



# GLOBAL GLIMPSES

CLASS 10 MAGAZINE PROJECT

**Philosophy**

**Literature**

**Letters**

**Art**

**Education**

**Math**

**Music and Love**

**Motivation**

**Life**

**Facts**

**Sports**

**History**

**Society**

**Health**

**Science &  
Mysteries**

**Nature**

**Movies  
&  
Books**

*there is  
today and  
there is never  
tomorrow  
is never*



## *A Message from the Editors*

*Firstly, the GCS magazine editorial board would like to extend gratitude to the administrators, teachers, our dear friends and various parties that have contributed to this Magazine.*

*The members of this team have greatly contributed in order to bring this production into action. "Global Glimpses" is merely an initiative point for the upcoming batches to have it as a reference that has been created with the collaborative effort from the entirety of class 10 along with the immense support and guidance by our English educator. This work is a compilation of cosmic effort of the Globalians and also a specimen of their creativity. Rightly said so, "A flower makes no garland", this couldn't have been possible with a single hand on the wheel. This is just a small tribute to our Alma mater.*

*Diving through the shortcomings and constructive criticisms, we have successfully created a piece of work that will hopefully remain nostalgic. May this piece be something that our future selves look at proudly.*

*Global Glimpses*

*Editorial Board*

*Aarshabh Raj Adhikari*

*Aashrat Parajuli*

*Aditi Subedi*

*Bimika Karki*

*Dipisha Shrestha*

*Dipshan Babu Khadka*

*Erina Gurung*

*Kritika Baral*

*Rebika Parajuli*

*Sarun Lamichhane*

*Sneha Paudel*

*Sushant Gurung*

## **Message From the Principal**



***Dear Class 10 students,***

*I want to begin this message with a quote from one of the finest French writers, Victor Hugo –"Initiative is doing the right thing without being told." Your initiation of creating this "Project Magazine" has definitely brought a smile to my face and I am sure, this will sprout other numerous smiles as we go through your writings and artistic creations. You succeed in learning by taking the first step, by doing the right thing for yourself and others, by continually practicing, and simply by creating a space for everyone to share their creativity and ingenuity. This platform that you have created for sharing is certainly praiseworthy. And I would like to sincerely congratulate all of you on this artistic inventiveness.*

*Modernity has been a challenging process to accomplish since time immemorial. Anything new and fresh is always difficult at the beginning to achieve. However, as human beings are curious beings, even impossible things have been made possible with continuous trials. Thus, human curiosity has led to this ultra-modern world we live in. My dear students, you all are part of this post-modern world, where there are challenges in every step, so I would like you to foster your inner curiosity and always be ready to accept any kind of challenge that life throws. Challenge the challenge with your curiosity and win over all the excruciating tests not only SEE but all kinds of exams that life has planned for you. Being talented and smart may be the basis to succeed in your examinations. But the power that being diligent and self-disciplined generates inside us, is something way higher yet achievable. I know you all are smart children. Just explore the power of Diligence and Discipline, you will unquestionably be creators, innovators, problem solvers, and most importantly the humanitarians of not only our country but of the world. Learn the value of being modest and generous and also create a space for morality in your life.*

*We have just partially overcome the Covid 19 pandemic. The lesson we have to learn from this global crisis is that we must be prepared for the worst in any situation. At last, I would like you to consider three things in your life that will definitely help you to embark on new possibilities after high school. First, always value the people around you who are there to support you: your parents, your guardians, your teachers, your mentors, your friends, and of course yourself. Second, try to live a self-disciplined life. And lastly, always know the value of time as you must have realized that "the time you lost is never found again".*

*I thank you and congratulate all of you again for this initiation. All the very best!*

*Regards,*

*Baburam Panta*

*Principal*



## Message from the Class Teachers



**प्यारा कक्षा १०, शैक्षिक सत्र २०७८ का बाबुनानीहरू !**

शिक्षण सिकाइ जीवनको निरन्तर प्रक्रिया हो । हामी कहिले भर्चुअल त कहिले भौतिक रूपमा विभिन्न आरोह र अवरोह पार गर्दै शैक्षिक सत्र २०७८ को अन्त्यमा आइपुगेका छौं । शिक्षण सिकाइ र विषयगत मूल्याङ्कनको सन्दर्भमा अङ्ग्रेजी विषयक शिक्षिका भाविका डंगोल र कक्षा १० मा अध्ययनरत बाबुनानीहरूको संयुक्त प्रयास स्वरूप यो 'परियोजना पत्रिका' को प्रकाशन हुन लागेकोमा म कक्षा शिक्षकको तर्फबाट हार्दिक शुभकामना व्यक्त गर्दछु ।

भनिन्छ, "आवश्यकता सिर्जनाकी जननी हुन् ।" सिर्जना प्रकृतिको स्वतस्फुर्त प्रक्रिया हो । उत्सुकता, खोज र प्रकाशन मानव जीवनका सफलताका रहस्य हुन् । जीवनका भोगाइ, बुझाइ र पढाइको सशक्त अभिव्यक्ति हो- 'परियोजना पत्रिका-२०७८' । समयको माग र आवश्यकतालाई सबैले आत्मसात् गर्न कहाँ सक्छन् र? विद्यार्थी बाबुनानीहरूको यो प्रयास नव कार्यको थालनी एवम् ऐतिहासिक कार्य हो । जीवनमा उत्प्रेरणाले गर्विलो उपलब्धि हासिल गर्न सम्भव हुँदो रहेछ । त्यसैले यो प्रेरक सामग्री एवम् रचनात्मक कोसेलीको रूपमा अग्रज स्रष्टाहरूको सिर्जनाको रूपमा मैले लिएको छु । आदर्श विचार, व्यवहार र प्रयत्नले नयाँ युगको थालनी गर्छ । समयानुकूल अभ्यास र सिर्जनाले विशेष महत्त्व राख्दछ । विद्यालयीय इतिहासमा यो प्रकाशनको प्रयास कोसे ढुङ्गा सावित हुने छ । विषयगत रूपमा विद्यार्थीका अनन्त सुन्दर परिकल्पना, अटल आत्मविश्वास, जीवनका भावी उद्देश्य एवम् देशभक्तिपूर्ण विचारहरू सूत्रबद्ध भई विभिन्न रचनाहरूमा प्रकाशित छन् । विद्यार्थी बाबुनानीका यी प्राकृत एवम् तरल अनुभूतिहरूले जीवनको आगामी फराकिलो क्षितिजलाई सङ्केत गरेको मैले ठानेको छु ।

अन्त्यमा, यस 'परियोजना पत्रिका' मा आफ्ना अमूल्य रचना प्रदान गरी यसको प्रकाशनमा सहयोग पुर्याउने विद्यार्थी बाबुनानीहरू अवश्य साधुवादका पात्र बनेका छन् नै । त्योभन्दा बढी प्रतिभाले अनुकूल वातावरण प्राप्त गर्‍यो भन्ने सिर्जनाले जन्म लिँदो रहेछ भन्ने कुरालाई यस प्रकाशनले सिद्ध गरेको छ । विद्यार्थी बाबुनानीहरूलाई उत्प्रेरणा दिई उनीहरूको अन्तर्निहित प्रतिभाको वाह्य प्रकाशनमा उत्साह गर्ने शिक्षिका भाविकाजी प्रति पनि म हृदयदेखि नै आभार प्रकट गर्न चाहन्छु । अवशमेव यस पत्रिकाको प्रकाशनले विद्यार्थीहरूका रचनात्मक सम्भावनाका ढोकाहरू खोलिएको छ अनि उर्वरभूमि प्रदान गरेको छ । विद्यार्थी बाबुनानीहरूको कलम समाजमा बढ्दो विकृति एवम् विसङ्गतिको विरुद्ध मानवता र सभ्य समाज निर्माणको खातिर दौडिरहोस् । अन्याय, अत्याचार र विभेदको अन्त्यको लागि तिमीहरू क्रियाशील बन भनी आशीर्वाद दिन चाहन्छु । नजिकिँदै गएको एस.ई.ई.को पनि पूर्ण सफलताको शुभकामना व्यक्त गर्दै उज्ज्वल भविष्यको कामना व्यक्त गर्दछु । धन्यवाद !

कविराज बराल  
कक्षा शिक्षक - १० 'क'



**शैक्षिक सत्र २०७८, कक्षा १० मा अध्ययनरत प्यारा विद्यार्थी भाइबहिनीहरू !**

मानिसको यो सुन्दर तर अनित्य जीवनलाई सार्थक पार्ने सन्दर्भमा तिमीहरूसँग निकै अनमोल क्षण बिताउने अवसर मिल्यो । हामीले एउटै परिवारका सदस्य भएर यो महत्त्वपूर्ण तथा स्मरणीय समय सँगै बिताएका छौं । हामीले पूरा गर्न बाँकी रहेका सपनाहरू तिमीहरूकै आँखाबाट देखेका छौं र हामी तिमीहरूले सफलताको सोपान उक्लौँदै गरेका दृश्यहरूको कल्पनामा मग्न छौं । जीवनका यी क्षणबाट आर्जन गरेका ज्ञान नै तिमीहरूको लक्ष्य प्राप्तिको मार्गमा अघि बढ्दा सामर्थ्य बन्न सकोस् । जीवनमा आइपरेका जस्तोसुकै परिस्थितिसँग सामना गरी यो ग्लोबलकै उदाहरणीय व्यक्तित्व बन्न सक्नु । शैक्षिक उपलब्धिसँगै हराउँदै गइरहेको मानवता भेट्न सक्ने बन्नू । समाजका विकृति तथा विसङ्गतिविरुद्ध आवाज बुलन्द गर्न सक्नु । सभ्य, सुसंस्कृत, समतामूलक समाज निर्माणमा तिमीहरूको पनि योगदान रहोस् ।

तिमीहरूलाई लागेको चोटले हामीलाई पनि उत्तिकै पीडा महसुस हुने हुनाले तिमीहरूको असल स्वभाव, चरित्र तथा व्यवहारको आभूषणले सजिएको स्वस्थ अनि सफल भविष्य देख्न पाउने कुरामा साथै तिमीहरूमा भएको कल्पनाशक्ति र रचनात्मक क्षमतालाई समाज र राष्ट्रनिर्माणको कार्यमा लगाउने छौं भन्ने कुरामा हामी निश्चिन्त छौं । तिमीहरूको सफल र सुन्दर भविष्य देख्न म साँच्चै नै आतुर छु । आजसम्म यी कक्षाहरूमा तिमीहरूको उपस्थिति, तिमीहरूको सम्झना बनेर रहने छ । तिमीहरूको हरेक क्षेत्रको सफलता नै हामीले प्राप्त गर्ने अमूल्य उपहार हुने छन् । तिमीहरूको असल सोच, व्यवहार र क्रियाकलापमा सदैव हाम्रो समर्थन तथा आशीर्वाद रहने छ । प्यारा विद्यार्थी भाइबहिनीहरू, तिमीहरूको सहृदयीपन, सहयोगी मन, आदर, सम्मान तथा आत्मीय व्यवहारको हामी सदैव ऋणी रहने छौं ।

हामीले प्रतीक्षा गरेको महत्त्वपूर्ण परीक्षा एस.इ.ई.को सङ्घारमा छौं तिमीहरू यतिबेला ! यसपछि पनि जीवनमा यस्ता कयौँ परीक्षाहरूको सामना गरेर अझ परिपक्व हुन बाँकी त छँदै नै छ । तत्कालको लागि यस परीक्षामा सोचेको जस्तै उपलब्धि हासिल गर्न सक्नु, हृदयदेखि नै हार्दिक शुभकामना तथा धेरैधेरै माया साथै शैक्षिक, बौद्धिक, चारित्रिक उत्तम अनि उज्ज्वल भविष्यका लागि अरबौँअरब शुभेच्छा प्रदान गर्दछु !!

वसन्ती बस्नेत  
कक्षा शिक्षिका १० 'ख'



Dear Class 10,

Greetings !

I am much glad to find you here at the end of the year. Your 13 years of hard labor is about to finish and you are going to start a new step ahead. The SEE is knocking at the door. You need to wait patiently to face the challenges. You have that courage too. I wish you all the very best for your upcoming board exam and also for your every endeavor in life.

You have a great future ahead. Never be sad or overexcited for any common reasons. Patience is one of the essential keys to succeed in life. Be calm and everything will settle down at its own course. I suggest you to stop worrying about the day of the exam and instead prepare yourself to the fullest. I am sure you will nail it. I must remind you all that you should take good care of your health especially during this time. Once again, I would like to express my best wishes for your upcoming SEE exam. Work hard...and at the end of the day you will definitely score colorful marks.

All the best!

Nawaraj Lamsal

Class Teacher– 10 ‘C’

**My Dearest Class 10 students,**

I am extremely happy that this magazine project has finally started to take a concrete shape, and that so many of you have contributed to the publishing process. At the beginning, I sincerely thought it would be just a simple class project, but as, I, along with the editorial team worked on this, it gradually became a much bigger project than we had originally thought. We have more than 50 articles here, which cover various subject matters, experiences, knowledge, criticisms and wisdom in our lives. I would like to applaud all the article contributors and their sheer zeal to help in this publication.

I think Language is an intricate subject; be it Nepali or English (in context of our curriculum). It is because our very existence is based upon this great ordeal called language. Our lives would be much more complicated if we didn't know the value of language. Communication is the base for teaching and learning process, and language is the fuel to keep that base running. Thus, Global Collegiate School has always focused on improving the language part in students' lives. And I hope that this publication will uplift the language basics of the students who are directly involved and also those who are reading it.

The Editorial team of this publication must be applauded highly. I requested class 10 to come up with 4 students (two girls and two boys) from each section. The selection process was completely voluntary. And the students decided with votes where there was the necessity for selection. All the team members have proficiency in English language and they have tried their best to be the exemplary editors. Their work is surely admirable. When I look at the writings of my students, I can feel their imagination and their cognitive being. It makes me very proud indeed.

We had a conversation session with some of the students in class 10. I felt that so many of you are still in dilemma on where to go, which subject to take, or what after this. Always remember that the decision that you make at this phase of your life will shape your personality, your career and your entire being in the future. So choose wisely. Many times, life can be unexpected. And you may find yourself in completely different sector in future. But always remember that the core life principle that you develop at this age remains there for a very long time. As we have read the poem, "The Road Not Taken", in our English book, please always choose the right path for your life, you are responsible for all the things that you do in life and even though you choose wrong path due to various reasons, come out of that road/path as a person with better vision, come out of your struggles as a strong and wise person, come out of your sorrows and hardships as a kind hearted and successful person.

At last, I would like to request all the readers of this magazine, to provide the editorial team with your constructive criticism. I know there will be mistakes, there will be something that does not fit. I know that perfection is a long road ahead. So, please provide us with your valuable suggestions, and point out our errors so that this publication can come out in a better shape next time. I would like to thank Bindu Sir and Shova Madam, for their valuable comments and for having a final look.

Bhabika Dangol

English Teacher

Yes of course! All the very best for your SEE examination.

## **A BRIEF ANALYSIS OF HUMAN NATURE**

In this earth, you could exist as anything; A rock, a tree, an insect, a small fish in the sea or the fierce lion in the jungle. Since you're reading this, I assume you are a human, an organism who could have been the same as any other organism of this earth, but became unlike any other, all due to your intelligence and ambition.

Since the beginning of time, organisms have evolved. While evolution in other beings led to their physical development and adaptation, evolution of humans led to a seemingly unique and bigger result i.e. intellectual development. Due to this, humans have been able to achieve highest level of intelligence. They developed so much that they were even able to defy the laws of nature. A being, made for walking on land, has developed such technology by itself that it can now fly in the air and swim underwater. A being, originated in the earth has managed to reach and explore the whole universe.

A way of justifying human's rapid advancement would be saying they have been blessed with knowledge, but that's not the case. A newborn human baby's intelligence level could easily be compared with that of a mule. But with time, they figured out things on their own. We can't dismiss the possibility that other animals had also made interesting discoveries, but the discoveries died with them. Humans, on the other hand, shared each and every thing they discovered throughout their lifetime with their offspring, resulting in each generation coming out wiser than the previous. Considering this, it can be said that humans have long term vision and are

good at foreshadowing. In a way, humans can also be considered the most selfless and giving creatures, sharing their knowledge with others who could even be a threat to themselves.

Contrary to my previous statement, humans are known to be the most selfish and cruel creatures. Their thirst of getting and achieving more has caused violent and huge wars amongst themselves. They have created such an endless and complex cycle for survival which serves no specific purpose in the end. The more intelligent a generation gets, the harder it is for them to survive in this world. One cannot even opt to live as a savage in the woods as there are not enough trees left due to deforestation. Their activities have affected the environment so much that it is slowly being unsuitable for living. Today, humans have become the greatest threat to themselves and the whole earth.

Then what exactly are humans are? Who are they? Are they doomed to take everyone and everything down along with themselves in their search for more? Or will they realize the gravity of situation and sacrifice their ambitions for betterment of earth? Since I too, happen to be a human, who is praising as well as nitpicking our own kind, I don't have answers to my own questions. And after this long essay, the only conclusion I can draw is, Humans will spend their whole lives glorifying the past and worrying about the future.



By Aditi Subedi 10 'A'

## **Importance of integrity in our life**

**I**ntegrity is one of the main aspects needed in our life in the world full of disagreements. Everyone is not born good or perfect in this world. It is in our own hand to lead the way of our life to positivity or negativity. It depends on us whether to know exact meaning of our life or why we are living this life.

There is great importance of integrity in our life. A person with good integrity, lives with a good moral posture even if they are surrounded with enemies. Integrity makes you secure and confident in who you are as a person. People without integrity cannot help themselves to raise their self-esteem since they are not honest about their moral values. Confidence comes from being comfortable with yourself. It's not always easy to follow or stick

with your morals or values, especially when the world is against who you really are. Integrity is the most important trait to have. In a world full of disputes, one should know and learn to discover the true intention and importance of integrity. Even though the world dislikes you, you should be honest to yourself and have a strong moral and principle.

When you have integrity as your basic principle, you will have good reputation, you become a reliable person, you become confident and most importantly admirable.



By Aarju Gurung 10 'C'



## A Stoic's Perception

**F**ounded by Zeno, Stoicism is a school of philosophy that deals with taming emotions. It teaches one how to think, rejoice for what one has, accept how things are, and stop worrying about things beyond the sphere of one's control. Seneca, Marcus Aurelius and Epictetus are known to be the great practitioners of this philosophy. The stoics discoursed at a great length on human emotions such as hope, anxiety, fear and anger.

"It's okay."

"You'll be fine."

"The time will heal it!"

How often do those words give one hope?

How often does one seek for hope? Let it be answered up to your opinion.

The stoics believed that hope is the drug of emotions. It leads to anxiety, anxiety leads to fear and he who fears, suffers. Hope mostly lifts one up higher for an eventual greater fall. And when one doesn't meet their cherished desires and expectations, the lion of emotions unleashes within them. Anger, sorrow, regret, jealousy... you name it. The stoics suggest us to take a different path; the path of calmness, where one has to think

of the worst that could happen. Stoicism stirs us to stand still against the worst fate that can be thrown at our face.

Anger is another great subject of interest for the Stoics. They strongly put forward that anger is the result of one's own foolishness and false perceptions. One often gets angry when their hope doesn't meet the reality, and the "unexpected" happens. So, expect every possible consequences. The stoics suggest to stop wasting time on arguing in your imagination or even imagining as they say, "You suffer more in imagination than in reality".

You can say that stoicism isn't about pessimism, it's about neutrality. The teachings of stoicism help one to master emotional neutrality. Like when Seneca was forced to kill himself in front of his own family, it left one of the greatest remarks of the stoics. As Seneca's wife and children were weeping in sorrow and clinging on his cloak, he turned around to them with a weary smile and said "What need is there to weep over parts of life? The whole of it calls for tears."

Life is difficult and could be adverse in times. As Seneca said, "Fortune behaves as she pleases". His own life was a proof of that. He was exiled by an emperor, he

clawed back, only for it to happen again. All of those events were out of his control; the only control he had was how he chose to see those events and what he could make out of it. He chose to see the bright side of it and dyed those events with his own colour.

"Oh I missed the bus. Good, I can have a nice walk today."

"We lost the match. Good, we still have room for improvement."

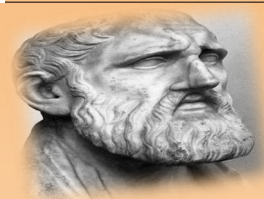
"I got fired. Good, I can now pursue another career."

This is the Stoic's perception on life events.

Marcus Aurelius wrote in his diary, "It's fortunate that this has happened and I've remained unharmed by it — not shattered by the present nor frightened for the future. It could have happened to anyone. But not everyone could have remained unharmed by it." And that is what Stoicism about. Not focusing on things one has no control of. We have yet more to uncover about Stoicism.



By Sushant Gurung 10 'A'



## Don't judge a book by its cover

**H**ave you ever heard the saying, "Don't judge a book by its cover?" I have, and it's a true saying. Is it really good to judge a book by its cover? No, you should never judge the value of a person or a thing simply by its appearance. The first reason why you shouldn't judge is because you never know what that person can do or become. It's never good to prejudge someone or something before you find out the facts about them. Another reason why it isn't good is because prejudging can stir up confusion. The last reason why it's never good to prejudge is because you wouldn't want people to underestimate you so you shouldn't attempt to do it to anyone else either.

A lot of people prejudge individuals before they are even able to properly function. Some newborns grow up to be very successful and they end up accomplishing a lot of things. Prejudging a child can lead to discouragement and it tends to cause despair. Some people can grow up in the worst neighborhoods and still we find them being doctors, judges and mayors. You can never know the outcome of a person unless you actually see it. Prejudging can stir up a lot of confusion. Some individual judge others by the color of their skin. Not only in the history but also in this very present times as well, the people of color are being underestimated for simply being themselves. If prejudice was never discovered, some great figures would still be alive today. Some officers prejudge certain individuals because of their attire. If they see a male individual with baggy jeans or sagging pants, with caps on, they think that they're up to something bad. But in reality it may not be the actual case.

So, I want to make a sincere request to never judge a person without knowing the background and without proper analysis.



By Aarsina Shrestha 10 'A'

## The Vikings

The term 'Vikings' means raiders and traders specifically from the Scandinavian region. The period from 800-1066 AD is known as the 'Vikings Age'. They spoke the Old Norse language. Vikings are often referred to as Norseman or Northman i.e. of Denmark, Norway, Sweden and some parts of Ukraine. Because of the harsh climate and geographical difficulties, the people of Scandinavia sailed on their ships with the destination of mainly England, Francia (modern-day France), the Mediterranean Sea, Russia, etc. in search of gold and resources. They were defined as tall, strong and pagan people by the normal of England. After the famous Viking Ragnar Lothbrok (one of the most famous Viking rulers) first raided England, many raids from the Danish and Swedish followed him too. There was extreme hatred between the Europeans and Scandinavians.

The majority of the population of Europe were Christians whereas the Vikings had their religion i.e. 'Norse'. One of the major causes of hatred was the debate on whose god was the superior one. Because of this,

the Vikings kept on attacking England. After back to back defeats in 845 AD, the King of England (Anglia, North Umbria and Mercia) i.e. King Ecbert decided to give Vikings legal land in England which was suitable for farming. After this, the 'Heathen Army' returned to Norway. King Ragnar Lothbrok decided to stay. But King Ecbert killed him and retained all his lands. After this, the sons of Ragnar i.e. Bjorn Ironside, Ivar the Boneless, Hvitserk and Ubbe went to England to avenge their father's death. They gathered one of the biggest armies and attacked England. This is one of the biggest wars in history. They finally got back their land legally. Some of the greatest Viking leaders were; King Erik the Red. King Ragnar Lothbrok, King Bjorn Ironside, King Ivar the Boneless, King Harald fine hair and Court Rollo. Bjorn Ironside connected trade links through Silk Road and towards the Mediterranean region.

Harald Fairhair whose descendants are still in Royal power of Norway introduced Christianity in the Viking world. Because of this, the Norse religion got dusted in the air. After the great war of London, the

Vikings' age came to an end in 1066 AD as the need for raid and sailing was not required for the Scandinavian people because of their rapid development. They lived peacefully in France, England, Scotland and Ireland. Vikings found the American region 800 years before Christopher Columbus. They habituated regions like Iceland and Greenland (which is still a territory of Denmark). Their age is also known as the 'Dark Age' because they terrorized Europe. They later left the old ways and adopted modern ways of living. Even the present Royal family of England is found to have a certain percentage of Viking DNA. The Vikings made numerous development in defense and trade for Europe. The saga of Vikings is still famous in tales and stories. Their contribution and bravery will forever be marked in history books.

Source: History TV and Netflix Series; Vikings & Vikings: Vahalla, Wikipedia

COLLECTED By Aarshabh Raj Adhikari 10'A'

## Time Flies

I ponder in the darkness  
with the shaft of rays,  
Nights are cold... the days were pleasant  
my old mom says,  
Life was complete back then,  
could I have a gaze,  
OH I wonder please God take me  
back to the good old days  
My life is in shambles, I am leaving  
out my heartfelt goodbyes,  
playing in those parts having no fear  
those days were nice,  
Naughty as I was  
no care of the world head full of lies,  
OH I wonder about the good old days  
could come back, oh sure fast  
time flies!



By Raj Kumar G.C 10 'A'

## My Aim in Life

Everyone in this world must have an aim in life. A person without aim cannot get success in life. An aimless person is like a ship without rudder. A rudder directs the ship into proper direction.

Different people have different aims in life. We experience that most of the people wanting to earn wealth. They want to pass comfortable life earning money. There are some men who want glory and fame. Some want to get power and exercise authority over others.

For me, I have many things to do in my life and there are many aims in my life. I have aim to be a successful businessman and to open my own company. By earning money I have to do many good things for my country. I want to earn a lot money in my life and invest them in different sectors. My dream is to serve for a greater purpose and in order to fulfill it, I am trying my best to be a better person. After I start my business, I will slowly develop it by various ways and open a big company. I have been working hard since my childhood to be a good, disciplined and hard-working person, to be successful in life.

I will do anything to achieve my aim and be a successful person.

By Saras Karki 10 'B'

## Scientific facts about Friendship

- Animals can form lifelong friendships with individuals that are not from their species.
- In a lifetime, you make 396 friends, but only 1 out of 12 friendships last.
- Not having any friends can be dangerous to your health.
- It's the friendship aspect in a marriage that makes it last.
- When faced with a major illness, individuals with a good social network are in a better position to survive.
- Your brain reacts the same way when you are in danger and when a friend is in the same situation.

- It is scientifically proven that the company of good friends reduces stress in life.
- Close friends share about 1% of their DNA.
- Your close friends influence your weight.
- Our best friends are pretty much like us.
- Friendship is even stronger when you know what irritates your friend.
- If you are happy with your friends, then most likely, you are happy with your life.

Source: Internet

COLLECTED By Krish Gurung 10'A'



## Dear me in 5 years,

This is a self-reflection and a reality-check on my part. The exam stress has finally affected me as well. It has severely affected my mentality and my personality as a whole. Currently, I am in a slump, completely helpless and feeble. I myself wouldn't be able to explain the emotion that I am feeling right now. In layman's terms, Adolescence has hit me like a truck.

The simple thought of me being someone completely different than I am right now is mind-boggling. To me 5 years later, I hope you break out of the mold. I hope you become someone who is far different from me as ennui has just crept up in my heart. I hope you are proud of the effort that I am putting in right now. My perspective of my current life is completely monochromatic. I just have this void in my heart which I can't seem to fill up. I've tried different hobbies like calisthenics, drawing, gardening, cooking, relationships yet I still feel bored out of my mind. I hope my mentality will

correspond with the time. I am currently extremely emotionally unstable and the only thing that's keeping me sane is manga/doujins. I seem to get engrossed in psychological and murder mystery stories. I hope in 5 years' time, this alone fact will not change about me. I am a serious-type, honor student in school but that too, is just a persona created by me which can't be farther than the actual 'ME'. The school life is suffocating and excruciating, so the thought me being finally separate from the base I've made in this school makes me all the happier. Obviously I'm the one that knows myself the best, so I can confidently say that I can't envisage a pathetic version of myself after half a decade. To future me, REMEMBER to try not to be a lone wolf, that's been my life this past decade so I already know the bliss of solitude. Being alone sure is comfy and cozy but I like a little action, let the world see more of your greatness. I don't know if this is just superiority complex on my part but talking to people my age just feels like I'm asking for either a dumb or a love-related conversation, both of which don't fit with

my vibe. This toxic mentality definitely has to wane. You have to know that you're way too self-conscious. I bet half the people you've had conversation with don't even properly remember it. To the future me, I just hope you realize that sometimes being free is much better than constantly trying to please the crowd.

Fate will only decide when I'm going to change, the responsibility of HOW is on me. Dear me after 5 years, I hope you will be truer to yourself, have fun and always be in a buoyant mood. The more I think about things, the more complex it will get.

***Let me please realize the value of each and every interaction. I have just placed the foundations; the stage is for THE FUTURE ME to take.***



By Sarun Lamichhane 10 'A'

## The girl with lilies



The fresh lilies were blooming in her garden. She came outputting the same white-colored outfit with the saddest flower lilies in her hand on the day she turned 18. She was unlike all to laugh whole heartily, she was quiet and had a light smile on her face. People thought that she had some mental health issues whereas some told she was the follower of goddess Hera who is said to have given birth to the lilies by the milk from her breast. All people in the valley had a mindset lilies were the saddest flower as they were used in funeral. But for her, the lilies were the connection between

her and her parents who died in the war long ago. She was inspired by her mother to plant lilies and the fragrance of lilies spread the magic which made her feel close to her parents. Unlike others, she does not laugh whole heartily, but she was happy and the reason for the happiness were the lilies which flourished the innocence and purity present in her mother, and the braveness present in her father which connected her with them.

So, it's your choice to choose the happiness present in lilies or sadness which is purity as souls become pure after death.



By Supriya Ghimire 10 'A'

## What is your value?!

Once upon a time in a faraway land, a son asked his father, "What is my value father?" The father thought for a while and gave him a precious stone and said, "Take this stone to the market and if anyone asks for the price, say nothing and simply raise your two fingers up". The son took the stone and did as his father told. A person believed the stone to cost Rs. 200 and was ready to buy it. The son returned home and told everything to his father. His father asked him to take the same stone to a stone shop and do the same thing again. The son went to the shop and raised two fingers up when the clerk asked for the price. The clerk believed the price to be Rs. 20000 and was ready to buy it. The son again returned home and told everything to his father. His father told him to again take the same stone to a museum and do as before. The son does so and the woman from the museum believes the price to be Rs. 2000000 and is ready to buy the stone, the son is shocked by what had happened. He returned and told everything to his father.

The father simply smiles and responds, "This is your value. If you choose right place, your value automatically increases, and if you choose the wrong place, the vice-versa will occur". The son understood the lesson his father had bestowed upon him and gets his answer.



By Sankalpa Pradhan 10'A'

**“You never know what someone is going through unless you put yourself in their shoes.”**

“Walking in someone’s shoes” is a famous idiom that indicates thinking from someone else’s perspective. I strongly believe the world will be a kinder place if we start thinking from other’s perspective as not everything we hear and see are always true. In my perspective, you never know what someone else may be going through since we often like to keep our private life and experiences hidden especially when things aren’t going well. Its purpose is to remind us that we can’t know what’s it’s like to live in someone else’s reality. As a coin has two sides, every story also has their own narrations where other one is mostly wrong in each other’s view. I’ve seen it repeatedly in my own life in one of two ways. Either I’m going through tough trials and a friend later finds out the pain I was in, or I’m the one witnessing it in another and think to myself later, “I wish I knew then what I know now.” Everybody has their own sufferings and sorrows regardless of their appearance or age or their nature. Not every smiling person is happy is what I believe from people I have seen in my life and own experiences. We never like being judged or compared until we are the ones being judged or compared but I believe from



my personal experiences not to shutter things about people before knowing them just the way they behave or based on what I have heard. As a perspective of a mere teen, I discovered adults couldn’t just believe the fact that their children can suffer from anything without putting themselves in our shoes. Only if people start being more kind and start analyzing about each other’s problems, the world would be less cruel, is what I believe. We never know what another person is going through and like baking a cake, if you see a cake midway before it is done, it will appear to be unfit to eat. That is because we interfered with the cooking process in how long it takes to rise to the level needed for its completion. We live in society where pre-judicial nature with judgmental behavior is generalized, which is, most people can’t bear someone different from them standing out.

Taking it slightly deeper, the saying is reference to idea that we can’t see through their eyes and don’t perceive things the same way. We will never understand what other person is going through or how he/she feels specially when it comes to arguments or misunderstandings. Also, even when the person tries to explain the situation to us, we often don’t quite get it even if we make the proper empathetic comments. Each of us sees things differently and reacts differently to the world in which we live. And because of that even if we’ve had the same

experience as another person, we would have evaluated it, processed it and reacted to it differently. So even when you think you’ve gone through the same situation as another person, be careful not to assume you experienced it in the same way as the other individual.

The best thing you can do is try to relate your own experience to what they are going through but to listen with an open mind and accept your views and their views will differ at least somewhat. Try to understand where they are coming from with your internal critic and shut down judging for the time being. Let them talk and accept whatever they say at face value. Just like we don’t like it when others judge us when we feel they know nothing about our situation, others don’t like it when the tables are turned.

***The truth is, you never know what people are going through and sometimes the people with the biggest smiles are struggling the most, so be kind.***



By Bimika Karki 10 ‘B’

### Rainy Season

Rainy season gives a new life to the Earth. Rainy season bring shower of rain which is the life force. No plant or crops can grow without the help of rain. There will be famine and death everywhere. This lovely earth will turn into a desert without rainy season. The whole creation of god will fail and cease to exist. No wonder rain is regarded as a god in Nepal. This god is perhaps the most important god.

Spring is beautiful and brings beauty to plants and flowers, but what is it that gives them life? It is the rain during the rainy season. The beauty of rose will vanish if there is no rain. Rainy season is like a mother that feeds and nourishes. The beauty of this season charms and lures all. Green trees, grass and paddy fields are beautiful attractions of this season. Artists are charmed by the beauty of this season. Sweet smelling flowers add luster to the beauty.

One of the disadvantages of rainy season is its dirtiness. It’s full of mud. During the rainy season, the sky is covered with clouds. The sun cannot be seen for many days. Rivers and canals are filled with water to brim. Sometimes, rivers overflow and cause floods. There are landslides in the hilly regions. The roads are often blocked by landslides. People cannot go out for work. People living in cottages have to suffer very much. Their roofs leak, their houses get damp. Sometimes their houses are even washed away by floods. Many people become homeless, and crops/cattle are lost.

We are used to rainy season. The rainfall makes farmers happy and makes their crops grow well. It provides us a lotus born in mud. The lovely spring gives birth to new life itself. So, let’s welcome the rainy season.



By Raunak Gurung 10 ‘C’

### First things first

*“Things which matter most must never beat the mercy of things which matter least.” — Von Goethe*

Effective management is putting first things first, while the leadership decides what “first things” are. It is the management that puts them first day-by-day, moment-by-moment. Management is discipline, carrying it out. “Discipline derives from disciple, disciple to a philosophy, disciple to a set of principles, disciple to a set of values, disciple to an overriding purpose, to a super-ordinate goal, or a person who represents that goal.”

In other words, if you are an effective manager of yourself, your discipline will arouse from within. After all, it is a function of your independent will. You are a disciple; a follower of your own deep values and their source.

And you have the will, the integrity to subordinate your feelings, your impulses and your mood to those values.



By Upasna Acharya 10 ‘B’

## The Differences

What good is the wrath of summer, without the cold of winter to give it sweetness? –John Steinbeck

Contrast brings out the things that are beautiful yet hidden and simply it means something that's different from another. Contrast focuses on the beauty of differences. First of all, here's a question for you, if someday you walk into a room and see robots of same shade, same physique, same origin and material, what would you observe? And if some other day you walk into a room with people of same date of birth, same race or even same nationality, what would you observe? Surely, you will see some dissimilarities and similarities that they hold, the previous room filled with robots will look uninteresting, dull and somewhat not so appealing whereas the room filled with real people will appear more diverse and interesting. Our human mind subconsciously looks for differences that's why even if we put two identical twins together, we will be able to observe some contrasts and undoubtedly, that's what makes them unique.

Ying and Yang, North Pole and South Pole, both, are completely different from each other, both contrast each other. But when both of them are together, a whole is formed. Since ancient times, people have filled our minds with thoughts like "if someone is different than you, stay away from them!" or "make friends with alike ones." Considering these statements, we created our friend circle with people that we share maximum similarities with, but life is not a math problem

that we have to find maximum and minimum value of something. Life's about combinations, combinations with everything and anything. In life there are no fixed questions, no fixed path of solutions and no fixed answers as well. But the weightage of our childhood was so strong that we began out-casting those, who are different from us. And during that process, we failed to realize an unspoken rule of life that is; without darkness, light will not hold any value, without difficulties our success wouldn't be that dear to us, without a little denial, one wouldn't realize the bliss of acceptance. Now that we know that differences are beautiful, we should be compassionate towards those who were negatively affected during differentiating process of this cruel world. We should make people realize that if there were no diversification and differences, people wouldn't be able to appreciate beauty. We should normalize differences and accept that, ***People, despite their flaws and differences are beautiful.***

A garden is beautiful only with different types of flowers, so is world with people full of diverse culture and personalities. If there was just one color, just one language and just one vision and just similar types of people, believe me the world would be a boring place to live with no possibilities of exploration. So, differences are important, they make us value and appreciate things. And we all know that stories are kind of incomplete without heroes and villains, right?



By Dipisha Shrestha 10 'A'

### After You Left

After you left,  
Days and nights passed by  
It was so hard for me to live  
that I thought I would die.

After you left,  
I lost everything  
Among them your friendship  
was the main thing.

After you left,  
There was no light and it  
was so cold  
But I tried comforting myself  
reminiscing the memories  
you left.

After you left,  
I didn't have an option  
but to carry on  
My life has become like a  
pond  
which is soon to dry!



By Karuna Karki 10 'A'

### Was I Behind?

Yes, I was behind  
The day I made up my mind  
I had a feeling I wasn't;  
Yet I sat there knowing it and  
Actually, I was behind

I should've walked  
Rather than sitting there idly  
With my arms folded  
And now Lord, do I have to run?  
I can't, for I'm tired and slow

My new day was ruined and  
So were my aims but  
I couldn't sit still, could I?  
I worked hard, didn't I?  
Maybe if I did regret,  
I wouldn't have sat  
While you all were running

Days and nights flowed like river  
It never returned, I watched as it  
flashed  
Now here I am in a rocking chair  
Counting my days left  
And it's about time I fall



By Prasansa Gurung 10 'B'

### A letter from Mom and Dad

My child.....  
When I get old  
I hope you understand  
And have patience with me.

In case I please a plate  
Or spill soup on the table because  
I'm losing my eye sight,  
I hope you don't yell at me  
Older people are sensitive  
Always having self -pity when you yell

I'm sorry, my child  
I'm getting older  
When my knees get weaker,  
I hope you have the patience to help us to get  
up.  
Like how used to help you while you were  
little  
Learning how to walk.

You'll understand when you're older.  
When the times comes and I get ill and bed-  
ridden  
I hope you have the patience to take care of  
me  
I'm sorry  
If I accidentally wet the bed or make a mess.



By Ranu Ojha 10 'A'

***Education is the most powerful weapon which you can use to change the world. -Nelson Mandela***



## THE SIN

There laid a sin,  
under that pretty face  
of killing the one  
he felt the closest

Some say he was possessed  
Some say he was complied  
either way that day,  
a sin was committed

Realizing his darkness  
he forgot to be him  
hoping it will ease  
his way to the throne

Nothing worked out  
as he thought  
he stayed as the sight  
of everyone's eye

It ended with him  
forgetting to be him  
changed his thinking  
of becoming a king

His eldest cousin  
enjoyed this plight  
Became the king  
when he suffered in grief

Maybe it was  
his urge to get more  
or his urge  
to make it happen fast  
the reason mattered less  
as he was left alone for the best

It was the day  
for his cousin to wear the crown  
he came but,  
with a sword again  
like he did while committing  
the biggest sin of hell

It was sure  
one sin wasn't enough  
for him to vandalize,  
the doing of mankind!



By Rebika Parajuli 10 'A'

## DEAR LITTLE I,

When I was around ten,  
I dreamed of having a much bigger life  
than what it is right now!  
So, would the ten years old me get  
disappointed?  
I don't think so,  
Because strangely, I believe that life  
exceeded her expectation,  
She thought only a great and big things life  
would bring  
Bring us peace and joy....,  
But here we are, discovering greatness in  
little things.  
She would be relieved to know that we  
have become a little less selfish and a lot  
more grateful,  
She who always dreamed of being sixteen  
someday,  
Would be jumping with excitement to find  
out that we are still alive at the age of  
twenty....  
I wish I could hold her hand and share a  
smile, When I say this,  
"Life has been good to us and we couldn't  
have asked or dreamt of anything better  
than this."



By Aayusha Wagle 10 'C'

## "My Inspiration in life"

Everyone in the world has a role model/inspiration in their life who motivates them to work hard and be successful. By having a inspiration doesn't mean we should imitate them and their everyday activities but we should follow their road to success. I also have a role model who has inspired me and millions of people throughout the world because of his enormous hard work. His name is Cristiano Ronaldo. He is considered to be one of the greatest footballers of all time. Naturally, he is just a human being but because of his continuous hard work and dedication he has been compared to machines.

He has won multiple titles and awards throughout his career and at the age of 37 he is still the greatest sportsman on Earth. I also have a dream to be like him but only

through a lot of hard work. Success is not something that we can earn overnight. It takes years and years of practice to become a successful person. The best factor I like about him is his winning mentality. No matter how hard the opponent is he has always shown courage and passion to play football because of which he is the best of the best. I have learned from him that "If there is a will, there is a way." With appropriate hard work, any dream can be fulfilled.

Some inspiring quotes by Cristiano Ronaldo:

"If you think you're already perfect, then you never will be."

"Talent without working hard is nothing."

"I am not a perfectionist, but I like to feel that things are done well. More important than that, I feel an endless need to learn, to improve, to evolve."



By Pratik Panta 10 'B'

## How I Started Video Editing

Before I started editing, my knowledge about editing wasn't so good. I wanted to edit, but I wasn't quite satisfied with my skills. So to change that, I upgraded my editing tools and started researching more. I watched tutorials and worked on it every single day. I practiced hard. Whenever I was free, I made videos. Slowly, I got better. I started posting my videos on different well-known groups on Facebook. Soon, my posts got more reach on social media and I gained followers. I got my first paid work, which was to edit a birthday video. I was paid Rs-200. Though it wasn't much, it meant a lot to me. I began working voluntarily on Facebook pages like 'Scream' and 'Mood Posting Nepal' as a video editor. I was introduced to talented editors on social media. I got a chance to improve my skills. At present, I'm distancing myself from editing because of my board exams, but I have thought of resuming it after my exams. I started editing because I didn't want to regret for not starting. I have not thought of any career related to video editing yet. But it makes me happy and I love it.



By Saurav Ranabhat 10 'B'

- "Everyone thinks of changing the world, but no one thinks of changing himself."
  - "If you look for perfection, you'll never be content."
- Leo Tolstoy

## A letter to myself five years into the future!

Dear Dipshan,

Wow! It's been a long time I suppose. You probably look better in shape and healthier than me right now. It really seems you have figured out life and aren't as clueless as I am right now.

You walk differently, talk differently and think differently! life has hardened and turned you into the best version of me. For me, last 16 years have been a crazy roller-coaster ride but with graduation and SEE coming up, it has been slowing down recently. I hope you have taken charge of this crazy ride called life in the upcoming 5 years.

You are 21 years old now. You probably have chosen a path and stuck with it. Whatever it may be, I really do hope you are happy and satisfied with it. The passion to study and learn new things hasn't died for you either. I really expect my hopes and ambitions to have remained or even grown in those extra 5 years to a point where I strive for perfection in almost every criterion.

You have met lots of new people and befriended many, but I also expect you to be in touch with those who have stuck with you throughout your school life. I want you to have at least one or two really solid, substantial friendships that are long-lasting. I want you to have someone with whom you can spend eternity and not care any less. You have graduated college and are pursuing something you wish to build a career and reputation on. I really wish you have figured out what you want to do and what your ambitions are, and aren't as clueless as me. You should

give your time to your hobbies too and care about the small things in life like a regular jog in the morning. Don't put too much pressure on yourself and always believe in yourself.

How are mom and dad? I suppose better than ever. Even sister has probably graduated by now. Hope she is fine. What about the grandparents and pet? Take care of them without cutting corners. Be a little more caring, more compassionate, more generous, full of hope, love and express gratitude than me. I want you to come to terms with and accept the way things in life are and that there are some things in life which are always out of reach and control, so stop stressing about them.

I still have a long way to go to be at the spot that you are in. When I look back right now, all I can see are the good times. I hope you have had a really fun and joyful life for the last five years. But, the struggle and journey are yet to end. Focus on the future while carrying the passion from the past. Take care of those who are close to you.

*With the words of Eleanor Roosevelt, "The future belongs to those who believe in the beauty of their dream", I would like to end this love-filled letter. I want you to be ultimately happier, be healthier and more successful than me. Always know that you can do anything if you put your heart into it.*

Love as always,  
You from five years into the past



By Dipshan Babu Khadka 10 'A'

## Patriotism

Patriotism is the love for one's own nation. It is a divine spark in human breast. A patriot is a person who is ready to make any sacrifice for his motherland. Thus, patriotism means the love for the motherland.

It is said that mother and motherland are greater than heaven. It is patriotism that has inspired martyrs to sacrifice their lives in service of their country. Patriots fight for the liberty of the country. Their golden words are recorded in the nation's history. They are respected and welcomed by all. They remain immortal and are revered by the citizens of the country.

A true patriot is a true lover of the country. His sincere desire is to save the country in any ways. He is proud of his country because he loves it. He doesn't hesitate to expose its sin, denounce its abuses, and if necessary, criticize its



policy. While he loves his country, he gladly recognizes the achievements of other countries too. But he does not tolerate any external interference in his country. He is ready to raise voice against intruders and to shed blood in battlefield. In the context of Nepal, our brave ancestors like Amar Singh Thapa, Balbhadra Kunwar, Dashrath Chand, Bhimsen Thapa, Shukraraj Shastri remain engraved in our memories because of their praiseworthy contributions.

If one is selfish, he can never be a patriot. Thus, we should learn to be selfless. We should be faithful to our country. It is our responsibility to serve our motherland. We should do whatever we can, for the fame of our nation and for the nation's welfare.



By Biddhan Ranabhat 10 'B'

**Life Skills** is a term used to describe a set of basic skills acquired through learning and direct rule experience that enable individuals and groups to effectively handle issues and problems commonly encountered in daily life. They include creativity, critical thinking, problem-solving, decision-making, the ability to communicate and collaborate, along with personal and social responsibility that contribute to good citizenship – all essential skills for success in the 21st century, both for healthy societies and for successful cum employable individuals.

Life skills help them to develop self-confidence and successfully deal with significant life changes and challenges, such as bullying and discrimination. It gives people a voice at school, in their community, and society at large. It also empowers them to make a positive contribution by developing the expertise and experience they need to assert their rights and also understand their responsibilities while preparing them for the challenges and exploring opportunities of adult and working life.



By Sushant Sapkota 10 'A'



Sanduk Ruit

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## Changes

It's... awkward.

We've been staring at each other for quite a while now ... Huh!.. Is she... crying!

Standing before me is a young girl with a crimson scarf around her neck-hair as black as raven, skin as white as snow. The last time we met, she was still an innocent, playful child who adored rainbows and butterflies. Her eyes twinkled brighter than the stars, her heart was purer than gold. That sweet, cheerful nature of hers could melt even the iciest soul. And her precious smile would give a hope for tomorrow; a tomorrow where anyone could fly freely in the bright, blue sky whilst playing among cotton candy clouds.

But... Here she is today... Big, fat tears streaming down those rosy cheeks... Maybe it's because she now understands the way how life works; A tiny caterpillar must struggle and wait patiently for days before it can emerge as a graceful butterfly. One must endure endless storms just to get a glimpse of the seven colored phenomenon... Or maybe it's because she has realized that it was only a wishful

thinking to grow wings of her own and explore into the boundless sky; for the freedom she sought turned out to be nothing but another trickery of fate... Maybe she has put on that smile for long; so long that her heart can no longer tell what it feels like to actually be happy... Or maybe she's been waiting all along for someone to wrap her into a warm embrace and say, "You aren't alone."

The deeper I look into her eyes, the more I feel like I am drowning into an ocean full of scary emptiness.

"You've changed."

As these words part my lips, a soft white glow slowly envelops her. Waving at me, she smiles faintly - her gaze full of contentment. And then she fades away.

I take off my crimson scarf and braid my raven-black hair. Putting on my butterfly clip, I look in the mirror that had been leaning against the wall in front of me this whole time.

"See You."



By Erina Gurung 10 'A'

## Mother



If my mother wouldn't become the medium now ,  
I wouldn't be able to see  
I wouldn't be able to know  
The smile on my face as gracious as the sea  
Thanks to my dear mom  
thank you for your love  
You are my angel  
You are a beautiful dove  
Your presence itself removes my life's tangles  
I can't describe you in words  
As your heart is as a pearl in the shell  
You solved my problems and made me free like birds  
You are my guide and friend as well!



By Anish Sapkota 10 'A'

## Revolutionary Environmentalist

**GRETA THUNBERG** is a Swedish environmental activist who is well renowned for challenging the world leaders to take an immediate course of actions for the climate change. Born on 3<sup>rd</sup> of January, 2003, she is a 19 year old student whose full name is Greta Tintin Eleonora Ernman Thunberg.

From August 2018, Greta started spending her school days outside the Swedish parliament to call for the stronger action on climate change by holding up a sign, quoting school strikes for the sake of climate when she was just 15. She initially gained notice for her straightforward and blunt speeches at such a young age; both in the public and to the political leaders and assemblies, in which she criticized the world leaders for their failure to take what she considers sufficient action to address the climate crisis. No sooner, other students also started rolling in similar protests in their own communities. Together, they organized a school climate strike movement under the name "Fridays for the future". After Thunberg addressed the 2018 United Nations Climate Change Conference, the student strikes started growing

more aggressively as they took place every week somewhere around the world. In 2019, multiple co-ordinated multi-city protests were held; each involving over a million students which addressed the issue of carbon gas emission. Her sudden rise to the world fame made her both a leader in the activist community and a target for the critics. Thunberg's influence on the world stage has been described by the Guardian and other newspapers as the "Greta Effect". She has received numerous honours and awards, including the "Honorary fellowship of the Royal Scottish Geographical Society". She has also been nominated for the Nobel Peace Prize in 2019, 2020 and 2021.

Thunberg asserts that the humanity is facing an existential crisis because of the global warming and holds the current generations of adults responsible for creating such problems. It ultimately becomes our prime responsibility to maintain the environmental sustainability and conservation to protect the earth from potential extinction threats.



By Adhista Gurung 10 'B'

## Music



Music is something  
That fascinates me,  
Taking me to another land,  
That's filled with melody.

Beats and Rhythms,  
Are followed by songs,  
That moved my lips  
Followed by my feet  
Shaking from left to right

With a glint in my eyes  
And joy in my heart,  
I also want to follow  
With the music's rhythm

To dance on and on, my body moves  
Like there's no tomorrow  
Music is my world  
As it casts its spell  
And it blinks me so well  
That no one can stop me!



By Anushka Gurung 10 'C'



## What is Education?

**"Education** is not what we read and write in copy but the perspective towards life."

People believe, coming to school at sharp 10 am with proper uniform, trimmed nails, bag filled with at least 14 books and copies containing the materials, as education. Reminiscing the situation 6 to 7 decades ago, people believed that, world had changed and even life had changed. People walking for more than two hours just to receive the telephone on somebody's house to each people carrying phone and devices in present scenario. From the time of waiting to receive a letter written many days before to now chatting in messages within fraction of seconds. But observing the educational process from past to now, chalks have turned into markers and black and white printed books-copies have turned into colorful books and copies.

Just like, taking animals to graze in fields, people believe to keep students in school for 10 to 4 to get education. Learning, reading the subjects and books of moral, social, and positive living, filling the copies with the answers and having the points in mind are not

actually the gist of education. Disabled and poor people passing by the road, who are asking for help and suddenly you see people laugh and make fun of it and you realize, it's not what you had written in papers of copies and an examination sheet. Writing a full-page answer containing moral principles and securing full point may make you highest scorer but not educated in real sense. Writing "to help needy and elderly people" in your sheet and pushing an old woman trying to cross road just because you need to reach to your school on time doesn't make you disciplined, punctual and educated. Filling pages by writing about human being as a social creature, in your notes won't make you social until and unless, you have adjusted and following those principles in your real life.

Students coming to school with long answers filling copies copied from somewhere else just to avoid punishment from teachers is not what education means. It may be the part of learning but not the complete learning. People who have the knowledge all around world won't make them educated until they are able to understand problems of people around world. People are studying about organic

farming but disrespecting farmers is not the core value of education. Acquiring a long 45 minutes lectures for being positive won't make you enlightened and be fruitful, if your mind is full of negativity. Technologies and science have flourished, course coverage is also increasing. But do you think education is evolving? With the advancement of technology i.e., people don't simply know about using it, about cyber laws but know millions of ways to misuse it. This system of education is providing people with greater weapon and platform to spread negativity and this is not education. Studying about corruption won't make you educated till the time you prefer to get services first rather than deserving one.

Education helps in enlightening experiences, strengthening knowledge and makes best of life with all the possibilities making you able to face obstacle. So, have broader sense towards education and explore the glory of life.



By Sneha Paudel 10 'A'

## My interest in Music

**M**usic is a pleasant sound. It is a beautiful combination of melodies and harmonies which soothes the listener. Music has great qualities such as healing one emotionally and mentally. It is another form of meditation. While composing or listening to music, one tends to forget all his/her worries, sorrows and pain. In order to appreciate good music though, we need to cultivate our musical taste.

The statistical study shows that about 68% of the adults aged 18 to 34 listen to music every day. The majority of their older peers too enjoy music with the same hype and regularity. I am also one of those kinds who loves music. I don't know the reason, but I have been listening to music and singing along with it since my childhood times. I think there's a huge platform in the music industry. I still remember the time when I was in 6th grade; I used to do my chores while listening to music and I would fall deeply into the lyrics. As for now, I'm in grade 10 and I still love to listen to music while cycling, doing my assignments, taking a shower, performing workout. I even listen to it while eating! It's not like I'm a music craze but it is my interest. I still vividly remember the time I stood first in music competition on 2nd and 4th grade organized by our

school. I believe that if I ever get a chance to enter in the music platform, I could do something better for the industry. My voice was crystal clear back when I was 12 but for now, it's like an old dog barking. My biggest flex is that I can change my vocals as per the beat but the talent seems to fade away as the time passes by since I haven't practiced singing much these days. I feel a bit shy whenever someone asks me to sing in front of a mass. I'm so much engaged into music because it helps to freshen and cheer me up whenever I'm in a bad mood. I have listened to more than thousand music in my lifetime so my music taste varies as per the mood. Music works just like a pain-killer as it kills the pain and sets up a better mood. Lastly, my suggestion to the people who listen to music is that whenever you're in an off-mood, listen to the ones that's opposite to the vibe because if you're feeling down and listen to sad songs, it might tear you up.



By Shitoshna Kadel 10 'A'





## GROWTH

As I am growing up I am starting to panic about my future, about what I am doing right now and thinking if it's all going to be worth it or not.

As I am growing up, my anxiety does not seem to shut up.  
As I am growing up, I constantly have a feeling that I could not make my parents proud enough  
As I am growing up, I am noticing everything, listening everything but would rather not react to anything.

As I am growing up, I see more jealousy, betrayal, hatred, gossips, judgments, competition in people's eye  
As I am growing up, I see less humanity less kindness and less love  
As I am growing up, I see how people enjoy talking about someone's painful trauma just because they want that 10 sec enjoyment in their life.  
As I am growing up, I see nothing but an empty dark lonely road filled with more fake and less real people.

Eventually, I know I am growing as well as learning. No matter what I will never stop believing in Karma!



By Kritika Baral 10 'A'

## Childhood memories

The wheel of life goes on rotating, it cannot be turned back. Likewise, days are passing quickly, life is turning every individual experience into various new experiences and everyone is having their test through various situations but the days of childhood can't be felt or can't be experienced again. Even when remembering those days of childhood in any part of life people tend to behave and react like children for a certain time.

Life passes very fast, everyone is getting older one after another day. Everybody is standing in different phases of life, some are busy in their professional life and some are enjoying their personal life. Everyone's aim is to be developed which is the main challenge of human life. But, those priceless days of childhood are all full of mischiefs, tension-free activities, and joyful memories. In the days of childhood, the lights of festivals bring a new shining glow to the person's face. What to say about those days! And the friends at that time! The friends of childhood play important role in life as with them there are no fil-

ters and closeness, bonding is irreplaceable and is remembered as precious memories. It's impossible to get childhood days back once it is gone but meeting friends of those days, we feel like those days are back again, we feel like the wheel of life which I mentioned earlier had rotated towards our childhood days for once in our lifetime. Those days of childhood when we used to play various games with birds and butterflies were full of ignorance without caring about the scolding of mother. Our mischiefs were also used to be without stress.

This duration of life is too short and no one is immortal and has limited time on earth. So, enjoy every moment of life being happy and smiling. Finally, the teaching of childhood is to be tension free and happy, cheerful, and enjoy every moment of life.



By Anjita Tiwari 10 'B'

## Time Dilation

We think that all of the people around us experience the same flow of time but have you ever thought out of the surface? That maybe time flows differently for everyone? This sounds interesting, yeah?

According to Einstein, "Time is relative and flexible".

In his Theory of Relativity;

Gravitational time dilation, also known as gravitational redshift, is a key prediction of the theory of general relativity, which Albert Einstein published a century ago in 1905. Gravitational field shows the passage of time; the closer a clock is to a massive object, the slower its hands move as seen by an outside observer.

You might be stumbled right? Let me hand you an example.

The people inside a rocket, travelling at a very high speed experience time slower than the people on the earth.

The astronauts experience both gravitational and relative velocity time dilation. The relative velocity time dilation is stronger than the gravitational one which is why astronauts experience time slower than those of us on Earth. They also age slower due to the spacecraft's high orbital speed. It's called time dilation. This also means that when they return back to Earth, they seem to be a bit younger than they actually should have been — as if they've travelled into the future, crazy right?

The movie "Interstellar" gives a better vision about the time dilation. I recommend this movie to the ones who would want to know more about time dilation and have keen interest on astronomy; it's really worth the watch. Though there are some things to point out on the movie that are false. For instance, the safe landing on the "Miller" planet is impossible due to extremely high gravitational pull. To put it in a nutshell, this movie gives you a brief idea about time dilation, why not watch it then?



By Aayush Adhikari 10 'B'



## The Tree

Go back to the month of Autumn,  
When the trees from top to bottom,  
Are all covered by orange,  
I cant explain its joy in a happiness range,  
Being a common shelter for animals and plant,  
I can feel the birds on the branch chant.  
The peace that I can't express by the tree,  
Strong breeze and birds flying over for they are free.  
Trees give me calmness, and Yes indeed!  
What a masterpiece of nature it is!



By Rojina Gurung 10 'B'



## IMAGINATION

When we close our eyes,  
We can visualize some butterflies,  
In wise words we call it imagination,  
A place where we can feel no tension,  
Talking about, there was a incident,  
I want to mention.  
Once, I saw a big garden,  
That was bigger than my own,  
Soon I realized, I was in my neighbor's house,  
Inside of which I saw a little mouse,  
Eventually, not one but lots of mouse lived in that house.  
Among them all, was one king,  
Whose crown, seemed to be my neighbor's ring,  
The crowned king came to me, as it would seem,  
As he got nearer, I was smaller than him,  
Panicking! I called my mother for being helped,  
But thankfully, I was in my bed when I yelped.



By Suvechya Paudel 10 'C'

## School Life

Ironing uniforms and polishing shoes,  
School's prayer song and national anthem,  
Being the happiest on the day of P.E. period,  
Keeping quiet when the principal passes by the classroom,  
Hiding behind friends when teacher starts to ask questions,  
Combined study and projects with big group of friends,  
Group discussions before the day of picnic,  
Celebrating school's functions and annual days joyfully,  
Horrrifying exams that used to take away our sleep and rest,  
Those silly fights with mates and ending the day with hand-shakes,  
Sleeping with optional math and science books,  
The proud feeling of actually doing really well in exams and  
the teacher praising us in front of all!

### ONE SCHOOL: MILLION MEMORIES

The golden period of our life which we spend at school is considered as school life; the best time of our life where we make friends, learn new things and build our career. A school is a place where we, the students get good learning experience, the self-confidence, motivation and the 'inner will' to do the best and ultimately be the best version of ourselves. Apart from courses and subjects, we learn social and moral values which is really crucial for our lives. At this stage, we laugh, we cry, we argue, we win, we lose, we learn, we cultivate, we get desperate, we get our limits tested for several times and after all, we grow. Growing by learning! Hence, the school life is the most prominent and enjoyable part of a person's life. We will be left with a plethora of memories which we will be cherishing throughout our lifetime.

We know that not everyone here are the same neither they have same perspective towards something. There exist a few students who perceive different view regarding school life. They take the warnings of teachers, strict attitude of parents, compulsion for completing homework and regular attendance as a burden and rather develop negativity towards school which is completely wrong. School life helps us shape our characters, molds our mental attitudes and makes us prepared to strongly face the challenges of outer world.

Dana Scott has said, "Learn as much as you can while you are young, since life becomes too busy later." which is worthily true. No matter how much we think that school is hard, annoying or irritating, admit it! Deep down, each one of us is going to miss it when we leave. The joys of school life are really invaluable. Learning together, spending time with loving friends, supportive teachers who always help us to go to the correct track, projects and assignments, punishments and fun, naughty moments and much more things are there, which make the school life the best part of our life.

At last, what I want to conclude is that trying to sum up all the hard works and fun times can be a little tricky for the students for sure. But, we need to realize that life is itself a school. We are here to learn, pass all the tests and prove ourselves. Problems are simply part of the curriculum that appear and fade away like the algebra class, but remember! The lessons you learn will last for lifetime.

And there will be a day, the day when we will take off our school uniform and never wear it back again. After several years, when we cross by our 'Global' building, every one of us will be memorizing all those little, pretty, bitter and sweet moments with a delightful smile in face holding unforgettable memories in eyes.

'Enjoy the school life because this time will never come again.'

Long live GLOBAL. Proud to be a GLOBALIAN.



By Aastha Gurung 10 'A'





## Is life worth living?

I often wonder if life is even worth living. I think everyone is bewildered in their thoughts once in a while, especially during the downs in their life. You wake up, do daily chores, sleep and repeat the same almost every day of your life. Do you think it's really worth living? Do I think it's worth living?

I once heard life being compared to an awful series that you aren't particularly fond of but were forced to watch just because two people wanted you and signed you up for it. You are tired of the same dull and uninteresting episodes. You are continuing the 16<sup>th</sup> season of the series with more than 365 episodes with no fix ending. Sure there is a rollercoaster of feelings like different plots, emotional parts, misery as well as joy. You forget few characters and love new characters added every season. The sitcom is written in such a way that you feel like dropping it every single time but you still have a ray of hope that it will be more interesting with time.

Do you sometimes feel like life is not worth living? To be honest, I do! But living has greater influence on the brighter side. It's not always sorrows. Sometimes happiness after sorrows make it more fruitful. Its human nature to criticize the bad rather than looking at the brighter side. We don't cherish what we have until we lose them. In the race of life, we forget to live. We never show gratitude to the

happy moments or small good things that happen to us. Instead, we are busy focusing on the bad side.

Remember the small amount of happiness we got when the teacher gave no assignments, when our friends slipped while walking and the smile over getting a difficult math problem solved; Even though they are minor, these moments of happiness have made our life worth living. The last chuckle or laugh you had over same joke, the lame joke that made all of you laugh till your stomach hurt, the laugh you tried to control in a serious situation, are the reasons you should think life is worth living.

Living a life is not just breathing, it's making life more meaningful for overcoming the ups and downs that make you feel like giving up. Happiness without sorrows isn't worth it. 'Hard work pays with time' is the most realistic saying I have ever heard in life. The difficult and hard time today is the visualization of good times and happiness tomorrow. It's always in our hands to make life meaningful for own self.

To be honest, being loved and loving people in your life or being appreciated or wanted is everyone's wish. Insecurities and failures are also part of life. But between all these difficulties, if you manage to overcome and smile again, it is life for me. Life is based on how you take your ups and downs. So, you should have positive idea about life and make it worth living.



By Aasbi Adhikari 10 'B'

### "My AIM" "To be the BEST GOALKEEPER"



Soccer is one of the best games in the world. It is played by 11 players. Only the goalkeeper is allowed to touch the football with his hands within a specified area. Soccer is also called Football. Players wear their team jersey, boots and special keeper gloves for the goalkeeper.

When I was a kid, I used to watch TV with my big brother. My brother would often question me like- "Who do you think will win between Sevilla vs Barcelona?" and "Who would you choose between Ronaldo and Lionel Messi?" I answered, "I choose Messi." Later, Barcelona won the game with a score of 3-0. At the time, Neymar and Messi both were in Barcelona. When I was watching matches with my brother and his friend, I used to tell him that I don't want to be a goalkeeper. I said that I want to be like Messi and play forward. When I was in class 5, my brother forcefully made me the goalkeeper even though I didn't like the position. During the penalty, I accidentally saved it. I was surprised. In 2076, I played

games throughout the year and we won 3 games because I saved the goals. The same year, I started to play seriously as a goalkeeper. One day, I had to leave the group because I couldn't save the goals. I was depressed and didn't play it for a while. Then one of my friends gave me full support to continue playing football again. After that I started to participate in my house competitions. Even though I didn't get any gold, the ride was fun.

My role model is Marc-Andre Ter Stegen, the goalkeeper of Barcelona. He was also called the Great wall of Barca. My favorite football player changed from Messi to Marc because I have accepted my role as a goalkeeper and I get inspired by his skills. I would like to thank to those who support me to play this game. My parents gifted me gloves. Thank you to my family for allowing me to play and supporting it and my brother too, for giving me the first chance to become a keeper in the first place. Professional Goalkeeping is my dream and I aim to fulfill it in the future.



Ashim Gurung 10 'C'

### Medicine And Mathematics

Both doctors and nurses use math every day while providing health care for people around the world. Doctors and nurses use math when they write prescriptions or administer medication. Medical professionals use math when drawing up statistical graphs of epidemics or success rates of treatments. Math applies to x-rays and CAT scans. Numbers provide an abundance of information for medical professionals. It is reassuring for the general public to know that our doctors and nurses have been properly trained by studying mathematics and its uses for medicine.

Regularly, doctors write prescriptions to their patients for various ailments. Prescriptions indicate a specific medication and dosage amount. Doctors need to figure out how many milligrams of medication each patient will need, depending on their weight. There is a very big difference between mg/kg and mg/lbs., so it is imperative that doctors understand how to accurately convert weight measurements.

Doctors must also determine how long a prescription will last. For example, if a patient needs to take their medication, say one pill, three times a day. Then, one month of pills is approximately 90 pills. Doctors must be able to do these calculations mentally with speed and accuracy.

Mathematics plays a crucial role in medicine and because people's lives are involved, it is very important for nurses and doctors to be very accurate in their mathematical calculations. Numbers provide information for doctors, nurses, and even patients. Numbers are a way of communicating information, which is very important in the medical field.



By Ayush Man  
Karmacharya 10 'A'

## Remember when I

Remember when we met  
When I was just a kid?  
And you said to me,  
"It's okay, we're all friends here"  
And treated me like a normal kid  
Well even if you don't  
Thank you, as you mean the world  
to me...

Remember when I first cried in  
front of you  
When times were tough for me?  
And you said to me,  
"It's okay, I am here."  
And it all seemed a little better.  
Well even if it slipped your mind,  
It made me who I am today.

Remember when I left you  
To move on to my next stage?  
And you said to me,  
"I'll always be here for you"

And we hugged and talked for  
hours.

You wanted me to change my  
dreams  
And helped me through my fear.

Remember when I became you  
And you took me to the side-lines?  
And I said to you,  
"I'm here to carry on"  
And you watched like a proud  
parent  
As I took my first steps!

Now it's me remembering you  
As you lie in the ground,  
I'll always remember your calming  
voice  
And be grateful for what I have  
found.



By Dilisha Sapkota 10 'A'

## Nature

The starry sky comes forth in bright,  
That frees the stars and the moon to rise,  
The light and glim unveiling the dark,  
In midnight throne yes, pleasing to the eyes!

To the winds that swayed you slowly,  
The sunlight filtered through your leaves,  
The more I looked the more you lived,  
Providing shades to the one in grieves!

From mountains, downhill dripping from leaves,  
Don't be a fire for every stone blocking you,  
No color of your own yet you start to wave,  
Like water, make your way to freedom too!



By Shikshya Gurung 10 'B'

## Friendship

From doing everything together to missing each other but unable to get back  
to those days we all are changed, we all are going toward the path of the fu-  
ture. While leaving the gorgeous memories behind, from studying together,  
visiting the dining hall, visiting the washroom, getting scolded and being  
punished for not doing homework together to contacting each other  
only rarely, all things are changing.

We all are changed. We became apart from each other but that doesn't mean  
we have forgotten our bonds. That simply means we are going on different  
paths toward our future. How good those days were, the sole thing that trou-  
bled us were homework and projects. But now, everything has changed, we  
worry about our future. Our bonds are really special, although we don't  
spend time together like before, we miss each other, the company of each  
other, the feeling of togetherness. The place they hold in my heart will never  
change, despite the long distance, we hold the memories of beautiful school  
days, and the time we spent together, enjoyed together.

Meeting my friends a year ago was the best thing that ever happened to me. I  
found my soul mates! We did everything together and made memories. We  
used to share everything whether it was good or bad. We made good memo-  
ries from good experiences and learned valuable lessons through our mis-  
takes. It would be selfish of me to say that I want to be some school student  
who cares about nothing but spending time with friends, not thinking about  
the future, being just a carefree student with my friends, for now...that's ex-  
actly what I wish to be.



By Celine Gurung 10 'A'

## Art

Art is a form of expressing a microcosm of human experiences in the  
form of imagination expressed in the physical form of painting, mu-  
sic, dance, etc. Art expresses one's grief, sorrow, happiness, joy, etc.  
It is not only limited in physical form, but the sheer existence of hu-  
man beings is also an example of art. A piece of art can express limit-  
less emotions, feelings, and human values. It contains the value of  
moral life and social bonding that exist between a human and nature;  
between humans and their coexistence with every other phenomenon.  
Art exists inside everyone, no wonder everyone is excellently amaz-  
ing and unique just as art is.



By Hitman Gurung 10 'A'

## Green Environment: Happy Life

Forests are green, vegetables are green,  
Environment is green, what else do you need?  
Can't complain to these green environment  
Because they are 100% clean.

Humans always cause problem to them,  
But the environment do not argue with them,  
Clean and green environment,  
Reflects the healthy life.

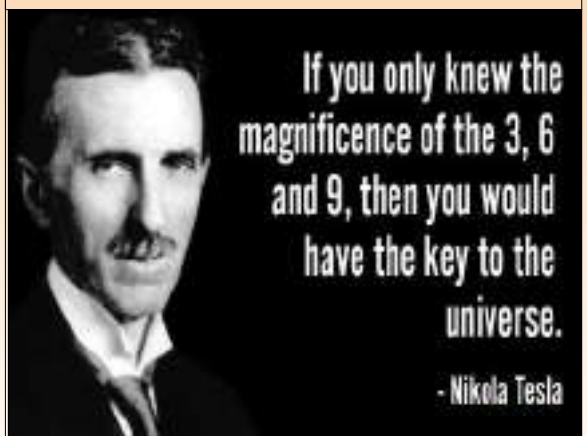
Home of the animals and birds,  
I am the green environment,  
Look towards left and right side,  
You can find the green lives,  
All you can find is green lives.

Sorry to say but...  
Humans bother environment too,  
Rivers, forest and vegetation,  
Are the parts of the environment,

If you all can save it,  
Source of contentment you will allure...  
Then the happy life is yours!



By Jenish Gurung 10 'A'





## Wonder: movie review

**W**onder is an English movie, released on November 7, 2017. It was based on the children's novel written by R.J. Palacio. It was directed by Stephen Chbosky and produced by David Hoberman and Todd Lieberman. The main character is Auggie, a boy with a facial deformity.

Auggie came into this world with a congenital disorder resulting in facial differences. He went through 27 surgeries in the ten years of his life. He is fortunate to have two parents and an older sister who love him and try to make him happy. His mother Isabel has homeschooled him which has paid off handsomely. He was good at science and imagined himself going to the moon. His father Nate is attentive toward his son and uses humor as healing medicine. His teenager sister Via constantly offers support to him when he feels lonely and isolated.

There comes a time when he finally takes off the space helmet he hides under and enters public school for the first time as a fifth-grader. His family supports him during this. The stares and laughter of his classmates are a far cry from the hospitality and friendliness Auggie has received from Mr. Tushman, the principal. Soon, Auggie is doubting his parents' belief that he can enter the normal world. It doesn't take long for Julian, a rich kid to start bullying him. The first student to reach out to Auggie is Jack who eventually becomes Auggie's best friend and collaborates with him on science projects. When their friendship is strained, Summer, an African girl, provides company to him at a lunch table where he sat alone and becomes his friend. One day, his teacher Mr. Browne asks

a question about whether being right or kind is better, and Auggie chooses to be kind.

With just the right mix of dramatic and melodramatic scenes, the director has made a heart-touching movie that shows the potential of the human spirit to transcend physical differences. We could also appreciate the way the drama begins with Auggie's challenges and then moves on to tell the story of Jack, Via, and her best friend Miranda. In a heart-touching scene from Via's story, we can see how her grandmother affirms her ability to listen to others and helps her find her place in the family. As Miranda shares her reactions to Auggie's family, they realize how important it is for all to feel special.

Some stories although set in our time don't deal with the challenges of our world, but this one does. Auggie faces so much humiliation and pain as he is bullied by his classmates and avoided by others at school just because he looks different. In our society, many people with disabilities and differences are treated as outsiders. This movie encourages us to not show hostility towards them and teaches that they are people, just like us. Wonder is a precious movie that seeds our friendship and carries our hearts. This movie is simple, heartwarming and rightly delivers the message of kindness, forgiveness, and the importance of self-love.

May wonder never cease.



By Sangita Ranabhat 10 'B'

## **My 10th grade year**

**O**h my god I am in 10th grade  
Not believing the truth that actually was.

Fearing and panicking I began my journey  
Keeping SEE as my destiny.

Without realizing the time I spent  
Closer I became with the fellows  
Many things 10th grade taught me ,and I learnt  
Unforgettable and flash back came always...

Sufferance of getting 3 months holiday  
Imagining the activities I am going to do  
But in reality I forgot the destiny that I should fulfil to go

The day came to complete my destiny  
Feeling sad to leave my friends  
As our way will be different  
For our various hereafter...

Memories will always be fresh  
Even if I grow old  
Oh my friends please don't forget Me, my laughter brings you flash  
Back to the 10th grade year!



By Pramila Thami 10 'B'

## **Random things about life**

**T**imes passes very fast. I don't even know how I reached class 10 from kindergarten. With time we cherish many moments and after that time passes, we call them memories. I too have made many memories in my whole school life, with many friends and few guardians to guide me. Of course, nobody wants to leave them behind and move onwards. But, to achieve something we have to lose something. But something that we will never lose is our memories. It's very fun to see how we used to look before and how we look today right! With time, all the things and people around us including ourselves change. Our way of thinking also changes. And eventually, we start to get more burdens and many responsibilities to fulfill, we start to get choices that should be made by ourselves. We start to get to know about the value of things. And suddenly, we might even get a few questions playing with our minds.

A question like "Why?", "For what?" and "When?". We often get confused about our life like, what am I doing or what should I do. At that time, just think

about the consequences and the results after we pass that certain point. Sometimes, we might just overthink about our future and want the coin to flip back once again. At that time, let's just think about our present and start working on it. Sometimes there might be some people to criticize us or judge and their words might feel very bad. But, what you think about yourself, is what matters. So, in this never-ending journey, we just have to go in one direction and show the people what we are capable of. And maybe someday we might get to the top and people might say "just like that", but we will be the only ones to know about what it took to be there and feels like to be there.

I do believe in the "next life" but nobody knows if we can live once again or not. So, let's live it as the first and last one and do everything and achieve everything that we want to. What do you think?



By Pradeep Saru 10 'B'

## **Revolution**

**A** mere presence of existence in this massive universe cannot make a huge difference but a revolutionary figure can achieve the impossible. Anybody in this universe wants to achieve something in his/her life so that they will be remembered even after their physical demise. Revolution is a massive change in the ongoing situation of the current world. Revolution can change the lives of millions. It can make an amazing lifestyle for some and leave someone's life in shambles. Revolution cannot be achieved by anyone who is a superhero in his mind. Sheer pressure, tremendous hard work, and sleepless nights are required to achieve revolution. A person with absolute will, determination, and passion only can change something that affects the lives of millions. Various revolutionary figures are there in this current world from excellent politicians to the best actors. There is a piece of revolution in the soul of all that exists.



By Rohit Khatri 10 'A'

## The world is an Illusion

As we know, there are many mysteries about different historical locations and places. Among those various mysteries, Pyramid is one of the most interesting mysteries in the world. Many people think about the pyramid that aliens are the reason behind its existence, whereas some suppositions also go around human giants. However, history gives us some definite facts. Anthropology Outreach Office gives the information that "The pyramids of Egypt fascinated travelers and conquerors in ancient times and continue to inspire wonder in the tourists, mathematicians, and archeologists who visit, explore, measure, and describe them. Tombs of early Egyptian kings were bench-shaped mounds called mastabas. Around 2780 BCE, King Djoser's architect, Imhotep, built the first pyramid by placing six mastabas, each smaller than the one beneath, in a stack to form a pyramid rising in steps. This Step Pyramid stands on the west bank of the Nile River at Sakkarā near Memphis. Like later pyramids, it contains various rooms and passages, including the burial chamber of the king."

The average weight of a block used in the construction of a pyramid is about 2.3 metric tons (2.5 tons) which is a lot to work in today's world as well. Also, the fact that the pyramid is perfectly aligned to the exact three stars is disturbing the sleep of scientists and researchers. "The Egyptian pyramids are one of the defining architectural achievements of the ancient world. As an incredible feat of engineering, Egyptologists are still discovering more about these structures with each passing year"(Mymodernmet). Besides that, the Great Pyramid is located at the center of the landmass of the earth. But, how is this possible? That was the era when people's intelligence and advancement were believed to be less than today's world. But, how? How they were able to perform this unimaginable task? It's just a mystery yet. The

temperature of the location where the pyramid is located is very hot during the day and very cold at night and the surprising thing is that the temperature inside the pyramid is constant, mild, and perfect.

Mymodernmet writes, "Still shrouded in mystery, the pyramids don't reveal their secrets easily. But over time, scholars have come to learn many surprising facts about ancient Egypt through them. Technical prowess mixed with mythology and superstition led the pharaohs to construct these formidable structures, which have proven to be some of the most indestructible pieces of architecture ever created. So, while you think you may have learned all you need to know about the Egyptian pyramids in school, there's a lot left to discover." This is just an example; there are other many mysteries present that still seem to be unsolvable. The world is full of different mysteries; that makes us think of the world as an illusion. It's completely different than we think.



By Prashit Tiwari 10 'A'

## Importance of Reading in Student's Life

Students are the future pillars and backbone of our nation. They are ready to attain knowledge and educate themselves about the world and gain more knowledge and increase awareness day by day. They are like a candle that is lit by teachers who guide them daily and help students climb the ladder of success. In reality, magic happens only when students work hard to build their careers and concentrate on studying and learning.

Humans are all-powerful and resourceful, and education makes human life worth living. Students are like little kids dreaming in the clouds, playing, having big goals and they are stars of the nation. Reading is the most beautiful exercise for the human brain. Reading broadens our minds and the more we read, the wiser we become. Also, the more citizen lit up the nation, once students get introduced to the habit of reading. Thanks to the teacher who introduced the habit of reading and learning to the students. Books are the best fuel for our brain and helps to regulate our day-to-day life. Reading helps us to broaden our minds. It is better to introduce reading to students as early as possible because it helps the students become successful. Every student should work hard to improve their grades. They should be focused on reading and learning, and achieve good grades to make the best of their student life.



By Prashna Gurung 10 'C'

## The Saddest Moment of my Life

I woke up in the morning happily. I exclaimed, "YES! It's the day." I used to love pets, I had collected money from my parents and relatives to buy a pet bird. The bird was of a parrot family called Budgies! I collected a total of Rs. 5000 to buy it. There were two budgies, one was in the sky-blue color and another was in a combination of yellow and green. I called them Bluey and Cookie.

I wanted to get their trust so, I watched many videos like "How to take care of budgies?", "What is the suitable temperature to keep budgies?" and the list goes on. I literally did all my best and was finally able to get their trust. It had been many weeks, I thought that it would be cool to train my budgies. I diligently trained them. The secret was to take the left hand and by using the index finger we should point right, then, take finger millet (budgies' food) in your right hand and keep the food behind the left pointed finger. It actually worked, I was so happy and proud at that moment.

Due to the dust in my room, my budgies weren't feeling good. I rushed to the vet and they prescribed me some medicines. They weren't active and happy. I felt very bad for them. Even during school hours, I couldn't focus on my work. When I returned, their bodies were upside down. I felt sad and buried their bodies underground. I took two of their feathers and kept them inside my purse as a memory. And YES! the feathers are still there.



By Sakcham Sapkota 10 'C'





## Why Should I Write an Article?

Why should I write an article? I am scribbling some random words on this sheet of paper, just arbitrary words that I am writing, wasting 15 minutes of the time, that I have in the limited amount. Have I not taken this pen and paper and could have done something else; I could've finished my mathematics homework instead or I could have revisited a lesson in science and social studies or English itself?

As I am writing these words collected from the deep ocean of my imagination, as I am moving this pen, rubbing it against this paper makes me wonder, have I learned anything new from it? Did I get a chance or missed learning something new? Learning set aside, only if I wouldn't have sat down for writing this article, I could be gossiping with my friends, playing, or simply as lazy as I am, I could've been sleeping. I am lazy enough not to break this extraordinarily small written literature that is an article into paragraphs. I am lazy enough not to care about the grammar here in this article and am throwing every word that comes to mind in this article.



By Swodhin Bhandari 10 'A'



So, I being a lazy person, I decided to write these things, but why! Why did I particularly sit down to write this article? Why is it so important that even I could not resist myself? Was it because I was afraid of a teacher or because of my curiosity to learn something new or simply because I had nothing better to do? After reading the topic you might be wondering, just a common article having a question as its title to fascinate readers and later on utter the importance of writing articles and its benefits. But, how could I write all those when I don't know specifically about all these kinds of stuff. Well, I guess an article does help you in many areas. So, no need to think this hard just to find a topic for an article and worry if it would be picked to be published or not. Finally, if you know a genuine reason to write an article unlike me, a confused idiot trying to understand whether the chicken came first or an egg. I would like to question you that, why should I write an article?

## If Today was the Last Day in School...

In 2073, I joined Global Collegiate School (GCS). On the first day of my school, I was very scared and nervous because I was new in this school. At that time nobody knew me and I also didn't know anyone. Slowly, I started to build up my confidence and started to make new friends. At that time, I was a very keen student, I was curious to learn about things that I didn't know. When I finally reached class 7, I started to talk with everyone. At that moment, I felt as if I had learned the meaning of friendship. When I went to higher classes, education naturally became more important. In class 8, there was a picnic organized by the school. It was the first picnic of my life with friends. When I reached class 9, I was more serious and focused on my studies. Now, after two weeks, there is SEE. There are so many things to do. If today was the last day of school, I would miss many things. I am so blessed to live a life like this. All these precious things will always remain in my memories!



By Kritika Bogati 10 'C'

## Surprising facts in Science

### Fact: 1

Our stomach can dissolve razor blade.

### Fact 2:

Laser can be trapped in water.

### Fact 3:

Animals use Earth's magnetic field for orientation.

### Fact 4:

Bananas are radioactive.

### Fact 5:

Hot water freezes faster than cold water.

### Fact 6:

Helium can work against gravity.

### Fact 7:

About half of our body is Bacteria.

### Fact 8:

Men are more likely to be color blind compared to women

### Fact 9:

Human are capable of producing venom.

### Fact 10:

Bats are immune to most of the viruses.

## "Nature"

A mystery in its own is our nature,  
Consisting of more than billions of creatures,  
We humans give you frequent pain,  
But you without any vain,  
Give us the beautiful rain.

Mother Nature is trying her best,  
To give nothing but beautiful-ness,  
But what do we do?  
Make her a mess...

Let's make her the best  
By polluting less and less,  
And preserve her green dress,  
For the sake of humans and the rest!



By Sagar Adhikari 10 'B'



## SELF LOVE

A day broke my heart into pieces,  
As it was more than a tragedy that left me speechless,  
I was lonely waiting for someone to love,  
But the fact is I am my own true love,  
The day I understood no one can love me more than myself,  
I found my divergent vision with brand new unique self,  
I chose not to trap myself in shell of fake concern, setting myself free,  
Thus I learnt to shape myself exploring in various versions setting no boundary,  
I know my priceless value better than anyone else,  
As I am the main lead of my own story and fairy tales,  
You may call it a self-obsession,  
No worries I find myself perfect within my imperfections,  
I am my own reason to blush and smile,  
No one have right to judge me as I have my own style,  
Now I am a better person who can love myself and others really,  
As I achieved the glow which I deserved internally and externally,  
I am extraordinary within my flaws so you better not dare to call it dull!  
Thus, my love for myself is the best feeling which will last eternal.



By Nikita Ranabhat 10 'B'

## The Karnali Blues: An Eye Opener

A father's goodness is higher than the mountain, a mother's goodness is deeper than the sea. Most probably we all have heard it and most of us have experienced it too. And undoubtedly after reading Karnali Blues you will believe it wholeheartedly.

Written by Buddhi Ram Chapain also known as Buddhi Sagar, a prolific writer of Nepali literature, Karnali Blues is an evergreen masterpiece of its own kind. Due to the big success of Karnali Blues, Buddhi Sagar became a well-known writer among Nepali readers. Moreover, this book is well written in a short and simple way making readers fall in love with its storyline and characters. It is a tale about a young boy who travels to different phases of his life with his parents where the main focus is on the protagonist's father. Side by side the writer patiently paints the portrait of a father as seen by his young son. It was first published in 2010 and since then it has been residing in the heart of readers.

Karnali Blues depicts a father-son relationship where the narration is through the son's eyes. The son views his father throughout his entire life. The story starts with the narrator remembering his younger days as he was rushing toward the hospital to see his father who was lying in a death pit. The author has described the

story from the view of a small boy whose father is no less than a Superman and as the story progresses towards adulthood the son realizes how his father was a simple man but never failed to fulfill all his needs. The book contains 11 chapters, it's an account of 11 days he spends with his father in the hospital recalling memories of his father. The narrator makes the readers a part of his mysterious things and introduces different personalities to them. The family goes through many ups and downs as they move from the small village of Katara to Kalikot. There are also other interesting characters like Chandre and Mamata didi among others. All have unique stories to tell and lessons to teach. Readers see the majestic nature of far west Nepal but along with the beauty of nature, the author also shows the dark side of the rural village. The alluring and emotional story makes you cry laugh out loud reminiscing about your own childhood and makes you think about your own father and his love as well as the sacrifices he did for you. No matter how much mischievous he got, no matter how many problems he created, his father was always there, standing as high as the mountains to protect him. Karnali Blues is no extraordinary story in itself however, the author's writing skill is so special that it takes readers through different phases and emotions making it extraordinary. The writer who was born and brought up in the

Karnali region and has used all his real-life experiences while describing the settings the characters and the plot and also uses his native language in various parts of the story for the establishment of the organic relationship between the readers and the book. This is my all-time favorite and I recommend it to everyone who asks for inspirational book suggestions. Reading the book makes me really nostalgic and gradually. I start wandering in my childhood memories and thus this book makes me feel more grateful towards my parents. "Buddhi Sagar weaves in a matter-of-fact depiction of death and disease in a rural setting but uses imagery to describe the fear and unpleasantness. The author says his "father's invalid face was likely yellowing leaves, his breath was like a monsoon river." He also mentions the struggles while taking him to an unsanitary washroom and making him urinate as well as while coaxing him to eat. Karnali Blues strikes a chord as how the story is an experiential tale of families in general and the father-son relationship in particular. It offers neither high drama nor deep analysis but simply serves a story close to the heart."



By Garima Parajuli 10'B'

## Anime world

Anime is a production of animation where a story is chosen that has all the qualities of real-life with the addition of supernatural abilities, a mixture of emotions, sad scenes, romance, etc. There are thousands of Anime at present. Some are romantic, refreshing, sad, addicting etc. Anime have a specific number of episodes. If someone starts watching Anime, they will get attached to it.

I also got attached to anime from a young age and it has remained unchanged. I can't even describe it in words. As I told you, I started watching it from a young age so I started to wonder if I could do things like that or not. It has its advantages like making you wonder, keeping you entertained, making you happy and at the same time, it has its cons like distracting you from your responsibilities. Your habit of watching too much anime might make your parents sad. So, we are told every time that we should do everything within the limit. It is true even for anime. You can watch it but at the same time, you have to list studies as your prime subject. There are scenes where we can laugh, and get excited but there are scenes where you can get extremely sad and cry your heart out.

My recommendations include: Jujutsu Kaisen, Horimiya, Golden Time, Koe no Katachi, Kimi no suizou wo tabetai, Kimi no Na Wa, Wonder Egg priority, Promised Neverland, Bleach, Darling in the Franxx, Evangelion, Fena: Pirate princess, Mushoku Tensei etc. I promise you that you won't be disappointed if you start watching anime. Thank you for reading.



By Rohit Regmi 10 'B'

**Lekhnath Paudyal** (1885–1966) is regarded as the founding father of modern Nepali poetry literature (Kabi Shiromani) in the twentieth century. He was born in Arghaun-Archale which lies at present Ward No 26, Pokhara Lekhnath Metropolitan City, Western Part of Nepal in 1885. From an early age, he composed pedantic "riddle-solving" (samasya-purti) verses, a popular genre adapted from an earlier Sanskrit tradition, and his first published poems appeared in 1904. He received his first lessons from his father. Around the turn of the century, he was sent to Kathmandu to attend a Sanskrit school. His most important contribution is believed to be the enrichment and refinement of the language rather than its philosophical breadth. His poems possessed a formal dignity that had been lacking in most earlier works in Nepali. He was honored by King Tribhuvan with the title of Kabi Shiromani, which literally means "crest-jewel poet." Since his death in 1966, no other poet has been similarly honored. He

was honored by the Nepali literary world on his seventieth birthday in 1955 when he became the focal point of a procession around the streets of Kathmandu. The procession was probably modelled in the old-age initiation ceremony.

Initially, during his stay in India, his young wife died and he had been penniless, he embarked on a search for his father's old estate in the Nepalese lowlands. During that time, he achieved little academic success. One of Lekhnath's most popular poems, "A Parrot in a Cage" (Pinjadako Suga) is usually interpreted as an allegory. In all of his creations, his primary concern was to create "sweetness" in language of his poems. His devotional poems are more formal and are admired for their beauty and for sincerity of condition they express.



By Swapnil Gautam 10'A'



## The Highly Effective Person

You must have wondered once in your life, "How can I be rich and successful like the one who already is?" "What are the secrets behind their success?" So, with the same curiosity Steven Covey studied, researched, and found out the seven golden habits that all successful people possess. These are the habits that made all successful personalities highly effective people. The 7 habits with detailed explanations are given below:

### 1) Be Proactive

There are two circles in our life. A circle of concern and another circle of influence. A circle of concern contains other's opinions, other's mistakes, weather, politics, what people think of you, the economy, etc. Likewise, the circle of influence contains our attitude, education, habits, hobbies, etc. And, based on which circle you focus on, you can identify yourself as a proactive or reactive person. The circle of concern depends upon others whereas the circle of influence depends upon us. The reactive people always concentrate on the circle of concern and blame and scold others for their wrong deeds.

They are always concerned about others and don't improve themselves. But proactive people focus on improving themselves. They always focus on the circle of influence. So, to be proactive we should focus on the circle of influence besides complaining to others.

### 2) Begin with the End in Mind

To understand this concept, let us first take an example. You are attending a funeral. But this funeral is a little bit strange. You are standing in front of your coffin. Now, think in your mind about how do you want to describe yourself. If you want to be described as a good friend then think you are a good friend right now or not. If not then try to be a good friend. If you want to be described as a big-hearted person, work on it from now on. So, always begin with the end in your mind.

### 3) Put First things first

If I asked you what is most essential to you?... then you will tell health, relationships, and progress. But, think about your current priorities- Social Media or health; Video games, or relationships. So, this point tells us to put the first things (health, relationships, progress) first. Now, there is a problem regarding perfect management. So, to solve this problem we should manage things according to their importance. The work that is both urgent and important should be done First. After that, the thing which is not urgent but important should be done. After that, the thing which is not important but is urgent should be done. Finally, the thing which is neither urgent nor important should be done.

The three habits we have discussed up to now help us to make us independent whereas the other three which we are going to discuss make us inter-independent. And, don't forget the last one because it is the most important one.

### 4) Think Win-Win

The fourth habit is to think win-win. This helps us to get profit in every deal. It may also develop good relationships with your clients and friends. There can be 6 different situations in every deal or competition. They are win-win, win-lose, lose-win, lose-lose, win-only, and lose-only. Among all these conditions win-win is the best condition. It leads toward mutual benefit. According to this habit, we should try to create such a situation that both you and your competitor/partner/dealing person will have a profit. This will be a win-win situation.

### 5) Seek first to understand, then to be understood

We usually say they don't understand me. They don't even concentrate. This problem can be solved by our 5th habit which is to seek first to understand then to be understood. As this habit says, we want that someone to understand us however we should first try to under-

stand him/her. For this emphatic learning, listening is very necessary. So, from now, whenever you want someone to understand you, then first seek to understand the other person. This will also help you to make your views effective in group discussions.

### 6) Synergy

Synergy is the concept that the combined value and performance of the group containing people with different features will be greater than the sum of the separate individual parts. It is the term related to team/ group work. A company containing different people with different opinions and views certainly works better than those that do not practice teamwork.

### 7) Sharpen the saw

It is our last habit. To understand this, let us first look at this story. One man was cutting a tree continuously with his saw for a long time. After some time, another man came and he advised him to sharpen the saw first but the man replied that it would consume his time. You may laugh at him at this moment but think again, you are also doing the same thing again and again - So before doing anything you should first develop yourself physically, spiritually, socially, and mentally.

***If you are here reading this line, then I am sure you learned something. I hope to see a positive change in you and your life from this very moment onward.***

Source: The Seven Habits of Highly Effective People by Steven Covey.



By Aashrat Parajuli 10 'A'

## JUNIOR'S CORNER- Importance of Sports in Life

Sports and games are of great value. They must be followed in order to live a wholesome and healthy life. No matter what age he/she is, everyone must follow sports activities as per their interest and caliber. This is a good way to reduce stress and boredom and lead an active and fit life.

In today's time, stress and anxiety have become common problems. These often lead to a bigger and more serious problem called depression. While many people are becoming victims of depression because of loneliness, some are suffering from this modern crisis because of the growing competition and various other societal, psychological, and economic reasons. A good way to combat stress is

to take a break from the daily chores and indulge in sports and games for some time each day. Sports and games are not only recommended for maintaining a good physique but also for wholesome mental development.

Playing indoors or outdoors games with one's family members helps build stronger familial relationships. Playing indoor games such as ludo, carrom, chess, etc. helps in the development of mental well-being. Thus, sports activities are a good way to stay fit physically and mentally and also a great means to strengthen our family bond.



By Srijan Regmi 9 'A'

## Teenagers' Dilemma Regarding Sexual Health

Firstly, the reaction that arose in your mind after looking at the topic, can easily help you to distinguish yourself as a narrow-minded person or an open-minded person. Yes, it is the most sensitive topic to talk about but it also surrounds the most important social issues to address and critically analyze. There is a kind of social taboo about this topic that leads to misinformation and a lack of sexual health education. Also, the same thing prevents people from expressing their problems and doubts about this matter. And, these things mostly happen among teenagers; of which either the society is completely unaware or is ignoring the issue. In addition, these things are well written in the curriculum but we wonder why people are ignoring them. We aim to put a small attempt to talk about it and solve the problems related.

Introduction: What is sexual health education? Sexual health education is the instruction on issues relating to human sexuality, including emotional relations and responsibilities human anatomy, reproductive health, reproductive rights, and birth control. It is a vast topic that covers matters related to sexual orientation, reproductive health, family planning, safe pregnancy, safe motherhood, maternal health, teenage: changes, problems, solutions, STDs, etc.

Talking about sexual health, it is taken as a social taboo in our society. It is considered a modernist act or westernized thing. However, since the Vedic period, our ancestors have openly taught about it. The more we want to suppress the topic, the more it reveals in a negative way. Knowledge and wisdom related to our reproductive being help to solve different misconceptions related to and eradicate many problems. We must have proper discourse with our parents, teachers, and friends to eliminate problems aroused by misconceptions.

We can't ignore the LGBTQ society when we are talking about sexuality. Sexual orientation is about who you're attracted to and want to have a relationship with, not only focusing on physical factors but emotional and familial factors. This acronym stands for lesbian, gay, bisexual, transgender, and queer. As we are living in the modern world, we must be acquainted with this information as well.

Sexual orientation is a natural part of who you are, it's not a choice. Although we can choose whether to act on our

feelings, psychologists do not consider sexual orientation to be a conscious choice, that can be voluntarily changed. It's not completely known why someone might be lesbian, gay, straight, or bisexual. But research shows that sexual orientation is likely caused partly by biological factors that start before birth. People don't decide who they're attracted to, and therapy, treatment, and persuasion won't change a person's sexual orientation. So, the so-called heterosexual society we believe in, is continuously questioned by homosexuality.

Teenage dilemma- We all know that teenage comes with different changes. Adolescents experience rapid changes in their bodies and in their logical being as well. During the teen years, they develop more adult-like physical features and might grow to double their height and weight. They are also becoming sexually mature, which involves more than physical changes. Most teenagers are baffled by these changes and start to become conscious of themselves. With age, they might develop maturity with this natural phenomenon, but during the process, some might end up having emotional and physical insecurities; if they are not guided and advised properly. Puberty occurs at widely varying ages. Accepting the changes as the natural process of being an adult is the main way to clear the doubts.

Teenagers are perplexed when they are not able to talk about these changes with their parents and teachers or relatives. As mentioned earlier, there is a social taboo around this matter in our society which prevents the discussions in the family. Boys when they get changes in their body, they look for different answers. But it becomes a kind of fear, and awkward to talk about it with parents and teachers for them. And parents themselves also don't talk with their sons regarding this matter. They look for answers from informal sources and the internet is certainly a vast ocean for this kind of topic. Similarly, for girls, information regarding menstruation health is a primary thing. During menstruation, Dysmenorrhea (painful periods), is the most common problem that many girls experience. It is necessary to understand that it is a natural process and must endure the pain if it is endurable. However, one must consult the doctors, if it bothers day-to-day chores and lasts for a long time. Using heating pads and regular exercise seem to help those in periodical pain. For girls, it is considered unusual to talk about their periods openly with male elders or friends, and they are criticized if they do. Sometimes

things really get out of hand in various situations because they would be lost in translation. Here comes the role of parents and elders. Parents and teachers must play a vital role to fill this gap in the home, schools, and overall society. Teenagers go through misconceptions, guilts, problems, doubts, etc. due to the lack of proper sources of information. Here's what you as a parent can do to help your teens through this challenging phase of life:

1) Start talking about upcoming biological and physical changes. Some children will become curious earlier and have questions.

2) Tailor discussions about biological and physical changes in your teen's age. Hold periodic conversations that build on previous talks.

3) Take your teen's concerns seriously. Listen closely and don't discount his feelings of being different or "something is wrong with me."

4) Avoid comments that will further embarrass your teen, for example, don't point out something about his/her physical appearance. Encourage other family members and adult friends to do the same.

5) Don't mistake physical maturity for overall maturity. It can take time for emotional maturity to catch up to a teen's body. The only way to solve the problems related to teenagers' quests is to talk them out, to share experiences with life lessons and just being there for them.

***Lastly, we hope that this article will bring some positive changes in everyone's mind and be more concerned about the physical and mental health of adolescents. We would like to request all the teenagers going through any kind of doubts regarding this, please consult with your trusted elders or teachers, and also teach your juniors in a positive way if you're completely aware of it. Let's break this social taboo together!!! And, we request all our fellow readers to take suitable action in your power to solve various problems and misconceptions related to it.***

**- By Editorial Board**



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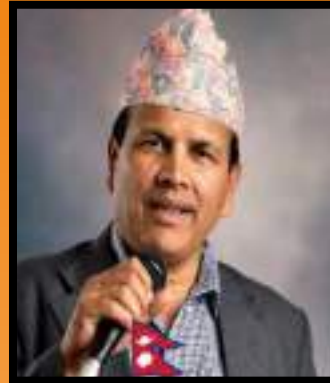




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*We are thankful to all the teachers who have taught us, guided us and inspired us. Even though we could not fit all our dear teachers in this frame, trust us that you are in our hearts and minds, and we will forever cherish the moments that we have experienced and shared with all of you. We sincerely thank*

***All the Teachers from Primary Level to Secondary Level.***

*We would like to thank non-teaching members of this school as well. We know that they also have contributed a lot for all the students in Global Collegiate School. Thank you all from the bottom of our hearts.*

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Global Collegiate School  
Ranipauwa, Pokhara, Nepal  
Phone: +977061524604, +977061527813,  
+97706153581(+2)  
Website: [www.globalcollegiate.edu.np](http://www.globalcollegiate.edu.np)  
Email: [globalschool452@gmail.com](mailto:globalschool452@gmail.com)/  
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