरण प्रदूषणले प्राणी र पृथ्वी दुवैलाई हानि पुऱ्याएको छ । वातावरण प्राकृतिक प्रकोप र मानवको कारणले प्रदूषण हुन्छ । भूकम्प, ज्वालामुखी, बाढी, पहिरो आदिका कारण पृथ्वीमा प्राकृतिक नष्ट पनि हुन्छ तर वर्तमान दिनमा प्राकृतिक कारणले भन्दा मानिसका कारणले प्रदूषण बढेको छ ।

मानिव विकाससँगै भएको आधुनिकीकरण र औद्योगिकीकरणको पनि विकास हुँदैछ । तिनको विकाससँगै बढ्दो रूपमा कलकारखाना, उद्योग, आदिको निर्माण भइरहेको छ र यिनको निर्माणसँगै वातावरणमा हावा प्रदूषित, पानी प्रदूषण, जमिन प्रदूषण र ध्वनि प्रदूषण बढ्नका साथै प्रकृतिको पनि विनाश भएको छ । मानिसको जनसङ्ख्या वृद्धिले गर्दा धेरै घर, भवनहरू निर्माण गर्नु परेकाले पृथ्वीका कयौं वनजङ्गल नाश पारिएको छ । यसरी ठुला जङ्गलको विनाश गरेर बस्ती बसाउँदा एकातिर हरियाली नष्ट हुन्छ भने अर्कातिर पृथ्वीको माटो बग्न जान्छ । जसको कारणले पृथ्वीमा मरुभूमीकरण बढ्छ । त्यस्तै खेतीपातीमा विषालु औषधीको प्रयोगका कारण उत्पादन कमी हुन्छ र यसको प्रयोगले वरपरको वायु पनि प्रदूषित पार्छ । वातावरणमा रहेका हरेक प्रदूषणबाट हुने प्रभाव पृथ्वी र पृथ्वीमा निर्भर हरेक प्राणीमा रहन्छ । वातावरण प्रदूषणका कारण पृथ्वीमा अतिवृष्टि, अनावृष्टि, बाढी, पहिरो मौसम परिवर्तन जस्ता आदि समस्या देख्न पर्दछ । वातावरण प्रदूषणले रूख वनस्पति, जीवजन्तु, चराचुरुङ्गी लोप हुँदै छन् । कयौं मानिस छाला, मुटु, फोक्सो दुख्ने तथा क्यान्सर जस्ता रोगका आक्रमण बनेका छन् ।

पृथ्वी सबै प्राणीको साझा घर हो । त्यसैले मानिसले प्रदूषित वातावरणलाई व्यवस्थित गरी वातावरणको रक्षा गर्नु पर्छ । मानिसले आवश्यकता पनि पूरा हुने र वातावरण पनि सन्तुलित रहने तरिकाले प्लाष्टिक, कीटनाशक औषधी, कलकारखाना आदिको प्रयोगलाई व्यवस्थित गर्नु उचित हुन्छ । यसका लागि मानिसले सर्प पनि मरोस् लाठी पनि नभाचियोस् भन्ने कुरा बुझेर व्यवहारमा उतार्नु जरुरी छ । वातावरण प्रदूषणले प्राणी र पृथ्वीको आयु छोट्ट्याउँछ अभाव र गरिबीबिच रोग निम्त्याउँछ । त्यसैले वातावरण प्रदूषण रोक्न हरेक व्यक्तिको कोसिस हुन जरुरी छ । यसका लागि मैले नगरे कसले गर्ने, यहाँ नगरे कहाँ गर्ने र आज नगरे कहिले गर्ने भन्ने सोच राखी हरेक व्यक्तिले आफूबाट काम सुरु गर्न जरुरी छ ।



ताडतिड गाउँ

नाम : चेतना गुरुड

कक्षा : ८ 'ग'

कास्की जिल्लाको उत्तरपूर्वी दिशामा अवस्थित एक गुरुड (तमु) जातिको घना बस्ती भएको गाउँ हो ताडतिड गाउँ । समुद्री सतहदेखि करिब १६०० मिटर उचाइमा रहेको यो गाउँ साविक नामार्जुङ् गा.वि.स हाल मादी गाउँपालिका वडा नं. २ मा पर्दछ ।

पोखरादेखि लगभग २१ माइल हिँडेर करिब ६.८ घण्टा र अहिले कच्ची मोटर बाटोमा बस, जिप तथा बाइक र स्कुटर को प्रयोगबाट १:३० घण्टामा यो गाउँ पुग्न सकिन्छ । बाटै बाटो वरपरको गाउँ र हिमाल, पहाड र खोलाको दृश्य हेर्दै अवलोकन गर्दै जाँदा मनै लोभिन्छ । विशषगरी तमु (गुरुड) जातिको मौलिक संस्कार र संस्कृतिको धनी गाउँ भनेर चिनिने यो गाउँमा पहिलो क्रममा यस क्षेत्रमा विभिन्न संघ संस्था तथा परियोजनाले गर्दा मुहार फेरिएको छ ।

यहाँ गुरुड, वि.क, जस्ता जात जातिको पनि बसोबास छ । यस गाउँमा शैक्षिक विकासको हाइ स्कुल रहेको छ । गाउँलाई लोडसेडिड मुक्त बनाउन यस क्षेत्रकै सबैभन्दा पहिलो स्थापना भएको २७ किलो वाटको लघु जलविद्युत् नि रहेको छ । गाउँलाई देश आफ्नै तथा विदेशमा चिनाउने ताडतिड युवा क्लवको प्रयास ताडतिड चैत्र मेला वर्षेनी सञ्चालन हुँदै आइरहेको छ । मेलासँगसँगै आन्तरिक तथा वाह्य पर्यटन प्रवर्द्धनको पन सचेतना तथा विकास गर्ने प्रयास गरिरहेको छ ।

युनिका फाउन्डेसन नेदरल्याण्डको सहयोगबाट हाल एक घर एक धाराके परियोजना साथै आधुनिक चुलो र चर्पीको परियोजना सम्पन्न भइसकेको छ । पर्यटन प्रवर्द्धनको सम्भावना तथा सुविधा सम्पन्न होमस्टेको राम्रो व्यवस्था पनि रहे को छ । गुरुड जातिको मौलिक सोरठी र घाँटुलाई संरक्षण गरी पर्यटकलाई खुशी बनाउने, सत्कार सम्मान गर्ने चलन तथा प्रयास निरन्तर रहेको छ । पर्यटकको अर्को महत्वपूर्ण दृष्य आँखा अगाडि नै नजिकदेखि नियाल्न सक्ने अन्नपूर्ण दोस्रोबार खस्ने हिमपहिरो ज्यादै रमाइलो र मनमोहक देखिन्छ । गुरुड जातिकै बोकेको करिव ४५ मिनेट उकालो दक्षिण दिशामा पर्ने नौजु डाँडादेखि हिमाल र पोखराको दृष्य अवलोकन पनि सजिलै गर्न सकिन्छ । त्यहाँका छहरा, खोला, वन, जङ्गल, हिमाल र लस्कारै परेका गाउँ जस्तै सिक्लेस, पार्चे, सौँदा, खिलाड आदि साह्रै नै प्रकृति आमाले एउटा स्वर्गको टुक्रा लुकाएर राखे जस्तै छ । यहाँ एउटा म्युजियम पनि स्थापना गरिएको छ ।

त्यसैले आन्तरिक तथा वाह्य पर्यटन प्रवर्द्धनको लागि एक पटक यस गाउँ आउन निमन्त्रणा गरिरहेका छन् यहाँको प्रकृति तथा ताडतिडवासीहरूले ।



फेसबुकको पासवर्ड किन चाहियो ?

नाम : सम्मान के.सी.

कक्षा : १० 'क'

हिजो आज ऊ अति चिन्तित हुन थालेको छ । चिन्तित नहोस् पनि कसरी ? चार वर्षसम्म माया प्रेम बसेर प्रेम विवाह गरी घर भित्र्याइएकी अर्धाङ्गिनीको अचेल चालामाला अलि ठिक लागेको छैन उसलाई ।

बजारमा बाबु पढाउन डेरा गरेर बसेकी अर्धाङ्गिनी फुर्सदिली छिन् । उनी चौबीस घन्टामा बाह्र घन्टाभन्दा बढी त अनलाइनमै देखिन्छिन् । उसलाई शङ्का हुन थालेको छ, होइन मेरी श्रीमती कतै परपुरुषसँग रातभर चाहिँदा नचाहिँदा गफ गरेर त बस्दिन ? उसको मनमा नानाथरी कुरा खेल्न थालेका छ । फेसबुकले लभ परेर आफ्नै साथी कि श्रीमती दुइटा छोरा छोडेर पूर्वतिरको तोरी लाहुरेसँग हिँडेकी महिना दिन पुगेको छैन । कतै ऊ सशङ्कित हुन पुग्छ । दुबई गार्डमा कर्करत ऊ कामको समयमा पनि यस्तै छटपटिन थाल्थ्यो । समस्यालाई समाधान गर्न उसले आफ्नो अर्धाङ्गिनीसँग फेसबुकको पासवर्ड माग्यो । अर्धाङ्गिनीले निशङ्कोच पासवर्ड दिइन् अनि भनिन् – “सायद हजुरले मलाई शङ्का गरेर पासवर्ड माग्नु भएको होला । म त साहित्यको विद्यार्थी, आफू पनि लेख्छु अरुका पनि पढेर प्रतिक्रिया दिने गर्छु । बरु चौ बीस घन्टामा अठार घन्टा फेसबुक मै रमाउने हजुरको पनि पासवर्ड दिनुस् न ।”

उसले उताबाट रन्किँदै मेसेन्जरमा लेख्यो – “होइन तिमिले मेरो फेसबुकको पासवर्ड किन चाहियो ?”



म एक शिक्षक

यथार्थमा

नाम : सिम्रन ढकाल
कक्षा : १० 'क'

नाम : कृतिका बराल
कक्षा : '...'

निद्राले ग्रस्त छन् आँखा
तर अझै बन्द भै सकेको छैन
भोलि कक्षामा यो पाठ
राम्ररी नबुझाई भा'छैन
के गरेर बुझ्छन्
अनि कसो गरी बुझ्छन्
आज यस पाठको पाठ योजना नभ्याई भा'छैन ।

समुद्रमा आएको छालजस्तै
मुटुभरि छचल्किएका दुःख र मर्म
धेरै थन्क्याएको छु
म विद्यालय हँसिलो र चम्किलो मुहार लिएर आएको छु
ताकि मेरो खुसीले कोही अरूमा उत्साह जागोस् ।

दस चारको ड्युटी मेरो
ट्युसन अनि कोचिङ
तर अहँ म अझै थाकेको छैन
ममा आफूमा भरिएको ज्ञानको खानी बाँढ्न
कुनै लोभ लालच छैन
त्यसै मैले यति पवित्र शब्द गुरु पाएको छु
सुन्दै मन फुरूङ्ग भएर आउँछ ।

सानादेखि ठूलालाई
ज्ञानको उज्यालोले भर्दछु
परिवारको पेट भर्न र इच्छा आकाङ्का पूरा गर्न
दिन रात एक गर्दछु ।

यसैमा छ खुसी मेरो
यसैमा म रम्यु
समयले आफ्नो बाटो फेरि सक्यो
तर म यही कक्षा कोठाको
चार दिवारबिच सन्तुष्ट छु
यही हातमा किताब लिएर
आँखामा आशा र नवीनताको चाहना राख्दै ।

अफिसमा गयो कर्मचारी
काम हुन्न भन्छन्
सानो सानो काम गर्न
खल्ती भर्ने भन्छन् ।

परिवारलाई सुखी राख्न
भ्रष्टाचार गर्छन्
चिल्लो गाडी पजेरो नि
यिनी आफै चढ्छन् ।

यो देशमा नियम कानुन
कहिले बन्ने होला
अन्यायमा परिकालाई
न्याय कसले देला ?

घरमा खाने खाना छैन
बाहिर नक्कल पार्छन्
यो देशका मुनालाई
दोधारमा पार्छन् ।

कहिले होला सुख शान्ति
कहिले होला विकास
कसले खोज्ला यो देशको
उन्नतिको निकास

धेरै धेरै खर्च गरी
विदेश पढ्न जान्छन्
यो देशको शिक्षालाई
भताभुङ्ग पार्छन् ।

(२०७५ को गुरुपूर्णिमा विशेष कार्यक्रमा प्रस्तुत कविता)



अस्तित्व

नाम : सिम्रन रेग्मी
कक्षा : ९ 'क'

खोजी हिँडेको छु म आफ्नो अस्तित्व
अस्तित्वसँगै हराएको मेरो व्यक्तित्व
हृदयका उत्साह र उमडगलाई मारेकी छु रे ।
खै ! किन आजभोलि त जितेर पनि हारेकी छु रे ।

वेदनाको सागरमा आफ्नो रहरलाई बगाएकी छु
आफ्नो लक्ष्यलाई पीडाको रापले सेकाएकी छु
मानिसको हुलमा पनि एकलै परेकी छु
खै ! किन आजभोलि त जितेर पनि हारेकी छु ।

बाध्य बनायो पीडाको आँसु पिउन
सक्दिनँ चर्किएको यो मन सिउन
रहेछु म इच्छा र आकाङ्का विहीन
भएछु म आफ्नै जीवनसँग अस्तित्वविहीन

अरुलाई हँसाएरै आफूचाहिँ रोएकी छु
मनको मैलो आशाले धोएकी छु
मेरो अस्तित्व हराउँदै छ दिनका दिन
हेर्दैछु म आफ्नै जीवनसँग अस्तित्वविहीन

भौँतारिन्छु जगत्मा अस्तित्व खोज्नलाई
छैन ममा कुनै विकल्प रोज्नलाई
दिनदिनै खिँदै छ रे मेरो अस्तित्व
खै ! यहीं हो त मेरो अस्तित्व ?



मेरी आमा

नाम : गौरव थापा
कक्षा : ८ 'क'

आमा तिमी हौ मेरो पहिलो गुरु,
जसले गयो मेरो, जिन्दगी सुरु,
आमा तिमिले मलाई, पढाउन गरेको
दुःख कष्ट मैले कसरी भूलुँ ।

आमा, तिमिले आफूले नखाए पनि
मलाई खुवार्यौं,
आफुलाई जाडो भए पनि,
सिरक मलाई ओढायौ ।

आमा तिमिले, आफ्नो लागि पैसा खर्च नगरी
मलाई यस्तो राम्रो विद्यालयमा पढ्न पठायौ
म सानो हुँदा, म सुतिन भने
भूत आउँछ भनी डरायौ ।

आमा, जिन्दगीमा कहिल्यै पनि
तिमीसँग छुट्न नपरोस्
जिन्दगी भर तिमिसँग
बस्न पाइरहोस् ।

आमा तिम्रो माया र ममताको अगाडि
भगवान पनि पच्यो पछाडि
आमा तिम्रो माया र ममतालाई सलाम ।



मोबाइल फोन

दीपावलीको समय

नाम : डेनिल गुरुड
कक्षा : ९ 'ग'

नाम : स्नेहा पौडेल
कक्षा : ७ 'ख'

मोबाइल फोन कति अचम्मको
कति अनौठोको
यता हेच्यो हातमा बोकेको
उता हेच्यो पकेटमा बोकेको

मानिस मोबाइल फोन लिएर कोटमा किन लुकाको
गोर्खालीको सन्तान भनेर भन्छन्
तर बाटोमा हिँड्दा किन टाउको झुकाको

यता हेच्यो फोन उता हेच्यो फोन
ब्यालेन्स सकिन्छ अनि सुरु हुन्छ लोन

केटाको फोन खोल्थे सबै केटी
केटीको फोन खोल्थे सबै केटा
१० रुपैयामा ३० एम.वी. डेटा

मोबाइल नं अन्ठानबन्ने चार सात
धेरै फोन चलायो भनी खायो बुबाको लात
बजार गयो किन्नको लागि तरकारी
गोजी रित्यो छैन कोही मनकारी



जताततै हरियाली सुन्दरता छायो
सिसिरे हावासँगै शीतलता ल्यायो ।

कञ्चन आकाशसँगै धर्ती जगमगायो
अहो ! कति राम्रो फूल बहार आयो ।

जताततै पिड र मेला सुन्दरता ल्यायो
साथी भाइ सबै मिली देउसी भैलो गायो ।

सप्तरङ्गी टीका अनि फूलको माला लगाई
नानाथरी मिष्ठान्न छ ओखर हातमा समाई ।

भाइहरूले ढाका टोपी, दिदी चोली लगायो
लौ न यो कति राम्रो दीपावली मनायौ ।



मृत्यु

नाम : बिमिका कार्की
कक्षा : ७ 'क'

यो कस्तो खेल हो मृत्युको ?
यो कस्तो रिवाज हो रितुको ?
जुन प्राणीले लिन्छ पृथ्वीमा जन्म
मर्नु नै एक दिन पर्छ
यो आउँदैन मादल ढोल सारङ्गी बजाई
यसले फर्काइदिन्न जीवन रोई कराई
यसले लैजान्छ हजारौंको बास र सास
मर्नु नै पर्छ एक दिन सबैलाई थाहा छ ।



नेपाल र नेपाली

नाम : सारा परियार
कक्षा : ९ 'क'

विश्वभरि को देशभन्दा लाग्यो नेपाल राम्रो
नेपाली बस्ने गर्छन्, नेपाल घर हो हाम्रो ।

वनैभरि फुल्छन् रातासेता गुराँस ढकमक्क
प्रकृतिको अनुपम रूपदेखि पर्छन् सबै मख्ख ।

विश्वको सर्वोच्च शिर हाम्रै सगरमाथा
सबै नेपाली गाउने गर्छन् नेपालकै गाथा ।

जलस्रोतमा दोस्रो धनी नेपाल हाम्रै देश
अनेक जाति लगाउँछन् हाम्रो आफ्नै भेष ।

उत्तरबाट खोलानाला बग्छन्, दक्षिणतिर
हिमाल, पहाड, तराई एक भई पाछिन् ठाडो शिर
उत्तरतिर मुस्कुराउने हिमालका सेता लहर
सुन्दर, शान्त, विशाल नेपाल, नेपालीको एउटै रहर ।



मुक्तक

नाम : विशाल पण्डित
कक्षा : ९ 'ग'

हैन यी साथीहरू जुत्ता चप्पल कहाँ किन्छन्
दुइचार महिनासम्म उही जुत्तामा देखिन्छन्
मेरो खुट्टामा के राखिदिएका छौ भगवान्
नयाँ किनेर लगाउँछु दश दिनमै च्यातिन्छन् ।



हाम्रो नेपाल

नाम : शितोष्ण कँडेल
कक्षा : ७ 'ख'

प्रकृतिले दिएका निशुल्कको उपहार
डाँडा, पाखा, खोला, नाला हेछौं सदाबहार ।
भरना र छहरा हाँसै रमाउने
पर्यटकलाई पनि यसले मख्खै बनाउने ।

यहीं छ है विश्वकै अग्लो सगरमाथा
प्रकृतिले सजिएकी हाम्री नेपाल आमा
तराई हेरे त्यस्तै राम्रो भनै पहाड हिमाल
नाम लिँदा गर्व लाग्छ मातृभूमि नेपाल

जलस्रोतको त्यस्तै धनी प्रकृतिकी धनी
विदेशीले चिन्ने गर्छन् नेपाल देश भनी
पर्यटकको लहर लाग्छ यही सौन्दर्य हेर्न
केही शब्द पाइन अझै देशको बयान गर्न ।



आमा

नाम : स्नेहा पौडेल
कक्षा : ७ 'ख'

धर्तीमा जन्म दिई बाँचन सिकाउने
ताते ताते भनी आमा हिँड्न सिकाउने
रुनुहुन्न भनी आमा बोल्न सिकाउने
ज्ञानी हुनुपर्छ भनी ज्ञान सिकाउने
भोक तिर्खा ख्याल छैन नानी फुलाउने
दुःख परे पनि आमा भित्रै लुकाउने
हरेक क्षण नानी हेरी चित्त बुझाउने
निःस्वार्थीको खानी आमा सधैं रमाउने ।



गुरु

नाम : सुप्रिया श्रेष्ठ
कक्षा : ९ 'ख'

गुरु हुन एउटा ज्ञानको ज्योति
रमाउँछन् अँध्यारोमा उज्यालो छरी

आफू गलेर पनि अरूलाई शिक्षा दिईरहन्छन्
आफू हारेर पनि अरूको जितमा रमाईरहन्छन्

गुरु हो एउटा पवित्र शब्क पाउँदैन कसैले यत्तिकै
ज्ञानको ज्योति छरेर, माया गर्छन् त्यतिकै

चाहन्छन् हाम्रो भविष्य उज्ज्वल, सहयोग गर्छन् खटिए गुरु
सबैको भलो चाहने व्यक्ति, एउटै छन् धर्तीमा जसको
नाम हो गुरु ।।



कलम

नाम : एरिना गुरुड
कक्षा : ७ 'ख'

ज्ञानको प्रतीक हुँ म, कलम मेरो नाम
आकारमा सानो भए पनि गर्दछु महत्त्वपूर्ण काम
मानव सभ्यताको विकासका साथै, गरियो परिवर्तन
मेरो रङरूपमा पनि
पहिले प्वाँखले लेख्दा त ढिलो हुन्थ्यो,
अहिले त छिटो र छरितो हुन्छ नि !

मेरो सानो चुच्चाले कोरिएको हस्ताक्षरले, बन्छ दुई
देशको सम्बन्ध राम्ररी
युद्धग्रस्त देशहरू पनि उन्नतितर्फ लाग्छन्
युद्ध गर्न छाडी
लेख्छन् मानिसहरूले मेरै सहयोगले कविता, कथा र गीत
पाएछन् अज्ञानताको पर्दामा भएका मानिसले आज ज्ञानको
जीत ।

अतः वृहत् भूमिका खेल्दछु म पाँच-दस रुपैया पाए पनि
सकिँदैन मेरो योगदान कहिल्यै, जति पल्ट गने पनि ।



बाबुआमा

नाम : ज्ञापन पन्त
कक्षा : ९ 'ख'

आमा ! नौ महिना कोखमा राखी
जन्म दियौ मलाई पीडा सहेर
आमा ! वर्षौं काखमा राखी
हुर्कियौ मलाई माया गरेर ।

बुबा ! म आमाको कोखमा हुँदा आमाको स्याहार गरिदियौ
म जन्मिने बेला आमालाई अस्पताल पुऱ्याइदियौ
अरूबाट ऋण मागेर भए पनि मलाई हुर्कियौ
बुबा ! तिमीले पनि मेरा लागि ठूलो योगदान पुऱ्यायौ ।

दुवै मिलेर मलाई माया दियौ
दुवै मिलेर मलाई ज्ञान दियौ
दुवै मिलेर मलाई शिक्षा दियौ
दुवै मिलेर मलाई दीक्षा दियौ ।



नेपाल

नाम : करुणा कार्की
कक्षा : ७ 'क'

प्रकृतिको हराभरा जीवजन्तु र चरा
नेपालको विशेषता अन्त कहाँ छ र ?
काठमाडौं र मुस्ताङ साथै धराहरा
गौतम बुद्ध जन्मेको यही प्यारो घर

इलाम हेर त्यसै चर्चित चिया अलैंचीले
पोखराको त कुरै छोड माछापुच्छ्रे, तालबाराही र सेती
गङ्गाले
त्यही माया नपाएर ठुस्सिएर बस्छ सराङकोट
निर्जीव सजीव सबैलाई पर्दो रहेछ चोट

सेती सुसाउँछे जमिनभित्रै हुन्छे
देख्न केही नपाएर डाँको छाडी रुन्छे
तिमीलाई पनि विश्वकै देश हेर्ने इच्छ छ र ?
स्वर्गजस्तो नेपाल त कहाँ पाइन्छ र ?



पानी

नयाँ कुरा सिकौँ

नाम : आर्सिना श्रेष्ठ
कक्षा : ७ 'क'

नाम : प्राशना गुरुड
कक्षा : ७ 'ग'

पानी मेरो नानी,
तिमी मेरी खानी
पानी बिना बाँच्दैन कोही पनि
हेर, तिमी कति जान्नी

सफा गर्दा पनि तिमी
खाँदा पनि तिमी,
नुहाउँदा पनि तिमी
यस्ता काममा रानी

सबैको माग तिमी
सबैको सार तिमी
एक मात्र नाम तिम्रो
एक मात्र नाम तिमी



विद्यार्थी हौं हामी
पढ्छौं, लेख्छौं र सक्षम बन्छौं
नयाँ कुरा सिकेमा
जान्ने बन्न सक्छौं

नयाँ आविष्कार
यत्तिकै खोजिदैन
मिहिनेत नगरी
मिठो फल पाइँदैन

विद्यार्थी हौं हामी
असल कुरा सिकौं
नयाँ कुरा सिकेर
देशको विकास गरौं



पुतली

परदेश

नाम : निकीता रानाभाट
कक्षा : ७ 'ख'

नाम : सुस्मिता वि.क.
कक्षा : ८ 'ग'

फूलैफूलको बीचमा जन्मेकी छोरी
पुतली हो उनको नाम असाध्यै राम्री
फूलको रस चुसी हिँड्ने फूलमा नै बस्ने
साथीसङ्गी भेटे भन् भुर्रभुर्र उड्ने
कोही छन् त राता रङ्का कोही छन् सेता
अनेक छन् उनका रङ्ग उड्ने यता उता
बगैँचाको गहना हुन् रमाई रमाई सजाउने
आकर्षणले भरिदिने सबैको मन लोभ्याउने
साना भाइ बहिनीको खेल्ने प्यारा साथी
भाइ बहिनीले छोप्न खोज्छन् उड्छन् माथि माथि
पुतलीको जीवन छोटो कथा धेरै लामो
सबैको प्यारो बन्छन् हिँड्छन् सजाउने सारै छोटो बाटो



हिमालको मायाले फेरिँदै छ देशको नाम
म फर्किने कहिले हो दिन रात कामैकाम
मेरो गाउँमा यस बेला फर्के होलान् गोठाला
झ्याउँकिरीको गीतसँगै छुटे होलान् खेताला
बिरानो यो देशमा कसले कसको सोध्छ नाम
म फर्किने कहिले हो दिन रात कामैकाम
बनाउँछु भत्किन्छ बालुवामा महल
कसले देख्छ भीडमा रोइरहेको नेपाल
मलाई सधैं लाग्दछ फर्की जाऊँ आफ्नै गाउँ
खै ! फर्किने कहिले हो दिन रात कामैकाम ।



कुशे औंसी

नाम : निकिता गुरुड

कक्षा : १० 'ख'

वैदिक सनातन हिन्दू संस्कारमा कुश एउटा अत्यन्त महत्त्वपूर्ण साँस्कृतिक र धार्मिक भूमिका भएको पवित्र वनस्पति हो जसको वैज्ञानिक महत्त्व पनि प्रमाणित भइसकेको छ । वैज्ञानिक भाषामा Eragrostis Cynosuroides भनिने कुश एउटा धार्मिक आस्था बोकेको धारीलो घाँस हो । नेपालको तराईदेखि पहाडसम्म सहजै पाइने वनस्पति कुशको रसबाट विभिन्न प्रकारका औषधीहरू पनि बनाइन्छ । परापूर्व कालमा पाठशाला अध्ययनरत शिष्यशिष्याहरूको परीक्षा लिने क्रममा कुशको धारिलो घाँसलाई खाली हातले काट्न लगाइन्थ्यो, यसो गर्दा कुशको धारले हात नकाटीकन जसले कुश भेला पार्न सक्छ उसलाई अब्बल मानिन्थ्यो । कुरा वैदिक सनातन संस्कारको देवकर्म र पितृकर्म दुबैमा अनिवार्य वनस्पति हो । आज औंसी अर्थात् चन्द्रबिनाको चूक भैं अँध्यारो रात, आजको दिनमा कुशलाई घरमा ल्याइन्छ । कुशको महिमालाई श्रीमद्भागवत् गीता, गुरुड पुराण, यथर्व वेद र विष्णु पुराणमासमेत वर्णन गरिएको छ । हिन्दुधर्मको दैनिकी र संस्कारहरू अत्यन्तै वैज्ञानिक छन्, गीता र वेद नै आविष्कारका जननी हुन् । आधुनिकताको खोल ओढेर सनातन संस्कार र व्यावहारिक पक्षलाई धनीभूत आत्मसात् गर्न थालेका छन् ।

मातृ देवो भव

पितृ देवो भव

गुरु देवो भव

अर्थात : आमा, बुबा र गुरु सबै भगवान् हुन् ।

कुशे औंसीलाई बुबाको मुख हेर्ने औंसी पनि भनिन्छ । आमाको मुख हेर्ने दिनमा आमाको सम्झना गरियो, गुरु पूर्णिमामा गुरुको सम्झना गरियो भने आजको दिन संसारमा हरेक बिहान विस्तारै गएर एउटा साँझमा रूपान्तरित हुन्छ, उदाएका सूर्य अस्ताउने रीत छ र यिनै दिन र साँझको क्रमसँगै जीवन बढ्दप गएर कहिले बुबा त कहिले छोरा, कहिले आमा त कहिले छोरीको भूमिका निर्वाह गर्ने क्रम चलिरहन्छ ।

चाहे जुनसुकै धर्म या सम्प्रदायका भए पनि बुबाको हात समातेर तोती बोली बोल्दै लखरिएका पाइला चाल्न सिकेको हामीमध्ये धेरै छौं र त्यसरी ताते ताते गरेर हिँड्न सिकाउने, हाम्रो जीवन सजाउन दिनरात अहोरात्र खटेर हामीलाई कर्म दिने अनि सुरक्षा दिने बुबा । शायद शब्दले व्याख्या गर्न सकिन्न तिनै बुबाहरूको बुढेसकालको बलियो लाठी बन्नलाई हामीमध्ये धेरैले कडा परिश्रम पनि गरिरहेका छौं होला । जे होस् आमा बुबा नै यस जगत्का देख्न सकिने भगवानहरू हुन् । आजका दिन पृथ्वीलोकका सम्पूर्ण पिताहरूलाई स्मृति गर्दै कोटी कोटी नमन गरौं ।

यी छोराछोरी बढ्लान, कमाई गर्लान्, दूधभात देलान् मलाई भनेर हरेक आमाबुबाले आफ्ना छोराछोरीसँग अपेक्षा राखेका हुन्छन् । सानामा आफूले थाइना धोएर, को खाई को खाई गरेर खुवाएर, रुँदा फकाएर, माया गरेर हुर्काएको छोराछोरीहरूले पछि हुर्किएर आफूलाई पोषिलो खानेकुरा देलान्, माया गरेर राख्लान् भन्ने आशा हुन्छ । एउटा सामान्य मानव जीवनमा आधा राम्रो राम्रो छोराछोरी बन्ने उत्कृष्ट चाहना र आधा राम्रो बुबाआमा बन्ने अभ्यासमै बित्छ । कर्तव्यको यो जीवन स्वरूपमा बुबाआमाको महत्त्व धेरै हुन्छ । एउटा बच्चाले सफा र फोहोर जान्दैन, लगाएको लुगामै पनि दिशापिसाब गरिदिन्छ र ती सबै फोहोरहरूलाई सफा गर्दै बुबाआमाले छोराछोरीलाई नुहाईधुवाई पुनः सफा

कपडा लगाइदिन्छन् र त्यसरी हुर्केको बच्चाले भविष्यमा ठुलो भएर आफ्ना बुबाआमाको ख्याल राख्दछ । माया दिन्छ र सम्मान पनि ।

कुशे औंसीको दिन पिताको भौतिक उपस्थिति हुने छोराछोरीले उनको मुख हेरेर मिठाई, फलफूल, कपडा आदि उपहार दिने र परदेशमा हुने छोराछोरीले फोनबाटै पनि कुरा गर्दछन् भने भौतिक रूपमा अस्त भइसकेको पिताहरूलाई छोराछोरीहरूले तस्बिर हेरेर अथवा विभिन्न शक्तिपिठ देवालय जस्तै: गोकर्णेश्वर महादेव, रसुवाको बेत्रावती, तनहुँको देवघाट, विष्णुपादको तथा सुनसरीको बराहाक्षेत्र लगायतका पवित्र तीर्थस्थल पुगरे स्नान गरी पितृहरूको नाममा श्राद्ध गरी तर्पण दिई सिदा दान गरी अध्यात्मिक चिन्तनबाट समेत सम्झना गर्ने गर्दछन् ।

बुबाको माया गर्न धर्मले पक्कै बाँधेको छैन, समयले छेकेको छैन, अनि भूगोलले स्नेह र सम्झनालाई कैद गर्न सक्दैन हिउँको कठ्याङ्ग्रीदो चिसो ठन्डीमा हुनुहुन्छ, हावा हुरी बतासमा हुनुहुन्छ, मरुभूमिको गर्मीमा हुनुहुन्छ, समुद्र तटमा हुनुहुन्छ या नेपालमै अवसरहरूसँग पैठेजोरी खेल्दै हुनुहुन्छ । जन्म दिने बुबालाई एकफेर खुसीसाथ स्मरण गरौं, वहाँलाई आफूले माया गरेको कुरा आफ्ना अनन्यहरूलाई जानकारी दिउऔं र एकफेर बाल्यकालका यादहरू सम्भरेर मुस्काऔं न, हुँदैन र ?



कलकल गर्दै बग्दछु,
चिदैँ हिमाल ओहिरिन्छु म तराईमा,
गन्तव्य ठानी
तर मेटिन्छु म महासागरमा पुगी

महासागर कल्पानाको, हृदयको
समस्याको अनि समाधानको
बग्दै पुग्छु म सिकारीको जालमा
खुल्ला मेरा हात थिए,
उच्च मेरो शिर सगरमाथा,

आज बेलका जटाले जकडिरहेछन् मलाई
अन्धकार मेरो धर्तीमा कालो बादलले ढाकी

अझै छन् ती गोठ आवाद
जहाँ थिचिएका छन्, मिचिएका छन् हजारौं,
छाउपडी, भुमाका नाममा
अस्तित्वमा छन् ती कुप्रथा यहाँ

पगली विशाल हिमाल जन्मन्छु, म पहाडमा
फिजिन्छु म यही माटोमा यही तराईमा

घट्टै गए यस बगैँचाका माली
अब त आउँछन् सबै
चोरी गर्न भित्ता हाम फाली

चिनेँ मैले वीर वीराङ्गनाको देश
देखेँ मैले गोर्खालीको रगतले निर्मित देश
तर दुई छाक खान र ओत लिन
आज पुर्खाका रिक्तो भाँडा लिएर
विदेसिन बाध्य रामबहादुरहरूको
कथा पनि भेटेँ र देखेँ,

पूर्व मेचीदेखि पश्चिम महाकाली
जोगी खण्ड खण्ड बनेको थियो यो देश अखण्ड
तर
आज गिद्दे दृष्टिले हेर्छु मलाई पराई
मिचिदैँ छु, मेरो अस्तित्व
मेरो स्वावलम्बी अभिमान अनि माटो

बोल्छु चाहन्छु म अमसिंहको बोली
कार्य गर्न चाहन्छु शुक्रराज बनी
प्रश्न गर्छु आज मेरो अन्तर आत्मा,
पहिरिन चाहन्छु म परेवाको स्वत्व,

मकैको खेती देखि
सङ्घीय लोकतान्त्रिक गणतन्त्रको देश
तर भेटिन्छन् स्वार्थी नजर, मित्रको भेष
बग्दै जाँदा हरेक सहर अनि नहर
फालिए त केवल ममा ढल हर प्रहर

पाताल जमिन सरी भिन्न सबै अङ्ग,
एक साथ काम गर्छन्, रही सबै फुरुङ्ग।

१२५ जाति, १२३ भाषा,
तर पिउँछन् पानी सबै एकै धाराबाट
इन्द्रेणी बन्न सप्तरङ्गको बराबर हिस्सा
यो फूलबारीको माली चाहिँ केवल राष्ट्रप्रेमको भावना,

आशाको फल्को आउँछ
देखि भेटे जात्रा, इद र उद्यौलीको उत्सव
गिर्जा घर, मन्दिर र चैत्यको मेलमिलाप
आशा एकताको समृद्धिको अनि
आश गन्तव्यको सफलताको

हिँड्दै गर्दा बाटा, देउराली भन्ज्याङका
नाचें म सोरठी, मारूनीको तालमा,
चाखें मैले यमरी देखि माघिको न्वागीसम्म
जुम्ला मेरो उद्मस्थल
चिन्दछु म इलामको हर घर

पहिरन भाषा र परिवेश अलग देखेँ,
मनमा तीनको एकै भाव,
सय थरी बाजा अनि एउटै धुन,
तर सर्वप्रिय सबैको राष्ट्रिय गान

प्यारो धर्ती जीवित अस्तित्व
मेरो संसार आफ्नै नृत्य
उठाँ, जुटाँ अस्तित्वको निम्ति
बोकेर दियालो राष्ट्रप्रेमको
नेपालीरूपी घरको छाना छाउन

भानुभक्त मा.वि. रजतजयन्ती २०७५ मा प्रथम हुन सफल कविता

