

आदरणीय पाठकवृन्द !

‘बिगुल’ पत्रिका २०७६ को पहिलो अङ्क यहाँहरूको लागि महत्त्वपूर्ण खुराकका साथमा पस्कन पाउँदा हामी निकै हर्षित छौं । विद्यार्थी भाइ-बहिनीहरूको अभिव्यक्ति कलाको विकासको निम्ति हामी सदैव प्रयत्नशील छौं । अन्तर्निहित प्रतिभा बाह्य प्रकटीकरणको लागि अवसर र साधना दुबै आवश्यक पर्दछन् । विद्यालयले यस पत्रिकाको माध्यमबाट यही उर्वर वातावरण प्रदान गर्दै आएको छ । विभिन्न लेख, रचनाको लागि अध्ययन, खोज र साधनाबाट विद्यार्थीहरूले मौलिक लेखन गर्न सक्ने र यही अनुकूल परिवेशले सिङ्गो बिगुल भित्ते पत्रिकाको आयाम संरचनागत एवम् गुणात्मक ढङ्गले आकासिन्छ भन्ने हाम्रो विश्वास छ ।

समय परिवर्तनशील छ । समय सापेक्ष परिवर्तनसँगै आफूलाई प्रतिस्पर्धी बनाई समायोजित गर्न सक्नु अहिलेको खाँचो हो । यही यथार्थलाई महसुस गरी बिगुल पत्रिकाको लागि हामीले सिर्जनात्मक एवम् खोजमूलक मौलिक रचनाहरू आह्वान गर्ने गरेका छौं । यस पत्रिकामा छोटो तर मौलिक रचनाहरूलाई बढी प्राथमिकता दिनुको आशय बढीभन्दा बढी विद्यार्थीहरूका सिर्जनाहरू यस पत्रिकामा स्थान दिनु नै हो । पत्रिकाको गुणात्मक विकासको लागि रचनाका प्रकृति विधा र विषयवस्तुलाई केन्द्रमा राखी रचना छनोट र स्तरीकरण गरी प्रकाशनको प्रबन्ध मिलाएका छौं । त्यसकारण पनि सबै भाइबहिनीहरूका रचनाहरू यस अङ्कमा अवश्य प्रकाशनको अवसर दिइने नै छ । यस अङ्कको लागि आफ्ना मूल्यवान् रचनाहरू प्रदान गर्ने सम्पूर्ण भाइबहिनीहरूप्रति सम्पादक मण्डल हार्दिक आभार व्यक्त गर्दछ ।

अन्त्यमा नजिकिँदै गरेको प्रथम त्रैमासिक परीक्षामा भाइबहिनीहरूको सफलताको शुभकामना साथै अर्को अङ्कको लागि विविध विधाका रोचक, मौलिक र खोजमूलक रचनाहरू उपलब्ध गराउनको निमित्त सम्पूर्ण विद्यार्थीहरूलाई सम्पादक मण्डल हार्दिक अनुरोध गर्दछ । यस पत्रिकाको स्तरीकरणको लागि सम्पूर्ण पाठकहरूका रचनात्मक सुझाव र सल्लाहको अपेक्षा गर्दै प्राप्त स्वच्छ आलोचनाका आधारमा पत्रिकाका आगामी अङ्कहरूमा हामी प्रस्तुत हुने वचनबद्धता व्यक्त गर्दछौं ।

धन्यवाद

सम्पादक मण्डल

बिगुल भित्ते पत्रिका

Why I Want to Work in Google

 **Madan Timilsina**

Class : 9 'C'

As we all know that Google LLC is an American multinational technology company that specialises in Internet-Related Service and Product, which include online Advertising technology, search engine, cloud computing, software and hardware. It is considered as one of the big four technology companies along side Amazon, Apple and Facebook.

I heard that Google, believes in open source, is good for every one. By being and freely available, it enables and encourages collaboration and the development of technology and solving real world problems. So, I want to work in that kind of open and free environment without any stress or tension of my work. I know it is very difficult to reach inside the company because Google asks very tough question in the interview. I want to see and solve the problem of that tough question tact-fully.

Actually, I want to become a software developer and I want to develop various products and software of Google corporation. There are various programming languages used by the developer of Google like C++, Python, Java Script, Swift etc. I want to learn and see the technology of the Google corporation. I also want to learn how Google easily handles the billions of searches and give their result in a second. I also want to explain many unique and amazing things about our country and I want to make our country popular among the many sites in Google. When I come back to Nepal during my free time, I will try my best to explain about the applied technology of Google because I want to see our country developed in Computer field.

For this, I should be very sincere towards my study. I am also trying to learn the programming language called Python. If I start to learn programming language from now, it will be very easier in future to learn programming and also Python is a programming language which has very simple syntax and it is speeding among the people for of creating a software.

At last, I want to say that Nepalese can do anything and Nepalese can also be Googles.

Grammer Family

✍. Sankalpa Gurng

Class : 8 'C'

There was a family in london whose surname was Crammer. There was a couple, Mr. Noun and Mrs. Verb. The couple had three children: a son, Pronoun and two daughters, Adverb and Adjective. The son had to do all the work of his father is his absence. The two daughters love each-other but there was a difference in them. Adjective loved her father and brother more and kept praising them. Adverb loves her mother more and she always modifies her when there is a need. There are two servants in the family. Preposition and Conjunction. The preposition is the chief servants. He is the offical servant of his master. Conjunction is the family servant and looked after every member of the family. There in a relative interjection who joins the family in times of joy and sorrow.



Is The Earth Getting Warmer ?

✍. Shuvam Pandey

Class : 9 'B'

No many question is simple to ask but it is not simple to answer. In fact, the question is so big, one person could never have enough information to answer it by her/ herself. If we want to know, then we need information from all over the world. For example: one recent report on this question, by the AMS American Meteorological (society) used information of more than 450 scientist form 62 different countries. Meteorologist study the weather and earth when scientists ask a question, they look for evidence. The research of AMS says that the earth is getting warmer.



My Favorite Subject Mathematics

✍. Pradeep Bastola
Class : 10 'C'

My Favourite subject is mathematics. But many students don't like mathematics because they think it is a difficult subject. This is a myth. Maths is related to our lives. It helps us to solve problems such as time related matters, buying goods playing games, studying, driving, cultivating and so on. Although we learn Maths at school, it helps us in our day to day lives.

I began liking Math since grade 3 because I understood its importance in real life. In the beginning, it was even difficult for me to do well in Maths but the help and support of my teachers and parents helped me do better in Math. As I started doing well in Maths. I started loving it and love to play with number. From the time I started enjoying, it made me do better in Maths. So, today Maths is my favourite subject and I mostly score highest in this subject.

Maths is the basis of many subjects. Mathematics has advanced gradually with human civilization due to great contributions of great Mathematicians like Sir Isaac Newton, Albert Einstein, Archimedes, Pythagoras and many more. As it got more advanced, it got more interesting. This is also one of the reasons making Maths, my favourite subject. Since it is an interesting subject, I can solve problems related to Mathematics for hours without getting bored. Mostly while solving the maths problems, I try to visualize it.

One of the major reasons why I like Mathematics is that one does not have to memorize everything like a parrot which one needs to do in most of other subjects. To acquire good marks in Maths, one needs to have sufficient mental logic for the subject. But it gets useless to say this as in Maths one needs to memorize formulae.

Mathematics teaches a lot in our life. Not only the knowledge. I learnt from mathematics, I even learnt to keep me motivated from mathematics. The very important lesson that I learnt from maths of life was that every problem has a solution. It is just a matter of converting and moving towards the solution step by step. So, I would like the students to develop interest in maths because it makes us logical and develops a problem-solving attitude which is very important in life.



Religious Tolerance in Nepal

✍. Rhythm Devkota

Class : 7 'A'

As we all know, Nepal is a multi-religious country. There are many castes of people who follow different religions as well. Tolerance means adjusting in the surrounding with all the people. In addition, religious tolerance means adjusting and respecting different religions of people without discriminating any religion. There are many countries in which only one religion is given more importance, such as: Pakistan is considered as an Islamic country, Bhutan is considered as a Buddhist country and many more. But, our country Nepal gives equal importance to all the religions. So, Nepal is a country considered as a country of 'Religious tolerance'.

We all should be able to respect all the religions as a citizen of our country, Nepal. Being able to tolerate and respect all different types of religions and people, makes us a human. No people are born by saying that they are Hindu, Muslim, Christian, Buddhist and others. All of them are born as babies. So, discriminating other people on the basis of their religion. We, Nepali, do not do such a thing, so we are known as a secular state and a state of religious tolerance. Discriminating other people doesn't make us happy but, loving, caring and helping each other makes us happy.

As we all can realize that Nepal can be a Hindu country as there are people who follow Hinduism, in majority. But, we don't do that because respecting all the people and giving equal importance to every citizen or people is our prime duty. We can see a great example by Gautam Buddha. He started and influenced Buddhism although he was from a Hindu background. War, fighting for the religion is a total loss of life, property, and others. But peace, love, affection and others are the beneficial works for everyone.

Many great people say that love, peace, harmony, affection is needed for a peaceful and comfortable life. It's true because anger, rudeness, fighting, cannot lead a country to a peaceful state. Religious tolerance can lead a country to a peaceful life. Religious harmony, economical progress and social adjustment is possible due to religious tolerance.

So, Nepal is a country of religious tolerance. The development activities are possible due to religious tolerance. A state without religious tolerance cannot be developed because there will be violence, war, terror, etc. that leads to destruction. We should keep in mind that discriminating other people in the terms of caste, religion, culture, is a great sin. So, religious tolerance is very important to develop our country. So, we should respect every religion or people.



Brain Drain

✍. Aashish Adhikari
Class : 7 'A'

According to my opinion, the flight of the talented manpower that is required for country's development to another country is called brain drain. It is also considered as 'Human Capital Flight' which is a buzz word that describes departure or emigration of the individuals having technical skills and knowledge from organizations, industries or geographical regions. We term it as a drain of the brains because it is beloved that, outgoing of these best brains, we, as a country are at a loss. Many countries like Ethiopia, Nigeria and India are the victims of the concerned problem. But now even in Nepal, it has become an often heard expressions.

Brain drain results from turmoil within the nation, the existence of favorable professional opportunities or a desire to seek a higher standard of living. But anyway, the main reason of brain drain is that the manpower planning has not kept pace with employment opportunities. Some feel that they are under employed and migrate to other countries wherever they find better job opportunities. It is the grievance of some of them that they do not have adequate facilities and congenial environment for their work and research too.

There is a great quote of a person named Charles. I, Glassman which tells, 'Some say if you want success surround yourself with successful people but I say if you want true and lasting success surround yourself with the people of integrity.' And with that integrity, I am saying that you can find those people in your own home country. A person has got only life which is given by their nation then why not those people can spent that life for the country. If the honesty would be in Nepal, I am sure that brain drain wouldn't be that much powerful to hold political charge. It harms the country's growth badly by depleting the supply of creative minds and intellectual people from the society. The nation like Nepal who loses the experts tends to depend upon foreign assistance for technical, educational and medical purposes.

However, keeping the political, social and economic condition in developing countries in mind, can we stop the brain drain? Probably not! So, along with the citizen, the government should also try hard as much they can to contract the validity of current condition of Nepal. The country should fight with the problem of brain drain in its initial stage otherwise it becomes the major then, gulps the whole country from inside. Doctors, engineers and scientists are the future of every country. So, the country shouldn't let them just to fly away in other countries only and only because of professional opportunities.



3rd in Lower Secondary Essay Writing Competiton

Environmental Degradation

✍. Dipisha Shrestha

Class : 8 'C'

Once destroyed nature's beauty cannot be repurchased at any price'. Environment is the dwelling place of all living organisms. And all the human beings are fond of its beauty. We can proudly say that, environment without beauty is like chocolate without sweetness, Dead sea without saltiness and a flower without fragrance. However, during the past few decades, we human being, knowingly or unknowingly are degrading the environment for fulfillment of our worldly desires. Decreasing the quality and beauty of environment due to destructive activities or any activities is called environmental degradation.. It decreases charm of our environment.

Environmental degradation is a burning topic of today's era as it harms our environment and is cause of many disasters and health issues. Due to environmental Degradation many health issue of people have been detected. Desertification, global warming, drought, floods, landside, etc. are caused due to environmental degradation. It's not that there are no solutions or strict actions taken by government. There are but, many people who aren't taking it seriously and just focusing on their greediness and benefit. But, answer me what will you do of a fine house and a luxurious car if you won't have a healthy environment to live in? So, understand the importance of our environment and it's protection. As we all know that we observe international environment day on 5th june every year and plant trees and do something to preserve our environment. But, is it the only day that we should devote ourselves for environment ? No, we should do it every time when we have leisure time and we should not litter if we can't clean. We all talk about our rights, right? So, I think water also has the right to remain pure, air also has the right to not be pollute, trees also have the right to live and the biotic factors have the right to live happily without pollution.

Environmental degradation has badly affected our health also. Due to environmental degradation, many unique species have gone to extinct. Nowadays, there are more plastics inside the body of aquatic animals than in a retail shop. Plants are looking less green and water has more wastes than a dustbin. Not only that, it has affected the ozone layer and there is high-risk that ultraviolet rays of sun might enter into earth. And we all know that how harmful it can be. It has affected on farmer's lives also because soil's quality has been degraded. They can't even earn enough money.

We all have been guests in someone's home right? Yes, we have. So, do we pollute their name if we live in their name for like a week ? No we don't. Then why are we polluting the earth from where we have to go obviously one day? Can't we make

it a more better place to live in for our future generation? Yes, we can. So, lets change our words into action. We don't have to take a huge step but we can clean our surrounding or our own home for a good start. And I like to thank you.; Whoever is reading my essay and I would like to request that good person to do something better for cleanliness and preservation for his/her surrounding. Because like many drops unite to form oceans, it we all people unite then we can obviously save our environment from degradation. So, last but not the least live healthy and let others too.



3rd in Lower Secondary Essay Writing Competiton

My First Day in Global

 **Jason Guurng**
Class : 4 'A'

Day 1 : When I entered the school my heart was bething so fast. When I went to my class room, there were so many friends and teacher.

In day 2 : I made my best friend and he guided me every where.

In day 3 : I used to with school environment. All the teacher were kind and friendly.

Thank You

My Favourite Animal

 **Jiniyash Kumar Rajbansi**
Class : 4 'A'

My Favourite animal is dog. Dog is a pet animal. My dog has white and black colour. My dog has four legs, and one tail. It has sharp teeth. My dog eats flesh, bone, rice etc. It also eat milk. It is useful to us because it guards our house from thieves. It barks when other people come to our house. Somtime, I play with may dog. It is a friend of mine so, I love my dog very much.



Walking

 **Bigya Pokhrel**
Class : 7 'C'

Moving a certain distance by moving feet alternatively in comfortable distance with moderate speed is walking. We can walk in a variety of style. We should practice walking properly. If we walk incorrectly, it disturbs our body. Running skill is developed by walking. We can walk by keeping the legs apart, by twisting our legs or with close feet.



Role of Electronic Media For Modernizing The Education System In Nepal

✍.Aasripjan Lamichhane

Class : 10 'B'

"Note to know what to do during the vacations or leisure time is just a proof that the school and educational system has stolen your life from you." Sunday Adela. From the above quotation, We can easily predict the present situation of the learner due to the rational educational system. The above one is just a example of effects on learner. The need for the modernizing the educational system is the common slogan of the students all over the world. and they all want their wish to come true very soon. Not only students but teachers too are fed up with the traditional education system. So they also want the education system to be modernized. As the traditional education is not a problem of a single learner, the concerned bodies should try their best to modernize the education system and the efforts are being continuously made for modernizing the educational system.

Saying we should modernize the educational system of Nepal does not mean that the educational system is primitive. Its only means that our educational system is not able to go hand-by hand as per the developments of educational systems of the world. Our system has not changed much as compared two few decades.

Education is the key to success and modernized education and educational system is the golden key to success in one's life, if the educational system of a particular country is not modernized can we think of generating skilled manpower as per the demand of world? Can the person with outdated education system. Be able to do so? The answer to all questions is no. We say that everything is possible and nothing is impossible. So, is there any way to overcome the problems caused by outdated education? . This time our answer is going to be yes, it is possible. When we ask about the possible ways to overcome the outdated and traditional educational system, different persons may give different opinions. Some may say we should change the curriculum, we should replace old teachers with young and energetic teacher and some will also say that we should take the help from electronic medias.

In my view, electronic medias are the simplest common work that can be done for modernizing the educational system in Nepal. Electronic medias have been the most common form of modernizing the educational system. It's one and only reason is the growing craze for development in science and technologies. Mobile phones or computers have become a compulsory need for the people of all age whether they are child or adult. If there are mobile phones and computers it is sure that they will have the facility of internet services also and we know that internet are the sources of knowledge or information. There is almost the answer of every question in the internet. Mobile phones and computers

are just the example; there are many other electronic media who have the capability to modernize the educational system. A learners feels bored when reading a page of book but they do not feel bored even after watching a video about same topic for about an hour. The causes of this is the interest, it's all about interest a learner has. The students think that carying a bag of book, studying the some book everyday with some subject teacher, same method is a course for them and they everyday keeping on the dreaming that are not carrying any book, learning through pictures, videos, animation. But this dream of Nepalese learners has not been able to come true.

All the Nepalese students are wishing for modernizing the educational system. If the educational system is modernized through electronic mass and media it simply does not minimize the cost of education and make the dream of Nepalese students come two but also increase their interest in education and make the dream of Nepalese students come true but also increase their interest in education.

There is a great role of electronic media in the modernization of education system in developing countries like Nepal. If the education system is modernized we can go-hand-in hand with other developed countries also the students should not depend on their textbooks , they can use the references materials available in the internet for enriching their education.

They won't be bored in educational process and they will keep on increasing their interest and curiosity in learning complex things in an easy way. If it can be done it will surely develop the educational sector which is one of the most important infrastructure of development.

If the quality education can be provided to the citizens, they can gain the feeling of confidence to do day work going on any part of the world. We can also send our Nepalse brothers and sister for doing the complicated jobs which have not been able to be done by any other people all around the world. Therefore, we should mind the importance of modern educational systm and try to change the educational system of Nepal.

We can see that there is a great and very important role of electronic media for modernizing the education system in Nepal. Only way to make our country is education and it is possible only throught the modernized education system. In our country Nepal, the edxuuccaitonal system is not fully modernized and there are other more things which have be done for modernizing the educational system in Nepal.



Climate Change

✍. Babin Shrestha

Class : 10 'B'

Last time, when it was windy my grandfather said, "I have been living in pokhara for so many years, but I have never found wind blowing form both North and South direction at a time." I wasn't surprised to hear what he said, as I was conscious about the present happening. I was aware that the climate of the earth was changing rapidly. But I when he said so, I felt sad. I felt bad about myself. I felt that we human beings weren't the one, we used to be. I had a lots of things going inside me. I had developed some feelings on human activities. Then, I realized that we are regareating our mistakes. I remembered, how our society was working for the conversation of enviornment. It gave me a bit of hop. I thought that we human beings can again bring everything back to normal.

Climate change, it is one of the major problem in present time. Climate referst to the long term pattern of whether in a place. When, there is a sudden change in the weather pattern of the place, then it is called climate change. Like said earlier, wind was blowing form both directions which had never happended earlier. It is an example of climate change. There is sudden change in the direction of flowing of winds. Likewise. we can find may other examples of climate change.

We might find it a small thing on the above example. But, it is a warning of bigger problem coming ahead. So, it is a thing to be taken seriously. Climate change is caused due to various reasons. Both, human and natural activities are responsible for climate change. Natural activities include various natural disasters like eqathquake, Volcano, and so on. Due to volcano large are ejected into the atmosphere. It also causes the destruction of nearby place. However, the harmful gases coming out of the volcano is the major cause of climate change. Such-gases consist of carbon-oxide, carbon-mono-oxide, etc which are green house gases. This gases promote green-house effect, which ultimately causes climate change wiht global warming. Global warming also causes climate change as the average temperature of earth increases. This leads to either increase decrease in the average temperature of place, which is actually a climate change. Earthquake causes volcano which helps in cliamte change.

The climate changes caused due to natural activities is very slow. But, due to human activities there is rapid change in climate of a place. Human activites like deforestation mining, unmanaged settlemant, unmanaged urbanization, unmanaged industrilization. etc are causing climatge change. Trees are responsible to maintain balance between various components of the environment. They help to maintain balacne between amount of oxygen and carbon-ai-oxide in the environment. But, these trees are cut to fulfill the basis needs of people. Due to these, amount of Carbon-di-oxide is increasing in the

environment. Due to this average temperature of earth is also increasing. Unmanaged urbanization. Settlement and industrialization are also promoting climate change. These causes various types of pollution. The smoke produced from Vehicles, industries, etc are causing air pollution. Similarly, use of chemical fertilizers and pesticides, chemical produced from industries unmanaged wastes, drainage system, etc are causing land and water pollution. Such pollution are degrading the environment. Degradation of environment causes imbalance in environment, which finally results to climate change. Many other human activities are also responsible for climate change. Mining also causes climate change as the chemicals used and produced during mining degrades the environment. There is also formation of sink holes. Destruction of surrounding area. etc that causes climate change.

Climate change is mainly caused due to human activities. We human beings are responsible for it. But, everything in the earth are paying due to our mistakes. The environment, both biotic and abiotic component of environment are suffering due to our fault. Many organisms are in the verge of extinction and many have extinct till now, due to climate change. These organisms, who couldn't adapt to their new surrounding which is caused due to climate change has been extinct. Similarly, there is lack of resources that the organisms need. for their survival.

We human beings are also affected due to climate change. Due to climate change many new diseases are being discovered. These diseases are killing millions of people every year. Similarly, many people are being killed due to rapidly changing environment. Also, due to climate change there is decrease in the production of crops. Due to this, many people are dying of starvation, children are suffering from malnutrition and many people from different parts of world suffering from starvation.

Climate change also has brought massive changes in the environment. Many green lands are converting into deserts, snow-capped mountains have now no-more snow, rainfall is occurring in dry land. There is also either no rainfall, little rainfall or excessive rainfall. The drought is also increasing all over the world. Due to climate change, there is a lot of change in whole world.

Climate is a serious problem for present world. Since, we human beings are responsible for it. So, we should also solve it. Previously, people weren't conscious about it. But, nowadays they are aware about it and they are working in order to tackle the problem created due to climate change. In order to tackle these problem we can raise awareness about it. Aware people can help to solve these problems. Also, we should ban those industries which produces harmful gases and products. We can also replace old vehicles which emit lots of gases. Similarly, we should promote managed settlement, urbanization

and industrialization. It can help to control climate change. Also, we should conduct various of forestation programs and reduce deforestation. Also, illegal hunting of animals should be stopped, as these animals help to maintain balance in the eco system. Similarly, we should use organic fertilizers rather than chemical fertilizers.

All these can help to control climate change. There are also various other causes and effects of climate. These can be solved by many other methods. Climate change can cause the destruction of whole earth. So, being a part of this earth, we should learn from our mistakes and uproot the problems of climate change. We should stop everything that cause climate change and participate in various conservation activities only because our joint effort can solve the problems of climate change. So, we should work together to solve it.



2nd in Secondary Level English Essay Writing Competition

Venus

. Anwesh Gurung
Class : 4 'A'

Venus is about the same size as the Earth. It is the hottest planet of all. Its surface is covered by thick clouds of poisonous gases. This traps heat from the sun. You can often see Venus shining brightly in the sky just after sunset or before sunrise. It always looks as if it is very close to sun. The surface of Venus is almost all flat, but there are a lot of old volcanoes, and raised areas of the lava that has flowed from them. Scientists think some of the volcanoes may still erupt from time to time.



God

Adhiytha Gurung
Class : 8 'B'

God makes the world beautiful
God makes the world beautiful.
With full of phraseful
with full of phraseful
God makes the unity.
In full of diversity
In full of diversity.
God gives us many surprises
God gives us many surprises.
With full of huge joyness
With full of a huge joyness.
God gives us full of happiness
God gives us full of happiness
With full of a huge brightness
With full of a huge brightness
With full of a huge brightness
God teaches us many lessons
God teaches many lessons
To become a successful person
To become a successful person



Role of Electronic Media For Modernizing The Education System In Nepal

✍. Anupam Rijal

Class : 9 'B'

Today's world and lifestyle with doubt are fully influenced by the use of electronic media. Due to the versatility of these electronic medias, they are being used in almost all of the sectors of human beings. Internet online WebPages, different applications are the result of advancement of electronic media. Education, health, military, business and so on are the fields in which electronic media has its vital role.

Our country Nepal is also gradually and slowly being influenced by the use and advancement of electronic media at different life related sectors like health, education, military, business, engineering and subchapter field. With a few remarkable achievement in the universe of electronic media, Nepalese, in comparison to the last decade, have accepted the vital role and importance of electronic media. Education as we know is the act of teaching and learning about any particular matter or knowledge. Nepalese have been using electronic media from the last few years from which they have been benefitted too much such uses have brought positive change in the education system of Nepal. YouTube, online websites, social medias, projectors, computers, laptops have helped for bringing modernization in Nepal. Students of all grades, ages and levels have been benefitted by such electronic medias. Teachers, professors, lectures also have been equally using these electronic medias. Educational videos are started to be made by Nepal Government too. Students and teachers with any kind of problems can surf and seek for the solutions in the internet, online teaching classes are running, educational videos and photos are displayed in the schools.

Electronic medias are widely used for preparing teaching material. Project works to be done in computer and online are given by the teachers. Students can learn many things about the concerned subject matters through YouTube, websites, WebPages. Schools have been using E-boards, Midas E-class CD 's cassettes, MP3, Projectors for giving their student's a practical taste of education. Education is being more easy and practicable due to the use of electronic media. The aid of electronic media have benefitted students to sharpen their mind, boost up their minds, thinking ability and increasing their creativity. Schools have started to open computer labs e-library and projector halls. Educational institutions have adopted the practice of opening their own websites, online notice boards and even school appose. We all have experienced the advancement and modernization of education system through electronic medias Maha bir Pun is one of the pioneers who started to popularize the use of electronic medias for the modernization of education system in Nepal. Student who don't use electronic media are comparatively backward

to that of student who use electronic medias. Learners using electronic medias are more practical, understanding and fast learning. In this way electronic medias has a great role in modernizing the education system in Nepal.

At last, there might be dash around people about the use of electronic media among learner. Some express the idea that electronic medias have diverted the concentration of learners in the education's learning phase but it's our own responsibility for the proper utilization of the electronic medias. These electronic medias have a beneficial role in our education. So, these electronic medias should be properly utilized.



3rd Position in Essay Writing competition -2076 'Secondary Level'

The Earth

 **Swornim Thapa**
Class : 4 'A'

Don't destroy the earth
It's already so bare.
Don't cut down the trees
to them, it isn't fair.

If you were in their place,
Wouldn't you like to live?
Trees are so helpful to us?
But what do human give?

Don't destroy the earth,
It all reflects on us.
Saving the earth and all the trees,
Is a big plus.



Want to live in

 **Aarya Hamal**
Class : 4 'A'

What to live in a happy world,
Then promise one real word,
That you will heal the word.
And you will make it very clean.
Planting trees on the top of the hill,
Growing flowers on the bottom of a
garden,
Make the earth clean and green,
And don't make the road dirty.
Because you have to walk on it all the
time,
Make the earth full of trees,
So many human can see this world,
Want to live in a green world,
Full of oxygen all around,
So many tall trees on the top of a hill,
So, nobody have to a pill,
Don't make this beautiful world,
A brown world,
Want to live in a happy world,
So, do as I want you to do,
So, I have written something important,
What can a human change,
Do and see it yourself.



The Role of Electronic Media For Modernizing The Education System In Nepal

✍ Trishan Gurung
Class : 9 'C'

"I graduated this year, now I will see for my future", One of friend said so. He was very studious and disciplined. He graduated this year with excellent grades. And I asked him his point of view for education? He told all remarkable points for education. Was it all because of education let us go farther. Education is the process of gaining knowledge by teaching or learning. When a child is born, he starts his learning process form home. He learns to say "Mama, Papa" So, home is considered as the first school for them. Meanwhile, their are the firs teachers.

Nepal is small and developing countries. There is nearly three crore people living in Nepal. Children and youths go to school to gain knowledge. Education is considered as the most valuable factors that makes an individual life meaningful and bright. Education opens the door for various golden opportunities. Governmental as well as private school provide education to students in Nepal.

There are various ways of going through learninhg and teaching process. When a person listens, sees, and dos it, he knows that the things are right or wrong. Literate people can identify or separate wrong and right. Teaching process of Nepal is not so well developed. Students, mostly in all school, learn by listening and writing. meanwhile, well and facilitated school provides listening, audio visual and online teaching process. These factors have played a significant role in the education system of Nepal.

Various social and electronic media also teaches us many thing. Mobile phone is the most common electronic device and media that teaches about the shared information among all the people around the world. Television alos plays a role, various information are shared form television. Social media is one of the popular way of learning. This way, this electronic medias help in the education system. Nepal is a developing country. Various efforts are made to develop education system in Nepal.

To sum up, various media helps do students in his teaching and learning process. A student should learn and study hard. We so not read for others, we read for ourselves. We should make good impact and progress in study because it determines how good or bad our future would be. We should study hard with an aim. Man without aim is like a pencil without erasers. Education is the key to success.



3rd Position in Essay Writing competition -2076 'Secondary Level'

"Wonders Of Science, Recent Developments"

✍ Apex Maharjan

Class : 10 'C'

When we look out of the window, we can see houses, buses etc and in our room we see fans, T.V. etc. These things may look simple but actually are advanced and took lots of years to develop. Right now,, we can easily acquire and enjoy these things but before, it was different more than a thousand year ago. People couldn't even cure a simple fever and they still didn't know things about their own planet. But gradually, humans started becoming more and more advanced. This is due to science and research that was field by their curiosity and needs. Due to the advancement of science, our civilization has also become more advanced and our life more easier.

Many year ago, we were unknown about many things but now we can even fly or explore the space and do many things. Not just doing grand things, we can also understand many things in this universe and what we don't know, we keep searching and researching. This is 'Science'. Science is found in all aspects of our life. It is present in Biology, Electronics, Astronomy etc. It is basically the collection of knowledge about everything in the universe and collection of knowledge about everything in the universe and it always goes on increasing this knowledge. In ancient and medieval history too, many scientific discoveries and inventions were done to aid people of those times. But still due to development in science., we became better in understanding everything around us. So, the modern life is comparatively less challenging. Science before 1600s and 1700s was very much discriminated. In those times, people would rather believe in Gods and religions so not many scientific developments were done but still, curious and genius people and scientists like Newton, Pascal etc. helped humanity by discovering new ideas and principles. But science and early ground works of present technologies really started to develop after 1800s. It could've been due to 'Golden Age' and 'Industrial Revolution' During those times, the invenations and discoveries skyrocketed welcoming computers invented by Charles Babbage, Theories developed by Einstein and Hawking etc. Every aspect of life was becoming easier due to these and right now, it is still developing. Telephones, steam engine, T.V. radio etc were made by hardworking and skilled people and scientists. The civilization became more developed than it ever was and it is still going that way. "Be not afraid of moving slowly, be afraid of not moving at all" is a Chinese proverb of unknown origin which matches the situation. Science has helped us from stagnating on our way to advancement.

Currently, in this modern world, everything is tried to be done or explained by 'Science'. And what we don't know is researched more so it could be done or explained by 'Science'. Science has changed our way of life and thinking in a way that no other riggings could. Due to it, we can now understand various phenomenon like gravity, magnetism etc and everything in our daily life. Science is used in many fields like communication, transportation, medicine etc. We can't live or at least, live comfortably as we could with

science, without science as stated by Rosalind Franklin, "Science and daily life can't and shouldn't be separated." This highlights how science is instrumental in our life. Talking to some one far away in a second, we can do it using phone. We can also get news and information from a far away place in a second using various devices which has made the earth a global village. We can also fly in the sky like a bird or move across the world in a few days using advanced transportation facilities. Science also helps to save life. In ancient time, life expectancy was only about 35 years but now it is over 60 and many countries have life expectancy of over 75 science has helped us in this aspect by making our work easier using various devices and also medicines developed by science can cure many diseases that were thought to be incurable. Vaccines can now prevent many diseases. We can even look at and learn about the space and many more things form the comfort of our house. It is even used in education. For e.g. many students can research the topic of the essay in the net before writing. We can know many things at moments notice. In recent years, science has helped us to overcome deaths by improving surgeries, learn about black holes and things in the universe, making new medicine, etc which is vital in modernizing life of people. It has developed civilizations, did something which was thought to be impossible and at last. Changed the life of people.

A wonder can also be a blunder. Science also has its fair shares of bad effects that has occurred over the course of its development. In our history, science's adverse effects have been a nuisance to whole world. Science has also caused destructions in world wars due to inventions of atom bombs. Due to them, millions of people died and those places which are affected by those bombs are still affected by radiation. Science also helped in developing arms and various products of destructions. Turning pages on science's dark history, we can find out about Chernobyl disaster, which was a major accident occurred due to nuclear power. Also, many people are using it to harm others financially for their own gain and selfishness. Many unethical science experiments are also carried out. Due to same scientific inventions, problems of climate change and global warming are being increased. People also started being more dependent on new technology and have become more selfish. These problems are caused due to bad use of science.

"Science is neither good nor bad, it's the truth." - Jack Green

Science is a valuable jewel that can cause harm if used with malicious intent. Science has helped in all fields like entertainment. Philosophy, transportation, medicine etc and in daily life. Due to it, we can do simple things easily and can also perform things like reaching moon as done by 'Apollo 11' Science has increased our intelligence and has made our thirst for knowledge even bigger, so it is taught even in our school. Along with these wonderful things, there have been occasional mishaps. But if we are more aware and ethical, we can prevent these mishaps and learn and advance even more. In the end, science is just a tool we use to understand, learn and became better, it's wonders can't be ignored nor can its mishaps. It should be handled with care.



2nd Position in Essay Writing competition -2076 'Secondary Level'

Unforgettable Moment In My Life

✍️ Yukti Gurung

Class : 10 'B'

As we all know, Nepal is a multi-religious country. There are many castes of people who follow different religions as we tolerance means adjusting in the surrounding with all the people. In addition, religious tolerance means adjusting and respecting different religions of people without discriminating any religion. There are many countries in which only one religion is given more importance, such as: Pakistan is considered as a Islamic country, Bhutan is considered as a Buddhist country and many more. But, our country Nepal gives equal importance to all the religions. So, Nepal is a country considered as a country of 'Religious tolerance'.

We all should be able to respect all the religions as a citizen of our country. Nepal. Being able to tolerate and respect all different types of religions and people, makes us a human. No people are born by saying that they are Hindu, Muslim, Christian, Buddhist and others. All of them born as baby. So, stop discrimination other people on the basis of their religion. We, Nepali do not do such a thing, So we are known as a secular state and a state of religious tolerance. Discriminating other people don't make us happy but, loving, caring and helping each-other make us happy.

As we all can realize, that Nepal can be a Hindu country as there are people who follow Hinduism, in majority. But, we didn't do that because respecting all the people and giving equal importance to every citizen or people is our prime duty. We can see a great example by Gautam Buddha. He started and formed Buddhism although he was from Hindu background. War, fighting, for the religion is a total loss of life, property, and others. But peace, love affection and others are the beneficial works for everyone.

Many great people say that love, peace, harmony, affection is needed for a peaceful and comfortable life. It's true because anger, rudeness, fighting, cannot lead a country to a peaceful state. Religious tolerance can lead a country to peaceful life. Religious harmony, economical progress and social adjustment is possible due to religious tolerance.

So, Nepal is a country of religious tolerance. The development activities are possible due to religious tolerance. A state without religious tolerance cannot be developed because there will be violence, war, terror, etc. Which leads to destruction. We should keep in mind that discriminating other people in the term of caste, religion, culture, is a great sin. So, religious tolerance is very important to develop our country. So, we should respect every religion or people.

My Role Model

✍Mahan Tajhya

Class : 6 'B'

When someone asks you 'Who is your biggest role model ? and why?' Normally, people say their parents or some famous figurehead, but for me, I think my brother is and always been my biggest role model.

He has supported me, cheered me on, gives me advice and has simply been there for me in my entire life. He has shown me that having a real personality and not hiding it, will get anyone a long way to go on. He taught me that, they aren't worth the time, growing up with him, I was taught that being weird is a good thing if someone else can't see that, they aren't worthy of the time. Growing up with him, I was taught how to perfect my sarcasm, skills both of us used to drive our parents huts.

I think all of these things are important skills to have. I know that my brother has taught me some more important things whether he knows it or not. While watching his experiences in the college when I was in junior high school, I told myself that I would get my degree to make him proud. Though I am a student of grade six now, I have learnt lots of things from my brother. My brother is ten years older than me. One thing that makes us different is the age difference. This age difference makes me feel how I look up to him. I wanted to do everything he does. Having an inspirational brother like him makes me feel pride to take decision myself in this small age also. He always makes me laugh when I cry but occassionally beats me in my mistakes. He is truly an important person in my life and I know he is always there for me with his ever help, love, care, support. He is a wonderful person who admires the beauty of life, therefore, I always ask my brother for advice because he has the experience of wisdom and knowledge.

He is the best of the best in the world. I am grateful to get my brother as my role model. I think the thankful words I do have will never be sufficient to thank for his hardships and contribution. Thus, I will keep my brother in my heart till the last breathe of my life. Love You Brother !



1st Position in Essay Writing competition -2076 'Senior Primary'

My Role Model

✍ Nicole Guerng

Class : 5 'A'

Everyone has a role model in their life. It can be an actor, musician, dance and so on but, for me my mom is my role model. She is a torch of a light that inspires and guides me in the dark. She is kind, strong, hardworking and helpful.

Words which she explains to me and my siblings are shocking because her English is so good. She always cheers us. Even if we pass or fail. She always puts a beautiful smile on her face and goes through a lot of hard work. She always wakes up to 4:30 am in the morning, cleans the house, makes food to feed us and take us to school. She also comes to me and my siblings school to pick up to at the evening. If there is only trouble in the family she hides it from us so we could not get worried over it. She never let us to be in a stress. She always teach me to laugh at myself and never take life too seriously. She also taught me to show other people good manners and greet them with nice and arm hospitality and humility. She is extremely supportive to me and my families. She is kind with everyone she meets. She is an independent mother. Her dream was to become a successful chef but her dream didn't come true but she is still so happy. She says 'If anyone becomes mean to you that doesn't mean you should also be mean'. She never let mine or my sister dream to fail. She never let's mine or my sister dream to fail. She takes care of all of my family members. Even thought, my mom can scold me sometimes but I don't become angry it is like a warn to be careful. She is always helpful. She helps me and my sister with everything. My mom is the best.

For me the world is my mom . My mom is everything to me. this is the reason I chose my mom as my role model. She is always there when I need. I want to follow my life as my mother. I love my mom!



2nd positon in Essay Writing competiton -2076 'Senior Primary'

kfgl

अञ्जली रानाभाट
कक्षा : ५ 'ख'

पानी छ जता ततै
यसको छ महत्त्व धेरै

हाम्रो देश पानीमा धनी छ
तर देशका जनताले खै पाएका सफा पानी

जताततै छताछुल्ल छ पानी
कसरी प्रयोग गर्ने भनेर

जान्दैनन् यहाँका बासी
किनेर पिउँछन् पानी
जलस्रोतमा धनी छ भनेर के गर्ने हामी ?
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सृजन रंजीत
कक्षा: ६ 'ख'

नेपालमा जन्मनु शुभ भाग्य हाम्रो
हिमाल पहाड तराई अति नै राम्रो
लाखौं विदेशी रमिता निमित्त
आएर घुम्न यस देशभित्र ।

पवित्र खोला, झरना र ताल
जन्माउने सुन्दर यही हिमाल
पहाड पाखा वन चारै घुम्ती
मधेसका फाँट अनेक बस्ती ।

हजार बास्नादार फूल फुल्छन्
मीठा हजारौं फल पाकिरहन्छन्
अनेक छन् संस्कृति चाड मेला
हुन्छौ सबै हर्षित भएर भेला ।

करोडौं छौ देश सिँगान खट्ने
नेपाल नेपाली भएर बाँच्ने
अनेक भाषा र अनेक भेष
नेपाल हाम्रो एक मात्र देश ।
□□□

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मेहेरिन खातुन
कक्षा: ८ 'ख'

सरिता र सुमन मिल्ने साथी थिए । शनिबारको दिन थियो ।
सुमन बगैचामा बसेर पत्रिका पढ्दै थियो । त्यति बेला सरि
ताले सुमनलाई देखिन् र उनीहरू बिच यस्तो कुराकानी
भयो ।

सरिता : शुभ बिहानी सुमन ! के गर्दै छौ ?

सुमन : म त यहाँ यो फूलै फूलको बगैचामा बसेर पत्रिका
पढ्दै छु । अनि तिमी यहाँ कसरी ?

सरिता : म त यहाँ फूलै फूलको बगैचामा बसेर आनन्द
लिन आएकी । तिमीले यस पत्रिकामा के पढ्यौ
त ?

सुमन : कस्तो अचम्म, आजको यस पत्रिकामा त एउटा
पनि खुसीको खबर छैन ।

सरिता : साच्चै नै, कस्तो अचम्मको कुरा, हैन त ?

सुमन : त्यही त अब हेर त एउटा विद्यालयमा साथीहरूले
धेरै गिजाएर एउटा विद्यार्थी स्कूल नआएको रे !

सरिता : आम्मामा ! साथीलाई गिजाएको यस्तो पनि
परिणाम आउँदो रहेछ ।
□□□

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सुशान्त गुरुङ
कक्षा : ८ 'ग'

म गरिबलाई यहीँ बाटोमा छोडिदिनुभयो
घर र मानिसको नाता तोडिदिनुभयो ।

सामान्य कुरा त पूरा पाएको छैन
अझ पनि म मानिस कहलाएको छैन ।

काम नपाए भैं बदनाम गर्छन् ।
मैले चलाएको भाँडो जुठो भनेर अपमान गर्छन् ।

एक दिन मेरो पनि पालो आउँछ
मेरो नाम सबैतिर छाउँछ ।

जब म ती धिकार्ने मानिस लाई मानिस ठान्दिनँ
मानिस मानिस बिच भिन्नता हुने कुरै मान्दिनँ ।
□□□

u?

दिपीसा श्रेष्ठ
कक्षा : ८ 'ग'

विद्यार्थीका सुनौला र चम्किला बिहानी हुन् गुरु
अन्धकारमा बाटो देखाउने मार्ग दर्शक हुन् गुरु

आफूलाई जलाएर गलाएर मैम बत्तीले प्रकाश दिए जस्तै,
विद्यार्थीको जीवनमा प्रकाश ल्याउने व्यक्ति हुन् गुरु,

हामीलाई ज्ञान दिएर हाम्रो पहिचान बनाउने व्यक्ति हुन् गुरु
मनमा आशा बोकेर आएका कलिला फूलहरूलाई
राम्रा राम्रा सपना देखाउने व्यक्ति हुन् गुरु ।

आफ्नो ज्ञानको एक थोपाले सबै विद्यार्थीको
अज्ञानता मिटाउने व्यक्ति हुन् गुरु,
हामी विद्यार्थीले सधैं सम्मान गर्नुपर्ने व्यक्ति हुन् गुरु ।

□□□

hflfcl}; :s[t

रिदम गुरूड
कक्षा: ८ 'ख'

लागिरहेछौं पछि हामी आधुनिकताको फैलाउँदै विकृति
तर भाषणमा एउटै कुरा देश विकास र बचाऔं संस्कृति

कहाँबाट सुरू भयो, आयो कसरी
अनुसन्धान नै गर्ने र गराउने कसरी

कुरै कुरामा सीमित हाम्रो सोचाइ,
कल्पनामा निर्मित संस्कृति आकृति,
देशभक्त नभए कसरी बन्छ देश र संस्कृति

अब सबै मिली कुरा होइन काम गर्नतिर लागौं
सकेको गरौं नसके एक अर्काको सहयोग मागौं

एकजुट भई खोजौं जाति भाषा संस्कार लिपि अनि कृति,
हाम्रो अस्तित्व तब रहन्छ जब सक्षम हुन्छौं जोगाउन संस्कृति

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dxf]bž

प्रवेश गुरूड.
कक्षा : ८ 'ग'

मेरो देश नेपाल
संसारको कुनाभित्र
सानो मेरो देश छ
सिद्धासाधा नेपालीको
सादा पहिरन भेष छ ।

यसै देशका बासिन्दालाई
गोर्खाली भनी चिन्छन्
गोर्खालीको खुकुरीलाई
विदेशी आई किन्छन् ।

जापान जस्तो बनाउने
हामी सबको रहर छ
कोसी, काली गण्डकीको
बग्दो जहाँ लहर छ ॥

□□□

cfd

पूजा बानिया
कक्षा: ८ 'ख'

जताततै संसारमा तिमीलाई नै पाऊँ,
सबैभन्दा प्यारो लाग्छ आमा भन्ने नाउँ ।
सानैदेखि मलाई तिमीले पालेकी छौ आमा
ल्याइदिएर मलाई मनपर्ने साना साना जामा

भविष्यमा सफल बन्ने शिक्षा दिन्छ्यौ
मेरो भविष्यका लागि सपनाहरू बन्छ्यौ
तिम्रो सपना पूरा गर्ने, एउटा मात्र लक्ष्य
आमा म लिने छु सधैं तिम्रो पक्ष

सधैं आओस् आमा तिम्रो मुख हेर्ने दिन
बाँच्न सकिदैन तिमी विना आमा एकैछिन
जिन्दगीको हरेक पाइला तिमिसँगै चाल्ने छु
बुढेसकालको सहारा बनी तिमीलाई म पाल्ने छु ।

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ls; fg

शुभम् र समूह ९ 'ग'

नेपालीहरूको रगत नसा नसामा बग्छ ।
नेपाली जाति आफ्नो देशको लागि मर्छ ।

घाम पानी केही नभनी, मिहिनेत गर्छ ।
परिश्रमबाट उब्जनी गरी पेट भर्छ ।

एउटा गरिब खान नपाएर भोकै मर्छ ।
अन्धकार हटेर उन्नतिको उज्यालो छर्छ ॥

निभेको सैनवत्ती बालेर उज्याले छर्ने छ ।
एकजुट भए सबैभन्दा अगाडि पुग्ने छ ॥

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kn]f]sf]/f;

स्नेहा पौडेल

कक्षा: ८ 'ख'

छि: छि: छि थु थु थु कति गनाएको,
त्यता नजाऊ नानी बाबु मैले भनेको,
किरा अनि फट्याङ्ग्रा छ घुमिरहेको,
नजाऊ नानी त्यतातिर रोग छ फैलिएको

डङ्गुर छ फोहोरको बाटै बाटोमा,
चलन पनि कस्तो हो, हुन खोज्ने दु:खमा ।
बाटो हेप्यो बाटोमा कुलो त्यस्तै फोहोर
हिँड्दा पनि घुम्नु पर्छ कस्तो भयो सहर ।

ल ल साथी उठौं अब फोहोरी हुन हुन्न
राम्रा कामका लागि अब ढिलाइ गर्न हुन्न ।
रहरले हो कि हामीले नजानेर हो !
प्रदूषण नगरौं है, पृथ्वी हाम्रो घर हो ।

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स्नेहा पौडेल

कक्षा: ९ 'ग'

पर्ख न पर्ख तिमी कति चाँडै घुमेकी
पछ्याउन नि नसकिने कति धेरै डुलेकी
तिमी जस्तो चाँडै हेर सक्दैन कोही हिड्न
तर तिमी सधैं एकनास कसरी र किन ?

न त सुन्छौ मेरो विन्ती, न डराउन्छौ
सधैं तिमी एकैनास यति किन कडा ?
न त कहिल्यै छिटो हिँड्छौ न त तिमी ढिलो
हुन्छौ हामी रातो पिरा कहिले हुन्छौ कालो

लाग्छ उत्साह र उमङ्गमा हिँड्छौ छिटो छिटो
लाग्छ आपत र विपतमा हिँड्छौ ढिलो ढिलो
हिँड्दा हिँड्दै थकाइ पनि मान्दैनौ नि कहिल्यै
चलिरहन्छौ तिमी समय एकै नास जहिल्यै

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d]f]b]

सुप्रिया श्रेष्ठ

कक्षा: १० 'ख'

कति सुन्दर छ है मेरो यो प्यारो देश
हिमाल, पहाड, तराईको यो सुन्दर भेष

बसोबास गर्ने गर्छन् धेरै जातजाति
अन्तर्राष्ट्रिय स्तरमा धेरै कमाएको छ ख्याति

भिन्नता हुने ठाउँ छैन, छ चारैतिर एकता
इतिहासले नै जनाउँछ वीरता र मिलनसारिता

हिमालयको काखबाट मरुभूमिमा पुऱ्याई शीतलता
न यो जात, न त्यो धर्म, छ सदैव मित्रता

सहधर्म, सहअस्तित्व, सहमतिको परिवेश
गौरव छ मलाई, नेपाल हो मेरो देश

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समिप रानाभाट
कक्षा : ६ 'ख'

सफा राखौं वातावरण, सफा राखौं पानी
आजैबाट छोडौं साथी फोहोर गर्ने बानी ।

नाङ्गा डौंडा चउरलाई राख्नु हुन्न खाली
वृक्षरोपण गरी हामीले बनाऔं हरियाली ।

कुहिने फोहोरहरूलाई बनाऔं हामी मल
स्वच्छ राखौं हाम्रो हावा सफा राखौं जल ।

फोहोर धेरै भयो भने रोग लाग्न सक्छ
कतिपय रोगहरूले ज्यान जान सक्छ ।

प्लाष्टिकहरू पोल्नो भने हावा हुन्छ फोहोर
सदुपयोग गर्नु भने कमाउन सक्छौं मोहोर ।

जनचेतना फैलाएर सुधार गरौं बानी
फोहोर मैला गर्नु हुन्न हामीले जानी जानी ।
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dyl cdf

आरजु सेन ठकुरी
कक्षा: ७ 'ख'

मेरी प्यारी आमा,
पाएँ यस देशमा जन्म

जति माया लाग्छ देशको
त्यति नै मलाई लाग्छ आमाको ।

नौ नौ महिना राखेर कोखमा
दुःख, अनि भन्दछिन् जस्लाई सुख
चाहिन्छ उनलाई सहनैपर्छ दुःख

सिकाउँछिन् सबैलाई राम्रो बानी
अनि बनाउँछिन् सबैलाई बुद्धिमानी ।

आमा तपाइलाई सघाउने छु सधैं हेरी
प्यारी, आमा तपाईं मेरो नजरमा सधैं प्यारी ।
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प्रशान्त पन्त
कक्षा : ७ 'ग'

आमा तिमी सृष्टिकर्ता हौ यो धर्तीको
अपार माया पराईकै म प्रतिको
नौ नौ महिना कोखमा बोकी संसार देखायौ
ताते तात्ने गरीकन दुई खुट्टा टेकायौ

आमा तिमिले आफ्नो ज्यानको बाजी राखी हुर्कायौ
पसिनासित पैसा साटी लेखायौ, पढायौ ।
आफ्नो पेट खाली राखी मलाई नै पिलायौ
आँसु लुकाई लुकाई मलाई सधैं खुसी दिलायौ ।

आमा तिम्रो महिमा छ, धेरै नै अपार
कति बिचल्लीमा छु माया नपाएर ।
आमाको जस्तो न्यानो काख कहाँ पाइन्छ खोजेर
न त यस्तो कहीं कतै पाइन्छ रोजेर

मेरो भविष्य सुधार्नलाई धेरै सङ्घर्ष गर्नु
मेरो भावना बुझ्नलाई सधैं अघि सार्नु
सक्दिनँ टाढा बस्न म तिमी बिना
तिमीलाई नदेखेपछि मन रुन्छ किन किन ?
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dylfbz gkfn

कृतिका बराल
कक्षा: ८ 'क'

मेरो प्यारो देश नेपाल
सानो तर सुन्दर र विशाल
धेरै छुन् यहाँ रमणीय ठाउँ
पर्यटकलाई मनमोहक पार्ने,
सुन्दर सुन्दर गाउँ ।

खोलानाल, जङ्गल हरियाली यहाँ,
मलाई साह्रै गर्व लाग्छ
म जन्मेको यही ठाउँ

जलस्रोतको धनी पनि
मेरो प्यारो देश,
बुद्धको जन्मस्थल भनी
चिनिने मेरो देश ।

मेरो देश उच्च राख्न
गर्छु, राम्रो काम,
सक्छु, मेरो देशको प्रकृति
सदा राम्रो राख्न ।
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निकिता रानाभाट

कक्षा: ८ 'ख'

देश हाम्रो सानो छ संस्कृतिमा धनी,
यहीं मर्न र जन्मन पाऊँ सयौं हजारौं जुनी,
हिमालको सिरान, पहाड र तराईको काख,
हिमाली, पहाडी र तराई मानिस बस्छन् लाख

मनाइन्छन् थुप्रै चाड धर्म रीति अनुसार,
हरेक पर्व मनाइन्छन् रमाइलो गरी बार बार,
बोलिन्छन् थुप्रै भाषा नेपाली, गुरुङ, तामाङ
तर पनि नेपाली भनी एउटै छ पहिचान

थुप्रै मन्दिर, मस्जिद, चर्च र गुम्बा
जान्छन् भक्तजन लिई आस्था अनि व्यथा
थरी थरी भेष छन् आफ्ना आफ्नै भाषा पनि,
चिनिन्छ विश्व माझ अनेकतामा एकाताको राष्ट्र भनी

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मेहेरिन खातुन

कक्षा: ८ 'ख'

आकाशमा छरिएका तारा मेरा साथी
सधैं सधैं चम्किन्छु म हरेक राती
सूर्य दाइका किरणले हटाउँछ बिहानीको तुवाँलो ,
म भएको रात नै सबैले मान्छन् रमाइलो ।

औंशीको कालो रातमा सम्झन्छन् मेरो प्रकाश,
रमाउँछन् केटाकेटीदेखी मेरो अनेक आकार रूप,
चम्किला ताराका माझ म एकली नानी,
दिनमा त भन् सूर्य दाइका अगाडि विलाउनी ।

दङ्ग छन् मानिस पुग्दा मेरो काखमा,
फुलाएको भन्छन् वैज्ञानिकले कपास मेरै पाखामा,
कोहीले भन्छन् चन्द्रमामा दाग छन् रे कति,
तर पनि माया गर्छन् उज्याली चन्द्र भनी ।

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प्राशना गुरुङ

कक्षा : ८ 'ग'

आज विहानसम्म हाँसिरहने
छोरी किन बोल्दिन
जति पुकार्दा पनि
यो सुनको ढोका
किन खोल्दिन ?

कामेका हातले
फोनको नम्बर थिचेर
उसको बुबालाई फाने गरें
बुबा आउन्जेल पर्खदा
म त विडम्बनामा परें

बुबा आएर सुनको ढोका
फोडेका थिए
सत्यको पर्दालाई
निहालेर हेरेका थिए
अहिलेसम्म देखिने
त्यो सुनको सुन्दर
ढोकाभित्र
गरिबी नै रहेछ
हाँसिलो देखिने छोरी त
भित्रै मर्दै आइरहेकी रहिछे ।

के मैले छोरीको आकाङ्क्षालाई
पूरा गर्न असफल भएँ ?
वा छोरीले हाम्रो त्यागलाई
नजिकको तीर्थ हेला गरी
किन यत्रो ठूलो निर्णय लिई ?

कसलाई थाहा थियो र ?
बिहानसम्म हाँसिरहने छोरी त
भित्रै भित्रै मर्दै रहिछे
जीवनका कठिन मोडमा
नैराश्यको भूतले सताउँदै रहेछ
नैराश्यको भूतले सताउँदै रहेछ

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प्रशंसा क्षत्री
कक्षा: ८ 'क'

स्विच थिचे बत्ती छैन
धारा खोले पानी छैन ।

आफ्नो देशमा रोजगार छैन
रुँदै कता जाने हैन ।

जनता जति परिसके
लोडसेडिङले दिक्क ।

एक महिनाको तलब जति
मैन बत्तीलाई ठिक्क ।

नहेप भो नेपाललाई
गरिब देश भनी ।

जे भए पनि लोडसेडिङमा
विश्वमै छ धनी ।

हाम्रो सुन्दर देशमाथि
ऋणको पहाड छ रे ।

बिहान खाए जनतालाई
के खाऊँ हुन्छ भरे ।

काम गर्ने युवा सबै
विदेशतिर सरे ।

देशको मुहार फेरिन्थ्यो कि
नेताले केही गरे ।

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आयुष चापागाई
कक्षा: १० 'क'

राम घर भित्र आफ्नो पञ्जी खेलिरहेका हुन्छ । त्यही बुबा
कोठाभित्र पस्नुहुन्छ ।

बुबा : बाबु, तिमी बाहिर खेल वा हावा खान जाऊ ।

राम : ह्या बाबा, किन मलाई डिस्टर्ब गर्नुहुन्छ । मैले यहाँ
पञ्जी खेलिरहेछु । रामले त्यही बेला विस्तारै मर , मर
भन्छ ।

बुबा : छोरा, मैले तिमी बाहिर हावा खान, फ्रेस हुन खेल
जाऊ पो भनेको कति कोठाभित्र कोचिन्छौ । भनेर पो !

छोरा : बाबा मलाई अहिले पञ्जी खेल दिनु न मैले १४ जना
मारिसके अहिले भ्याएपछि बाहिर जान्छु है ।

बुबा : ल ल मोबाइल धेरै नचलाऊ, आँखा बिग्रिन्छ । पछि
पछि रामको परीक्षामा नराम्रो अड्क ल्याएपछि बुबाले
पञ्जीको बारेमा खोज गर्नुहुन्छ र बुबाले पञ्जीको बारेमा
थापा पाएपछि उहाँले पञ्जी डाउनलोड गर्नुहुन्छ । र
श्रीमतीलाई पनि गर्न लगाउनुहुन्छ ।

(एक दिन बुबा र आमा मिलेर केही काम नगरी पञ्जी खेल्नुहुन्छ ।)

राम : आमा, भोक लाग्यो ।

आमा : जाऊ पकाएर खाऊ । म त पञ्जी खेल्दै छु ।

राम : बुबा मेरो जुत्ता किन्नुछ । मैले अस्ति भनेको होइन ।

बुबा : ह्या ! आफै जाऊ, आफूले त पञ्जीमा २० जनालाई
मारियो अभै मान्नु छ ।

(त्यस दिन राम भोकै हुन्छ र भोलि विद्यालयमा स्पोर्ट जुत्ता
नलगाएकोले जराभो गाली खान्छ । अनि घर फर्के पछि)

बुबा : बाबु के भयो ?

राम : के हुनु हजुरले जुत्ता नकिनिदिएर स्कुलमा गाली खाएँ ।

बुबा : हो देख्यौ एक काम समयमा गरेनौ भने के हुँदो रहेछ ।
त्यही भएर यस्ता राम्रा कुरामा समय बर्बाद गर्नुहुन्न ।

राम : हुन्छ बुबा मैले हजुरले भनेको कुरा बुझें र म अब
देखि यस्ता काम गर्दिनँ । म कहिल्यै पञ्जी जस्तो समय
बर्बाद गर्ने खेल खेल्दिनँ ।

बुबा : स्यावास् ! छोरा, हामीले पनि तिमीलाई यही कुरा
बुझाउन खोज्दै थियौ ।

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✍ अभय पोखरेल
कक्षा : ७ 'ख'

घर, आँगन, टोल, छिमेक सफा राख्नु राम्रो
सफा राख्यौं भने सुखी जीवन हुन्छ हाम्रो ।

पृथ्वीमा मानिस बस्छन् धेरै थरी
मानिसहरूले नै पनि फोहोर गर्छन् घरी घरी ।

कुहिने फोहोर एक ठाउँमा नकुहिने अर्को
जथाभावी फोहोर फाल्नु हुँदैन है राम्रो ।

स्वास्थ्य हाम्रो जीवनको अमूल्य हो धन
वातावरण जोगाउनलाई दिऔं तन मन ।

प्रदूषित वातावरणले लाग्छन् धेरै रोग
स्वच्छ राख्ने वातावरण पढ्ने है शोक ।

ठोस, तरल, ग्यास फाहोरलाई गरौं न विसर्जन
स्वच्छ नागरिकको हाम्ले दिनु छ पहिचान

सडकको दायाँ बायाँ रूख बिरूवा रोपौं
वृक्षरोपण गरी हाम्ले वातावरण जोगाऔं ।

प्लाष्टिकको विकल्पमा जुट भोलाको प्रयोग
प्रदूषणलाई कमी गर्न गर्छ यसले सहयोग ।

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/l8ofh]eg\$ff]

✍ स्नेहा पौडेल
कक्षा: ८ 'ख'

रेडियोले भनेको साना बालबच्चा
गेडागुडी, सागपात खानुपर्छ मज्जाले ।

मलाई त तरकारी मनपर्छ लौका, फर्सी र घिरौलो
फलफूल, काँक्रो, गाजर स्वास्थ्यको लागि भनौं राम्रो ।

बन्दा र काउली, कर्कलो दूध र दही, घिऊ पनि
कोदोको रोटी मकैको बलियो हुन्छ जिउ पनि

खाना खाने बेलामा नमिठो भन्नुहुन्न रे,
खाना मिलाई खाए त रोगव्याधीले छुन्न छुन्न रे ।

रेडियोले भनेको साना बालबच्चा
गेडागुडी, सागपात खानुपर्छ मज्जाले ।

□□□

ls; fg

✍ सुप्रिया घिमिरे
कक्षा: ८ 'ग'

सकेको बलले काम गरी
उब्जाउँछ अन्न सधैंभरि

स्वार्थ भन्ने मनमा छैन रतिभरि
दिन दिनै गई पसिना चढाई
त्यही अन्न बेची कमाउँछ केही धन
त्यसैले गौरव बनेको छ किसान

देशको विकास गरी अधि बढ्नलाई
गरौं सम्मान पृथ्वीको पूजारी किसानलाई

□□□

gkfn

✍ अन्जिता तिवारी
कक्षा: ८ 'ख'

हिमाल, पहाड र तराईको सौन्दर्य
बुद्ध, सीता, भृकुटी अरनिको जन्मिए

खोला, नाला र भरनाको सौन्दर्यको खानी
कसैसँग नभुक्ने नेपालीको बानी

ढकमक्कै गुराँसको फूलहरू फुल्ने
तराईमा गहुँहरू धानहरू भुल्ने

यो देश कति राम्रो सुन्दरताको खानी
यै देश प्रकृतिको ठूलो राजधानी

बस्छौं हामी नेपालमा सबैसँग मिलीजुली
गच्छौं हामी सबैलाई माया र आदर पनि

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v/[of]

वर्षा थापा
कक्षा : ३'ग'

खरायो जङ्गलमा बस्छ। यसलाई घरमा पनि पालिन्छ।
धेरै जसो खरायो सेता रङका हुन्छन्।

खरायोको दुई वटा आँखा, दुई वटा लामा लामा कानहरू हुन्छन्, चार वटा खुट्टाहरू र एउटा पुच्छर पनि हुन्छ।
खरायो उफ्रेर हिँड्छ। खरायोले घाँस खान्छ। खरायो को आँखा टल्कने हुन्छ। खरायोको बच्चा एकदम राम्रो हुन्छ।

खरायो मलाई धेरै मनपर्छ। हाम्रो घरमा पनि सेतो रङको खरायो छ।

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gkfnl

रुद्रांश के.सी.
कक्षा : ७ 'ख'

मेरो देशको नाम हो नेपाल
धेरै जाति छन् यहाँ गुरुङ, क्षत्री, र नेवार।

नेपालको राष्ट्रिय जनावर हो गाई,
हामी सबै दिदी-बहिनी र दाजु-भाइ।

नेपालको राष्ट्रिय रङ पनि छ हेर रातो
नेपाली वीरहरूलाई देखेर जान्छ सबैको सातो।

नेपालमा छन् धेरै पहाड र हिमाल
यहाँ पाइन्छ धेरै वनस्पति र फलफूल।

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k\$[t

सुजल र समूह
कक्षा ९'ग'

प्रकृतिले हामीलाई खाना दिन्छ।
जसले हाम्रो पेट भर्न मिल्छ।

जङ्गल छ हराभरा
पानी बग्छ कल कल

सुक्छ हाम्रो प्रकृतिको जल
बिरुवा सपार्न चाहिन्छ मल

काम गर्नलाई चाहिन्छ बल
प्रकृतिबाट पाइन्छ मिठो फल।

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kfy/f

परिधि नागिला
कक्षा : ३'क'

कति राम्रो पोखरा
मेरो सहर देखेर
नरमाउने को छ र ?

माछापुच्छ्रे हाँसेको
फेवातालको काखमा
मैले गीत रचेको।

सराङ्कोट, काहुँ डाँडा
मेरो स्कूल माझमा
खेल्छु सधैं साँझमा।

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slj tf

सुबित तिमिलिसना
कक्षा ३ 'ग'

जङ्गलमा बस्दै थियो
एउटा खरायो

त्यहीं नै आइपुग्यो
एउटा जरायो

नदेखे भैं जरायोलाई
गर्छ खरायो

छक्क पर्दै खरायोलाई
हेर्छ जरायो ।

कान तेरो ठाडा ठाडा
के भयो खरायो ?

मेरो एउटा चिज यहाँ
कतै हरायो

के हो नि त्यो चिज तेरो
सोच्छ जरायो

त्यही त म सोच्दै छु नि
भन्छ खरायो

□□□

k\$[t

सिद्धिका बगाले
कक्षा: ६ 'ख'

शिरमा छ माछापुच्छ्रे फेदमा फेवाताल
त्यो तालमा पोखरेलीले फाहोर नफाल
सफा राखौं बाटोघाटो स्वच्छ वातावरण
फोहोर मैला प्रदूषणले छिटो हुन्छ मरण

नदीनाला वन जङ्गल स्वच्छ भए वायु
ख्याल राखे सधैंभरि बढ्छ हाम्रो आयु
प्राकृतिक सम्पदाको गरौं संरक्षण
सफा सुगन्ध हुनुपर्छ हाम्रो तन मन

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kfgl

अञ्जली रानाभाट
कक्षा : ५ 'ख'

पानी तिमीलाई भन्छन् जल
तिमी नदीमा बग्छौ सललल
तिमी बिना कुनै पनि प्राणि बाँच्न सक्दैनन्
तिमीलाई चाहेर पनि कसैले रोक्न सक्दैनन् ।

तिर्खा लाग्दा आतिर पिरुँछौ कलकल
तिमीले नै गर्दा धर्ती भाछ भलमल
हामीले नै रोप्छौ घरमा साना वीउ दाना
तिमीले नै चलाएछौ ठूला कारखाना

तिम्रा स्रोत धेरै छन् कुवा नदीनाला
नदी बगी जान्छौ भेट्न समुन्द्र हरेक साल
तिमी बिना बाँच्दैन कुनै प्राणी पनि
तिमीले नै बनाएछौ नेपाललाई धनी

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afns

विप्रस सुवेदी
कक्षा: १० 'क'

आँखाभरि आँसु होइन
हर्ष उल्लास खुसी
बालक हामी काँचो माटो
पढ्छौ हाँसी हाँसी

पढ्ने हाम्रो बेलामा
डोको आँसी नाम्लो होइन
कापी कलम किताब चाहिन्छ
लौरी लिई वनमा होइन

सपना हाम्रो आकाश हुने
अन्धकारलाई हटाउने
होस्टेमा हैसे गर्दै
देश विकासमा अधि बढ्ने

बिहानपछि दिन आउँछ
दिनपछि रात
साहस हामीले लिनुपर्छ
दिनू है सबैले साथ

□□□

cfdf

मेहेरिन खातुन

कक्षा: ८ 'ख'

आमा, तिम्रो कोपिला हुँ म
माया पाउने मूल हुँ म
मीठा मीठा इच्छा फुल्ने
एउटा सुन्दर फूल हुँ म ॥

आमा, तिम्रो छाया हुँ म
आउने दिनको ज्योति हुँ म
नौलो नौलो सपना बोक्ने
तिम्रै मनको मोती हुँ म ॥

आमा, अहिले बस्दछु काखमा
पछि म काँधमा बोक्नुला
तिम्रो मीठो सम्झनामा म
छातीभरि नै लेखुँला ॥

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cfhsnsf dflg; nf0{s]ePsf]xf].

स्वरूप घिमिरे

कक्षा: ४ 'क'

आजका मानिसहरु कस्ता भएका छन् ! मैले एकचोटि एउटा १०० रुपैयाँको नोट बाटो माथि खसाएँ । मैले देखें एउटा धनी मान्छेले त्यो पैसा लियो अनि त्यो पैसा एउटा गरिब मान्छेको छेउमा खसायो, उसले पैसा देख्यो र उसले भन्यो । “बाबु ! तिम्रो पैसा खसेको छ ?” त्यस पछि मलाई असाध्यै खुसी लाग्यो । हेर्नु त एउटा धनी मान्छेले सय रुपैयाँ लियो तर गरिबले लिएन । एउटा धनी मानिस जति नै धनी भए पनि त्यसैको लोभ कहिल्यै पनि जान्न तर गरिब मान्छे जति नै गरिब, भोकै भए पनि उनीहरु असल हुन्छन् । अनि घर जाँदा मैले एउटा मानिस देखें, ऊ हिँड्ने बेलामा उसको जुत्तामा हिलो लाग्यो । उसले सहयोगीलाई आफ्नो जुत्ता सफा गरिदिन भन्यो । सहयोगीले सफा पनि गरिदियो । हेर्नु त धनी मानिसरू कति अल्छी हुँदा रहेछन् जाबो एउटा जुत्ता पुच्छन नसक्नेलाई हामी अल्छी नभने के भन्ने ? मैले धनीहरुलाई नराम्रो भन्न खोजेको होइन तर हामीहरु अल्छी हुनु भएन ।

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