

# Bhanjyang

Budhanilkantha School Annual Magazine Vol 43



## भन्ज्याङ

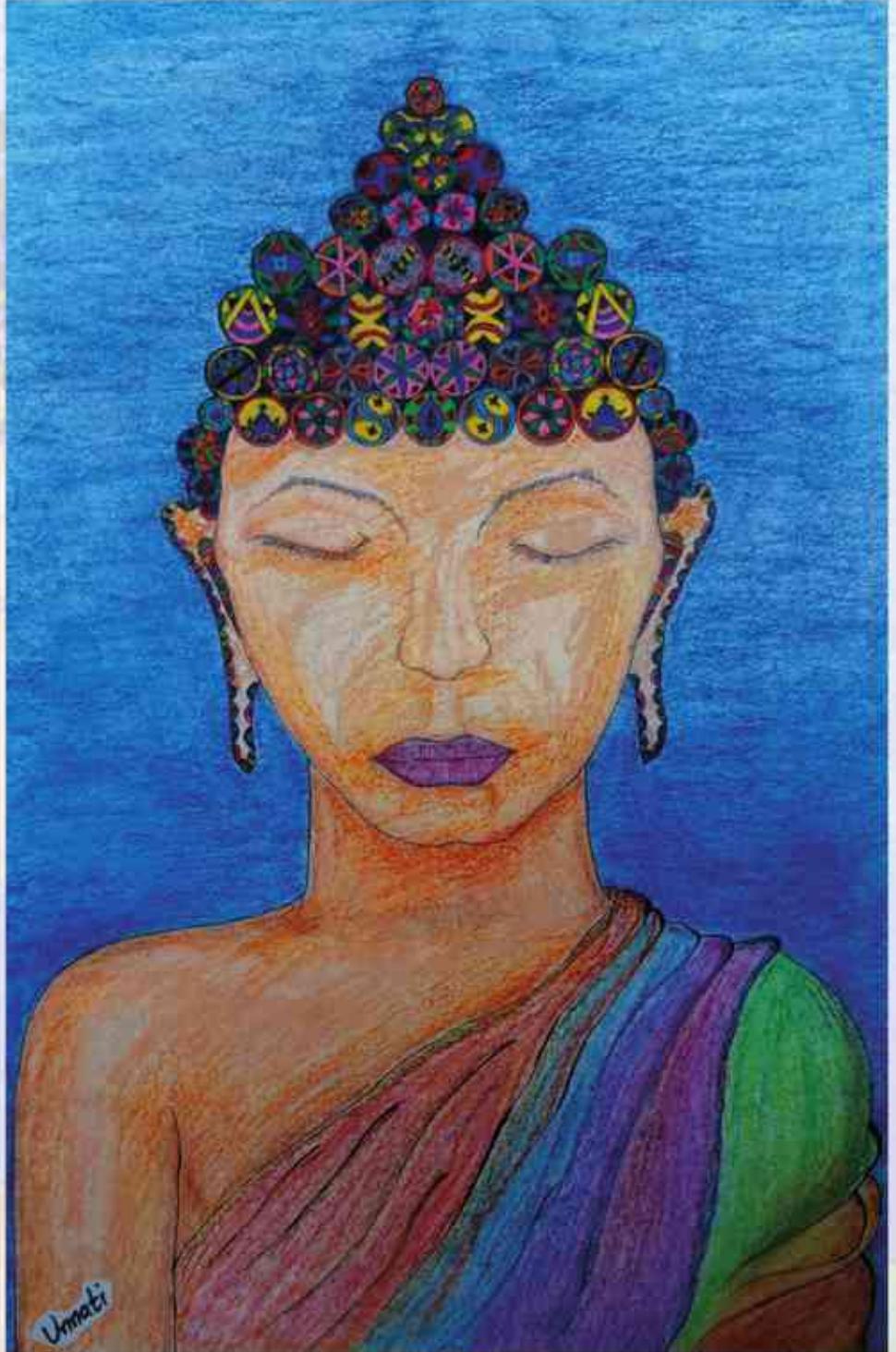
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# ICT Award 2020



Bhanjyang 2021

मठज्याङ २०१७



**Budhanilkantha School**

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Government of Nepal  
**Ministry of Education, Science and Technology**



Kathmandu, Nepal

**Message  
from the  
Chairperson,  
Board of  
Trustees**



It gives me immense pleasure to learn that Budhanilkantha School is ready to publish the 43rd issue of its annual magazine Bhanjyang.

As in the previous ones, I am sure this issue is decorated with the young minds' creativity, innovation and very sincere and innocent thoughts and ideas on different areas. This magazine should be a wonderful platform for showcasing the latent talents of the students who carry with them almost all the diverse cultural backgrounds of the whole nation. Thus, I opine that by going through the magazine one can get a glimpse of the cultures being observed throughout our country.

Budhanilkantha School is the national school of Nepal with international standard and it has always moved forward in contributing to bringing positive change in our education sector. It has made a long leap in digital education. In 2077 BS, when schools were deprived of running face – to – face classes, Budhanilkantha School set a very good example by conducting effective and productive online lessons. I would like to congratulate the entire school family for winning the ICT Award 2020.

As a residential school, Budhanilkantha School teaches students how to be sociable, understanding and self dependent with considerable practical knowledge of different life skills. Anyone can easily observe the practices of different innovative teaching – learning activities and presentations that enhance the quality education. This system has further been boosted up with the trend of having many club activities and different departmental activities which help develop inter personal and communicative skills of students. As a result, the graduates from this school have been successful in contributing to larger community.

Finally, I would like to extend my sincere appreciation to the entire editorial team for their hard work and wish that the content and other technical aspects of this magazine could catch the interest of every reader.

**Ram Prasad Thapaliya**  
Secretary, Ministry of Education, Science and Technology.  
And Chairperson, Board of Trustees (BOT)  
Budhanilkantha School



Government of Nepal  
**Ministry of Education, Science and Technology**



Kathmandu, Nepal

**Message from  
the  
Chairperson,  
School  
Management  
Committee.**



It is my great pleasure to see the creative activities of the students of Budhanailkantha School in this school magazine BHANJYANG.

Budhanailkantha School is putting its best efforts to provide quality education so as to prepare its students for hunting different opportunities and for facing many challenges in the future. Quality teaching is a prerequisite for quality education. However, teaching is a complex activity designed to promote learning and school is a place where it takes place. To improve the students' performance, therefore, our ever dream should be to make the schools better than yesterday. We would like to see better schools for better teaching and better teaching for better learning. In this way, better learning of our students is our ultimate goal and that must be in the core for all school activities. I believe, such type of magazine also reflects the students' level of learning to some extent. Moreover, such types of creative activities of students strengthen their knowledge, skills and attitudes simultaneously.

In the academic year 2077, we could not run our school as before and many important regular activities had to be overlooked. However, the school started alternative approaches to teaching and still we are using online and virtual classes in some grades. The School Management is facilitating and promoting the faculties to use ICT in education. COVID-19 Pandemic is still challenging us to operate normal academic activities and we are serious not to lose the academic year of the students maintaining the appropriate learning standard, at the same time. I hope that all students, teachers and parents strictly follow the norms and guidelines issued by the government of Nepal, other measures suggested and implemented by the provincial government and local body, School Operation Guideline 2077 and Code of Conducts developed by the school itself.

I believe that this magazine provides a good platform for many students to showcase their ideas, views and beliefs. Similarly, it will help the teachers and parents to reflect how children learn, think and behave. I would like to congratulate all students, teachers and the Senior Management Team of the school, Friends of Budhanailkantha School (FOBS), and the Society of Ex-Budhanailkantha Students (SEBS) for their contribution to develop and publish this magazine online.

**Deepak Sharma**  
Joint Secretary, Ministry of Education, Science and Technology  
&  
Chairperson of the School Management Committee



# Budhanilkantha School

P.O.Box 1018, Kathmandu, Nepal

☎ 4370249  
Principal's Office

## Message from the Principal



Budhanilkantha School family is immensely proud to present its 43rd edition of Bhanjyang, the annual magazine of the school. The magazine is full of articles and designs from the most creative and innovative young minds of the school. The creations of students reflect great imaginative skills and artistic expressions of their real feelings, ideas and opinions while they stayed in their homes during COVID - 19 pandemic. Moreover, the magazine acts as a mirror to the achievements of the school in different arenas.

Budhanilkantha School is an epitome of excellence in terms of imparting quality education and maintaining its legacy of the national school of Nepal with international standard. The school promptly initiated online classes from the beginning of this academic session while many other schools and colleges were locked during lockdown due to COVID - 19 pandemic. These classes proved to be very effective and the school set an excellent example in the field of online sessions. As a result, the school won Digital Education ICT Award 2020 in recognition of its excellent effort in continuing teaching learning process through the use of ICT.

This year, the school is in a mission to construct a big and modern Multipurpose Assembly Hall with the capacity of accommodating almost 2000 individuals. I am confident that the school will receive generous support from Government of Nepal, parents, alumni and well-wishers to generate fund for the construction of the hall. Besides, operation of Makers Space to enhance innovation, creativity and entrepreneurship among our students and Vegetable Farming in the available land of the Pestalozzi area are the leading projects of the school that will add value to our existing brand and reputation.

The school is now progressing well and is rebranding itself in accordance with the changing national and global context with the help of its stake holders and students. I am highly grateful to the BOT, the SMC, the SMT, FOBS, SEBS, faculties, staff, students and well-wishers for their enormous support. The school expects support of the same spirit even in the days ahead so as to flourish further.

Lastly, I congratulate the entire editorial team for their hard work and dedication in producing this magazine. My thanks are also due to those individuals who have directly or indirectly contributed to giving shape to the magazine. I am sure; the innovative ideas exhibited by our students in the school magazine will surely stir the mind of readers and take them to the fantastic world of unalloyed joy and pleasure.

With warm wishes!

Hom Nath Acharya  
Principal

Message  
from  
the  
Chairperson  
of  
Friends  
of  
Budhanilkantha  
School



It gives me immense pleasure to learn that the 43rd edition of the annual school magazine Bhanjyang is going to be published on the auspicious occasion of the School Day 2021. As the chairperson of Friends of Budhanilkantha School (FOBS), I am fully aware that carrying out any pre-scheduled activities as in the normal situation is indeed a challenging job. Yet, the way the editorial team is all set to publish this edition of the magazine is highly praiseworthy.

This year remained unprecedented all due to Covid-19 that adversely affected not only Budhanilkantha School or the country but the entire world. Despite the pandemic situation, Budhanilkantha School moved ahead with online education and continued teaching and learning with full confidence and in an effective manner while majority of other educational institutions were still uncertain about what to do. We, the parents' body, genuinely feel proud and privileged that our children were not deprived of education except for a few days at the beginning of the lock down, and also of the fact that they not only enthusiastically participated in online classes, but also enjoyed the new experience.

As a result, in an effort to support the school in whatever way possible, the way parents extended their support in raising fund for the purchase and distribution of laptops for all the teachers was superb. I take this opportunity to express my sincere appreciation to the parents who contributed significantly to this noble cause, which I believe greatly motivated the teaching staff to enhance the standard of education to a greater height. The day when the school won the ICT Award 2020, and proved itself as the leading national school in the field of digital education was definitely a proud moment for all the stakeholders of the school.

Also, the way students were motivated to hone their creative talents during the lock down period in various fronts is highly praiseworthy. I am immensely delighted to learn that the school carried out various Academic Enhancement Programmes such as special classes for Pre-Medical and Pre-Engineering Entrance Exams, extra lessons for SAT preparation, and so on, besides organizing professional development trainings, motivational speech sessions and various online co-curricular activities. In addition, the online college counseling sessions that were jointly conducted by the Guidance Counselors and our graduates from top-ranking colleges and universities such as Harvard University, New York University, Abu Dhabi and Grinnell College were greatly beneficial to our children. Through this magazine, I hope to learn and read about many more success stories, anecdotes, tales and bitter sweet experiences of the students who have got the opportunity to earn the first hand experiences of the catastrophic Covid-19 in their life time.

Finally, I would like to take this opportunity to express my sincere appreciation and gratitude to all the contributors, the editorial team, and the entire Budhanilkantha Family, and congratulate them all for the wonderful souvenir I am likely to have in my hand soon.

A handwritten signature in black ink, appearing to be 'B. Basnet', written in a cursive style.

Thank you.

Prof Dr Bhupendra Kumar Basnet  
Chairperson, FOBS



## SOCIETY OF EX-BUDHANILKANTHA STUDENTS

Message  
from  
the  
President  
of  
the Society  
of  
Ex-  
Budhanilknahta  
Students  
(SEBS)



On behalf of SEBS, it is my immense pleasure to share a few words for this digital edition of Bhanjyang which has always been a window to Budhanilkantha School and a showcase for creativity, achievements and academic progress of the students. The executive committee would like to congratulate all the contributors and the editorial team for bringing out this issue of the school magazine even in this difficult time brought by worldwide pandemic of COVID-19.

Run as a Public Educational Trust, BNKS has been a trusted source for holistic education and overall growth of students from all walks of life. SEBS, as one of the trustees and an important stakeholder of the school, has always been working to support and strengthen the core values of the school and its alumni.

I would like to specially thank the entire school team for their effort to provide uninterrupted teaching and learning environment to the students by having smooth and excellent online classes. Receiving the Digital Education ICT Award 2020 is the proof of the immense hardwork and dedication shown by the school towards its students. Congratulations BNKS! In this connection, the entire SEBS family would like to express its gratitude to the school for providing an opportunity to be the part of the team and support the school.

Finally, I am very grateful to the Principal, teachers, support-staff, the BOT, the SMC and FOBS for their support to the school and SEBS. I would also like to thank all the individuals and organizations that provided sponsorships for the publication of this edition.

Once again, on behalf of SEBS, I would like to congratulate the editorial team for their hard work in bringing out this beautiful issue of Bhanjyang even at this difficult time.

Rastra Bhushan Khadka  
President  
SEBS

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Joint Secretary  
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Treasurer

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**Mr. Upendra Adhikari**

**Mr. Raju Prasad Kayastha**

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Computer Layout & Design: Mr. M. Amgain

Office Coordination: Mrs. C. Lama

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Mr. B. R. Lamsal

2120 Aditi, 2116 Suchana, 2201 Shelin and 2193 Shreeya

## English Editors:

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Mr. B.Sharma

2062 Mansi, 2066 Prakriti, 2077 Sophiya, 2079 Suvasini,

2138 Ayushka, 2146 Oshin, 2156 Reaa, 2157 Pooja,

2160 Shreeya, 2161 Nityaa, 2191 Yashaswi, 3003 Samata,

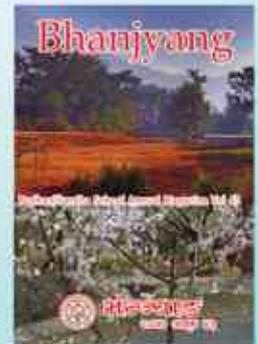
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## Graphic Design:

2036 Sabal, 2048 Subrat and 2005 Abhinaya

## Photos:

Mr. D. Singh



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Mr T R Ghimire M Sc(TU)

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MPhil, M Sc & B Ed (TU)

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M Ed (TU), Sp Sc, RM & PE (UK)

MR C.SHARMA - GUIDANCE COUNSELOR  
MA, B Ed & MBA(TU)

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MA, PGDPC & B Ed (TU)

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MA & B Ed(TU)

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MA (GU) PGDE (KU)

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BA, B Ed & MA(Sociology) (TU)

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M Sc and M Ed(TU)

Mr R RANA - Asst Head of Nilgiri  
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Mr S K DEO -Head of Makalu  
M Sc & B Ed(TU)

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Mrs BL PRAJAPATI- Head of Hiunchuli  
MA & M Ed(TU)

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MA, B Ed(TU)

Mrs N JHA - Head of Tilicho  
M Ed & B Ed(TU)

Mr GD JOSHI -Asst. Head of Tilicho  
M Ed & B Ed(TU)

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M.Lit.(USA) & MA(TU)

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MRS S BHUJEL

Mr M KARKI

Mr K ADHIKARI  
Swimming Instructor

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MA (TU), Acharya & B Ed (MSU)

Mrs P POUDEL MA & M Ed(TU)

Mr P N BHUSAL- Head of Pumori  
MA Nep and Soc & B Ed , PGD PC (TU)

Mr B R LAMSAL-Asst Head of Hiunchuli  
MA, M Phil and B Ed(TU)

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MA(TU), Acharya & B Ed(NSU)

Mr HS DHUNGANA-Asst. Head of Annapurna  
M Ed, MA Nep, Eco and Soc(TU)

# COMPUTER SCIENCE

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MCA(PU) & B Ed(TU)

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Mrs R Dahal Khatri B.E.I.T (PU)

# ARTS

Mr R MANANDHAR- Head of Dept.  
MA, M Fine Art, B Com & B Ed (TU)

Mr DP CHAPAI- Music,Drama/Light & Sound Incharge  
M Mus, BL & B Ed (TU)

Er. Mrs R SHRESTHA- Teacher of Dance  
BA in Dance Major (TU)

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MA, B.Sc. Ag (TU), B.Ed. (PU)

Mrs N SHRESTHA MA, B Sc & B Ed (TU)

Mr S LAMSAL M Sc Env (TU), B Ed (PU)

Mr H R DEVKOTA B Ed, B Sc (TU)

# PART TIME STAFF

Mr G GWACHHA- Gymanstic Instructor

Mr S KHADKA- Karate Instructor

Mr S KHADKA- Scout teacher

Mr D YADAV- Computer Science teacher

# Administrative Staff

## General Office

Kashi Ram Sharma  
Chameli Lama  
Mamata Pandit  
Shivaji Nath Paudel  
Sakul Khadka  
Ranjit K C  
Kamal KC  
Nabin Shah  
Suntali Thakuri  
Surya Bdr. Magar  
Achyut Pokhrel

## Accounts Department

Raju Prasad Kayastha  
Kamala Thapa  
Rachana Shrestha  
Bindu Lama

## Store Section

Kumar Khadka  
Durga Shova Chitrakar  
Bed Kumari Subedi

## School Health Care Center

Dr. Bishwo Raj Dawadi  
Dr. Bulu Wagle  
Mira Bhattarai  
Swosti Shrestha  
Ram Shova Thapa  
Prabina Shah Thakuri  
Usha Pandey  
Ajita Pyakurel  
Gyani Maya Shrestha  
Maina Shrestha

## Lab

Ram Krishna Shilakar  
Niraj Man Singh  
Sunita Adhikari  
Ishwor Lamichhane  
Anil Kumar Lamichhane

## Library

Reju Sharma  
Sabitri Chhetri  
Dambar Bahadur Air  
Renuka Guragain  
Shiva Hari Kandel

Chief Administrative Officer  
Principal's Secretary  
Office Secretary  
Exam Secretary  
Messenger  
Messenger  
IT Technician  
IT Technician  
Office Cleaner  
Painter/ Photocopy Machine Operator  
Telephone Operator

Chief Accountant  
Accountant  
Asst. Accountant  
Asst. Accountant

Store Manager  
Fixed Assets Officer  
Jr. Store Keeper

Doctor  
Doctor  
Head Matron  
Matron  
Matron  
Jr. Matron  
SHCC Assistant  
SHCC Didi  
SHCC Didi  
SHCC Didi

Head Lab Technician  
Lab Technician  
Lab Technician  
Lab Technician  
Lab Technician

Head Librarian  
Jr. Librarian  
Jr. Librarian  
Jr. Librarian  
Library Helper



# Maintenance Staff

## Transport section

Arun Moktan	Head Driver
Sukra Pd. Khatiwada	Driver
Indra Tamang	Driver
Tom Raj Paudel	Vehicle Helper
Jivan Khadka	Vehicle Helper

## Security Section

Nawaraj Pandit	Head Security Guard
Prithivi Man Tamang	Shift Incharge - Security Guard
Krishna Bdr. Deuja	Shift Incharge - Security Guard
Ganga Gurung	Security Guard
Saraswoti Pandit	Security Guard
Sukman Tamang	Security Guard
Raju Lama	Security Guard
Ram Bahadur Khadka	Security Guard
Shyam Bahadur Rayamajhi	Security Guard
Sher Bahadur Tamang	Security Guard
Deu Bahadur Gurung	Security Guard
Hem Bahadur Lama	Security Guard

## House Aaya

Yam Kumari Thapa	Didi
Bhagwati Tamang	Didi
Chandra Maya Magar	Didi
Bimala Thapa	Didi
Kamala Malla	Didi
Lila Nepali	Didi
Shiva Maya Shrestha	Didi
Radha Khadka	Didi
Laxmi Nepal	Didi
Bhagawati Rai	Didi
Sandhya Khand	Didi
Devaki Adhikari	Didi
Nitu Thakuri	Didi
Shanti Pode	Didi

## Maintenance section

Bishnu Paudel	Maint. Officer
Bhim Bdr. Budhathoki	Head Plumber
Anand Thapa	Plumber
Shiva Dulal	Asst. Plumber
Badri Nath Paudel	S Pool Opt.
Deepak Bhandari	Plumber
Laxman Tamang	Senior Electrician
Rajendra Shrestha	Electrician
Kedar Basnet	Junior Electrician
Chandan Rawal	Junior Electrician
Laxmi Sundar Chauguthi	Head Carpenter
Krishna Bdr. Tamang	Carpenter

Babu Kaji Bamanu	Carpenter
Sangam Tamang	Carpenter
Kapil Dev Bhandari	Mali
Udaya Pd. Devkota	Mali
Chandra Bdr. Tamang	Handyman
Kanchha Gole Tamang	Handyman
Capsang Lama	Handyman
Kumar Theeng	Handyman
Bishal Tamang	Handyman
Bal Bahadur Gurung	Handyman
Kaju Lama	Handyman
Sukaram Tamang	Handyman
Bijay Dahal	Handyman
Ramesh Tamang	Handyman
Dhan Bdr. Pode	Head Sweeper
Jiwan Lal Pode	Sweeper
Ram Pd. Pode	Sweeper
Ganga Maya Pode	Sweeper
Nirmaya Sunar	Sweeper
Raj Pode	Sweeper
Nar Bahadur Raut	Sweeper
Rupa Pode	Sweeper
Sunil Pode	Sweeper
Bikram Deula	Sweeper
Sumitra Deula	Sweeper
Mailee Tamang	Sweeper
Suresh Pode	Sweeper
Parvati Shrestha	Sweeper
Swostika Shrestha	Sweeper
Devi Karki	Sweeper
Dipesh Deula	Sweeper
Santa Tamang	Sweeper



# COUNCIL OF SCHOOL PREFECTS

2042 Shree Krishna	School Captain
2065 Omisa	Deputy School Captain
2029 Nirmal	Deputy School Captain
2077 Sophiya	Deputy School Captain (Academic Captain)
2016 Danish	House Captain (BH)
2069 Reeja	House Captain (CH)
2129 Shamir	House Captain (GH)
2073 Senchen	House Captain (RH)
2009 Avanish	School Prefect
2098 Janendra	School Prefect
2188 Biraj	School Prefect
2053 Ayusha	School Prefect
2141 Yojana	School Prefect
2197 Pragati	School Prefect
2199 Rachana	School Prefect
2036 Saharsha	School Prefect
2112 Sudip	School Prefect
2169 Suprabhat	School Prefect
2062 Mansi	School Prefect
2196 Roshna	School Prefect
2198 Pragya	School Prefect
2216 Subhangi	School Prefect



# COUNCIL OF ACADEMIC PREFECTS

2077 Sophiya	2120 Aditi	2183 Sulav
2023 Nirajan	2125 Sanskriti	2189 Ashish
2030 Nishan	2136 Sunaina	2190 Pramisha
2034 Rameshwor	2137 Anupa	2195 Rubika
2046 Shrawan	2145 Subhan	2201 Selin
2049 Supreme	2146 Oshin	2202 Sodiksha
2050 Susan	2150 Nischal	2205 Sisham
2064 Nomika	2167 Sarvesh	2208 Gunjan
2071 Sarika	2168 Gagan	2210 Neha
2079 Suvasini	2170 Sarsij	2211 Jessica
2085 Prachi	2172 Luis	2213 Sahinoor
2116 Suchana	2177 Parasan	
2117 Nira	2179 Ayush	

**Budhanilkantha School**  
**Club Presidents For The Year 2020(2076/2077)**

**BNKS SCOUT CREW**

Senior Team Mate :2143 Priyanka C/H  
Team Mate :2159 Sampada C/H  
Asst. Team Mate :2118 Indira R/H

**LEO CLUB**

President :2174 Aadim B/H  
Vice President :2063 Megha C/H  
Vice President :2149 Kristina C/H

**CREATIVITY CLUB**

President :2070 Richa C/H  
Vice President :2002 Aashish G/H  
Vice President :2126 Krisha R/H

**MATHEMATICS CLUB**

President :2024 Aditya G/H  
Vice President :2113 Sujata C/H  
Vice President :2031 Nishant G/H

**ENVIRONMENT CLUB**

President :2155 Aarsheyee R/H  
Vice President :2193 Shreya C/H  
Vice President :2061 Luniva C/H

**SOCIETY FOR OPEN NEPAL (SFON)**

President :2066 Prakriti C/H  
Vice President :2180 Aditya B/H  
Vice President :2176 Anupam B/H

**FORUM OF YOUNG ECONOMISTS (FYE)**

President :2072 Saurya C/H  
Vice President :2026 Nabal B/H  
Vice President :2164 Krisha R/H

**SCIENCE, TECHNOLOGY AND ROBOTICS CLUB**

President :2175 Rishikesh G/H  
Vice President :2052 Yagyesh B/H  
Vice President :2138 Aayushka R/H

**INTERACT CLUB**

President :2152 Avi B/H  
Vice President :2165 Dikshya C/H  
Vice President :2042 Siddant G/H

**SOCIAL SERVICE CLUB**

President :2157 Pooja C/H  
Vice President :2090 Krischal B/H  
Vice President :2153 Dilasha C/H

**JUNIOR RED CROSS CIRCLE**

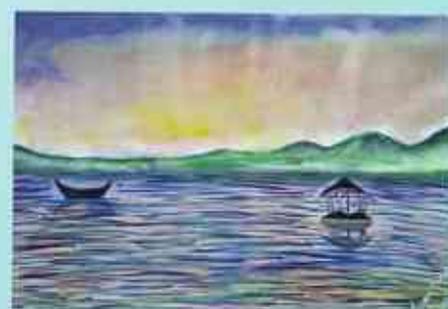
President :2166 Anushka R/H  
Vice President :2160 Shreya R/H  
Vice President :2043 Shreeyash B/H

**SPORTS AND FITNESS CLUB**

President :2110 Nirajan G/H  
Vice President :2010 Ayush B/H  
Vice President :2001 Aaditya C/H

# KOREA ART EXHIBITION

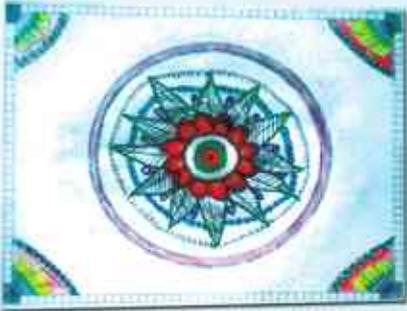
## 2021



# Educational Visit at National Innovation Centre (NIC) Kirtipur



# ONLINE MANDALA ART COMPETITION 2021



# BNKS SONGS 2020





### College Placement for 2020

As placement results of many universities and colleges are yet to be published, many students are yet to decide.

S.N.	House	Roll	Name	College/University
1	B	1144	Samyam	NYU-Abu Dhabi
2	B	1154	Sarthak	NYU-Abu Dhabi
3	R	1160	Prinsa	NYU-Abu Dhabi
4	R	1162	Sandhya	NYU-Abu Dhabi
5	G	1055	Sauryanshu	Grinnel College, USA
6	B	1054	Saujanya	Beloit College, USA
7	C	1171	Anjali	Wellesley College , USA
8	B	1059	Sujay	University of Alberta, Canada
9	C	2145	Subhan	University of British Columbia, Canada
10	G	1153	Suhishan	University of Toronto, Canada
11	B	1148	Aavash	University of South Florida, USA
12	B	1037	Kushal	Denison University, USA
13	B	1139	Darwin	University of Cincinnati, USA
14	C	1004	Aayusha	Depauw University, USA
15	G	1056	Shrawan	Whitworth University, USA
16	G	1091	Sujan	Colorado State University, USA
17	R	9021	Rabina	Whitworth University, USA
18	G	1047	Sabal	Gustavus Adolphus college, USA
19	B	1074	Chandra	University of Cincinnati, USA
20	C	1022	Tanvi	BMS College of Engineering, Bangalore, India
21	C	1070	Akriti	Pace Univerity
22	C	1173	Awantika	Fisk University, Nashville, Tennessee, USA
23	G	1102	Bikash	Whitworth University
24	G	1140	Saugat	Uni. Of Cincinnati
25	G	9164	Pratik	University of Delaware
26	R	1081	Padmaja	Drexel University
27	R	1120	Sushmi	Amity University
28	R	1176	Deeptika	Drexel University
29	G	1141	Hrishav	Whitworth University
30	G	1149	Sashwot	Pomona College
31	G	1151	Milan	Wabash College
32	G	9073	Sankalpa	University of New Mexico
33	R	1132	Prashansa	St. Louis University
34	B	1182	Sameer	Howard Univercity
35	C	1175	Niharika	Howard Univercity
36	G	9176	Smriti	St. Josephs' College
37	R	1170	Nistha	Sewanee Universiry, USA
38	B	1030	Biraj	Vellore Institute of Technology, India
39	B	1095	Nabin	Gustavus Adolphus College, USA
40	B	1114	Raj	Gustavus Adolphus College, USA
41	B	1137	Sunny	Gustavus Adolphus College or Uni of Toledo, USA
42	B	1092	Prasanna	Gustavus Adolphus College or Uni of Toledo, USA
43	B	1136	Bipul	Missouri University of Science and Technology
44	B	1027	Apurba	Kantipur Engineering College, Nepal
45	B	1129	Araj	Pulcho Emgineering College, Nepal
46	B	1146	Ayam	St Xaxier's College, Nepal
47	C	9019	Prekshya	Kathmandu University, Nepal
48	R	1166	Kriti	Pulchowk Engineering Campus, Nepal



### Exam Toppers List - 2020

<b>Class 5</b>			
Subjects	House	Roll	Name
Nepali	H	8003	Mishika
English	M	8116	Siddhant
Math	M	8116	Siddhant
Science	M	8116	Siddhant
Social Studies	M	8116	Siddhant
Dance	H	8017	Bidushi
Music	S	8002	Aayushree
Art	H	8029	Shishtata
	S	8108	Kriti
	D	8117	Aaditya
	H	8107	Venisha
Overall	M	8116	Siddhant

<b>Class 6</b>			
Subjects	House	Roll	Name
Nepali	D	7031	Samunnat
English	D	7087	Krishna
Math	D	7085	Shreyashkar
Science	D	7031	Samunnat
Social Studies	D	7031	Samunnat
Dance	H	7123	Himani
Music	S	7020	Dikshita
Art	H	7121	Srijana
	M	7104	Anurag
	H	7135	Meghani
HPE	D	7085	Shreyashkar
JVTE	D	7031	Samunnat
Overall	D	7031	Samunnat

<b>Class 7</b>			
Subjects	House	Roll	Name
Nepali	S	6018	Niti
English	N	6066	Shreyash
	S	6140	Shreya
	P	6047	Gaurav
Math	H	6029	Tejashwi
	S	6120	Manisha
Science	P	6037	Anup
Social Studies	S	6018	Niti
Dance	S	6018	Niti
Music	S	6018	Niti
Art	S	6018	Niti
HPE	N	6105	Khagendra
JVTE	S	6018	Niti
Overall	S	6018	Niti

<b>Class 8</b>			
Subjects	House	Roll	Name
Nepali	N	5032	Deepson
English	T	5010	Anoma
Math	J	5028	Nairiti
Science	N	5031	Yuvaraj
Social Studies	N	5048	Nirmal
Computer Science	N	5096	Sushank
Opt. Math	T	5006	Saumyaa
	N	5144	Aayush
	N	5031	Yuvaraj
HPE	N	5048	Nirmal
OBTE	N	5048	Nirmal



	P	5033	Uddhav
Moral Education	T	5079	Jenisha
	T	5010	Anoma
Overall	N	5048	Nirmal

	A	3038	Babin
Computer Science	K	3145	Madhav
	K	3130	Anoop
Account	A	3027	Atharva
Overall	K	3145	Madhav

### Class 9

Subjects	House	Roll	Name
Nepali	T	4036	Nistha
English	J	4004	Abha
Math	T	4036	Nistha
Scienc	K	4102	Rohan
Social Studies	T	4036	Nistha
EPH	K	4102	Rohan
Opt. Math	T	4036	Nistha
Georaphy	J	4046	Rija
Computer Science	K	4102	Rohan
Account	T	4036	Nistha
Overall	T	4036	Nistha

### Class 11

Subjects	House	Roll	Name
English	B	2187	Ashesh
Math	G	2112	Sudip
Physics	B	2187	Ashesh
Chemistry	B	2187	Ashesh
	B	2131	Mukesh
Computer Science	B	2187	Ashesh
	C	2120	Aditi
	B	2084	Darpan
Biology	R	2198	Pragya
Overall	B	2187	Ashesh

### Class10

Subjects	House	Roll	Name
Nepali	K	3145	Madhav
	A	3036	Ullash
	K	3121	Samrat
English	A	3036	Ullash
Math	K	3028	Bikalpa
Science	A	3027	Atharva
Social Studies	K	3147	Animesh
EPH	K	3144	Sarthak
Opt. Math	A	3027	Atharva
Georaphy	A	3025	Tanchho

### Board Exam Toppers

SEE Toppers	K	3145	Madhav
	J	3143	Sadhiksha
NEB Toppers	C	1119	Aakriti
	G	1181	Nitish
A Level Toppers			
	B	1146	Aayam
	G	1153	Suhishan
	R	1160	Prinsa
	C	1161	Anushka



## Budhanilkantha School News

### NEW APPOINTMENTS

1. We would like to congratulate Mr. D. P. Kayastha on his appointment as the new Vice- Principal (SL).
2. A heartily congratulation to Mrs. T Acharya for her renewed tenure as the Vice- Principal (BL).
3. Mr. K. Sharma has been appointed as the new Chief Administrative Officer. We extend our best wishes to him.
4. We would like to congratulate Mr. D. Singh for being appointed as the Cambridge Assessment International Education Exam Coordinator.
5. Mrs. M. Gurung has been transferred from Tilicho House to Ratnachuli House as the Head of House. Similarly, Mrs. N. Jha has been appointed as the Head of House of Tilicho. We wish every success in their new responsibilities.
6. Mr. P. S. Kattel has been appointed as the Assistant Head of House of Pumori. We wish him a happy and successful tenure.
7. We would like to congratulate Mr. A.K.C. for being appointed as a Scholarship Coordinator.

### FAREWELL

1. On behalf of BNKS family, we would like to bid farewell to the former Principal Mr. K. B. Khulal and thank him for his contribution and dedication towards the school.
2. We would like to thank former Vice- Principal (SL) Mr. A. K.C. for his successful tenure and invaluable contribution to the school.
3. We would like to thank Mr. L. B. Rana for his contribution as the Scholarship Coordinator.
4. A big 'Thank you' to the Acting CAO Mr. D. Lamichhane for his contribution to the school.
5. We would also like to thank Mrs. S. Shrestha for serving the school as the Head of House of Ratnachuli for 18 years. We are grateful for her contribution as the HOH.
6. We would like to bid farewell to Mrs. S. Joshi, former Assistant HOH of Dhaulagiri House and Mr. R. Rijal, Computer Teacher. May luck and

triumph always be with them. Similarly, a huge thank you to Mr. Penjor Tashi for his contribution as an Accounts teacher.

7. We would like to thank Mr. Keshav Thakuri (Kitchen Dept.), Mr. Chandra Bdr. Karki, Ms. Nirmala Tamang, Mr. Maila Tamang and Mr. Shukalal Poda (Maintenance) for their service to the school.

### HAPPY MOMENTS

1. Congratulations to Mr. R. Rana, Mr. S. K. Deo and Mr. Ramesh Adhikari for being blessed with a baby girl each. Similarly, congratulations to Mr. P. S. Kattel, Mrs. Reshma Dahal Khatri and Mrs S. Lamichhane for being blessed with a baby boy each. We pray for the babies' good health.
2. Former Budhanilkantha student Ms. Baiboo Rai has been appointed as a Senior Software Developer at Facebook. We wish her luck and pray for her successful career.
3. Ms. Mamata Pandit tied the nuptial knot with Er.Sudan Paudel this year. We congratulate and wish them a happy conjugal life.
4. Ms. Prabina Shah tied the nuptial knot with Mr. Bishwash Shahi this year. We congratulate and wish them a happy conjugal life.

### WELCOME

1. We would like to welcome the new Chief Administrative Officer of Budhanilkantha School Mr. Kashiram Sharma. We hope your tenure will bring a lot of positive changes in the school.
2. We would like to extend our warm welcome to Mr. Bishnu Rijal to the Biology Department.
3. We would also like to welcome Ms. Bindu Lama to the Accounts Section.

### CONSTRUCTION

1. Some areas like the Learning Resource Center (LRC), Gauri-Byas Annex and Reception Building are under construction.
2. A Modal Organic Vegetable Production Farm is established in the northern side of the school premises in collaboration with the Provincial Government, Ministry of Land Management,



Agriculture and Cooperative, with an aim of imparting hands on skills to the students, and also to supply fresh vegetables in the school kitchen.

3. A new teachers' flat is being constructed near Tilicho and Jugal.
4. Construction of Multi-purpose Assembly Hall is going to start very soon.

### HEARTY CONGRATULATIONS:

1. To the entire BNKS family for being the winner of the ICT Award 2020. The school is grateful to all of its staff, students and other stakeholders for their enthusiastic and dedicated effort in transforming the school into the digital era.
2. To Mr. H. S. Dhungana for publishing his book, 'Mansochchalan'.
3. To R Manandhar for publishing his two different collections, namely (1) A Decade Cartoon, and (b) Covid-19.
4. To Interact Club for organizing International Virtual MUN-2020/2021.
5. To 2146 Oshin and 6029 Tejaswi for being one of the top 10 finalists of Girls' Voices for Change (contest) and for securing fourth position in Speaking Competition respectively.
6. To 14 students from 2076 SEE Batch who scored a perfect 4 GPA in SEE.
7. Assessment International Examinations (CAIE):  
9177 Janvi for AS level English Language in the June 2019 examinations  
1161 Anushka for AS Level English Language in the November 2019 examinations  
1155 Rupak for AS Level Computer Science in the November 2019 examinations  
1012 Nandita for AS level Economics in the November 2019 examinations  
1154 Sarthak for AS Level Mathematics in the November 2019 examinations  
9151 Abhishek for A Level Further Mathematics in the June 2019 examinations.

8. Huge congratulations to BNKS team for your outstanding performance in Nepal Economics Olympiad 2021. We are proud to congratulate the following students for winning the medals;

1. 2023 Nirajan Gold Medal
2. 2129 Shamir Gold Medal
3. 2004 Abhinam Silver Medal
4. 2168 Gagan Silver Medal
5. 2016 Danish Silver Medal
6. 2073 Senchen Bronze Medal
7. 2023 Nirajan Bronze Medal (Business Case Analysis)

As gold medalists are selected for International Economics Olympiad, we wish them all the very best for this grand competition.

### CONDOLENCES

1. We would like to express our heartfelt condolence towards Mr. Prabin Rai's (Maintenance Dept.) family for his untimely demise.
2. We would like to extend our condolences towards:  
Mr. L.B Rana and his family for the demise of his mother.  
Mr. N. P Paneru and his family for the demise of his mother.  
Mr. Bhishma Raj Thapa and his family for the demise of his father.  
Mr. Ram Krishna Shilakar and his family for the demise of his father.  
Mr. Bir Bahadur Tamang and his family for the demise of his father.  
Mr. Talak Karki and his family for the demise of his mother.  
Mr. Sanu Bhai Dangol and his family for the demise of his mother.  
Mr. Krishna Bahadur Tamang and Mr. Chanda Bahadur Tamang for the demise of their mother.



## Editorial

We are really proud and exuberant to acclaim that we are ready with another new edition of our annual school magazine *Bhanjyang*. The magazine is bound to unravel the world of the most unforgettable and precious memories of the school as well of the students.

As in the past, this magazine has been a creative platform for the student's creativity to blossom naturally. It takes the initiative to set the budding mind of our young writers to wander freely in the realm of imagination and experience, hence helping them create a world of beauty in words. Despite the present scenario of the country fighting against the pandemic, our students have put in their relentless effort to bring out this magazine.

We were completely astounded to see the depth and creativity of our students. The most difficult challenge we faced was to overcome our impulse to include all the articles we had received and the limitation to include only a few of them. Students have put forward the ideas and thoughts that are too deep to be expressed and too strong to be suppressed. We sincerely believe that the sustained efforts and innovative ideas exhibited by the young writers will stir the mind of the readers and take them to the surreal world of joy and pleasure.

Last but not the least, we would like to express our sincere thanks to all the students, teachers and well-wishers who have supported in bringing out this magazine. Also, the members of the editorial team deserve our appreciation without whose support, the herculean task of editing the articles would not have been possible. We hope we have accomplished our task fairly. The shortcomings, if any, are highly regretted and your constructive feedbacks are highly appreciated.

Binu Lama

Binod Sharma



## सम्पादकीय

गत वर्ष न त विगतका वर्षहरूजस्तै नियमित प्रक्रियाबाट कामहरू अधि बढाउन सकियो न त वर्षभरका गतिविधिहरूको अनुमान नै गर्न सकिने अवस्था रह्यो । अधिल्लो शैक्षिक सत्रको अन्ततिरबाटै अस्वाभाविक सङ्केतका छिटाहरू पिर्पिराउन थालेका थिए भने सतहत्तर सालको आगमनलाई खुसियालीका रूपमा स्वागत गर्न सकिने अवस्था नै रहेन । लामो समयसम्मको नियमित कामपछिको विदाले निकै महत्त्व राख्थ्यो तर यसपटक दसैँतिहार विदाका विचमा परेको जस्तो मात्र होइन, मानव सभ्यतामै सायद पहिलो पटक हुनुपर्छ सारा विश्व त्राहिमाम बनी आफूलाई आफैले बन्दी बनाएर बस्न विवश भयो । बन्दी बन्नुपर्दाका छटपटी, अशान्ति र सन्त्रासले कलिला बालबालिकालाई मात्र होइन, सबैलाई आक्रान्त पार्यो ।

दसैँतिहारपछि बिस्तारै त्रासको मात्रा घट्दै गयो भने शैक्षिक तथा अन्य गतिविधिहरू नियमिततातर्फ फर्कने सुरसार गर्दै थिए दोस्रो चरणको सङ्क्रमणले तीव्रता लियो । खाटा बसिसकेका चोटमा पुनः आघात थप्ने काम प्रकृतिले गर्‍यो । यसैले यो वर्ष हामी सबैका लागि असामान्य र अभूतपूर्व वर्षका रूपमा रहन पुग्यो ।

नियमित सारिणीबाट बाहिरिनासाथ मानिसमा एक किसिमको अन्योल, वितृष्णा र छटपटी बढ्दो रहेछ । प्रकोपले सिर्जना गरेको भयबाट भाग्ने ठाउँ आखिर अन्यत्र कहीं नभएकाले सामना नगरी धेरै भएन । जुटेर समस्या समाधान गर्न अभ्यस्त मानव फुटेर र लुकेर बस्न विवश भएको यस पटकको महामारीले विश्व मानव समाजलाई नै त्रस्त बनाएको अवस्थामा राष्ट्रिय, अन्तर्राष्ट्रिय आर्थिक, सामाजिक, राजनीतिक, शैक्षिकलगायत हरेक क्षेत्रमा परेको कुप्रभावबाट हाम्रा बाल-बालिका पनि अछुतो रहन सकेनन् । सकारात्मक सामना विधिबाट तनावलाई हटाउने क्रममा महामारीकै विच हाम्रा धेरै बालबालिकाहरूले कथा, कविता, निबन्ध, जीवनी आदि लेखनको माध्यमबाट आफूलाई राष्ट्रिय पत्रपत्रिकाका पानाहरूमा अभिव्यक्त गरे । विभिन्न पत्रपत्रिकाहरूमा प्रकाशित भएका विद्यार्थीहरूका सिर्जनाहरूले उनीहरूलाई तनाव व्यवस्थापन गर्न सहयोग पुऱ्यायो भने महामारीको कुप्रभावबाट जोगाउँदै सिर्जनशील कार्यमा सक्रिय रहन प्रेरित पनि गर्‍यो ।

विद्यालयमा हुने प्रत्यक्ष पठनपाठन तथा अतिरिक्त क्रियाकलापका गतिविधिहरू ठप्प हुँदा विद्यार्थीहरू अनलाइन कक्षामा भर पर्नु पर्ने अवस्था सिर्जना भयो । अनलाइन पठनपाठन सामग्री सङ्कलन, प्रस्तुतीकरण र सम्बन्ध स्थापनामा हामी सबैका लागि नौलो अनुभवका रूपमा समेत रहन पुग्यो । स्वतन्त्र रूपमा प्रकृतिका काखमा साथीसङ्गातीसँग खेल्दै सिकनुपर्ने उमेरका बालबालिका घरपरिवारभित्रै गुम्सिनु पर्दा बालसुलभ चञ्चल गुणहरू कठ्याङ्ग्रिएर गएका सन्दर्भमा बाल अनुभव र अनुभूतिहरूको विश्रान्तिस्थल बनोस् भनेर फरक परिवेश र सन्दर्भमा विद्यालयको मुखपत्र प्रस्तुत गर्दैछौं । विविधताको सङ्गम बन्ने गरेको भन्ज्याडमा यस पटक समान किसिमका समस्यालाई सामना गरेका विद्यार्थीहरूका फरक दृष्टिकोणका बान्कीहरू छुटाछुल्ल भएका छन् । दुखद् घटनाहरूले अवश्य पीडा दिन्छन् तर ती पीडाको व्यवस्थित र कलात्मक प्रस्तुति हुन सके तात्कालीन तनावमोचनका साथै आगामी दिनका लागि अमूल्य स्मृतिपुञ्ज बन्न सक्दछन् भन्ने विश्वास लिएका छौं ।

समसामयिक र सान्दर्भिक विषयका रूपमा महामारी नै रहेकाले धेरै विद्यार्थीहरूले आफ्ना कोमल सिर्जनाका माध्यमबाट यही असामान्य अवस्थाका आफ्ना अनुभूतिहरूलाई अङ्कित गर्ने काम गरेका छन् । सरसरी हेर्दा सबैका उस्तै-उस्तै विषयवस्तु बन्न सक्ने सम्भावना नकार्न नसकिए पनि मानव इतिहासकै यति विघ्न महासङ्कटको बाल्यकालीन अनुभूतिको महत्त्वपूर्ण दस्तावेज बन्न सक्ने सम्भावना हामीले देखेका छौं । प्रकृतिका सुन्दर काखमा खेल्न चाहने हाम्रा सुनौला बालकोपिलाहरूका असामान्य परिस्थितिमा बितेका क्षणका अनुभूतिहरूको जीवन्त स्मृतिका रूपमा भन्ज्याड प्रस्तुत भएको छ ।

परिष्कार र परिमार्जन गरेर विद्यार्थीले कपेका अपुरा आकृतिमा सघनता र मूर्तता ल्याउन सक्ने थियौं तर त्यस परिमार्जनले बालसिर्जनाको सुवासलाई ओभरलमा पार्ने सम्भावनालाई महसुस गरी भाषासम्पादन र अत्यावश्यक ठाउँमा बाहेक परिमार्जनको काम गरेका छैनौं । बालसिर्जनाको जीवन्ततालाई कायम राख्ने उद्देश्यका साथ असामान्य परिस्थितिमा केही फरक ढङ्गले यस पटकको भन्ज्याड उघ्रिएको छ । आगामी दिनमा प्राकृतिक प्रकोप शान्त भएर जानेछ । मानव समाज पुनः नियमित काममा फर्कने छ । हामी पनि फरक-फरक प्रकृतिका सिर्जना समेटी परिष्कृत भन्ज्याडलाई प्रस्तुत गर्नेछौं । मानव समाजमा मानिसको अस्तित्वमाथि नै अदृश्य भाइरसबाट भएको महामारीरूपी प्रहार शान्त भै त्रासबाट छिट्टै मुक्ति पाउने आशा र कामनाका साथ भन्ज्याडको कोसेली तपाईंहरूसामु टक्प्राउँछौं । रचनात्मक सुझावले सधैं अधि बढ्न प्रेरणा दिने भएकाले सदाका दिनमा भैं विद्वत् पाठक वर्गबाट प्रतिक्रियाको अपेक्षासाथ यो भन्ज्याड पाठकहरूमा समर्पण गर्दछौं । धन्यवाद ।

सम्पादकीय

श्रीमती प्रिया पौडेल, श्री प्रेमनारायण भुसाल, श्री बाबुराम लम्साल



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## मेरी उनी



२०८२ श्री कृष्ण  
कक्षा: १२

हस्सु र कृहिरो लागेको हिउँदको समयमा छानाबाट पानीका थोपाहरू तप-तप चुहिएको आवाज कानको जालीले आनन्दसंग टिप्दै छ । वायुको वेगले रुखका पलांसहरूले अनौठो आवाज निकाल्दै छन । दूवोले आफ्नो सुइ जस्ता तिखा पातमा शीतका थोपाहरू थुपारेर त्यहाँबाट विचित्रको चमक निकालिरहेका छन् ।

मानिसहरू कोही धुनी तापेर बसेका छन्, कोही तातोतातो चिया खाएर आफूलाई न्यानो बनाइरहेका छन् त कोही सिरक ओढेरै आफूलाई न्यानो तुल्याएका छन् । तर के तिनीहरूको आत्मामा त्यो न्यानोपन पुगिरहेको छ त ? लाग्छ मेरा तनलाई ती माध्यमले न्यानोपन दिनै सकिरहेको छैन । मेरो अन्तर मनलाई न्यानो नभएर होला । कम्बल ओढेर सुतिरहँदा पनि न्यानो भएन । ओछ्यानमा हुँदा हरेक मानिसको साथी उसको सिरानी हुन्छ तर त्यतिबेला मेरो ती प्रयास पनि असफल साबित भए । मेरा यही कोसिस असफल साबित भएपछि आफ्नो तन र मनलाई तातो बनाउन आफ्नै मनभित्र एउटा दियो बालें । आँखा चिम्ली मनमा बलिरहेको दियोको बत्तीमा उनको झलक देखें अनि बल्ल न्यानो महसुस भयो ।

त्यो न्यानोपनसँगै उनको महसुस भयो । के साँच्चै दैवले यस्तो राम्रो र अनमोल कुराको निर्माण गर्न सक्छन् त ? लाग्छ संसारका सारा राम्रो गुण उनीमा नै बास बस्न आएजस्तो । उनको कोमल पैतालाले धर्तीलाई स्पर्श गर्दा धर्ती पनि उनीसँगै हिँडेजस्तो लाग्छ । उनको नरमपनले पृथ्वीको कणकण सूर्यमुखी फूलले सूर्यको किरण पाए जसरी खुशी भएर फरक्क फर्के जस्तो लाग्छ ।

उनी हिँडदा उनको पाउजुको झन्कारले पूरै ब्रम्हाण्ड नै गुन्जिएको जस्तो लाग्छ । एकपछि अर्को पाइला चाल्दा उत्पन्न हुने त्यो झडकारले वायुले हालेको सुस्केरालाई फिक्का बनाएको छ । बाटोमा हिँड्दा लच्केको उनको कम्मर देख्दा त यस्तो लाग्छ कि, पवनले पनि आफ्नो बाटो विराएर उनीसँगै हिँडेजस्तो ।

हिन्दी सिनेमामा देखिने ती परी जस्तालाई झिलका बनाई दिने उनको त्यो तनले छुट्टै भावनात्मक रूप ल्याउँछ । प्रहरी जवानका ताँतीभैँ सरलक्क मिलेको त्यो देहको ढड ग र लचकता हेर्दा मानिसले कहिल्यै नदेखेको उर्वशीको कल्पना गर्न बाध्य हुन्छन् ।

सूर्यले पनि उनको कोमल शरीरमा आफ्नो किरणले स्पर्श गर्न पाउँदा आफूलाई भाग्यमानी ठान्दो हो । उनको कोमल शरीरको शीतलता पाएर चन्द्र पनि सूर्यसँग उनको सिकायत गर्दो हो कि ! “हामीभन्दा पनि बढी चमक र शीतलता भएको कुरा दैवले बनाएछन् । यो त सरासर अन्याय हो ।”

गुलाफ फूलका कोमल फूलजस्तै कोमल र स्टेवेरीको जस्तै रसिलो उनको त्यो ओठले आँखाहरूलाई यसरी तान्छ मानौँ आँखाहरूले अहिलेसम्म देखेको र अब देख्ने

त्यही एउटा कुरा मात्र हो । जोवन पनि क्षणभरका लागि उनको ओठमा अडिएर त्यो जीवनरूपी आनन्द लिन पछि पर्दैन ।

लता मंडस्करलाई पनि आफ्नो बोलीले निज देखाउने उनको बोलीले चराचुरुङ्गी पनि खुशी भएर आउँदा हुन् । खुकुरीको धारभौ चम्किलो र चटक्क मिलेको उनको आँखा देखेर तिनमा डुबेर तिनकै बारेमा साहित्य रचना गरौँ जस्तो लाग्छ ।

ताराभैँ उनको आँखाबाट यस्तो छाल आएजस्तो लाग्छ कि मानौँ सागरको पानीले किनार चुम्न आएजस्तो । ती सागरभैँ आँखामा डुबेर फेरि कहिल्यै किनारामा नफर्कुँ जस्तो लाग्छ । ती आँखालाई हेर्दा आफूतिर हेरेभैँ लाग्छ । मलाई उनको आँखाले केही भन्न खोजिरहे जस्तो लाग्छ तर म त अबै त्यसमा डुब्न खोज्दै छु ।

रेशमजस्तो उनको केस हेर्दा यस्तो लाग्छ कि कुनै भरना उचाइबाट खसेजस्तो । त्यसको शीतलतामा जीवनयापन गरौँ जस्तो ।

अब ईश्वरसँग केवल यति बिन्ती छ कि उनको पैतालामा कहिल्यै काँडा नबिभोस् । कोमल शरीरलाई सूर्यले र चन्द्रले माया गर्न कहिल्यै नछोडोस् । उनको तनको लचकतालाई आँखाको उमेरको तलवारले कहिल्यै काट्न नसकोस् । उनको नरम र रसिलो ओठमा कहिल्यै सुखापन नलागोस् । आँखाबाट कहिल्यै आँसुका छालहरू नआऊन् । उनको रेशमी कपालमा कहिल्यै सेतो रङ्गले बास नपाओस् ।

म अन्तमा यही भन्छु कि हे दैव ! उनको यादले मलाई सधैंभरी नै यसरी न्यानो बनाइराखोस् । अस्तू ।

## A Drowning Tragedy



**5048 Nirmal**  
**Class: 9**

It was the month of June that had depicted the summer of scorching heat and scalding sea. The weather was perfect for a summer bath. I, in my cramped room with balmy air, was sick and tired of trying to complete a pile of assignments time and again. Two weeks long summer vacation had already crossed its halfway. And obviously, I was frustrated, my cheeks would go red from pink every time I stayed in my itchy boiling room. As it was heading to July, I couldn't bear the dreadful heat anymore. Then I thought of spending some time on the beach where I could take a long bath in the chilly water. Every time I felt uncomfortable, I just went down to the beach.

Friday 22 July was much hotter than the days before. I was engaged in my social report writing. There was such terrific heat that I, without any hesitation, instantly wrapped up the work and packed my swimming trunks and goggles heading to the beach nearby. I could see a crowd, some lying enormously on the sand, some ready to dive whereas others in

a fair as I got there.

I, personally, best love to dive much more than anything I do on the beach. Simultaneously, with other businesses going on, there was an enormous fair where almost all the people were busy with the starfish ring toss, water balloon volleyball, sandcastle competition, and other beach crafts. Everybody was almost busy in their own business. But, I didn't care. I didn't mean that the whole crowd was busy in the fair but still some were dipping in the sea. Quickly, I made myself ready for diving.

One\_Two\_Three

'SPLASH'\_\_'SPLASH'

My whole body straight forward dipped inside the water like a bullet passing through a watermelon. Wow! It was cool and bone-chilling. It just relieved me out of suffocation and catastrophic heat. But, this relief didn't last long as soon as I heard something. Hardly had I swum for a few minutes, when I heard gulps. I swam towards the direction from where it was and saw that two hands were raised upon the air. He was in a precarious condition and the situation seemed mortal peril. He was struggling to get rid of the drowning. Sometimes, he went underwater while at other times, he unconsciously came to the surface of water revealing his body. Even though I was petrified much, I vigorously extended my hands although I wasn't a perfect swimmer in hopes of saving him. But, maybe because of unconsciousness

and despair, he grasped me so tightly that I couldn't free myself with his strongly gripped hands over my neck. Suddenly, I was drowning with him, taking gulps of salty water. But, this was not supposed to be, I forcefully managed to stretch his arms which were grabbing my neck as if a lemon squeezer crushing lemon. I, however, managed to get rid of the drowning but unfortunately, the air was gloomy.

As soon as I left the spot, many others had swum and tried to save him but until then, he had already stopped breathing. People had tried their best to rescue the man but in their attempts, they failed to catch hold of him before something could happen. The drowned body was taken out. In no time, I also got out of the sea and jostled to see him in a huge crowd. His stomach bulged, his eyes glassy and slightly dark looking at the sky, the whole body frozen.

Even though there was a dispensary nearby but that wasn't worth it. Upon hearing this elegiac and tragic news, everyone was mournful and the air was full of dejection. But it was me who was most affected by his demise as I felt I was responsible for this all. I was more saddened because of the reason that one had to depart his life because of my fault, my carelessness. Since then, I have never had any intentions to go swimming and I have never ever gone for it till now. Nowadays, I often remember and rue for what I'd done.

## म काँध बोलदै छु



शुभ्रत जनन्दु  
कक्षा १२

युगौदेखि तिम्रो इतिहासलाई  
यो काँधको गलैचामा सुताएकै छु  
कुम फाटेकी भाउज  
कछ्छाड टालेको साँहिलो - मैले  
कतै टन्टलापुर त कतै भरी-बाटो-पहिरो  
छिचोल्दै भ्याड बनेकै छु  
त्यो मेरो बाध्यता थियो  
त्यो केवल विश्वासको अभिमत थियो ।  
त्यसैलाई,  
सुसुम्याउँदै स्नेहले तिम्रो सङ्कल्पलाई  
बिछोडिएको प्रेमिकाले भै  
अँगाल्दै आएँ - यही युगीन काँधमा  
बोक्दै आएँ - यही दिलको मभेरीमा  
हो,  
शताब्दीऔँ देखि तिम्रो इतिहासको राप-चाप  
विस्मृतिको कचौरामा छोपेका  
सम्भौताका दस्तावेज हेर्दै - सुँघ्दै  
नाचेकै - गाएकै हुँ - मैले  
अर्थ यो होइन कि-  
अब सम्भौताको तार चुडियो  
भाकालाई त-  
भन् अलग-अलग-सम्भी-सम्भी  
पागल प्रेमीले भै  
गाँस्दै आएको छु - यो मभेरीको कित्तामा  
सँगाल्दै आएको छु - तिम्रै एकोहोरो बन्दनामा  
दासढुङ्गा - युद्ध - काण्डमा भुन्डिएका  
किन्तु - परन्तु हटाऊ  
परिभाषा खोज - देऊ ।  
तातो-रगतले भिजेको मैले  
आज पनि तिम्रीलाई बोकेकै छु  
दिदी निर्मला - काका गोविन्दको  
सास र भोक फिर्ता गर

नत्र इतिहासले सराप्ला !  
तिमी त- निदाएका थियौ-छौ मस्त  
यो भोको काँधको मभेरीमा  
तर,  
जिउँदी आमाको नामको  
त्यो ब्लडमनी छिमेकीबाट  
नमाग - फिर्ता गर ।  
अभसम्म तिम्री यही  
फुटेको पैताला  
पट्टका कसेको-भोको-पेटमाथि  
नाता-कृपा-अहम्को अलापमा  
फत्फताउँदै-बर्बराउँदै हाइ काढ्दै छौ,  
कहिल्यै कुम फाटेको चोलीमा  
कहिल्यै टालेको कछ्छाडमा  
कतै टन्टलापुर त कतै भरी-बाढी-पहिरो  
छिचोल्दै विश्वासको यो काँध थापें ।  
आज यो भुल्के घामको आँगनी  
तिमी एकोहोरो भत्काउँदै छौ । नभत्काऊ  
केवल मैले -  
उचाल्न खोजेको हुँ  
हत्केलाको नव-विज्ञान-विचार  
जसरी अडेको छ -पहरा  
जसरी फुलेको छ-हिमाल  
त्यसरी मसँग हात जोड्न चाहें  
मैले -  
आजमा उभिएर हिजो बोकेको छु  
आजमा उभिएर भोलि बोकेको छु  
आजमा उभिएर आज बटुलेको छु  
ती रक्त इतिहास बोक्ने म  
आज सगोत्री तिम्री बोक्दा गलेको छु  
यी हत्केलाका नव-ज्योति-विचार  
काँधको बोभले उचाल्न सकिनँ  
सकिनँ तिम्रीलाई -  
आवाजले जगाउन न सपनाले तर्साउन  
किनकि -  
तिम्रो ताण्डव नवइतिहास बोक्ने म  
यो बोभबाट हलुङ्गो हुन चाहन्छु  
यो काँध - बोभ खाली गर्न चाहन्छु  
हत्केलाको नव-युगलाई  
वर्तमानमा उभ्याउन चाहन्छु  
तिम्रो आश्वासनको भारले  
म त भूईमान्छे पो भइसकेछु  
म काँध बोल्दै छु ।



## A Letter to The US Congress



**5008 Aadisha**  
**Class: 9**

To,  
The US congress  
Washington DC, USA  
Subject: Black lives matter

In a country where a large population from around the world migrate to make themselves civilized, have freedom and enjoy the rights of humanity, how can we see the injustice as people are being killed just because of the color of their skin? Their human rights are being violated; the safeguards of the country are the ones who are being racist.

At first every one's feeds were filled with George Floyd and now other George Floyds are also being murdered. They are innocent; they are humans with no difference as of us. A lot of peaceful protests are going on in different states. The citizens here are against it but why is the government sitting comfortably their chair? Why is the government not taking any action against it? The blacks

are suffering and are still being abused. At the end of every year, the black's death toll is higher even though they are the major minority group in our country. Just this year almost 194 black people have been killed. This shows that these people are still being abusive to black people and they are still subjected to violence. Imagine how difficult it is to live among the people who choose to discriminate you because of the color of your skin. Those people who are alive, they are living in a great threat, thinking what if they are next? So, you people are the safeguards of the country. You can speak to your council and just talk about this situation in front of the media so that the people won't be in a state of constant threat regarding their lives. The murderers are roaming around with no regret and unimpeachable people are threatening. So action should be taken by the government ASAP (as soon as possible). If this is not going to work, the people will lose the trust for the government and the inspectors and everyone responsible for country's responsibilities. So we hope that every person gets their basic human rights with no discrimination prevailing in the country. At last I would like to say that Black LIVES MATTER. #BLM

Yours sincerely,

## COVID 19



**8070 Shuvam**  
**Class: 6**

Covid-19 is a disease that nobody thought would come  
Everybody kept on thinking that it would be gone.  
The way it was spreading  
Gave me goose bumps.

Covid-19 was found in bat's meat  
Which was common in China to eat.  
It started to spread in other country  
Just like Nepal, India and Hungary.

After some days, lockdown was announced,  
Because our medical line was not that advanced.  
Schools were closed and online classes started  
At that time I was a-bit sad and excited.

The news about the new Covid-19 was found  
Just made my head spin around.  
People say that the symptoms are deadly  
And, people are dying rapidly.

## My Wonderful Trip to America



**8037 Yatharth**  
**Class 5**

I remember my journey which started from Tribhuvan International airport Kathmandu, Nepal. I was well prepared so nothing could happen to me. I was familiar with long journeys so I didn't get any illness. Even though this was my second time going to America I don't remember what had happened in the first time because I was only 5 years old at that time.

When we landed in Abu Dhabi, I felt a bit dizzy because it was very hot there and the air was too thick. It was a 4-hours transit so I and my mom wanted to have a drink. My mom bought a chocolate, milkshake and some cupcakes too. I was surprised when I looked out of the window because I had never seen a camel before, since Abu Dhabi is a desert there were a lot of camels. It was the time for our flight so we rushed to get to the departure section for boarding pass. But when we reached there, we came to know our flight to Los Angeles was delayed and we still had 30 minutes to go. So my mom went to a nearby duty-free shop to buy me chocolates and for my aunt a gift as we were going to live in her house. Finally, it was our departure time, I was also having a good time in the plane because the seats were comfy and there was a small screen in front of my seat, I could play games and

watch movies. My ears were having irritation because we were flying 34,000 feet high. Finally, we reached our destination. My aunt and uncle were waiting to welcome us. We went home. I was in great relief when I reached there but unfortunately very tired so I felt asleep in the car and couldn't see what was happening outside. For a few days we didn't visit many places, but the first place I visited was the Venice Beach. Venice Beach was the most beautiful beach I had ever seen. We were guided by my uncle. At first, I was scared when I saw the gigantic waves, but slowly I got familiar.

Secondly, we visited Santa Monica beach. It was amazing. I had a lot of fun. There were all sorts of attractions like swimming, roller coasters surfing etc. That day I was very tired so I went home early. I had a few school homework to complete. The next day we all were too tired, so we rested. The next day we went for a long drive. We visited many places where I happened to meet my cousin Leena. We lived with Leena for two weeks. We also visited many places with her. Although it was only two weeks with her, we did cover a lot of places like the bay area, Napa Valley and the bay area. Which I loved the most there was the zigzag road which was the only one in whole America in the bay area. I also rode some horses. Then we headed to the GOLDEN GATE BRIDGE which is believed to be made out of gold.

Then we went to San Francisco, I visited Google, Facebook, Apple, and Yahoo headquarters. I was shocked because all the famous company's headquarters were there. All of the headquarters were enormous. Then we went back to Los Angeles with a great plan to go to DISNEYLAND. When I first arrived, it was in the morning so there was a very big

crowd. Even in the entrance there were two parts; a fun park and an adventure park. We went to a fun park because the adventure park could not be covered in a single day. At first, we rode a train in Disneyland to get to the Disney castle. There were many Disney characters in the castle, I loved the panther from the Jungle Book the most. Then we spotted some horses so we decided to go horse riding. I rode a beautiful white horse which I enjoyed a lot. I headed forward. Then I saw a shop where I bought a couple of boxes of Legos and a Star Wars game set. Then I went swimming. After swimming I got tired so we had pizza and some cold drinks. After that we rode some breathtaking roller coasters. Then we returned home. The very next day, we took a tour where we had specially planned to go to a wine factory (Napa Valley). The wine made there was extremely expensive because it was handmade wine with unique species of blueberry. We could not visit the factory much. Our departure days were coming near because we had planned a trip to New York too. We had a huge discussion about where to go. At last we came up with an idea to go to SeaWorld. The very next day we went to SeaWorld. The place was very awesome from the beginning. At the beginning we took a map and headed for the Manta Rays. The main reasons we came here was for 2 great shows: the dolphin dance and the killer whale performance. Since we had a lot of time before it started. So we went to the Manta Ray section. Over there I fed some Mantas giving them special food made for them. Then we headed towards the shark incubator where there was an underwater tunnel made out of glass so that we could see the sharks. Then we went to the dolphin show. It was a lot of fun to watch the dolphins dancing and splashing water all around. The orca show was also very fun.

The orcas were showing tricks too. Then we went home because the next day we had a flight to New York. After we reached home, we started packing. The very next day we took a flight and after 6 hours in the plane we finally reached New York where my aunt was waiting for me. We didn't have much time because we had to return to Nepal for Tihar festival too. So, we decided

to go only a few places. So, the very next day we decided to go to the Bronx zoo. The first time I entered there I saw a lady with a beautiful parrot. Then we headed directly to the mammal's section there, at first, I saw a cheetah over there sitting on the top of a tree then we went to the giraffe feeding section where there were a couple of giraffes. Then we also saw many animals like

bears, lions and snakes etc. Then that night we went to the Empire State Building to see the lighting scene of New York city. Then our last destination was the Statue Of Liberty. We had to go there with the help of a ship. It is also said that the Statue of Liberty was made up of copper and it turned blue due to oxidation. Then after 1 day gap and after a 14-hour journey we reached our home.

## कोरोनाको कहर



२०२० स्वदेश

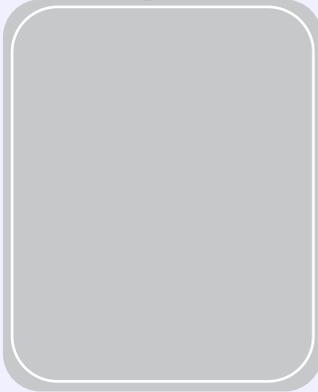
कक्षा ५

कोरोना एउटा श्वासप्रश्वासबाट सर्ने नयाँ महामारी हो । यो रोगको शुरुवात चीनको उहान प्रान्तमा भएको थियो । यो रोग

चीनबाट सबै राष्ट्रहरूमा फैलदै गयो । विश्वभर करिव पाँच करोड असी लाख मानिसहरूलाई लागेकोमा करिव तेह्र लाख पचास हजार मानिसहरूलाई कोरोना लागेर मरिसकेका छन् र अभै पनि संसारभरिका मानिसहरूलाई कोरोनाले आक्रान्त बनाएको छ । यो रोगले मानिसहरूलाई घरमै बस्न बाध्य बनाएको छ । कोरोनाले गर्दा सबै कलकारखानाहरू बन्दछन् र यसले धेरै मान्छेहरूलाई बेरोजगार बनाएको छ । यसले धेरै अफिसहरूलाई बन्दको अवस्थामा प्याएको छ । अनि मजस्ता धेरै विद्यार्थीहरूले पढ्ने विद्यालय बन्द छन् । अनलाईन कक्षामार्फत सबै विद्यार्थीहरू

कक्षामा जोडिन सकेका छैनन् । यो रोग लागेको छ कि छैन भनेर पत्ता लगाउन पिसिआर टेष्ट गर्नुपर्छ । पिसिआर टेष्टको रिपोर्ट पोजेटिभ आयो भने कोरोना लागेको छ तर नेगेटिभ आयो भने कोरोना लागेको छैन भन्ने कुरा बुझ्न सकिन्छ । अरू सबै कुराको पोजेटिभ राम्रो तर रोगको पोजेटिभ नराम्रो रहेछ । हामीहरूलाई कोरोनाबाट बच्न बेलाबेलामा तातो पानी पिउने, बाफ लिने, साबुन पानीले हात धुने, सही तरिकाले मास्क प्रयोग गर्ने र अनावश्यक घरबाट बाहिर ननिस्कने गर्नुपर्छ । भौतिक दूरी कायम गरौं कारोनाबाट आफू बचाउ र अरूलाई पनि बचाऔं ।

## अनुशासन



२०५४ हिदय

कक्षा ५

अनुशासन भन्नाले नीति नियमको पालना गर्नुलाई बुझाउँछ । हरेक व्यक्ति, घर, समुदाय, समाज, राष्ट्र र प्रकृतिसमेतको आ-

आफ्नो नियम हुन्छ । विद्यालयको आफ्नो नियम भएजस्तै प्रकृतिको पनि आफ्नो नियम हुने हुनाले विभिन्न घटनाहरू घटेका हुन्छन्, जस्तै भईचालो जानु, अनुशासनको पालनाले हरेक मानव जातिको आचरण, व्यवहार राम्रो हुन्छ ।

रातपछि दिन आउनु, दिनपछि रात आउनु, घाम लाग्नु, जून लाग्नु, बादलले पानी पर्नु, ऋतुहरू बदलिनु, बोटबिरुवाले फल दिनु, वर्षामा पानी पर्नु, हिउँदमा चिसो हुनु, आदि प्रकृतिका नियम हुन् जुन अत्यन्त नियमपूर्वक चलिरहेका हुन्छन् । प्रकृतिको नियमलाई मानव जातिले रोक्न सक्दैन । प्रकृतिको तुलनामा मानिसको अनुशासनमा रहने बानी कमजोर हुन्छ । जस्तै समयमा उठ्ने, सुत्ने,

खाने, भेटघाट आदि कार्यको लागि खासै नियम प्रकृतिले जस्तो पालना गर्ने भए मानवजाति अझ सफल हुन्थ्यो होला ।

अनुशासनको महत्व सबै क्षेत्रमा उत्तिकै हुन्छ । जस्तै व्यापारबाट फाइदा पाउनु, प्रतिस्पर्धामा सफलता प्राप्त गर्नु अनुशासनको हात रहेको हुन्छ । अझ विद्यार्थी जीवनमा अनुशासन गहनाको रूपमा रहेको हुन्छ । जस्तै समयमा विद्यालय जानु, गुरुहरूलाई आदर गर्नु, गृहकार्य गर्नु, सानालाई माया गर्नु, ठूलालाई आदर गर्नु । अनुशासित मान्छे सधैं असल र सफल हुन्छन्, अनुशासन सफल जीवन जीउने कला हो ।

## A Note to Myself



**2140 Surangana  
Class A2**

Dear me,

It's not a phase; it's your feelings and emotion,

At times, life may seem to be tough and broken.

At 3 in the morning, you might find yourself staring at the ceiling

and asking yourself a question:

"What I feel, is it real, does it matter and will there be anyone to listen?"

When they ask you how was your day,

Do you put a smile on your face and nod okay?

Or do you cry your eyes out and pour your feelings away?

You wonder if they'll curse you for being weak or listen to you and show you a way.

Thousands of questions pop in your mind every day,

And here are a few things that I want to say.

It's okay if you have a bad day, and don't feel like getting out of your bed.

It's okay if you don't score as good as your cousin or if you're not as pretty as your dear friend.

It's okay to grow facial hair and acne and gain weight than to have a flawless facade.

It's okay to be cranky and messy and not have everything sorted.

Give yourself the time, respect and love you need

Learn to be selfish at times and be cautious of the issues you need to heed.

You may be swarmed with whispers of "too sensitive", "fake" or "feigned"

Just know that it doesn't matter and you are fulfilling your basic needs.

"Everything is given to you on a platter!" they may say,

And it is still ok if you don't feel the same way.

Seek for help; know that there is no shame in sharing with your friends that you do not feel okay.

## How The Person Sees It?



**5010 Anoma  
Grade: 9**

The same book can play a different role for different people. It can be a cherished object for one, to another, it is a deadly foe. To one, it is a sanctuary - a safe haven, to another, it is an obligation - unwanted but unnecessary. It can either be a key to the infinite worlds it holds for the curious

mind or a worthless jumble of words to the one who has no interest whatsoever.

A same word can mean two different things to different people, just like how one man's meat is another man's poison. A beautiful poem can also be a vivid reminder of another's tragedies. It all depends on how a person chooses to conceive it. If the person decides to be optimistic and look at things in a bright light, good things will be all he sees. If the person opts to be on the pessimistic side, he'll see even the good things in a dark light.

An example can be, a glass half filled with water. When asked, the people who are optimistic will respond saying the glass is half filled. The pessimistic ones will reply saying the glass is half

empty. This simple test lets us know where a person's mind tends to dwell more often.

It's always better to look at things in a bright light. Only then can a person enjoy the finest and the simplest things in life. Looking at everything in a dark light only takes away the beauty of the small things in life. William James once said, "Pessimism leads to weakness. Optimism leads to power." Only by being optimistic, can one make opportunities out of the difficulties they face, while being pessimistic can only turn one's opportunities into difficulties.

Everything depends upon how a person conceives it. If you want something to get better, maybe you should try changing your point of view first! Everything is beautiful if you look at them in the right way!

## विश्वशान्ति आजको आवश्यकता



३०८६ विनीता

कक्षा : ११

“शान्ति” आहा । अति प्रिय शब्द । शान्तिलाई मन नपराउने, यिनीसँग पिरती गाँस्न नचाहने को पो होला र ? कहिलेकाहीँ म मेरा वरपरका आहारा टिप्पै गरेका चराहरूलाई सोध्छु के तिमीलाई शान्ति मनपर्छ ? जमिनमा जीवनको भिनो आशाको त्यान्द्रो खोजिरहेका ती निर्दोष प्राणीहरू एकपटक टक्क अडिन्छन् । नौलोपनको आशामा नजर घुमाउँछन् र मेरो प्रश्नको जवाफ नदिई पुनः साबिककै अवस्थामा आफुलाई भुलाउँछन् । जवाफको खोजीमा अल्झिएकी “म” फेरि कल्पनामा डुव्न बाध्य हुन्छु । मनमनै शान्तिलाई आफैसँग रहन आह्वान गर्दछु तर बिचरा शान्ति, आफुले ल्याएको उपहार सम्पिन नपाउँदै विस्थापित हुन्छिन् । मनका भाव पोख्न नपाउँदै आतङ्कले हातपात गरिदिन्छु । फेरि ओइलिन्छिन् छियाछिया हुन्छिन् । के शान्ति अब कहिल्यै आउँदिनन् त ? विश्वशान्ति आजको पहिलो आवश्यकता हो । पहिलो शर्त हो ।

मानिसले बिघ्नबाधाका कैयौँ सिंढी पार गरेको छ । आपतकालिन अवस्थामासँग जुध्दै आफुलाई विकसित पनि तुल्याएको छ । सायद यो नै मानवसभ्यताको सबैभन्दा ठुलो उपलब्धि हो । तर विकासको गतिसँगै एकातिर उन्नति र अर्कोतिर अवनतिको ढोका खोलेर सबैभन्दा ठुलो मुखता देखाइरहेको छ । सायद यही कुराले आज विश्वशान्ति सामु ठुलो बखेडा

खडा गरेको छ । दुःसाध्य चुनौती थपेको छ । अहिलेसम्म नदेखेका र नसुनेका वस्तुलाई मूर्तरूप दिएर मानिसले सार्थकता प्रस्तुत गरेको छ तर पर्दा पछ्याडिका समस्याप्रति अनुकुलतालाई बेवास्ता गरिहेको छ । यही बेवास्ताले नै दिन प्रतिदिन मानिसलाई अन्धकारतर्फ धकेलिइरहेको छ । आखिरमा शान्तिले नै ठुलो क्षोभ भोग्नु परेकोछ । आज अमेरिकामा वारुद पड्किँदा नेपालीको मुटु कापन थालेको छ । सिरियामा गौली चल्दा चाइनामा भागदौड मच्चिन्छ । पाकिस्तानमा लडाइ हुँदा अफिकामा लक्न परेको छ । के मानिसले स्थापना गरेको शान्ति यही हो त ? मत मान्दिन । बिहान स्कूल गएको छोराछोरी बेलुका सकुशल फर्कन्छन् वा फर्कदैनन् भनेर यहाँ बाबुआमाले चिन्ता गर्नुपरेको छ । राति सुतेको मानिस बिहान उठ्दा बाँचेको हुन्छ या हुँदैन टुँगो छैन । आज दिन काटेको मानिसले भोलिका निमित्त प्रार्थना गर्नुपरेको छ । प्रत्येक बिहान हत्याकाण्डको खबर पत्रपत्रिकाले छाप्छन् । बालबालिकाको अपहरण, चेलीको बलात्कार, हत्या आदि आज सामान्य बन्न थालिसके । यस्तो गञ्जागोल र भद्रगोल समयमा हामी जस्ता शान्तिप्रेमीले शान्तिको अस्तित्व खोज्नु पटमुखता भएको छ ।

एकपटक एक पत्रकारले अल्बर्ट आइन्सटाइनलाई सोधेका थिए रे “के अब फेरि तेश्रो विश्वयुद्ध हुन्छ होला ?” त्यसवेला उनले भनेका थिए रे “मलाई तेश्रो विश्वयुद्ध चाहिँ थाहा छैन, चौथो विश्वयुद्ध भयो भने चाहिँ दुँगाका हतियार प्रयोग हुन्छन् ।” यसबाट उनले के बुझाए भने यदि मानिसले आफ्नो कर्तव्यलाई यसरी नै बिसिएर युद्धको सिर्जना गर्‍यो भने मानवसभ्यताको अन्त्य निकट छ । उसको विनाश अवश्यम्भावी छ । म कहिलेकाहिँ आफैलाई प्रश्न गर्छु । अल्बर्ट आइन्सटाइनले एटम बम युद्धकै लागि बनाएका थिए होला त ? गोलाबारुद युद्ध सोचैरे निर्माण गरिएका हुन होला र ? मलाई त लाग्दैन । लिओ नार्दा दा भिन्चीले अवश्य पनि उनले बनाएका कैँची आज घाँटी रेट्न प्रयोग हुन्छ भनेर सोचेका पनि थिएनन्

होला । तरकारी काट्ने चक्क आज पेट छेड्ने सामान बनेको छ । बाँस काट्ने खुकुरी हात काट्ने हतियार बनेको छ । आज आफुले जन्माएका सन्तान आफ्नै बाआमाका हत्यारा बनेका छन् । आदर्शवादी बाटो देखाउने शिक्षक आफ्नै शिष्यद्वारा मारिएका छन् । लोभमा परेर सारा आफन्तजन टाढिएका छन् । भाइचारा, मातृत्व, पितृत्व आज तुच्छ भएका छन् । यस्तै सोचमा डुब्दाडुब्दै म न त सपनामै रमाउन सक्छु न त विपनामा नै ?

हामी मानव जातिको आफ्नै अस्तित्व छ । चामत्कारिक अतीत छ । विस्मयकारी वर्तमान छ । अब सबै मिली सुनौलो भविष्य निर्माण गर्नुछ । हामीलाई युद्ध रच्ने हिटलर चाहिएको छैन । जातभातमा फुट ल्याउने तालिवान चाहिएको छैन । केवल शान्तिको बाटो देखाउने गौतमबुद्ध चाहिएको छ । अहिँसाको दीप बाल्ने महात्मा गान्धी चाहिएको छ र जीवनको वास्तविकता पढाउने जिजस क्राइस्ट चाहिएको छ । हामीले बुझेका छौँ कि हामीलाई सार्थक जीवनको आवश्यकता छ । यसका लागि विश्वशान्ति नै पहिलो र अन्तिम आवश्यकता हो । अब फेरिफेरि अफगानिस्तानको गोलीले नेपालीलाई नथर्काओस् । इराकको धमाकाले सर्बियामा भागदौड नमच्चियोस् । रसियाको बमवर्षाले सुडान त्रसित नबनोस् । शान्तिले पुनः स्थापित हुने मौका पाओस् । स्कूल पढ्न गएका सन्तानको सुरक्षा बारे बुवाआमाले चिन्ता गर्ने नपरोस् । सुतेको मानिसमा बमको आहारा भइन्छ कि भन्ने त्रास नहोस् । यस्ता आतङ्कले बालबालिकालाई कलम उठाउने समयमा हतियार उठाउन बाध्य नगराओस् । शान्तिका दीप पुनः बल्न, जल्न पाऊन् । हामी चाहन्छौँ साँभ तरकारी किन्न निकलेकी महिलाले मनमा त्रास र हातमा भोला बोकेर हिड्न नपरोस् । विद्यार्थीको भोलामा ठुलठुलो बन्दुक होइन किताबकापी होस् । मानिस स्व्यवस्थित ढङ्गले चलोस् । उन्नतिको पथमा पुगोस् । यही नै आजको प्रमुख प्रार्थना हो । प्रमुख र अन्तिम आवश्यकता हो ।

**Grade 12 'A'**



**2204 Shubheksha  
Class 12**

Our class 11 'A' or say current 12'A' is here,  
 Altogether 25 children of BNKS are there.  
 With lots of care and beautiful smiles,  
 Naughty, mischievous, lazy but still hardworking,  
 Active, creative, talented and talkative!!!  
 Everyone is unique with their unique four digit roll number,  
 So from whom to start?

Shree Krishna being the tallest in the class,  
 And teacher's favourite too.  
 Janendra is a good friend ,  
 Mukesh is with many questions and answers too,  
 And I am pretty sure that he can be a good doctor.  
 Sujit is teased by Ashish a lot,  
 But they are always together.  
 Khemraj has good sports skills,  
 Sakshyam's hairstyle might make him look like K-drama's actors,  
 But that's not so true.  
 Omisa is usually an entertainer,  
 Diya and Anisha are never apart.  
 Kunjinee is always a good sleeper,  
 And Prachi not being mischievous she is mostly caught?  
 When Indira is with kind heart,

Roza and Kishma are with their gossips.  
 And Aditi is so silent.  
 As Pragya is supportive, Selin is co-operative.  
 Pragati is actually very keen,  
 And Jessica is ever ready with Maths questions.  
 Agrima greets with a smile in her every 'hi's and 'bye's.  
 Subhangi is always ready to help everyone,  
 Neha is so silent in the class, you hardly notice her!  
 Finally it's me Shubheksha representing my class.  
 Though we couldn't spend much time in school this year these two most exciting years of High School will be remembered  
 as the best moments we ever passed.  
 We'll walk in different ways someday but we can't be separated.

**Graphic Arts**



**6064 Siddhanjan  
Class 8**

Do you know what graphic arts are? Maybe, maybe not. Well, graphic art is a traditional category of fine

arts, including forms of visual artistic expression. It covers a broad range of visual artistic expression, typically two-dimensional.

The term "graphic arts" usually refers to the form of art that rely more on line or tone than on color, especially drawing and the various forms of engraving; it is sometimes understood to refer specifically to printmaking processes, such as line engraving, dry point, monotype, lithography, and screen printing (silk-screen, serigraphy).

Many tend to get confused

between graphic art and graphic design. It's pretty simple, graphic art is a form of fine arts which means it's just a drawing and usually doesn't carry information whereas graphic design is a craft where professionals create visual content to communicate and exchange information.

Graphic design is a design or a collection of designs that convey a meaning or message.

So, Graphic arts is just fine arts drawn to express what you think.

## सोलुखुम्बुसम्मको “मेरो रमाइलो यात्रा”



**1036 यशार्थ  
कक्षा ६**

मेरा लागि यो वर्ष पहिलेको भन्दा फरक रह्यो । सधैं विद्यालय गएर साथीभाइसँग खेलेर गुरु-गुरुआमासँग रमाउँदै पढ्ने बानी परेको थियो । यो वर्ष विश्वभर फैलिएको कोरोना भाइरसको महामारीले गर्दा भौतिक रूपमा कक्षामा उपस्थित भएर पढ्न सकिएन । सामाजिक दूरी र लकडाउनका कारणले गर्दा वैशाखको दोस्रो हप्तादेखि हाम्रो अनलाइन कक्षा सुरु भयो र कात्तिक २८ गते पहिलो सेमेस्टरको परीक्षा पनि सकियो ।

सदाका वर्षहरूमा जस्तै दसैं तिहार र छठपर्वको लामो विदा सुरु भयो । विदापछि लगत्तै दसैं थियो । मनमनै मैले दसैं रमाइलो गरी मनाउने योजना बनाइरहेको थिएँ तर सप्तमीको दिन घरको नातामा दाजुभाइ पर्ने आफन्तको मृत्यु भएका कारण दसैंको टीका लगाउन मिलेन ।

कोरोना कहरका कारण लामो समयसम्म घर बस्दा दिक्क लागेको मनलाई केही खुसी बनाउनका लागि मैले तिहारको टीका गाउँमा गएर लगाउने निधो गरें र सोलुखुम्बुको यात्रा तय गरें ।

म मनमनै धेरै खुसी थिएँ । एकातर्फ दिदीको हातको टीका लगाउन पाउने र अर्कोतर्फ सोलुखुम्बुको रमणीय दृश्य हेर्न पाउने भएकोले । म पहिलोपटक मामुविना एकलै टाढाको यात्रा गरिरहेको थिएँ ।

मनमा अनेकौ कुराहरू खेल्दा खेल्दै म एयरपोर्ट पुगिसकेछु । सम्पूर्ण सुरक्षाका साधनहरू लगाएर कोरोनाबाट सावधान हुँदै प्लेन चढें । लगभग ३० हजार फिटको उचाइमा पुगेपछि हिउँले सेतै ढाकिएका हिमालहरूको मनमोहक दृश्य हेर्न पाएँ । त्यो देखा कुनै अर्को संसारमा पुगेको जस्तो लाग्यो । विश्वको अग्लो शिखर सगरमाथा, गौरीशङ्कर, आमादब्लम, चोयु लगायतका हिमालहरू हेर्न पाउँदा मन फुरुङ्ग भयो । अर्भै सुनकोसी, दूधकोसी, तामाकोसी र इन्द्रावती नदीहरू सलल बगेको देखा म अत्यन्त आनन्दित र हर्षित भएँ । यी दृश्यहरू हेर्दा हेर्दै प्लेन फाप्लु विमानस्थलमा पुगिसकेछु । प्लेनबाट बाहिर निस्कनेबित्तिकै नुम्बुर हिमालको दृश्य भनै राम्रो देखियो ।

त्यहाँबाट हामी सल्लेरी हुँदै मेरो घर भएको ठाउँ सल्यानतिर लाग्यौँ । काठमाडौँ जस्तो प्रदूषित र घना वस्ती भएको ठाउँबाट गएको म, सल्लेरी बजार पुग्दा त्यहाँको स्वच्छ, सफा र हराभर वातावरणले मेरो मन भनै रमायो । भोक लागेकाले हामी सबैले मःम खायौँ अनि गाडी चढेर घरतिर लाग्यौँ ।

मेरी ठुली मामु, मामाहरू, माइजू, भाइहरू र दिदीहरू अघिल्लो दिन नै काठमाडौँबाट सल्यान पुगिसक्नु भएको थियो । त्यहाँ पुगेपछि मैले सबैलाई नमस्कार गरें । त्यो दिन काग तिहारको दिन भएकोले कागलाई मिठो तथा चोखो खाना दिएपछि, हामीले पनि खाना खायौँ ।

भोलिपल्ट लक्ष्मीपूजा भएकाले सबैजना घर सरसफाइ गर्न लाग्नुभयो । मैले पनि आफूले सकेको सहयोग गरें । यस पटक कुकुर तिहार, गाईतिहार र लक्ष्मीपूजा एकैदिन परेको रहेछ, त्यसैले त्यहीअनुसार कार्यक्रम सुरु भयो । कुकुरलाई पूजा गरी, माला लगाई मिठो खाना दियोँ र गाईलाई पनि पूजा गरी मिठो खाना खुवाइयो । लक्ष्मी पूजाको दिन भएकाले घरलाई भिलिमिली बत्तीले सिँगारिएको थियो । दिदीहरूले मयुरको तस्विर आकारमा रङ्गोली बनाउनुभयो भने हामीले मालाहरू बनायौँ । ठूली मामुले सेलरोटी र मिठाई पकाउनुभयो । साँझमा सुन, चाँदी, तामा, काँसो, गरगहना र पैसा वरिपरि राखेर धनकी देवी लक्ष्मीको पूजा आराधना गरेर सबैतिर दियो बालियो ।

भोलिपल्ट गोवर्द्धन पूजा सकेर हामी दालबारी, तोरीबारी र धानबारी घुम्न गयौँ । धानबारीको पहेंलो धान त आधाउदी काटिसकेको रहेछ । तोरीबारीमा तोरी पहेंलै फुलेको रहेछ । फुलेको तोरीका फूलमा मौरीहरू आएर बसेको देखा भनै रमाइलो लाग्यो । त्यहाँ धानमात्र होइन, तरकारीहरू पनि प्रशस्तै हुँदा रहेछ । अर्कोतिर मखमली, सयपत्री, गोदावरी लगायतका फूलहरूले बारी ढकमक्क ढाकेको देखा मन भनै आनन्दित भयो । सबै खेतबारी घुमिसकेपछि भाइहरू र म खेतको कान्त्लाबाट हाम फालेर धेरैबेर चोर पुलिस खेल्दै बाखा पनि हँयौँ ।

भाइ टीकाका दिन विहानै सबै उठेर नुहाइ-धुवाइ गरी सफा र चोखो लुगा लगाएर दिदीको हातको टीका र आशीर्वाद थाप्न बस्दा धेरै रमाइलो लागेको थियो । दिदीले दिएको भाइ मसला र मिठाई, चक्लेट, विस्कुट आदिको पोको देखा भन खुसी लाग्यो ।

मैले पनि टीका थापेपछि दिदीलाई कपडा र दक्षिणा दिएँ ।

अब तिहार लगभग सकियो । मेरो पनि सोलुको रमाइलो यात्राका दिनहरू घट्टै गए । चिसो मौसम भएका कारण हरेक दिन बेलुका ठूला-ठूला मुडा बालेर सबैजना वरिपरी बसेर आगो ताप्दै मासु पोलेर खाँदा भनै रमाइलो भएको थियो । अब मसित थोरै दिन मात्र बाँकी थियो । बाँकी दिन पनि हामीले खेतवारीमा दाइ दिदीहरूले धान काटेको हेर्न गयौँ । हामीले पनि अलि-अलि धान काट्न सघायौँ । मैले पनि धान छिट्टै प्रयास गरेँ तर पहिलोपटक भएकाले होला मैले त्यति मेलो ल्याइनँ । त्यो दिन पनि

मैले बेलुकापख धेरै रमाइलो गरेँ ।

अर्कोदिन, ठूलोबुबा, ठूलोमामा, मामा, माइजू, दिदी र भाइहरू सबै छिट्टै उठ्नुभयो । उहाँहरू सबैको काठमाडौँ फर्कने दिन थियो । मेरा लागि यो दिन अन्य दिनजस्तो रमाइलो थिएन । किनभने भाइहरू काठमाडौँ फर्किँदै थिए । तैपनि त्यो दिन अरु साथीहरूसँग खेलेर दिउँसो बिताएँ ।

भोलिपल्ट सबै उठेर ठूलीममी, दिदी र आन्टीसँग नेचा बजार घुम्न गयौँ बजारमा धेरै चिजहरू बेच्न राखिएको रहेछ । त्यहाँ किवी, सुन्तला, कागती, भोगटे

र खानेकुराहरू मःम, समोसा मिठाइहरू पनि पाइँदो रहेछ । हामीले त्यहाँ समोसा र मःम खायौँ । त्यो बजारलाई हाट बजारको नामले पनि चिनिँदो रहेछ । बजार घुमेपछि चाँडो-चाँडो गरेर हामी घर फर्कियौँ । घरमा आएपछि भोलिको काठमाडौँको यात्राका लागि समान प्याक गर्न थालेँ । अर्कोदिन बिहानै सबै उठ्नुपर्ने हुनाले म सदाको भन्दा चाँडो सुतेँ ।

बिहान सबै उठेर नुहाइ धुवाइ गरी खाजा खाएर ठूलो बुबा र ठूली मामूसँग फाप्पु एयरपोर्टतर्फ लागेँ । यसरी मेरो सोलुखुम्बुको रमाइलो यात्रा सकियो ।

## प्रिय ...



२१०६ कुशल  
कक्षा १२

खै, के भएको अचेल मलाई । तिमीलाई कतै देखेँ भने हेरि रहन्छु । तिमी साथमा नभए तापनि त्यतै मन जान्छु । यो भित्री मनले तिमीलाई चाहन्छु तर बाहिर प्रकट गर्न ज्यादै लाज मान्छु । मानौँ तिम्रो मन हिरा नै हो, त्यही हिरा चोर्न यो चोर हरपल प्रयत्न गर्छु । दिन प्रतिदिन म तिमीलाई पाउन एक माथी दाइ भै जाल बुन्दै छु त्यो पनि ठूला ठूला प्वाल भएको ताकि तिमीजस्तो ठूलो माछालाई जालमा पार्न खोज्दा साना भुराले कदापि मेरो ध्यान नभट्काओस् ।

मायालु कसरी बयान गरूँ यी मेरा मनका भावना? सानु ! तिमी मेरो

मनलाई खोलाको बाँध ठान अनि मेरा मुखबाट निस्कने शब्दलाई त्यस बाँधमा अडिएको पानी । यदि एउटा शब्द पनि मुखबाट फुटिक्यो भने सारा बाँध नै भत्किएर बाढी आउनेछ । त्यसैले कसैलाई पनि थोरै कुरा भनी आफूलाई हलडुगो बनाउने सोच मात्र आउँदा पनि मुटु कापेर आउँछु । त्यसैले आफ्नो यो गरुडगो देह र साथमा बोकेको सागर ढाक्ने जालले तिमीतर्फको गति चिप्ले किराको जस्तो बनाइ दिएको छु । बेलाबेलामा मलाई आफ्नो गति देखेर अत्यन्तै डर लाग्छ ।

सहरमा चोरहरूको सङ्ख्या दिनहुँ बढ्दो मात्र छ । कतै सून चोर्न हिँडेकाले मेरो हिरालाई देखी आँखा लगाइ मात्र नराखेर लगि दिने त होइनन् ? पुलको माथि बस्नुपर्छ, दस मिनेटमा दुई जनाका दरमा नयाँ र कहिल्यै नदेखेका माथी देखा पर्छन् । कतै मेरी प्रिय सानोसानो जालमै त पर्दिनन् भनेर भित्रैदेखि मेरो मुटु चसक्क चस्किन्छ । यदि त्यस्तो भइहाल्यो भनी म के गरूँ ? सरासर पुलिस चौकी जाउँ या त्यही पुलबाट खोलामा हाम फालौँ ।

प्रिय ! भन्छु 'हुने बिरुवाको चिल्लो पात' तर म आफूलाई खस्रो हुन लागेको अनुभूति गर्दै छु । आफ्नो

मन हलुका बनाएर तिमी कहाँ छिट्टै पुग्न मेरा व्यथा पोखुँ ? कसैलाई विश्वास लाग्दैन । "जुन जोगी आए पनि कानै चिरेको" कसलाई कसरी भनूँ अनि तिमी कहाँ क्षणभरमै पुगूँ भन्ने कुराले मलाई गम्भीर बनाएको छ ।

हे मेरी परी केही सङ्केत त देऊ मलाई । मेरो हृदयमा उम्लिएका शब्दका लप्कालाई कसरी तिमी सामु सरल ढङ्गले ल्याऊँ । मलाई डर पनि छ, कतै मेरा मुखबाट निस्किएका शब्दले आगोको तापभै तिम्रो मन पोल्छ कि भनेर । यसै कारण कसरी भन्दा सरल हन्छु र कसरी भन्दा त्यही शब्दले भयङ्कर रूप धारण गर्छ भन्ने कुरामा म अलिभरहेको छु । तिमीसँग बोल्ने मन त ज्यादै लाग्छ तर कतै तिमीलाई मेरो मनको कुरा थाहा भएर तिम्रो मुखको तालचा लाग्छ कि भनेर अत्यन्तै सोचेर बोल्न बाध्य भएको छु । उसै त तिमी कहिलेकाहीँ मात्र बोल्छौँ अझ त्यस्तो भयो भने म बेलै नपुग्दै निदाउँछु ।

मायालु ! आज जेसुकै होस् भनी मैले लेखेको माध्यमबाट 'अ' भनिदिएको छु कृपया, अहङ्कार, बुझिदिनु तिमीले । म उपयुक्त नलागे पनि चटककै नभुलिदिनु है ।

## If Alarm Clocks Could Talk.....



**4049 Archit**  
**Class 10**

My name is what seems relevant for you to call, maybe a “Gift“, “Plague”, “Mellifluous”, “Nuisance”. I have been in this mansion for almost half a decade, considering I would be your motivation and hope, but always turned out to be your torture.

“Wake Up!”, “Wake Up!”, “Wake Up!” I chant vigorously, hoping you would praise me, but, instead all I ever get is your face enlightening me with its anguish, lethargies, and continuous curses towards me.

I mean, what is wrong with you, why spent sixty bucks if you can’t even acknowledge the one who is selflessly trying to wake you up. You should try to reciprocate my actions.

The time is 6:28 am. The following two minutes would mirror the worth of my very existence. These remaining minutes have been my most appealing, as well as, my most frightening moment. I try adjusting my voice, making it

melodious, and shrill, in the hopes of waking you up. With every second that passes, anxiousness and anxiety keep on terrorizing me. The thoughts of you giving up on me for my blunders give me goose bumps.

Consequently, the scenario of the sight of delight in your face trembles me with exhilaration.

The time is 6:29 am. I start becoming rather restless. Anticipation glimmers correspondingly with fear on an unprecedented scale. The time draws even near. I cannot mess this up. I have been faithful for over years of my service, today is no exception. My services were one-sided per se, but I did perform my duty.

I look at the time, it’s ten seconds remaining until the deadline. The sun shines vividly on an unprecedented scale, and I get a slight glimpse of the relentless sunray that bathed our room. The thrill gets the better of me.

Five! Four! Three! Two! And One!

I recheck the time to be reassured, which gets me about two seconds late, and then,

‘Wake Up! Wake Up! Wake Up!’ I chant, fanatically. “Get Up! You lousy being”, I sing, harmoniously.

You jolt awake and then turn around, facing me. I see your face, which is, in fact, quite red, almost like the thing you call tomato. Your eyes are wide open, enticing me with your light greenish iris.

Finally, today is the day! I continue chanting in a shrill note, just to be sure you were awake. I then get a glimpse of your hand reaching to stop me.

As I witness the pale and irritated expression on your face, my feeling of gaiety soon reshaped into the emotion with apprehension. The expression itself was reflecting the statement, “Five more minutes”.

Please no. My God!

I had failed.... Yet again!

Misery permeated my delicate heart. Deep down, I knew that, eventually, I would have to bear the blame. As always, you would say, this clock is trash, it always malfunctions when I need it the most. Well, this is how it is, always curses, and never admiration.

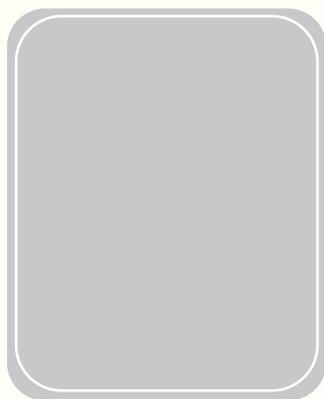
One day! One Day! I hope you will learn to appreciate how it feels to be the ‘Trash’. When that day comes, I will treat you with no mercy.

The day passes, and the other starts.

One day or maybe, tomorrow!



## How Can Teachers Help Students Who Fail in Class to Succeed in Life?



**3164 Bobur**  
**Class: A1**

There are many examples of academically average and below-average students who have grown up to be successful adults. What's their secret and how can schools help?

Many of us know kids who seemed to head for disaster when they were young and in school. Maybe they flunked out of classes or did drugs or were depressed loners. But then something happened later and they blossomed into healthy happy adults who contributed to society in important ways.

How did they accomplish this? Researchers who study risk, resilience, and recovery throughout their lifespan have identified several ways that children move through adversity and find their way to thriving. Among these, most important is the ability to see life's setbacks and difficulties in a new light – to reframe them, if you will.

Research has confirmed that the meaning we attach to adversity can determine whether we come to see ourselves as resilient and courageous or helpless and hopeless.

But it's not just what we tell ourselves; it's the meaning others attach to our adversities that can influence how we experience them too. This is especially true for

children who as a result of their invisible neurodevelopmental, stress-related, or other challenges, learn and behave in paradoxically misunderstanding and to well-intentioned but ineffective interventions.

For example, many of us believe that those who do well in school are smart, while those who struggle in school are not. Many of us also equate resilience with success, ignoring specific learning challenges and important environmental influences. The truth is, some of the smartest and most resilient people we will ever meet may struggle significantly just to get through a typical day, school-age children included.

When we succumb to these and other erroneous perceptions, we run the risk of prolonging school difficulties and preventing children from harnessing the resources they'll need to succeed. There are a lot of adults who failed in school when they were younger but ended up succeeding later in their life who have taught us a lot about what it takes to get past these perceptions.

Here are nine ways educators can support kids so that fewer will succumb to problems these now-successful adults did decades ago. Some of these remedies focus on how to manage environmental risks, while others focus on managing neurodevelopmental risks; but it's often a combination of these approaches that will be the most effective, especially in very risky, very adverse situations. The ways are;

1. Provide an opportunity for kids to feel they belong and to contribute in meaningful ways
2. Raise the bar and level the playing field

3. Don't expect a child to succeed in isolation
4. Be a talent scout
5. Reward struggle as well as achievement
6. Consider a change of scenery or change the school social climate
7. Encourage kids to speak out and get involved
8. Never underestimate the positive impact you have on struggling child's later life course
9. Use caution when judging who is and who is not resilient.

### Isn't It?



**2062 Mansi**  
**Class A2**

What is more intriguing than these bunch of words, ecstasy, gloom; faith, fear; perfection, flaw; certainty, uncertainty; flight, retreat; triumph, defeat; which blend perfectly into one another as much as they differ, and laugh out into life the most pertinent of poetries?

- *life, a book of poetry*

## Life: One Chance Game



**5063 Aayush**

**Class: 9**

Life can't be described with one or two words. It's a mixture of happiness and sadness, success and failure, comfort and pain, encouragement and frustration, love and hate, relief and sorrow, and struggle and giving up. Life is one word that comes with multiple meanings and experiences. Above all life is not just about existence but also about how an individual defines that existence. Yes, life is like one chance game. Life is full of moments of joy, pleasure, success and comfort punctuated by misery, defeat, failures and problems. We all struggle to live, celebrate our moment in one chance. If we lose the chance then we won't get another one. From the womb of our mother journey of life begins and ends when it needs to. Life of every living being depends on its character. For e.g.: Lion, who is courageous, struggle more and lives a longer life. Whereas, a deer who has skittish behavior, struggles less and lives a hard life.

Life is a game full of mystery. No one knows what comes after another. This mystery can't be solved alone. It needs some mutual support which can be provided by family, friends, society and many more...Don't take life as common thing, it can lead to a bright destiny. Let's take some common example of

Albert Einstein. If he took life as a common thing then he would not be remembered in the heart of Billions of people. But, he took life as full of mystery and lived in the heart of billions of people.

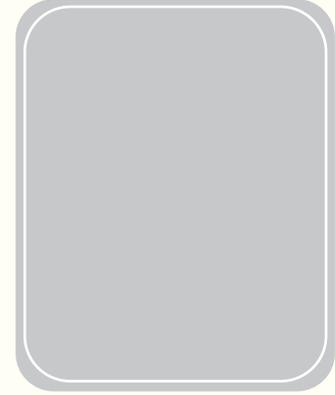
Struggle, effort, skill, talent are some of the experiences that we should have in our life. If you struggle hard in the childhood then, you can later enjoy and live an enjoyable life. Skill, one of the basic elements of life. We all live with our skill. Like a joker in circus, doctor in medical field, and others in their own fields. We all people, animal, insect, bacteria and everyone in this earth are born with special talents. But it's our decision whether to showcase our talent to the outer world or heaven. Show your talent and live a prosperous life. One important aspect of Life is that it keeps going forward. This means nothing is permanent. Hence, there should be a reason to stay in dejection. A happy occasion will come to pass, just like a sad one. Above all, one must be optimistic no matter how bad things get.

One important aspect of Life is that it keeps going forward. This means nothing is permanent. Hence, there should be a reason to stay in dejection. A happy occasion will come to pass, just like a sad one. Above all, one must be optimistic no matter how bad things get. This is because nothing will stay forever. Every situation, occasion, and event shall pass. This is certainly the beauty of Life.

Life is like a game. Games have one or many chance. I am talking about the game that has only one chance. You struggle the game to win. Some HP is given. Let's say 200. you struggle the game. If your 200 HP are gone then it means your chance has gone. But even if you have 1 HP then it means you can win the game. It's life. Even if you have 1 HP, don't

lose your hope. There's chance and enjoy the full moment of the golden chance. Therefore, life is one chance game.

## बर्खामयी जीवन



**३११८ सोनिका  
कक्षा ए १**

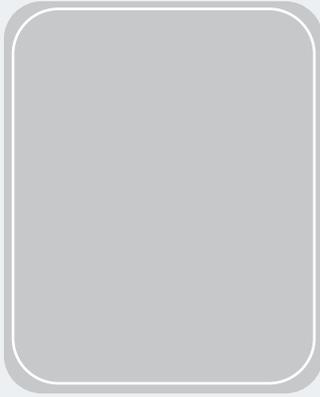
बर्खामयी जीवनमा मेरो,  
घाम केही छिनमात्र उदाउँछ,  
त्यो किरणको आभाष लिन नपाउँदै,  
कत्तिखेर मेसै नदिई अस्ताइहाल्छ ।  
आफ्नै सुरमा आउँछ जान्छ  
मेरो जीवनमा निश्चित क्षण उज्यालो छरी  
खोज्न थाल्छु अन्धकारमा घामलाई,  
एकैचोटि न्यानोपन पाउने आशा लिई ।

समयसंग सिक्छु भरीमा जीवन कटाउन,  
अन्धकारमा थाल्छु घामलाई विर्सन,  
सायद डाहाले भरिपूर्ण हुन्छ कि के हो,  
आइहाल्छ फेरि मेरो बर्खामयी जीवनमा  
उदाउन ।

सायद डराउँदो हो घाम,  
कुनै दिन यसलाई विर्सिहालुंला भनी,  
कुनै दिन यसलाई कुन छोडुंला भनी,  
त्यसैले मनलागि आउँछ जान्छ,  
यो घाम मेरो जीवनमा मलाई सुइँकै नदिई ।

बर्खामयी जीवनमा मेरो,  
उदाउँछ घाम उही छिन अस्ताउँछ,  
जिन्दगीको लामो यात्रामा मेरो,  
बर्खामयी जीवनमा मेरो ।

## Lockdown



**9079 Shreharsh**  
**Class: 5**

There is a problem called coronavirus (Covid-19). Due to which there is another problem called lockdown. Many problems have been caused due to the lockdown. There are many schools that have started a program called online class. But, there are many parents who cannot afford to buy laptops, internet, computers etc. The teachers face the

same problem too. Many parents and teachers may be poor. This is the major problem of lockdown. Many people are facing problem of no food. They cannot afford to buy food. The schools cannot open due to lockdown so the studies are also being hampered. The police is strict on the rules of lockdown. Slowly the lockdown was loosened. Many schools opened. People protested to open the lockdown fully because they have very less money to buy food. The borders of the countries have been closed. It is difficult to travel from country to country due to the lockdown. Because of covid, the countries don't want tourists to come to their area. The travelers are also scared to travel abroad. The people are scared to keep their pets too.

## पराजयको इतिहास



**३१४५ माधव**

**कक्षा ए १**

पराजयहरू महाराजको वाणीमा कहिल्यै छुचल्किदैनन् महाराजको दरबारबाट पठाइने सबै सौगातहरू अश्वमेध यज्ञका घोडाजस्तै महाराजकै सन्तानले मात्र समाउन पाउनु महाराज बाहेकका लागि महान् पराजयको इतिहास हो ।

भाउजूको सिउँदोमा फुलेका सेतो गुराँस र आमाको कोखको मरुभूमीकरण जयको इतिहास हुनै सक्दैन समयमा घाँसे मैदानबाटै किन नहोस् राजमहलको फाँट जस्तो महाराजको फाँट जस्तो महाराजको स्वभाव अमहाराजहरूको लागि महान् पराजयको इतिहास हो ।

क्रान्तिहरू पात्र परिवर्तनका खेलहरू हुन् जसमा महाराजकै जय र महाराजकै पराजय मात्र भएका छन् ।

मात्र पात्र परिवर्तन र प्रवृत्तिको ऐजन ऐजनमा अमहाराजहरूको जय हुन सक्दैन त्यसैले सबै क्रान्तिहरू महान् पराजयका इतिहासहरू हुन् त्यसैले सबै क्रान्तिहरू महान् पराजयका इतिहासहरू हुन् ।

## कोरोनाको उपद्रो



**८११६ सिद्धान्त**  
**कक्षा ६**

चीनबाट फैलियो कोरोनाको लहर सुनसान देखिन्छ सम्पूर्ण सहर ।

घर बाहिर जाने हो हाम्रो रहर तर बाहिर जाँदा सताउँछ है कोरोनाले कहर ।

यस महामारीले ठप्प पार्यो सबै काम हामी अत्तिनु हुँदैन सुनेर कोरोनाको नाम ।

थुप्रै मानिसले गुमाए आफ्ना रोजगार सावधानी अपनाई बनौं हामी होसियार ।

पठनपाठनका लागि अनलाइन कक्षा चलिरहेको छ के विपन्न विद्यार्थीहरूसँग यो कुरा ठिक भइरहेको छ ?

थोरै भए पनि गरिबलाई सघाउने गरौं अर्कालाई मद्दत गर्न सधैं अधि सरौं ।

यस महामारीले सम्पूर्ण विश्वलाई हल्लायो यसरी नै कोरोनाले संसारमा उपद्रो मच्चायो ।

## If Keyboards Could Talk!!!



**6136 Bidhi**  
**Class: 8**

There are so many times that I go to my computer, open a word document and just start typing away the thoughts and feelings I had experienced throughout the day. Keyboards are probably the best secret keepers the world has to offer because you can express exactly what you are

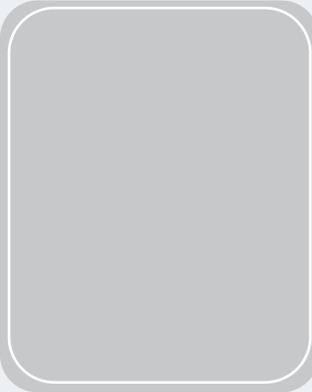
thinking and feeling, unless you save it nobody will know what you were saying.

The times when I was angry, upset, euphoric or even content with the day I was having, my keyboard could tell you what exactly my mood was. If I was pressing harder on the keys, I was angry. If I was using a lighter touch, I was sleepy or content. Really if keyboards could talk, they would be able to say that they can see much more of who we truly are than what most people see. There are so many things that we search for and look up that most of us would never tell our friends, whether it's something that's embarrassing or a dark secret. Honestly, if my keyboards had the ability to speak they would probably complain about the food and drink scraps that I spill

on it regularly or would probably laugh at the idiotic things that I search for or the thoughts that I blankly type. Moreover, it would probably talk about the messages that I had backspaced just because I didn't want to sound rude or feared of what they would think of me. And yes, my keyboard would definitely ask me to clean it once or would ask me to stop being such a loud and fast typer as the keys would probably ache.

Lastly, it would probably ask me to get a life so that it could take a break since I use it half the time even for assignments, texting, entertainment, etc. But at the end, I really am grateful that we have this technology which has made our lives so much convenient.

## कक्षा कोठा



**२००२ नीस्वना**

### कक्षा ५

कक्षा कोठा भनेको विद्यालयभित्रको कोठा हो, जहाँ हामी साथीहरू र शिक्षक/शिक्षिकासँग बसेर विद्या आर्जन गर्छौं । कक्षाकोठा हामी विद्यार्थीहरूका लागि उत्तिकै महत्वपूर्ण छ, जति एउटा भक्तको लागि मन्दिर अथवा एउटा विरामीका लागि अस्पताल अथवा एउटा सानो बच्चाको लागि आमाको न्यानो काख । भौतिक रूपमा हेर्ने हो भने कक्षा

कोठामा टेबल र मेचहरू हुन्छन् । सेतोपाटी , मार्कर, डस्टर आदि हुन्छन् । हाम्रो कक्षा कोठाको भित्ताहरूमा हामीले ज्ञानवर्धक विषयवस्तु लेखेर राखेका रङ्गीचङ्गी पोष्टरहरू टाँसेर सजाएका थियौं । कक्षाकोठामा हामी साथीहरूसँग पढ्छौं , उनीहरूसँग हाँसखेल गर्छौं, नयाँ कुरा सिक्छौं, एउटालाई नआएको/नबुझेको कुरा अर्कैले सिकाउछौं । साथीको गलतिबाट हामीले पनि सिक्छौं । शिक्षक/शिक्षिकासँग नआएका कुरा उत्तिखेर नै सोधेर सिक्छौं ।

तर अहिले कोभिड-१९ को कारणले भएको बन्दाबन्दीले गर्दा हामी विद्यालय र कक्षा कोठामा हुने रमाइलो र ज्ञान आर्जन गर्ने अवसरमा हाँसखेल गर्न पाइरहेका छैनौं । तर ज्ञानको मन्दिर, हाम्रो विद्यालयमा रहनु भएका भगवान रूपी हाम्रा शिक्षक/शिक्षिकाहरूले हामीलाई पढाउन पाउनु भएको छ ।

भौतिक कक्षामा ज्ञान नपाए पनि

अहिले हामी इन्टरनेटबाट चलने कक्षामा पढ्छौं । यसलाई भर्चुवल कक्षा भनिन्छ । यसमा हामी आफ्नै घर घरबाट कम्प्युटर एप्लिकेशन प्रयोग गरी अनलाईनको माध्यमबाट शिक्षक/शिक्षिकाबाट ज्ञान हासिल गर्छौं । यसका धेरै फाइदा छन् । अनलाईनमा शिक्षक/शिक्षिकाहरूले बोलेर मात्र नपढाई हामीलाई कामहरू गराउनेमा बढी ध्यान दिनु हुँदोरहेछ र कक्षामा हल्ला पनि नहुने रहेछ । परिवारसँग पनि मनग्य समय बिताउन पाइँदो रहेछ । यसो गर्दा स्कूल जाने बस खर्च, खाना खर्च, बेच्दो रहेछ । यो नयाँ तरिकाको कक्षा कोठामा बसेर पढ्न पनि हामीलाई रमाइलो लागिरहेको छ । भौतिक होस् वा भर्चुवल कक्षा, जहाँ बसेर पनि हामीले पढ्नु, नयाँ कुरा सिक्न पाइने भएको हुँदा कक्षाकोठा हामी विद्यार्थीका लागि ज्ञानको भण्डार हो ।

## Movie Chhapaak- My Eye-opener to Acid Attacks



**6140 Shreya**  
**Class: 8**

Who would have thought that this pandemic would bring something noteworthy into my life? During the lockdown of April 2020, I got the chance to watch the long-awaited Hindi movie, Chhapaak. Rather than being just another typical Hindi movie, Chhapaak ended up being my eye-opener to the heinous crime of acid attack.

Chhapaak narrates the story of Malti, an acid attack survivor, and her struggle to get justice and live a normal life. Before she gets attacked, Malti is preparing to pursue a career in singing. The perpetrator, whom Malti had always considered as a brother, chooses to “punish” her for refusing his marriage proposal. Although she slowly begins to recover from physical and mental trauma, she faces a difficult journey ahead, going through uncountable rounds of court hearings while trying to find a job. The movie ends on a relatively happy note where Malti and the team succeed in bringing the plights of the survivors to the forefront. Watching the movie, I was enraged by the sad reality faced

by women. It made me want to learn more about this social issue.

Acid attack is a heinous crime in which the perpetrator throws acid on the face and body intending to harm the victim physically as well as emotionally. The acid melts away the layers of skin, muscle, fat, and sometimes bone which causes severe damage to the external body structure and sometimes to the internal organs, often deforming the person’s face and body parts. In severe cases, it even leads to a person’s death.

Every year, many young women are a victim to this horrific act of madness. Globally, around 1500 incidents are reported annually. In Nepal, about 40 cases of acid attack and burn violence (setting one on fire) are reported per year. Unfortunately, over 60% of the cases go unreported worldwide. A common reason for acid attacks is a refusal of marriage proposals. The notion behind this is “If you can’t be mine, you will be no one else’s.” Burn violence, on the other hand, normally happens due to dissatisfaction over dowry. When the in-laws and the groom do not get dowry and other gifts from the bride’s family as demanded, the bride gets abused, assaulted, and often set on fire. No matter the reason, acid attack and burn violence are equally traumatic, both physically and psychologically. Moreover, the survivors are left to live with social prejudice, which often imperils their life.

A huge thank you to all the survivors who are courageous and have worked hard to bring light to this issue that is often

brushed aside by powerful and influential people in society. Following the continued efforts of Sangita Magar and Rihana Sheikh Dhapali, survivors of acid attack and burn violence respectively, and other survivors, the Supreme Court of Nepal issued directives to the government to revise the Criminal Code. In 2020 appropriate laws were put into place and the Criminal Offence and Criminal Procedure were updated. The new law requires the seller to maintain a regular record to monitor acid sales. The attacker will receive a life sentence if the victim dies due to the acid attack and the attacker would be fined one million rupees and up to 20 years otherwise. Despite these efforts, such mishaps still occur, such as a recent case in Sitapaila, Kathmandu in July 2020.

Even though the perpetrators are brought to justice when the case is reported, the victim is the one who continues to suffer. The aftermath of such attacks leave victims with a deformed appearance, loss of self-confidence, and forced life-long public shaming. Confident, bold, and ambitious young women who want to live lives in their way are often the victims. Those who step out of the traditional gender roles and follow their passions. This is a challenge established by the patriarchal norms of our society.

We call ourselves to be living creatures of the modern age but we fail to acknowledge and live by a basic ideology: EQUALITY. The human race still has a long way to go to achieve a fair and just environment.

## Peer Pressure



**6054 Prathit**  
**Class 8**

Some people are unique and have their own unique habits, perception, likes and dislikes towards many things. They are unique and their views, likes, dislikes may not be acceptable by everyone.

Some are discriminated or teased for having those unique behaviors. And being teased doesn't feel pleasant for

anyone try to hide that unique personality thus trying to adapt with the society by trying to be like others.

But little do those people know that they are losing their personality. The personality that had been given to them, the way they had to live their life, they only care about what others might think about them. And do not think about their precious personality which is different from others.

People lose their self-confidence they feel like everything they are doing is wrong and ask for others opinion about it and if others say its fine then only they do it. They don't feel like doing anything without others agreement therefore achieving nothing in their life. So, that's why an individual should not hesitate to do anything unless it hurts others or breaks any rule.

## हराएकी म



**१११५ कुञ्जिनी**  
**कक्षा ११**

यसो किताब हेर्दा आफूलाई टोलाइरहेकी पाउँछु

ए कहाँ भुलेकी म त पढ्न पो बसेकी भनी आफैँलाई सम्झाउँछु ।

त्यसैबेला हावा बार्दलीबाट हुत्तिदैं

मलाई स्पर्श गर्न पुग्यो

आहा कति मिठो बतास चलेको मेरो मनले भन्यो

बतासको त्यही तालमा पातहरू सँगै नाच्दै नाच्दै उडेर जान पाए कति रमाइलो

भुल्दै जाँदा मैले खोला सुसाएको सुने आहा ! प्रकृतिको त्यो मोहित सङ्गीत त्यस सङ्गीतसँग मेरो भवाना तरङ्गित भए

तर म त त्यही खोलासँग बहन चाहन्थेँ चराहरू जस्तै उडेर निलो गगन सयर गर्न चाहें

जति उडन प्रयास गरेपनि आफूलाई तल तानिएको महसुस गरें ।

यसै क्रममा मैले एउटा मानिस भेटें उसलाई मैले हराएको पाए सान्त्वना दिंदै सोधें “तिमी को हो ?” “म तिमी नै त हो”

भस्किएकी मैले यसो हातमा हेरें अनि पल्टिरहेको किताब पाएँ ॥

## म र मेरा सपना



**६०१८ नीती**  
**कक्षा ८**

निर्मल गगनमा उडिरहेको पन्छीभैँ शीतल छायाँमा रमाएको मेरो मन आज फेरि यो पिँजडा तोड्दै तिनै पन्छीहरूसँग रमन मन छ ।

उषाका ती सुनौला किरणसँगै

हावाका ती अदृश्य वेगलाई महसुस गर्दै हरेक कदम एक नयाँ उमङ्गले चाल्न मन छ ।

सङ्घर्ष गर्दै छु सपना अझ बुन्दै छु यी बन्द आँखा र गाँसिएका परेलीहरू तिनै सपना साकार हुने प्रतीक्षामा छन् ।

सगर र नदीको सङ्गममा उभिएर एकपल्ट ठुलो उडान भर्न मन छ तर मनका ती नीला डोरीहरूले सपना सबै

बाँधेर राखेका छन् ।

समयको भुमरीहरूसँगै ती सुकेका रूखहरूका हाँगामा

अल्झिएका सपनाहरू

आज वेदना बुन्दै यी पानाहरूमा छल्किरहेका छन् ।

हातका रेखाहरू जोड्दै कुनै दिन

त्यो निर्मल गगनमा चङ्गाहरू उडेजस्तै आफ्ना सपनाहरूलाई उडान भर्न दिनेछु ।

## Pepsi को Bottle



**2009 Avnish**

**Class: A2**

I had smuggled in a bottle of Pepsi on Baisakh 30, 2070. It was the first day of class 5. Not to forget that the bottle was empty. I thought I could use it as my water bottle. Unfortunately, there was never any need for that because the black tank was very near to our classes and there were euro guards and filters in the house

As I am writing this particular sentence from home, the bottle is still in the lower compartment of my locker back in school. It would never be moved unless we shifted houses.

My life in Budhanilkantha School is analogous to the Pepsi bottle. I never wanted to stay in the hostel, so I just circled random MCQs in the entrance exams. It turned out that my guesses were so accurate that maybe I could even win the KBC show if I tried. When I first entered the school, I was naive. Making new friends was hard, coping with them was harder.

However, in my first two years, the only achievement I could notice in myself was that I didn't miss home. Of course,

who would not want to extend a night stay at home during leave weekends, but except for that I wouldn't cry at night or occupy the phone booth after every lunch.

Class 7 and 8 were tough. Punishments would be knocking at our door without us even knowing. From making the bed to wearing proper grey school socks, I nailed at everything. Narrow escapes from guard dais while returning from Black Gate was a regular thing. At a point, even El Chapo would have been proud of us.

‘गौरी व्यासमा नि रमाइलो हुन्छ तर अन्नपूर्ण कन्चनजङ्गाको रमाइलो नै छुट्टै छ’ a senior dai used to say. Truer words have never been spoken. Not to brag but 9 and 10 were the days where I learned to live. Things happened at times but we always overcame it. Unity was greater than anything else during these times. In the name of unity, we did everything from saving a friend from suspension to finding the culprit of the stolen underwear. Friends became family. Bomb blast, kabaddi, and all sorts of games were always around the clock when preparation started. Academic achievements came, praises came for our works.

‘Lastको २ वर्ष चाही मस्ती हान्नु पर्छ है’ we used to say. The first year was nothing of absolute madness. Although not the organizer, being part of the events was fun.

I'll be leaving the school after about 5 months. I'll be having the same Pepsiको bottle in my hand. It will still be empty but the bottle will have endless memories and learnings which I'll take forward. Here's to the

future—whatever I'm able to be in the future, it will be a mutual achievement of mine and BNKS.

Sincerely,

## दुखी आत्मा



**६०८० शाब्दी**

**कक्षा ८**

गरिब र दुखीले पसिना बगाउने फलेको फल चाहिँ साहुले खान पाउने गरिबका बालक भोकभोकै सुत्छन् धनीका छोराछोरी चिन्ता विहीन बस्छन् ।

धनीको गाडी चलाउने डाइभर आफ्नो घर हिँड्दै जान्छन् धनीको घरमा मिठो खाना पकाउने रातभरि भोकै सुत्छन् ॥

अरूलाई आफ्नो क्रियाले हँसाउने आफैँ भित्रभित्रै रुन्छन् बाहिरी सुन्दरतामा त पुरै संसार मर्छन् भित्री कुरालाई त परेकाले मात्रै बुझ्दछन् ॥

अरूलाई सम्झाउने व्यक्ति आफैँ तनावमा हुन्छन् मानिसले परिश्रम होइन परिणाम मात्रै देख्छन् यो संसार, देखेजस्तो कहाँ हुन्छ र बाँच्न पाए पनि मनिसहरू कहाँ खुसी हुन्छ र सबैलाई कुनै न कुनै चिजको खाँचो छ आफ्नो तुलना अरूसित गरेर के पाइन्छ ।

## Sign of Warriors



**8072 Aakash**  
**Class: 6**

Warriors have their own significance,  
Whether they attack or perform defense.

In a war, warriors have to lose a lot of blood,  
From huge amount of warrior's blood, there comes a flood.

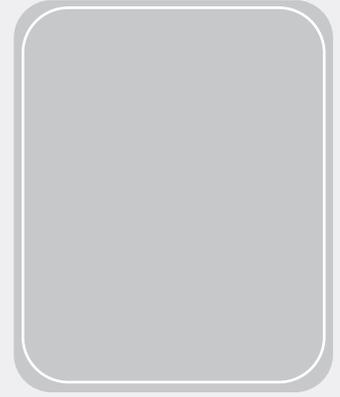
In war, parents suffer a lot of pain,  
They wish the war to stop because of rain,  
In war, both sides have a huge drain,  
Because the war shouldn't be fought with strength but with brain.

I think war is very bad,  
Because it makes everyone sad.  
Some people think war is good because they are mad,  
Because it harms everyone, no one is glad.

Wars destroy animal homes like caves and burrows,  
Because of this, animals have a lot of sorrows.  
Some warriors have red eyes,  
Because losing side's anger will rise.  
Nepalese haven't been in any world war,  
Because other countries weapons are developed very much far.  
In a war, many weapons are bought  
In the world, many wars are fought

## डाक्टर

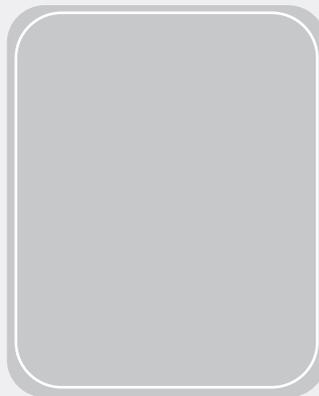
मानिस जसले आफ्नो ज्यानको बारेमा ख्याल नराखी आफ्नो ज्यान सङ्कटमा राखी अरूको ज्यानलाई बचाउन लाग्दछ ती मानिसहरूलाई नै डाक्टर भनिन्छ । हामीलाई केही रोग लागेमा हामी उपचारका लागि डाक्टर कहाँ नै जान्छौं । डाक्टर पनि धेरै किसिमका हुन्छन् । मुटुको डाक्टर, दाँतको डाक्टर, आँखाको डाक्टर, यस्तै धेरै किसिमका धेरै डाक्टरहरू हुन्छन् । अहिले विश्वभरि फैलिएको कोभिड-१९ को महामारीको बेलामा पनि डाक्टरहरू आफ्नो परिवार र ज्यानको बारेमा नसोची अरूको ज्यान बचाउनमा लागेका छन् । हाम्रो देशमा पाइलट, इन्जिनियर, वैज्ञानिकका साथै डाक्टर बन्नमा पनि धेरैले रुची राख्दछन् । म आफ्नै



**९०१४ आश्रेय**  
**कक्षा ५**

कुरा गरें भने मलाई पनि डाक्टर बन्ने रहर छ । डाक्टर बन्नका लागि धेरै पढेर एम वि वि एस् पास गर्नुपर्छ । एम वि वि एस् पास गरिसकेपछि सेतो कोट लगाएर घाँटीमा स्थेटोस्कोप भुन्ड्याई विरामीलाई उपचार गर्न पाइन्छ । भगवान् पनि जताततै गएर सबैलाई जोगाउन नसकेर डाक्टरलाई पठाएका हुन् भनिन्छ । धन्यवाद ।

## My India Visit Experience



**9063 Britanta**  
**Class 5**

Two years ago, my family and I went to India. We went to different places like Mumbai, Delhi, Sridi and Goa. Among all the places, I liked Goa the most because there were many beaches in Goa like Coco, Baga, Minamar, etc. Amongst those beaches, I liked Coco beach the most, because we could see dolphins while boating and a little ahead we could see the place where many films had been shot. We also went to a casino club which was above the water in a ship. I loved my India trip.

## The Conversion



**3049 Binita**  
Class:

The Cherry blossom tree boasted its beauty radiantly. The birds resting on its branches reaped the warmth of the sun as the soft breeze brought shivers to its eaves. Sputtering lawnmowers sheared the rich grass. The salubrious scents of spring poured from the flowers. Yellow dandelions attracted buzzing bees to draw up the nectar and quench their thirst. The flat and comfortable oasis green meadow created from the mowing was a comfortable setting for visitors. At the corner of this recreation ground is a small pond. There was a general calmness in the place, and many water hyacinths and pink lotuses on the broad leaves poking out of the water. A multitude of insects colonized the water hyacinths and lotus leaves.

Couples sat in quiet ponds filled with grey pillows that curve slowly across the sky. Excited teens gathered in small groups spread around the park, where some enjoyed a game of badminton while others hunted for hidden friends.

The elderly and old were passive, but those moss-covered green stones that were smooth and

glossy grey a long time ago were the most observant. They observed what everyone and everything was doing. They saw the cherry blossoms accelerating as they grew to full heights. They saw the sun disappearing behind the horizon as grey clouds invaded the soft blue sky.

The once radiant cherry blossom tree stood bare. It could no longer be called a cherry blossom tree. The wind that blew this time brought dreadful shivers. The lawnmowers stared at each other horrified, holding each other tightly. The landscape was a mess of leaves, twigs, and debris. There was little to no fragrance. Yellow dandelions lay broken and injured on the ground. The pond, once beautiful, was now a disgrace. Additionally, miniature insects lay dead on the broad leaves.

After the downpour and the massive storm, the sky was clear. Even moss-covered greenish stones had been able to witness this furious unpredictable act of nature. The park, where innocent children once played to their hearts' content, where couples cherished each other's company, and where Joyal youth spent their youth days, was deserted.

However, the old couple saw no way out of this nightmare. The older lady couldn't move her legs as she suffered from osteoarthritis, and the older man, passionately in love with his wife, couldn't leave her. They sat on the bench holding each other tight, crying for help and cursing nature for committing such an inhuman act. Nature did not respond, as the souls were ready to depart from the old bodies.

## प्रकृति



**२९२५ संस्कृति**  
कक्षा १२

हावाको स्पर्शमा बसी चराको  
चिरबिराहटको महसुस  
अनि फूलको त्यो सुगन्धित सुवास  
अनुभवको क्षण  
जब मेरो यो कोमल मनले महसुस गर्छ  
हो, तब प्रकृति तिम्रो ममा न्यानो  
ममतामय आभास पर्छ ।

बेचिएको चेलीले ममतामय आभास  
पाउने माइती हौ प्रकृति  
जति खोतल्ने गरे पनि घरको संसार दिने  
तिमी हौ प्रकृति  
आँ ! गर्दा अलङ्कार बुझिदिने तिमी नै  
त छौ यहाँ  
टुहुरो बालकले पनि आश्रय पाउँछ तिम्रो  
न्यानो काखमा ।

स्वर्ग त एक मिथ्या होला सत्य त तिमी  
हौ प्रकृति  
दुई मुस्कान मुस्कुराउन सिकाउने यथार्थ  
हौ तिमी  
सायद कलियुगको प्रगतिले सुस्त हुन  
थालिन्छौ प्रकृति  
मन लागे वर्षा गरिदिन्छौ, कहिले गरिदिन्छौ  
खडेरी ।



## The Fox in The Dandelion Sea



**2178 Bibas**  
**Class: A2**

“Dandelion, dandelion, ride the wind to a faraway land.”

The little fox chanted.

He blew the dandelion flower and sent the seeds flying. He then spoke in a more serious tone.

“May my teacher’s wishes ride the wind and reach the Anemo Archon.”

A wind blew past us and swept away the dandelion seeds.

Did they fly to a better place, carrying my hopes and dreams with them?

When did this happen?

Some time ago, behind the village, there grew a forest of countless lush trees. At the center of this forest was a small lake.

The lake was like the stained-glass windows of Mondstadt Cathedral: crystal clear and shimmering in the sunlight.

The sun shone through the treetops and glistened on the water’s surface like fragments of gemstone. It was really something.

The weather was cool that day. I was hunting in the forest when I arrived at the lake’s edge. The shimmering water somehow reminded me of a girl I loved a long time ago. I couldn’t remember

much about her, but felt that her eyes must have looked like the lake, glittering as if harboring fragments of gemstone within.

I became lost in thought as I stared at the glistening water. Walking transfixed along the lakeside, I had forgotten entirely that I was out for a hunt.

I came to when I heard the sound of something freezing up. It was a Mist flower growing by the lake, having just frozen the water around it. Next to it was a white fox, its tail frozen in the ice. Poor critter.

“It must have had its tail in the water by the Mist Flower while it was drinking.”

Mist Flowers are dangerous plants and can cause frostbite if handled without care.

Extreme caution must be taken when handling them.

As it saw me approach, the fox struggled in fear, but its still-frozen tail kept it rooted to the spot. The fox whimpered in pain.

“Oh no, this won’t do.”

I thought to myself.

“Poor critter. It’s gonna die anyway if I don’t save it, so I might as well end its pain by bringing it home as my game for the day.”

I imagined what a delicious fox stew I could cook with the carrots I grew. Just thinking of the hot stew gave me energy and brought a smile to my face.

So I took out my hunting bow and slowly walked toward it.

“Be good and stay put.”

That’s what my father’s father had taught me. When I went fox hunting, I always chanted his words silently, so that my hands wouldn’t shake when pulling the bowstring. But just as I was about to release the arrow, the fox lifted its head and looked me straight in the eyes. It had eyes like the lake, glistening as if harboring fragments of gemstone within. My head began spinning, as if a strong wind were blowing inside

it. My arrow missed its target and instead smashed the ice, releasing the fox’s tail. The fox raised its tail and looked at me once more before running off into the forest. I came to my senses and began the chase — but who in this world can run faster than a fox? Gradually, the fox began to shrink into the distance, eventually turning into a white spot.

“Hey! Don’t go!”

I shouted, barely catching my breath.

After hearing my words, the spot seemed to slow.

“Is it waiting for me?”

I pondered.

“If running for its life, a fox is able to shake off anyone in no time.”

Foxes are strange animals. Even when running on a flat plain like at Windrise, where one can see clearly for miles ahead, they somehow still seem to disappear from view. It’s almost as if they run into another world. This led me to my conclusion: “The fox must be waiting for me!” Convinced of this fact, I chased the glittering white spot for hours on end. Suddenly, a chilling wind began to blow. I stood there, shivering, and what I saw next astounded me. “How can this be?” Suddenly, instead of one, there were now two white spots in view. More appeared. Three, four, five... They seemed to grow in number as the winds blew. Eventually, I lost track. Suddenly, with a stinging sensation, one of them flew directly into my eye. Upon inspection, I discovered that the spots were in fact nothing more than dandelion seeds floating in the wind. The fox had disappeared. I laughed at my own foolishness and went home. For supper, I had carrot fox stew — though without fox, or any other meat for that matter. The gods know how much I hate boiled carrots without meat! I felt starving, and in time fell asleep.

## The Hero



**5033 Uddhav**  
**Class: 9**

A parent had two children  
The both of them sons  
With a gap of one year  
Between the two of them

One was given more facilities  
The other a bit low  
I guess you have already  
guessed  
The happier would be the old

Both were given the same  
education  
But one was given strictly  
The junior was not cared  
So he tried to self-study

The parents would be happy  
On the elder's procurement  
But never came a word of  
encouragement  
To the junior's achievement

The junior's class was dull-  
minded  
Hence it was easy  
Commented the father  
Every time he got prodigy

In response to this  
The old became geeky  
For which he got an opportunity  
To go abroad to study

After taking coaching  
With himself as the teacher  
The junior collected fees  
To complete his education

With continuous struggles  
The junior got educated  
But not up to his prospects  
As he was helpless

The elder got married  
And settled abroad  
He achieved high degree  
As well as a post

The junior remained in his  
country  
Married a fine woman  
He joined a company  
With promotion in experience

Now we can see the difference  
In their lifestyle  
The elder, a high class  
The junior a bourgeois

Even though this much  
happened  
He always remains loyal  
In front of his parents  
And also his senior

He has never felt inferior  
And will never feel  
As he was the hero  
And will always be

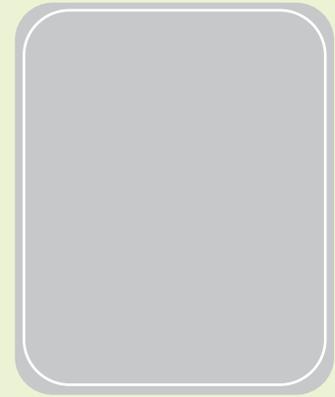
The senior comes in years  
To meet his parents  
But the junior comes each year  
To stay along with his parents

Their parents didn't only do it  
To their children  
But have continued the same  
To their grandchildren

At times I wonder  
When the parents will feel sorry  
For their second child  
And correct themselves  
immediately

But no matter how much they  
do it  
To their children  
The junior will always be loyal  
And faithful to his parent

## मन छ



**३१५७ जागृत**  
**कक्षा ११**

थाकेका तिम्रो काँधको भार,  
बोकिदिने मन छ ।  
शरीरभरि लागेका घाउमा मलम,  
मलिदिने मन छ ॥  
सपनाको तिम्रो भारी गन्तव्यमा,  
पुराइदिने मन छ ।  
हो बुबा, मलाई तिम्रा फाटेको  
जुत्ता, फेरिदिने मन छ ॥

सङ्घर्षमै बितेका तिम्रा दिनलाई,  
आराम दिने मन छ ।  
वर्षौँदेखि भोका तिम्रा पेटलाई,  
अघाउन हाल्ने मन छ ।  
रङ्गीबिरङ्गी सारी लगाउने  
तिम्रा इच्छा, पुराइदिने मन छ  
हो आमा, तिमीलाई सधैं देवी  
बनाई पुजिरहने मन छ ।

लाली पाउडर दल्ने तिम्रा इच्छा,  
परा गरिदिने मन छ ।  
तिम्रा साथीसङ्गीहरू गएकै ठाउँ  
डुलाउने मन छ ॥  
ल्यापटप अनि मोबाइल पनि,  
दिलाइदिने मन छ ।  
हो, बहिनी मलाई तिम्रो ओठमा  
हाँसो, भरिदिने मन छ ॥

चुहिएको हाम्रो घरको पाली,  
फेरिदिने मन छ ।  
गुमाएका खेतबारी फेरि, किनिदिने  
मन छ ॥  
सपनाको हाम्रो संसार पनि,  
सजाइदिने मन छ ।  
हो, मलाई मेरो भाग्य आफ्नै  
हातले, लेख्ने साह्रै मन छ ।

## “The Missing Dog”



**5067 Sudhanshu**  
**Class: 9**

“Wake up! John”, called his mom. Mrs. George is a housewife and is most often worried about her son John. John is a 14 year old lazy bone. He sleeps for the half of the day that’s 12 hours. He hates studies and loves playing with his pet dog Bruno, who is a black German shepherd. Everyone in John’s locality is scared of the dog as it attacks anyone who misbehaves with John. “Just 5 more minute’s mom I’ll surely wake up by then”, said John. Mrs. George was fed up of John’s 5 more minutes as it was the fifth time he had said that in the same morning. Then she yeeted his blanket on the floor. John finally woke up and then freshened up. He looked for Bruno to play with him as it was a holiday and John didn’t have to go to school. He asked his mom about Bruno but she had no idea about. Then he started getting a little worried, he went to his neighbor’s house searching for Bruno but ended up finding him nowhere. John started crying. His mom tried to console him. After a while he ran out of his house to the streets and went to his friend, Harry’s house. Harry is John’s

classmate who often acts over smart, sharing his unsolicited opinions to the class and asking rhetorical questions to his teachers just to make a good impression on them. He hated John and as a result he was once attacked by Bruno. So, John had suspected Harry for all that had happened thinking that it could be a revenge of Bruno’s attack on him. John knocked Harry’s door and asked him whether he had any clue about where Bruno might have been. But Harry said that had no idea about it, he then banged the door. John started looking for Bruno inside Harry’s house through the window but didn’t see him. John went back home upset. He asked his mom to make a police complaint but she denied and told him, “Bruno will be back very soon, he might be around with other dogs”. John was very worried, however he waited till dusk but still Bruno was not back. He was disheartened and then was remembering the days he had spent with Bruno. He couldn’t control his emotions and started crying. Suddenly the bell rang, his father, Mr. George, was home, he is the owner of a car company. And along with him came a barking sound. As soon as John heard the sound he rushed down the stairs and saw Bruno along with Mr. George. Then he gave Bruno a tight hug and asked his father where he had found Bruno. Mr. and Mrs. George started laughing and shouted loud saying “April fool”. John realized that it was April 1st and it was a hilarious prank on him. Then they all sat on the dining table for dinner and had some fun time with each other.

## हिंडिरहेछु म



**२२०१ सेलिन**  
**कक्षा १२**

सवेरै त्यो सुकुले निन्द्रावाट विउँभी भौँतारिन्छु म भोको पेट भर्ने आशामा लखरलखर हिँडिरहन्छु म । कम्मरमा बेरेको नाम्लो र तुजुकको साहारा लिई जीवनका मागहरू पूरा गर्न हिँडिरहेकी छु म ॥

चाहान्छु त्यो गल्लीगल्ली कामको अभिलाषा लिई दुइचार पैसा कमाई त्यो पापी पेट पाल्ने सङ्कल्प लिई । दैवले दिएको यस जीवनलाई आफ्नो भाग्य ठानी हिँडिरहेछु म आफ्ना दुःखमा पनि मुसुकक मुस्कुराई ॥

पसिनाले निथुक्क त्यो फाटेको वस्त्र मेरो सानैदेखि सुनेथे हर्ष र विस्मात जीवनको सेरोफेरो । त्यही खुसीको पर्खाइमा दिन गन्दै बसेकी छु म । आफ्ना हातगोडाका नङ खियाई हिँडेकी छु म ॥ धन नभएपनि स्वाभिमानका साथ बाँचेकी छु म आफ्नो पेट आफै पाली अभिमानका साथ बाँचेकी छु म आज पनि त्यो गल्लीगल्ली भौँतारिरहेकी छु म जीवन का मागहरू पूरा गर्न हिँडिरहेकी छु म

## The Most WORTHY Fall



**4089 Safal**  
**Class 10**

“At this point I’m not sure if I’ve done anything good for her. Everything... Everything up until now was of no use” I say it in my head as I face towards the sky in the dark.

“It’s dark and what a perfect day for the rain! Even the sky’s crying and shouting at me” I say as I pull out my hands from my lab coat and take out the hand compass- “Aghh!! Why’s it so hard to write a damn story” I shout as I lean back on my chair and let out a big sigh looking at the torn papers on the ground.

I need a break right now, I say to myself standing up in my shaggy clothes. I scratch the back of my neck just to realize that I haven’t had a shower this whole month. I can feel my 4 months old long hair grown longer than before. I walk down the stairs to grab the juice from the fridge. I hope mom and dad come back soon... I’m tired of eating noodles every single meal murmuring out to myself I grab some readymade sandwich and pour the juice into the glass.

“Wish I had the superpower like the main character of some shounen Anime.” Looking up the ceiling with a grin “What a

drag. Now I need to walk all the way up there again”

I go back to my room, put the sandwich and the juice on my study table, sit down, take my mobile out and start surfing through the internet while sipping through the juice and taking a bite out of the sandwich “Hmm... this is good...” as I look at the sandwich “I wish life was this good and easy as this one- No wait I would rather choose sweet things than this.

“Ahhh... life would have been so much better if it was sweet as sugar, I would have made a lot of friends and called them out to hang out... And I would be that one popular guy in my class, teachers would call out my name as an outstanding example, my grades would be the top grade of the class, all of the girls would have a crush on me and then I would get proposed by the most beautiful girl in the class and I would start dating her and I would take her to date every weekend and then we would go to the aquarium and to the museum and to the café and we’d have coffee together and then at the end we would be at the park and at last while at the sunset while holding hands together, take a look at each other and slowly get closer and ki-

“What am I? Main character of some romcom novel or what, What am I even doing. I need to finish my story by today and here I am imagining some fantasy.” I say as I snap out of my hypothetical imagination.

After reading the recent story, I tear that paper too. Sighing loudly I say to myself, “Why didn’t he tell me about this

homework?” Damn him. I would have thought about a story in two days if he had told me this earlier. Man, this vacation went faster than the speed of light! Classes are starting from tomorrow and here I was thinking that a month’s left this morning.” I slam my head down on the desk “Aghh What did I even do in this vacation?”

Mom went over her sister’s home and dad wasn’t even home when the vacation started. And what I did, was eat two times a day, watch anime and a bunch of other series day and night. I haven’t even done the chores for the past month. What useful thing did I even do- Oh wait... I know! I did the dishes once because the lights went out and there was nothing else to do. At least I did something useful even if it’s once.

Gathering up half of my energy I lift my head up and hold the pencil back again. Taking another bite of the sandwich I started writing back again. And this time I swore to not let go of the pencil till I finished this story.

Half a minute later I found myself surfing through my newsfeed with the pencil in my hand. Technically, I haven’t let the pencil off my hand so I’m still good on that promise, this is what happens when you have a stupidly high IQ. “Oh no... I don’t even have a plot on what to write, I need to now stop getting distracted and stop using my IQ.” I close my eye in order to get more concentration power to flow through my head.

I think and think and think and think and think with all of my ability but still it is useless. I am at the end point of my ability

to control my frustration and finally it goes over the border line. I let out a shout and lean back hard on the chair and not to my surprise I push the chair back so hard that it's forelimbs go floating on the air and lose its balance and I feel my body being pulled down slowly and at that moment thousands of

thoughts cross my mind. It was like I just like I was traveling and uncovering the whole truths of the universe and right at the moment one topic crossed my mind "Why don't I write on how I went through just to write this story?" Realising that I fell down, "Ouch!" But I ignored all other

things and started writing.

And an hour later I'm finally done! Finally with a sigh of relief, I walked towards the window and look outside. As the soft wind of the evening hit me I say to myself, "That fall was indeed worth it."

## The School



**5054 Lasang**

**Class: 9**

Last year, my friend Dom and I decided to explore an abandoned school near the station. There were many rumors about the school, many said that there was a shooting at school that killed 15 students, after that all the Principals who had served the school after that had died mysterious deaths. After that, many people in town had started to disappear

The idea was Dom's and he asked me to tag along. I accepted. This was not the first time I had ventured abandoned buildings with Dom. We agreed to sneak out at midnight on Tuesday but I accidentally dozed off that day. Then suddenly, I woke up at 4 am. There were two messages on my phone, both from Dom, I read them out loud. The first message said "When are you gonna come?" The second message was

after a 15 minutes delay which said "Fine, I'm going in alone". I sighed, and went back to sleep.

From the next day onwards, Dom stopped showing up to classes. The teachers had no explanation regarding Dom's absence, his parents had filed a missing case and nobody knew where Dom was. The police continued to search, but their efforts were in vain.

A week later around midnight, I woke up from a vibration from my phone. It was a message from Dom. The message said "Help!" Panicked and confused, I asked him where he was. He replied that he was in my room. Huh? But I was the only one in my room. He added "Why is your house empty? Why is the entire town empty? Is it because of the strange storm?". What storm? The weather was calm and the stars were clear in the night sky.

I replied "Dom, there is no storm. I'm in my room and everyone is in town and I don't know what you're talking about." Dom replied again "they are here". I replied "who is here? Dom, how can I help?" To which Dom replied "It's cold. And they are here." I replied "Dom, its summer right now, who is they? And Where is here?" Dom didn't reply and he never did. It's been a year now, and Dom is still missing. I still regret not accompanying Dom that night.

## सुन माया



**१९८५ रुबिका**

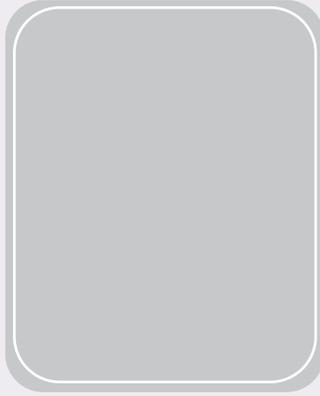
**कक्षा १२**

हिजो हाँसें  
भोलि नहाँसौंला  
मेरो पनि दुःखलाई ठाउँ छ ।  
आज नाचें  
भोलि ननाचौंला  
मेरो पनि पाउ त थाक्छन् नै ।

म एक मानव हुँ  
ममा खोटहरू छन् नै  
केवल तिम्रो नजरमा फरक पर्छ ।  
तिमीले मलाई खोटसहित रोज्छौ कि  
खोट थाहा पाएर छोड्छौ नै ।  
एकपटक चन्द्रमाको दागलाई भुल  
त्यसको रोशनीले तिम्रीलाई शीतल दिन्छ  
नै ।

एक क्षण मायाले सबैलाई हेर  
तिमीले नि सबैलाई समान पाउँछौ नै ॥

## लैङ्गिक समानता



३२१५ मिक्सा  
कक्षा ११

लैङ्गिक पदले नारी र पुरुषसम्बन्धी भन्ने अर्थ दिन्छ । 'समानता' नामपदले समान वा बराबरी हुनाको अवस्था वा भाव भन्ने अर्थ प्रदान गर्दछ । लैङ्गिक समानता पदावलीको अभिधा अर्थ नारी र पुरुषका बिचमा हुनुपर्ने बराबरी तथा समान व्यवहार भन्ने हुन्छ । प्रकृतिले जन्मदै नारी र पुरुषलाई अपरिवर्तनीय जैविक विशेषताहरू प्रदान गर्दछ । नारी र पुरुषका बिचमा समान हैसियत र अँगालिने दृष्टिकोण नै लैङ्गिक समानता हो । लैङ्गिक समानताले नारी र पुरुषका बिच श्रम, सम्पत्ति, रोजगार तथा कार्यविभाजनमा सहयोग पुऱ्याउँछ ।

नारी र पुरुषका बिच न्याय, निष्पक्ष तथा उचित व्यवहार भल्काउनु नै लैङ्गिक समानता हो । लैङ्गिक समानताका कुरा कानुनका ठेलीहरूमा मात्र उल्लेख गरेर पुग्दैन जसलाई व्यवहारमा उतार्नुपर्छ । घरायसी कार्यमा पुरुषको तुलनामा नारीको सहभागिता अत्याधिक रहेको छ । हरेक पुरुषले गर्ने कार्य नारीले पनि गर्न सक्दछ । पैतृक सम्पत्तिमा छोरालाई मात्र अधिकार भएको तथा छोरीलाई भएको छैन । कानुनले नारीलाई माथिल्लो निकायमा जान नछेकेको भएपनि माथि जान सकेको छैन । पति र पत्नी बाहिरको कार्यमा संगै

सहभागी भएपनि घरको कार्यमा पत्नी एकलै सहभागी हुनुपर्ने बाध्यता देखिन्छ ।

लैङ्गिक समानता व्यवहारमा नभल्किए सम्म नारीले भेदभावको सिकार बनिरहनु पर्ने हुन्छ । नारीलाई अबला, अदला र कमजोर ठान्ने प्रवृत्तिको अन्त्य हुनुपर्छ । नारीले पनि आफूलाई पुरुषको तुलनामा कमजोर भएर प्रस्तुत नभई परनिर्भरतालाई परित्याग गरेर आत्मनिर्भर हुनुपर्छ । महिलाहरूलाई राजनीति र समाजका हरेक कार्यमा पुरुष सरह संलग्न गराउनुपर्छ । प्राविधिक, ज्ञान र सिप हासिल गर्न महिलाहरूलाई पुरुष सरह अवसरहरू प्रदान गरी दिनुपर्छ । सम्पत्तिको मामिलामा महिलाहरू धोबीको कुकुर घरको न घाटको जस्तै भएका छन् । पैतृक सम्पत्तिमा महिलाको पनि अधिकार हुनुपर्छ । आधा आकाश ढाकेर बसेका नारीहरूलाई हरेक क्षेत्रमा पुरुषको सरह अधिकार दिइनुपर्छ, नारीले प्रजनन स्वास्थ्यसम्बन्धी विशेष सहूलियत पाउनुपर्छ र समाजमा देखापरेका विकृति, विसङ्गति एवं समस्याहरूसँगै जुध्न सक्नुपर्छ ।

लैङ्गिक समानता ल्याउन नारीवर्गको चेतनामा अभिवृद्धि गर्नुपर्छ । नारीलाई आयमूलक रोजगारीको स्थापना गर्दै पैतृक सम्पत्तिमाथिको हक, अधिकार प्रदान गर्नुपर्छ र घरेलु कार्यमा खर्चिएको श्रमको पनि उच्चतम मूल्याङ्कन हुनुपर्छ । आधुनिकताको यात्रामा प्राचीनताको खोल ओढ्ने प्रवृत्तिको अन्त्य हुनुपर्छ । लैङ्गिक समानताका सम्बन्धमा पाश्चात्य शैली अपनाएर मात्र हुँदैन र पुरुषसँग शत्रुता कायम गर्न पनि हुँदैन । पुरुष वर्गले गर्ने गलत कार्य पनि महिला वर्गले गर्न पाउनुपर्छ भन्नु पनि लैङ्गिक समानता होइन । प्रत्येक नागरिकले नारी र पुरुषप्रति समभाव राख्दै अगाडि बढ्नुपर्छ अनि मात्र राष्ट्रनिर्माणमा सहयोग पुग्नेछ ।

## खानाको महत्व



५०५८ शिवम  
कक्षा ८

हाम्रो जीवनमा खानाको ठुलो महत्व रहेको छ । खानाबिना हाम्रो जीवन चल्दैन । हाम्रो जीवनका हरेक क्रियाकलाप गर्नका लागि हामीलाई खानुपर्छ । हामीलाई बाँच्नको लागि खाना खान जरुरी हुन्छ । खानाबाट पाउने प्रोटीन, मिनिरलजस्ता कुरा मानिसको शरीरलाई पुगेन भने मानिसलाई धेरै किसिमका रोगहरू लाग्छन् । प्रोटीनको कमीले (Kwashiorkor) जसलाई नेपालमा सुकेनास भन्ने गरिन्छ । यो अवस्थामा हाम्रो शरीरमा प्रोटीनको कमीले पेट फुल्दै जान्छ । अनि कार्बोहाइड्रेटको कमीले हामीलाई (Marasmus) जसलाई नेपालीमा सुकेनास भन्ने अवस्था हुन्छ । यो अवस्थामा हाम्रो शरीर सुक्दै जान्छ ।

हामीले सबै खानेकुरा ठिक्क मात्रामा खानुपर्छ । हामीले कुनै पनि खानेकुरा धेरै वा थोरै मात्रामा खानुहुँदैन । हामीले ठिक्क मात्रामा खानुपर्छ । हाम्रो शरीरमा खानेकुराको कमी भयो भने त्यसलाई खानाको अभाव भन्छ । त्यसैले हामीले सबै खानेकुरा ठिक्क मात्रामा खानुपर्छ । खानेकुरा ठिक्कको मात्रामा खानुलाई सन्तुलित आहार भनिन्छ । हामीले सन्तुलित आहार खाँौ भने हाम्रो शरीरमा सबै खानेकुरा पुग्छ । त्यसैले हामीले सन्तुलित आहार खानुपर्छ ।



## The Titans



**7046 Shuhan**  
**Class: 7**

The Titans were ruling the universe, their leader was Kronos, the god of time. Have you ever felt weekends flying by and boring classes seem to go on forever? Well, if you have, it's because of Kronos. He had brothers like Oceanus, Prometheus, Atlas, Coeus, Crius, Hyperion, Iapetus, and sisters like Thea, Rhea, Themis, Mnemosyne, Phoebe, and Tethys. They were brothers and sisters but it did not matter to the Titans because the brothers ended up marrying the sisters. The leader of the Titans, Kronos married HIS OWN SISTER RHEA! Because the Titans had killed their father Neptune, Kronos was always scared his children would do the same to him so when they had their first child Hestia what he did was unthinkable. If you had been in that situation you would have probably not cared and enjoyed or even if you were scared, you would probably give the child to one of your relatives, but Kronos was the king of the universe, so he swallowed the child. YES, YOU READ IT CORRECT,

HE SWALLOWED THE CHILD! But because Hestia (the child) was a god too, she did not die. Rhea was shocked whereas Kronos, did not care. The same thing continued, he swallowed Demeter, Hera, Hades, and Poseidon. Now, Rhea couldn't handle it she left the palace and asked for help, but everyone feared Kronos, so everyone told her to stop whining. Poor Rhea, she was helpless as well as hopeless. Finally, somebody heard her cry. It was the earth mother Gaea. She suggested her to go to Crete and give birth and asked her to keep it away from Kronos and when he asks for the child, she should give him a stone shaped like a child. Rhea did what Gaea said, and it worked Kronos was too lazy to look at the child, so he swallowed the stone thinking that there is no one to overthrow him from his throne. But little did he know that the kid who would save his brothers and sisters was growing up and being trained by the best of the best and that child was named ZEUS. When Zeus grew up, he disguised himself into a less godly figure so that Kronos would hardly suspect a thing- and worked for Kronos as a cupbearer. One night, he filled Kronos's cup with a mix of the most awful liquids (since no one knows what the ingredients were so just imagine the blended form of the vegetables you hate the most). He gave that cup to Kronos, Kronos drank it, and BAAM!! He vomited all his children surprisingly-in such compact space- They had all grown up. Now it was time for

war. Kronos had done many bad deeds you see; he had trapped his fellow relatives the hundred-handed ones and the Cyclopes because they looked hideous, but he did not know that they were very good craftsmen. Zeus took advantage of that and freed them. In return, he asked them to make the best weapons and armour for them. A lightning bolt for Zeus, a trident for Poseidon, a war helmet for Hades, and some weapons for Hera, Hestia, and Demeter. (Kronos trapped the hundred-handed ones and the Cyclopes because they were ugly, but they crafted indestructible weapons that could end Kronos in seconds. SO kids the moral of the chapter is... DON'T JUDGE A BOOK BY ITS COVER!) Before the war started Zeus told the Titans that if they wanted to join them, they can or else after the war they would have to suffer, some of the Titans like Prometheus joined them but the others did not. The war lasted for 10 years and eventually Zeus and his brothers and sisters won. Kronos and his brothers were chopped to pieces and thrown to Tartarus (a place worse than hell) but there was this one guy who was too strong and used his strength in the wrong way and his name was Atlas. So, Zeus decided to punish him differently. His punishment was to hold the world on his shoulders. Ever imagined how the sky never falls? Well now you know that's because Atlas is carrying it on his shoulders! (ignore what your science teachers said)

## To YOU



**2198 Pragya  
Class: 12**

Just after you wake up every morning, repeat to yourself “I am beautiful.”

Tell yourself, “I am organized.” while you make your bed.

Pick your brush and say, “I am going to have a great day”.

As you put on your dress and stand in front of the mirror reiterate “I am amazing.”

When you grab your breakfast, allow yourself to comprehend “I am healthy.”

Recite “I am learning” until you are okay with making mistakes.

Don't get overwhelmed by the course works and assignments,

Remind yourself, “I am to understand the course and proceed.”

Ask aloud, even if you think it's a stupid question;

Correct yourself “I am inquisitive.”

Once you return from a long day, have a break.

Go look at that beautiful sunset and tell yourself, “I am grateful for

the day.”

Let yourself grow, by letting yourself know- “I am evolving.”

Your high school years, it's going to be different.

You're going to meet so many people

Each with different stories and their own perspectives of life.

You may get intimidated by some

And you may be intimidating to others.

You should know, you will be judged,

Some of you by looks and some by the bundle of your books.

Some days you might break into pieces

And your confidence may lie shattered in the ground

But hey! There will be days

When you'll pick all those chunks and compose a sound.

You will get to know an amazing bunch of people,

Smart and talented, but very few will be nice and kind.

Friends, there will be of two types,

One who shares their rasbari and others who steals yours.

You may get sick of people and drained by the workload.

But even when you're tired and exhausted and what not

You will always have time to have fun and feel ecstatic.

Some days are going to be the best days of your life

And for the other days remember to repeat all that I had to say.

## परिवर्तन



**६१११ समृद्धि  
कक्षा ८**

हिजो हिँड्ने हामीहरू  
आज उड्ने भइसक्यौं,  
हिजो टाढा देखिने हामीहरू,  
प्रविधिले आज विश्व एक गाउँ भइसक्यो  
विदेशमा रहनुभएका मेरा बा,  
आज इन्टरनेट मार्फत मसँगै हुनुहुन्छ  
सहर पढ्न गएकी मेरी दिदी,  
इन्टरनेट मार्फत मलाई गृहकार्य गर्न  
सहयोग गर्नु हुन्छ  
बाखा चर्ने मेरा गाउँका बाटोहरू  
आजभोलि मोटर चल्ने भएका छन्,  
मेरा हजुरबुवा एक महिना लगाएर पुग्ने  
हाट बजार  
आज हाम्रो गाउँमा लाग्छ,  
मेरी हजुरआमाले भकारी भर्न बोकेर,  
ल्याउने धान्का बिटाहरू,  
मेरो बगैँचामा आजभोलि मोटरले ओसाछ,  
हामी घरमै टिभी हेर्छौं र  
विश्व देख्छौं,  
घरमै रेडियो खोल्छौं  
र विश्व सुन्छौं  
यो परिवर्तन  
जसले हामीलाई जीवन सजिलै बाँच्न  
सहयोग गरेको छ  
यो मानव सङ्घर्षको उपज हो ।

## Utilitarianism; an Ethical Dilemma or Subjectivism?



**2164 Krisha**  
**Class: A2**

Should Batman Kill the Joker?

Hypothetically speaking, if there was an ethnic cleansing in your country and you were forced by the terrorists to either kill all the 20 minorities or to only kill the head of the minority and save the 19 others, would you just kill the leader?

If you answered yes to both the questions, you were probably using a form of moral reasoning called “utilitarianism.”

*If you have the ability to stop a killer and you don't, are you morally pure because you didn't kill?*

Or

*Are you morally dirty because you refused to do what needs to be done?*

Utilitarianism is the Greatest Happiness Principle; i.e. “actions are right in proportion as they tend to promote happiness, wrong as they tend to produce the reverse of

happiness.” This implies that actions that produce more happiness are more right, and that actions that produce equal happiness are equally right.

So long as a course of action produces maximum benefits for everyone, utilitarianism does not care whether the benefits are produced by lies, manipulation, or coercion. Many of us use this type of moral reasoning frequently in our daily decisions. When asked to explain why we feel we have a moral duty to perform some action, we often point to the good that will come from the action or the harm it will prevent.

**There are three principles that serve as the basics of utilitarianism.**

1. Pleasure or Happiness Is the Only Thing That Truly Has Intrinsic Value.
2. Actions Are Right Insofar as They Promote Happiness, Wrong Insofar as They Produce Unhappiness.
3. Everyone's Happiness Counts Equally.

To discover what we ought to do in any situation, we first identify the various courses of action that we could perform. Second, we determine all of the foreseeable benefits and harms that would result from each course of action for everyone affected by the action. And third, we choose the course of action that

provides the greatest benefits after the costs have been taken into account.

But, sometimes doing what provides the most pleasure to the most people can mean that you have to take one for the team. It can mean sacrificing your own pleasure, in order to produce the maximum benefit.

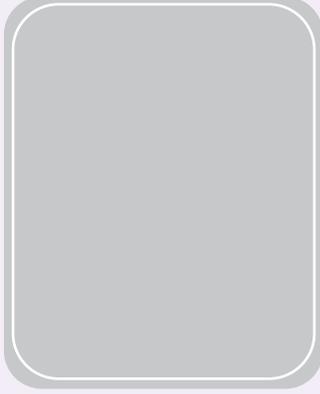
If you like a Marvel movie but all your friends are potterheads, then as per the utilitarianism principle, you ought to choose the Harry Potter movie, for it does give the maximum utility.

But where morality is concerned, utilitarians argue, as special as you are, you're no more special than anybody else.

Utilitarianism is a really demanding moral theory. The utilitarian calculation requires that we assign values to the benefits and harms resulting from our actions and compare them with the benefits and harms that might result from other actions. But how do we really go about comparing the value of money with, for example, the value of life, the value of time, or the value of human dignity? If our moral decisions are to take into account considerations of justice, then apparently utilitarianism cannot be the sole principle guiding our decisions.

However, if we do weigh the pros and the cons, utilitarianism is a powerful reminder that morality calls us to look beyond the self to the good of all.

## नेपाली संस्कृति



३२२१ सुवना

कक्षा ११

संस्कृति मानिसको सामूहिक जीवनशैली हो । संस्कृतिले कुनै राष्ट्र जाति वा समुदायको सामाजिक जीवन, आर्थिक व्यवस्था, राजनीति, चालचलन, खानपिन, पहिरन, चिन्तन आदि कुरालाई बुझाउँछ । संस्कृतिले कुनै पनि राष्ट्रको, जाति वा समुदायका मानिसका खाने तरिका, बोल्ने तरिका, सोच्ने तरिका, हिँड्ने तरिका, बस्ने तरिका आदिलाई समेत बुझाउँछ । संस्कृति समाजलाई एक गर्ने एउटा उपाय पनि हो । व्यक्तिगत रूपमा मानिस भिन्न भएपनि सांस्कृतिक रूपमा त्यो एउटा समुदाय वा राष्ट्रको अङ्गका रूपमा रहेको हुन्छ ।

नेपाल सांस्कृतिक दृष्टिले अत्यन्त संवद्ध छ । नेपाली संस्कृति भनेको विविधताको संस्कृति हो । नेपालमा वेद, पुराण आदि संस्कृत भाषामा लेखिएको ग्रन्थको पालना गर्ने संस्कृति छ । नेपाल बहुजातीय, बहुधार्मिक, बहुभाषिक देश हो । यसैले यो देश बहुसांस्कृतिक देश पनि हो । यसैले नेपालको राष्ट्रिय संस्कृति भने विविधताको संस्कृति हो । नेपालमा मधेस, पहाड र हिमालमा अलगअलग प्रकारका संस्कृति छन् र ती सबै मिलेर नेपाली राष्ट्रिय संस्कृतिको निर्माण भएको छ । अनेकतामा एकता र आपसी सहनशीलता नै नेपाली संस्कृति हो ।

नेपाली संस्कृति भन्नासाथ हामी हाम्रा पूर्वजसँग जोडिन पुग्छौं ।

संस्कृतिसँग मानिसको आफ्नो इतिहास र पहिचान जोडिने भएकोले पनि त्यो सबैको प्रिय हुन्छ । त्यसैले आफ्नो संस्कृति छोड्न हुन्न भनिन्छ । हाम्रा पूर्वजहरूले चलाएको र आफ्नो भन्दैमा सबै कुरा राम्रै हुन्छ भन्ने केही छैन । कतिपय बितेको समयमा आर्थिक प्रणाली, सामाजिक सम्बन्ध, राजनीतिक व्यवस्था आदिका आधारमा बनेका रीतिरिवाज, चालचलनहरू आज उपयुक्त नहुन सक्छन् । विगतका दिनमा महिलाहरूलाई घरको काममा मात्र लगाइन्थ्यो, अब महिला पनि पुरुषसह बाहिरका कामकाज गर्न व्यस्त हुन थालेका छन् । साथै पुरुषहरू पनि महिलासह घरका काममा व्यस्त हुन थालेका छन् ।

संस्कृति नैतिक नियम लेखिएको शास्त्र पनि हो । संस्कृतिरूपी आचार संहिता पालन गराउनका निम्ति धर्मलाई संस्कृतिसँग एक गराइन्थ्यो । अब मानिसलाई पाप लाग्छ भनेर होइन, यसो गर्दा राम्रो हुन्छ र त्यसो गर्दा नराम्रो हुन्छ भन्ने आधारमा विचार, नियम व्यवहारहरू निर्धारित हुन्छन् । अब पापको डरमा मात्र नेपाली संस्कृति बाँच्दैन । त्यसैले अब संस्कृति अनुमान र अन्धविश्वासमा होइन, मानव हितका लागि र विज्ञान सहमत हुन आवश्यक छ ।

नेपाली संस्कृति भूगोल, जातिअनुसार फरक हुन्छन् । खानपिन, मेला उत्सव, जीवन संस्कार, चाडपर्व बोलीचाली आदि पनि हावापानीअनुसार फरक हुन्छन् । एउटै ठोलमा बस्ने शेर्पा ल्होसारमा, राईहरू साकेलामा, नेवार इन्द्रजात्रामा भने लिम्बू धान नाचमा रमाउँछन् । महिला र पुरुषका पहिरन, गरगहना, बोलीवचनमा पाइने भिन्नताको आधारमा पनि संस्कृति फरक हुने गरेको देखिन्छ । नेपाली संस्कृतिमा सबैले खान, लाउन र बाँच्न पाउनुपर्छ भन्ने भाव छ । सबै सुखी, निरोगी र सबैले सम्मानपूर्वक बाँच्न पाउनुपर्छ भन्ने नेपाली संस्कृतिको भाव

रहेको छ । नेपाली संस्कृतिले अभावको बिचमा पनि रमाउन र आफ्नै कमाइमा बाँच्न र श्रमको पूजा गर्न सिकाउँछ ।

अन्त्यमा, कतिपय अवस्थामा संस्कृतिका नाममा विकृतिले प्रश्रय पाइरहेका छन् । संस्कृति मानिसको परोपकारका लागि बनाइएको, स्थापना गरिएको हो । हामीले विकृतिलाई पन्छाएर हाम्रो मौलिक नेपाली संस्कृतिको संरक्षण गर्नुपर्छ । नेपाली संस्कृति वा कुनैपनि संस्कृति परिवर्तनशील हुने भएकाले आवश्यकताअनुसार तिनलाई परिस्कार र परिमार्जन गर्दै लैजानुपर्छ । संस्कृतिका नाउमा देखिएका विकृतिलाई हटाउन जरुरी छ । नेपाली संस्कृतिको बचाउ गर्दै भावी पुस्तालाई हस्तान्तरण गर्नु हाम्रो मूल कर्तव्य, दायित्व र जिम्मेवारी हो ।

म



२२०५ सिसम

कक्षा १२

ठुलो संसारको सानो छाया म केवल रोशनी मै बाँच्छु ।  
त्यो ठुलो नैतिक पर्खालले  
छोप्दै आएको रोशनीलाई रोक्दै छु ।

म हाँस्दा मेरो हाँसाइको भन्दा  
मेरो खित्काको आवाजलाई ध्यान नदेऊ ।  
म नाच्दा मेरो चाललाई भन्दा  
मेरो फरियाको लम्बाईमा आँखा नलाऊ ।

म हिँड्दा मलाई बाटो नदेखाऊ  
म हराउन पनि चाहन्छु  
म लड्न खोज्दा मलाई नबचाऊ  
म आफैलाई बचाउन चाहन्छु ।

**सम्भनामा..**


**२१८३ श्रेया  
कक्षा १२**

गहभरि सजाएका सपनाहरू  
हृदयभरि चुलिएका आकाङ्क्षाहरू  
अनायासै व्यर्थ भएको पल  
वसन्तमै ओइलाएका फूलका पङ्कसरी  
भएकी थिएँ म ।  
संसार जित्ने आँट मनमा लिएर  
चालिएका पाइलाहरू  
बिच बाटोमै जमिन भासिँदा  
डर र निराशाले लोलाएका थिए ।  
जीवन नै व्यर्थ लाग्न थालेको थियो  
मलाई  
म हिँडिरहेकी थिएँ  
निस्पृह अन्धकारमा  
आशाका किरणहरू पहिल्याउँदै  
एकाएक सुमधुर स्वर गुञ्जायमान भयो  
हृदयमा  
“तिमी बाहिरी संसारमा घुल्न चाहन्छौ  
तर तिमी त आफैँसँग अपरिचित छौ  
पानीको एक घुट्टाका लागि भौँतारिँदै  
हिँडिरहेकी तिमी  
आफूभित्र रमाएको विशाल सागरसँग  
अन्जान छ्यौ  
चियाएर हेर एकपल्ट  
सम्पूर्ण ब्रह्माण्ड तिम्रै नयनभित्र  
रमाएको छ  
बुझेर हेर आफ्नो आत्मालाई, खोजेर  
हेर आफ्नो अस्तित्वलाई  
जब तिमी आफ्नो मनको डरलाई  
परास्त गर्ने छौ,  
त्यो दिन तिमी संसार जित्ने छौ”  
नियालेर हेरें दर्पणमा आफ्नै छायालाई  
आहा ! त्यो मनोरम दृश्य !

त्यहाँ मुस्कुराइरहेको एक मुहार मात्र  
थिएन  
त्यहाँ त थिए जीवनका सयौँ रङ्गहरू  
ती कथित अकथित सङ्घर्षहरू  
ती ससाना खुसीका पलहरू  
अनेकौँ ठेस लागेर लडिरहँदा गुमेका  
हौसलाहरू  
अनि थिए आफैँलाई आफ्नो शक्ति  
बनाएर उभिएका पलहरू  
म जुन बाहिरी संसारमा ढल्न चाहेकी  
थिएँ  
ती दुःखसुखका पलहरूमा त्यही संसारले  
एक्लो बनाएको थियो मलाई ।  
खुसीमा हाँस्दा होस् या दुःखमा  
भक्कानिएर रुँदा  
साहस डगमगाएर भुँडमा पछारिँदा होस्  
या हिम्मत जुटाएर उठ्दा  
आफूमात्र थिएँ आफ्नो सहारा  
यतिका वर्ष आफैँलाई आफ्नो प्रेरणाको  
स्रोत बनाएर हिँडेकी म  
कति अन्धी भएकी रहिछु  
दुनियाँको माया पाउने आशा गर्दागर्दै  
आफैँलाई माया गर्न बिसैकी रहिछु ।  
आज भने म साँच्चिकै संसार जितेभैं  
अनुभव गरिरहेकी छु  
मेरो संसार, मेरो सर्वस्व  
आफैँभित्र देख्न थालेकी छु ।  
मलाई हरपल साथ दिइरहने मेरो  
मस्तिष्क  
अदम्य साहसले भरिएको मेरो कोमल  
हृदय  
जस्तोसुकै बाधामा पनि साहस जुटाएर  
अघि बढ्ने मेरा पाइलाहरू  
आज गर्व लागिरेको छ आफ्नै  
आत्मामाथि  
हृदय हलुङ्गो भएको छ  
तनमन प्रफुल्ल भएको छ  
आफ्नै अन्तरआत्मासँगको यो नोलौ  
परिचयको हर्षले  
मेरो जीवनमा नयाँ बाहार आएको छ  
त्यसैले त पोख्दै छु म मेरा भावना यी  
अक्षरहरूमा  
केलाउँदै स्मृतिका अनेकौँ कथा  
सजीव बनाउँदै छु यी निर्जीव  
पानाहरूलाई  
यो मिठो भेटघाटको सम्भनामा ॥

**An Emotional Voyage**


**2146 Oshin  
Class: A2**

THE KITE RUNNER: a book that is interesting and heart-breaking at the same time. Khaled Hosseini has beautifully illustrated how a young boy, Amir, could be so cruel as to win his father's love. However, on the other side Amir's best friend, Hassan, sacrifices his life just for the sake of his best friend. Amir doesn't seem to realize this at the time but two decades later he atones for his past mistakes by rescuing Hassan's son. A pivotal scene depicting an act of sexual assault that happens against Hassan that Amir fails to prevent is distressing. It is a fast-paced book where the writer seems to powerfully connect the story to the kite running (a traditional Afghani sport banned during the rise of the Taliban in Afghanistan) that evokes a sense of friendship and freedom. I humbly request all of you who haven't read this book to read it because this one is the finest of all. It will take you on an emotional voyage of greed, heartbreak, guilt, frustration, redemption, happiness, and a mixture of all. Moreover, I was thrilled and moved while reading the book. I must say this book is worth a read.

## Online Classes



**2072 Saurya**  
**Class: A2**

Teaching has been one of the most respected professions taught by teachers that possess a highly progressive and appreciable level of knowledge regarding topics. We are fortunate enough to be guided by these mentors. Teaching has been a god-like profession.

As much appreciated and valuable this process happens to be, many modifications and changes haven't been conducted over the ages. Like, if we compare a primitive type of vehicle to a vehicle of today, so many things have changed. Its parts have been modified by replacing it with better and advanced technology. One being from a primitive era would definitely stare at this new car in full flabbergast. However, it might not be for the teaching sector. If we see the teaching of the very primitive era and compare it to the teachings of today, we can find that not much has changed, probably nothing. Previously teaching was held in Ashram with a Guru and some pupils and they used to listen to the Guru spill his teachings while the pupils would shower with it. Today, we go to the classroom,

some twenty pupils listening to the teachers' talk. Things could have remained the same. So it can be argued that changes in the teaching profession should have been required by the society and it was to come sooner or later.

The pandemic has hit many countries and many people very hard. It has been a hard time for all of us. In this situation where people have lost their source of income, the schools are reopening maybe due to the mere fact of attaining a source of income; or my judgments could have been heavily biased. Nonetheless, for the bigger picture, in this lockdown period, people, instead of sitting ideal and worrying about the on-going chaos have found a way to stay engaged and productive. This led to online teaching platforms.

Online teaching was already a thing in western countries with more advanced and developed technologies with many universities going online with courses, etc. Even so, the eastern population could never have anticipated this trend coming their way at such an alarming rate. For countries like Nepal, please realize the power of the internet and the need for adaptation in it. Solely, our future depends on it. Many retail stores, manufacturing companies, service providers, influencers have arisen from this platform and even online tutors and extra teachers.

Nevertheless, we can't ignore the fact that we live in a small developing South Asian country, Nepal, I currently reside in the capital city Kathmandu and am fortunate enough to be blessed with the latest gadgets and technologies such as

laptops mobile phones, and the internet and I don't wake up in the morning worrying about how I'll be able to attend the day's class or if I'll miss it again like yesterday. But my home is in Nuwakot, and I have friends complaining about the little things I live with privilege here. Not all communities have access to the internet, nor the ever costly and expensive latest mobiles phones and laptops. When there is no source of income and when it is difficult to meet hand to mouth, buying a new cell phone for \$100 is not a question but an answer. A firm 'No! We can't afford it. Not even at the cost of your future.' The government's ignorance has never been helpful.

I also recently read an article in the newspaper regarding two teachers who decided to go from village to village educating the children that wanted to learn. Even so, with such a brave and praiseworthy act, in such a pandemic situation where you cannot even trust your closest ones, the people in the villages were obviously skeptic.

With my own experience, I have frequently missed my old mates sharing the same lame jokes and laughing at walls. I miss them terribly and dearly for it has been so long. I often find myself gazing at the abyss as the words of the teacher play in the background from my small screen of the laptop. I partially blame it on my situation for I have no one throwing chalks at me to capture my attention. It has been boring and monotonous at the same time.

All in all, it has been a challenging time for all of us and we are slowly adapting to it. It is indeed a good initiative by



schools to engage students in a productive session. However, in a developing country such as Nepal, it is very important for the government to interfere in the education system and provide the facilities that the less privileged are not getting. More projects and more distribution programs may be the next big step for the government.

As we've seen in history, every big change happens after a long era of war. I honestly think online class is one such big step in the history of mankind and advancement.

## मेरी आमा



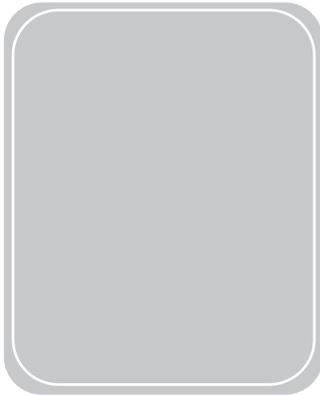
२०१८ उत्सना

कक्षा ५

यो धर्तीमा हरेक दिन धेरै मानिसले जन्म लिइरहेका हुन्छन् । हामीलाई हाम्री आमाले जन्म दिनुहुन्छ । आमा हाम्री जन्मदाता हुनुहुन्छ । आमाले हामीलाई धेरै कष्ट सहेर

जन्माउनुभयो । मेरी आमाले मलाई धेरै माया गर्नुहुन्छ । मेरी आमाले मलाई असल बाटो देखाउनुहुन्छ । आमाले मलाई दुःख परेको बेला पनि खुसी दिनुहुन्छ । आमाले मलाई दिएको सहारा मेरो जीवनको सबैभन्दा महत्वपूर्ण सहारा हो । आमाले मेरो अपरम्पार हुन्छ । आमाले आफ्नो बच्चालाई धेरै माया दिनुहुन्छ । आमाहरूले जहिले आफ्नो सन्तानको भलो चिन्ताउँछन् । आमाले जति माया हामीलाई दिनुहुन्छ, त्यति माया हामीलाई यो संसारमा कसैले पनि गर्दैन । मलाई पनि यो संसारमा सबैभन्दा धेरै माया मेरी आमाले गर्छ । आमाले मलाई गल्ती गरेमा सम्झाउनुहुन्छ र राम्रो काम गरेमा माया गर्नुहुन्छ । म मेरी आमालाई सम्मान गर्छु ।

## तिहार



२०८३ अर्पन

कक्षा ५

तिहार हिन्दुहरूको दोश्रो महान् चाड हो । यो चाड कात्तिक अथवा मङ्सिर महिनामा पर्दछ । यो चाड पाँच दिनसम्म मनाइन्छ । यो चाड सप्तरङ्गी टीका, फूलको माला र विभिन्न किसिमका रोटीका प्रकारहरूले मनाइन्छ । तिहारलाई उज्यालो र खुशीको चाड पनि भनिन्छ । तिहारलाई दीपावली र दिवाली भनेर पनि चिनिन्छ ।

तिहारको पहिलो दिन भनेको काग तिहार हो । यो दिन कागलाई

पूजा गरी मिठो खोनकुरा राखी दिइन्छ । तिहारको दोश्रो दिन भनेको कुकुर तिहार हो । यो दिन कुकुरलाई पूजा गरी मिठो खानेकुरा राखिदिइन्छ । अनि जब कुकुर घरमा आउँछ । कुकुरलाई मिठो खानेकुरा दिई माला लगाई दिइन्छ । काग र कुकुरलाई मृत्युको राजा यमराजको सेवकहरू भनेर चिनिन्छ । त्यसैले हामी काग र कुकुरलाई पूजा गर्छौं । तिहारको तेश्रो दिन भनेको गाईतिहार र लक्ष्मीपूजा हो । यो दिन हिन्दुहरूको लागि विशेष दिन हो । यो दिन मानिसहरू बिहान गाई पूजा गर्छन् । अनि गाईलाई माला लगाई सिंगारी दिन्छन् । अनि गाईलाई रोटीका विभिन्न परिकारहरू खान दिन्छन् । त्यसपछि बेलुका रङ्गोली बनाएर दियो र मैनबत्ती बालेर धनधान्यकी देवी लक्ष्मीको रूपमा गरगहना र पैसाको पूजा गर्छन् । अनि लक्ष्मीपूजा सकिएपछि देउसी भैलो कार्यक्रम सुरु हुन्छ । तिहारको चौथो दिन भनेको गोरु तिहार हो । यो दिन बिहान मानिसहरू भगवान् महादेवको पूजा गर्छन् । अनि मात्र गोरुको पूजा गर्छन् । गोरुलाई भगवान् महादेवको वाहन भनिन्छ । त्यसैले

हामी गोरुलाई पूजा गर्छौं । अनि गोरुलाई विभिन्न रोटीका परिकारहरू खान दिन्छौं । अनि यही दिन चाहिँ नेवारहरू आफ्नो म्ह पूजा गर्छन् । तिहारको पाँचौं र अन्तिम दिन भनेको भाइटीका हो । यो दिन दिदीबहिनीहरू आफ्नो दाजुभाइलाई सप्तरङ्गी टीका लगाइ दिन्छन् । त्यसलाई भाइटीका भनिन्छ । अनि फूलमाला पनि लगाइ दिन्छन् । अनि दाजुभाइलाई विभिन्न मिठाईका परिकारहरू दिन्छन् । साथै दाजुभाइको दीर्घायुको कामना गर्दछन् । अनि दाजुभाइले पनि दिदीबहिनीलाई आशीर्वादको साथै केही सामान अथवा दक्षिणा दिन्छन् ।

तिहारको पाँचौं दिन भाइटीकाको दिन सम्पूर्ण नेपाली दिदीबहिनीहरू आफ्नो दाजुभाइहरूको दीर्घायुको कामना गर्दै आफ्नो दाजुभाइलाई पूजा गर्छन् । यसरी नै दिदीबहिनीले आफ्नो दाजुभाइलाई सप्तरङ्गी टीका मखमली र सयपत्री फूलको माला आफ्नो दाजुभाइलाई लगाई र सगुनको रूपमा भाइ मसला दिई अन्तिम र रमाइलो क्षण तिहारको भाइटीका आ-आफ्नो घरदैलोमा स्वागत गरी मनाइन्छ ।

## कोरोना



६१२७ अस्मिता  
कक्षा ८

सबै जुटी कोरोनालाई हराऔं  
सामाजिक दुरी कायम गरौं  
बालबच्चा घरै बसौं  
भाइरस कतै नबाडौं ।

घरबाट बाहिर ननिस्कौं  
मास्क लगाई सुरक्षित बनौं  
गर्ने कार्य घरबाटै गरौं  
पराइलाई आफ्नो नभनौं ।

चाडबाड एकलै मनाऔं  
बाँचेबचे अर्कोपटक रमाऔं  
घरकै खाने गरौं  
हिँड्नु परे आफैँ खाना तयार पारौं ।

साबुन पानीले हात धोऔं  
सेनिटाइजर प्रयोग गरी सुरक्षित रहौं  
कसैसँग हात मिलाउन अग्रसर नहोऔं  
सावधानी नै औषधी हो, सबै सम्झौं ।  
समयलाई उपयोग गरौं  
बन्दाबन्दीको प्रभावलाई अवसर मानौं  
बालबालिकालाई संस्कार सिकाऔं  
घरका काममा सबै लागौं ।

विद्यालय नजाँदा आफैँ पढौं  
प्रविधिलाई उपयोग गरौं  
कठिन विषय गुरुलाई सोधौं  
समयको सदुपयोग गरौं ।

सिर्जनशीलता प्रस्फुटन गरौं  
कथा कविता सुनौं  
आफ्ना भाव उजागर गरौं  
समभाव कायम गरौं ।

## Cold

It was a cold rainy day  
Something was missing that was  
the sun's ray  
I was in my blanket holding my  
cup of tea  
I took a sip looking at the old oak  
tree.

The tree was old but quite strong  
Telling it the peculiar would not  
be wrong  
Monkeys, Crows and snakes  
made it their home  
And When I went out, I used to  
roam

I left my bed and went outside  
For talking a short nature ride  
Flowers everywhere so my  
garden was full of fun

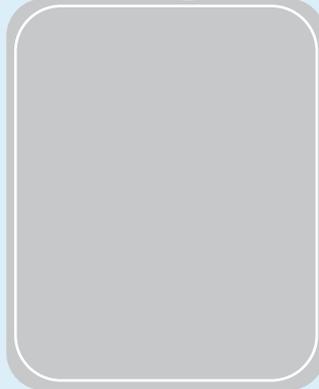


8075 Jesis  
Class: 6

But still it was cold so I was  
waiting for the sun.

Rain was now being slow  
So, my face was in glow  
Clouds were getting away  
After a while I got to see the  
sun's ray.

## Dog



9020 Roseline  
Class: 5

I have a very cute puppy  
Whom I named Lucky  
It scared away thieves and  
made me very very happy.  
He would grow up to be a  
magnificent dog.  
I would go with the dog to jog  
I would make it strong and  
steady  
And would clean him whenever  
it was dirty.

It has its brand new house,  
And won't let anyone in, not  
even a mouse  
He always protects me and  
makes me proud  
He guides me whenever I am  
lost in the crowd.

## बाबा



६१२० मनीषा  
कक्षा ८

जन्म दिने आमा हुन् भने  
हात समाएर हिँड्न सिकाई  
राम्रो बाटो देखाउने बाबा हुन् ।

हामी रुँदा उहाँको मन दुख्ने  
हामीले खाना नखाँदा भोकै बस्ने  
हाम्रो जीवनको हरेक पाइलामा साथ दिने  
बाबा नै हुन् ।

हाम्रो राम्रो भविष्यको लागि सङ्घर्ष गर्ने  
हामीले प्रगति गरेको देख्दा खुशी भई  
सधैँ हाम्रो भलाइ होस् भनी चाहने  
हाम्रा बाबा हुन् ।

## When The Flame Dies Out



**2156 Reaa**  
**Class: A2**

“A dancer dies twice — once when they stop dancing, and this first death is more painful.”-Martha Graham

“The Best rookie dancer award goes to Joseph Tudor”

“The Best dancer award goes to Joseph Tudor”

“And the first place goes to Joseph Tudor”

“And the best choreography award goes to Joseph Tudor”

“The most popular face of the year goes to Joseph Tudor. This is the eighth time in a row!”

“The best discographer award goes to Joseph Tudor!”

“He transcends perfection.”

“He sure is popular for a reason.”

And the praise went on and on....

Grumbling, Joseph turned his alarm off, scruffing his beard and stretching on the bed. He lazily glanced at his phone to check his schedule for the day. Without any expression on his face, he immediately picked

himself up, marched forward, and went straight to the practice studio after washing up.

He closed his eyes and let the music blast; a deliberate attempt to totally immerse himself in the rhythm. He used his body motions in synchronism with the beats, his eyes closed and trying to feel the thrill. He wanted his heart to pound with every melody. The dance would be a phenomenal sight to the average viewer. But to him, it was entirely the opposite. He found the whole experience soulless. It no longer brought him joy.

After what seemed like an eternity, he stopped. He positioned himself on the cold floor. The room was damp and stinky, but that wasn't what concerned him. Tears started rolling down his cheeks while he stared straight at the ceiling, unable to move to clean them off. He was frustrated. Neither the music nor his actions were making him happy. He no longer felt his heart beat when the music was playing. He wanted to stop this and run away from everything. He was required to choreograph a huge event for which he did not want to participate. However, he had other choice. Things weren't that easy for him.

Joseph was an incredibly gifted dancer. He was called the God of dance. Everyone was amazed with how Joseph's body moved in sync with the music. He wasn't taught how to dance. He did not have to. There was no one who could do those graceful and elegant movements. He dropped out of high school to pursue his love of dance. Over time, he became very popular and was at his peak. Eventually, somewhere in between, he lost

his sole source of happiness.

Despite his best efforts, he lay on the cold ground, hopeless as ever. He tried so hard to bring back the spark to his life. A feeling of love and passion that used to burn in his heart no longer existed. He screamed, he cursed himself for not being able to feel it anymore. What was once a bright and strong flame was dwindling and fading now. He fanned the flame harder and harder just to make it brighter, but he only grew more and more tired as he realized the flame had died out.

Taking up his passion was a crucial part of who he was. He became who he was because of the pursuit of his passion. It had become a defining part of himself. It moved away from something he enjoyed doing and into something he dreaded. He felt empty with it gone. Dance was all he knew. Realizing that, he stood with a heavy sigh and tried to dance to the beat one more time. Throughout his career, he performed in-front of crowds to know just what they looked for. And what they were looking for is what he delivered. He choreographed a breathtaking dance performance that millions of his fans would go crazy about. One that would earn endless applause. A performance so beautiful, spectators would be unable to contain their tears and a performance everybody but himself would love.

And that's how things ended for Joseph. He performed more and more powerful dances, and his popularity continued to grow to the extent that none were less than masterpieces because he was a prodigy, a dancer who no longer loved dancing but knew nothing else.



### Boy With The Bread



**6067 Subats**  
**Class: 8**

“Peeta! What are you slouching for? Be useful for once, will you?” says my mother as she places a loaf of bread in the oven. It was gloomy from the morning today, but it’s raining now. But the certain cold that has gotten almost all of District 12 freezing has been taken over by the cozy fire in our room... only in our room. I am wondering about all the horrendous inhumane things the capitol has done to the districts when I hear my mother scolding someone. I stand up and head over to the commotion my mother has now created and see her shooing a girl. I feel my stomach turn and my heart make its way up my throat.

She is a girl from Seam. She is from my class and I know little about her, but still enough to feel pity for her. Her father recently died in the mine accident, and her mother is suffering from the trauma of that incident which causes her, an eleven year old girl to try to sell her little sister’s baby clothes to fill her sister’s stomach. She has supposedly tripped and dropped all her sister’s clothes in puddle of

mud. Her pale, uninterested and almost dead face and expression suggests that she has given up. She can’t do this anymore. She looks up and sees me. I turn around and leave, not being able to face her.

I go to the oven and stare at the bread, the warm loaf of bread that could potentially save three lives right now. I keep staring, and staring, and staring until I feel a sharp pull on my hair. I turn around to see my mother’s angry face. I prepare for the blow that is certain to come crashing down my face but it doesn’t. I slowly open my eyes just enough to see the anticipated blow land neatly on my right cheek.

“Why did you let it burn?” My mother asks in a hoarse voice but the answer doesn’t come out of my mouth. I am about to receive another slap but my father interrupts her. “It happens. It happens.” My mother turns to give him an indignant look and turns to me for further questioning. “What are we going to do with this now? Feed it to the pigs you stupid creature!”

But, why exactly did I do that? I step out in the chilly, wet afternoon to find her standing there with the same expression as before – dead and lost. She is staring into the blank oblivion only to turn her eyes to focus on mine. I turn around to check if my mother is looking, but I find her to be replaced by the encouraging smile erupting from my father. I smile back and turn around to face Katniss.

Her gray Seam eyes are locked on mine. I break the eye contact

by throwing the burnt bread to her lap. A confused, shocked expression with some hint of happiness appears on her face, replacing the previous one of despair. I abruptly turn around and enter my house, trying to hide the smile that has taken over my face.

Setting and characters:  
Suzanne Collins’ “The Hunger Games”

### Sunrise



**8019 Kritisha**  
**Class: 6**

There are going to be some days

Like the pitch dark night  
With no clue of light.

When there is no way out  
And there is no path

When you have nothing to  
Look back at

Or nothing to  
Look forward to

When all doors are shut  
On such a night

Look at the shut doors  
And listen closely

You’ll hear a knock  
It’s the sunrise

Waiting to be unveiled.  
It’s an opportunity

Waiting to be welcomed.

## Just Not Your Special Child



**6138 Kohinoor**

**Class: 8**

You said you will be there whenever I need you. You said you will always be by my side if I ever called you. You said like a good person that I should help

others if they need me. You said I should help people even when they don't help me. You said I should be the first in everything. You said I should be reading all the time so I can make your dreams that you dreamt of come true. You said you couldn't study like I got to study so you just thought that I should be first at everything because I got to study in a better way. You said that if I don't study well and I don't get higher marks you are ashamed. You said that I am not different than anyone and I am not the special one who can make you proud.

Everything you said I tried to make it come true. It wasn't like if I didn't care what you said or I didn't do what you said. I tried doing everything you said but I couldn't because I did that because you forced me to do that. I couldn't make your dream come true because it wasn't my dream to be what you had dreamt of when you were a child. And even I didn't take your dreams as my dream because I was who I was but just couldn't be you. As you said I am not YOUR special child but I am special myself. It's not important for me that you see special in me what is important is that I see the special in me.

## I Feel So Proud

### How My Hand Was Broken



**9093 Binamara**

**Class: 5**

One day my brother, my mother, one other person and I went to meet the man who designed the flag of Nepal. His name is Sankar Nath Rimal. There was an exhibition, we saw the picture and went to a park. It was very slippery but I didn't mind it. When I was playing, I slipped and my hand broke. I had to put a plaster on my hand for two months and now my hand is perfect once again.



**7077 Celesta**

**Class: 7**

It seems that it was just yesterday,  
When I came to the school the first day,  
With fears and nervousness,  
I entered at the premises of my school, BNKS.

Making friends of all land,  
We have teachers with brilliant mind,  
Big compound with many facilities  
Education is of higher qualities.

Discipline is what it is known for,  
BNKS is what the experts prefer  
Clean environment it maintains,  
Staff works with hardship and pain.

I'll surely miss each and everyday  
But BNKS has shown me the way.  
I'd probably call BNKS the best,  
Among all the schools rest.

## Alvaro



**2157 Pooja**  
**Class: A2**

Five grey shirts, three black trousers and a pair of slippers. These were all that Alvaro possessed in the past years. His eyes flickered to the packaged box on the floor beside him. The last time he owned a new pair of shoes had been eight years ago. And by the end of the day he had soaked them in blood- his father's blood. He bent down to take the brand new shoes out of the box and tried them on. They felt different, to say in the least. But there was an odd sense of relief he felt when he wiggled his toes.

As soon as he stepped out of the black iron gates he felt the eyes on him. He knew he wasn't the most easy to look at. The scar his father left before giving up on life ran from his forehead to his upper lip. Even in the scorching heat of mid-July Alvaro chose to pull his hood up and began his jog.

The weight of the judgment he felt in the air was slightly less than the weight of handcuffs he'd felt around his wrists years ago. But as he ran past the residential area and chose to enter a dirt road near the woods, he knew if he had the chance he would do

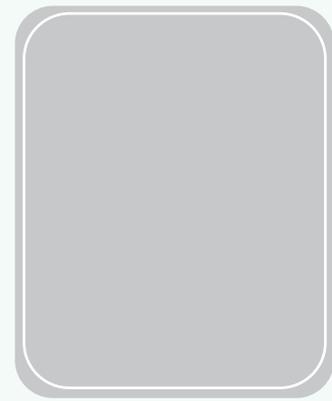
it again. "It was an accident Levi, you did it in self-defense." His mother had told him repeatedly when he came back home.

But the truth was Alvaro was no saint and neither did he try to be one. He closed his eyes feeling the wind slash against his face, he increased his pace wanting to feel more of the wind. Alvaro knew his mind was twisting the wind into some sardonic sense of freedom. But this was what fed his soul.

His lungs were burning, his legs were crying out for him to stop but he pushed further, mildly enjoying the pain. It reminded him that he was alive. Did that make him a sadist? Or did that make him humane? Perhaps it did neither, he mused before slowing down. He bent down, resting his hands on his knees as he panted heavily in an attempt to clear his teary eyes that burned along the chill of the wind. Alvaro threw his head back and released an unexpected laugh. He hadn't realized how far he'd gotten until he heard the hysterical laugh echo throughout the woods.

He eventually stopped laughing and looked around him. There was nothing except death around him. Shriveled branches with a blanket of dried leaves on the ground, there was a dead mouse near where he stood and the stench of the rotting flesh invaded his senses. But it didn't bother him as much as it should have. Because no amount of time behind the bars could change who he really was. He was still the same thirteen year old who had stabbed his own father and sat there, watching without an ounce of guilt as the blood soaked his shoes.

## Mother



**8138 Unbyol**  
**Class: 6**

Oh, my mother  
You are just precious than  
other  
The love given by you is so true  
Because it is your hand  
From which I grew  
Oh, my mother  
You are just precious than  
other.

The beautiful moment in my  
life  
You are always there  
Whether it is sorrow or  
happiness  
You are the only one whom I  
love to share.  
I can't imagine my life without  
you  
Because the love you have  
given is just so true  
I will have ups and downs in  
my life  
And I know you will help me  
further  
Because you are precious and  
the sweetest mother  
Oh, my mother  
You are just precious than  
other.

## Online Class



**7137 Arya**  
**Class: 7**

An online class is a course conducted through Internet. They are generally conducted through a learning management system, in which students can view their course syllabus and academic progress as well as communicate with their course instructor. Because of the ongoing pandemic COVID- 19, the whole world is locked down due to which the students and teachers have not been able to go to their respective schools and study there. That's why nowadays almost every country is having online classes because we can't stop our education. Even in our country, Nepal, almost everywhere online classes are being conducted.

Though the time currently is critical and we can't go to our schools but still because of the internet and various apps such as Zoom, Fusion, Microsoft teams, our education system has not been stopped. As the online classes are being conducted through the technology, many of us have improved our technical skills so much as we have to learn and do almost each and every assignment through the computer, laptops or mobiles. Many of the students have mastered their typing skills.

During our face to face classes we used to gain only through our instructors and the course

books that's why the amount of knowledge we used to gain was limited. But right now, during this online course, the amount of knowledge we can grab is unlimited. As currently there a lot of sources through which we can grab knowledge. For example: during the online classes we can learn through different videos available on the internet, presentation slides prepared by our teachers, browse different books, etc.

If we miss any class then also we can watch the recorded videos and go through the presentation files of the respective topics. We can also clear our doubts by searching our queries by just googling them and learning about them. During this online class, parents can see how their children are learning at any time as currently we the students are inside our home studying just beside our parents. Though there are lots of advantages of online classes still many things are lagging behind.

Online class lacks communication skill development in students. While the students are behind the screen they feel shy to speak up. As an example we can see teacher wanted to have pin drop silence during face to face classes as everybody wanted to speak but during the online classes teachers want to have an interactive class as most of the students feel shy to speak. Online classes are also one of the reasons behind social isolation. Online courses require a strong time management skill. Many of the school aren't able to finish the syllabus on time.

Also cheating prevention during online courses is complicated as many of the students can just google the answers. During online classes we tend to focus on theory rather than practical. We are not being able to attend our physical lessons such as sports, dance, music, etc. As

online courses lack face to face interactions, it is limited to certain disciplines. Students can easily turn off their audio and video after the attendance. Teachers don't know if their students are studying or playing video games, watching YouTube or hanging out.

Computer illiterate population will have to face a lot of difficulties during the online classes and end up missing out a lot on the taught materials. As we have to stay in front of the computer screen most of the time, it harms our eyesight. Whereas when we are in face to face class we can interact with our teachers physically. We can interact with our friends and have group discussions which is not possible in online classes. Attending physical lessons such as dance, music, sports etc. is not feasible. Online class is not the proper method of school teaching and learning. Due to the ongoing pandemic covid-19 we are forced to use this method as we are not able to attend our face to face classes in our respective schools.

Most of the students don't have access to internet in our country. That is why many students are lagging behind. They are not being able to attend their classes which is a very serious issue. Any time the electricity can go off and we won't be able to join our classes. But during face to face classes that is not the case. Each and every student can learn perfectly as there is no requirement of electricity

There are both advantages and disadvantages of online class but still the disadvantages are more in number. Online classes are not the ideal teaching method. If online classes are the best, why are schools and many other educational institutions re-opening? The answer is very simple, physical classes are far better than online classes.

HUAWEI

# ICT Award 2020



# Budhanilkantha School SCHOOL DAY



# Budhanilkantha School SCHOOL DAY



# Budhanilkantha School SCHOOL DAY



# Budhanilkantha School SCHOOL DAY



# Budhanilkantha School SCHOOL DAY



# BNKS Glims 1



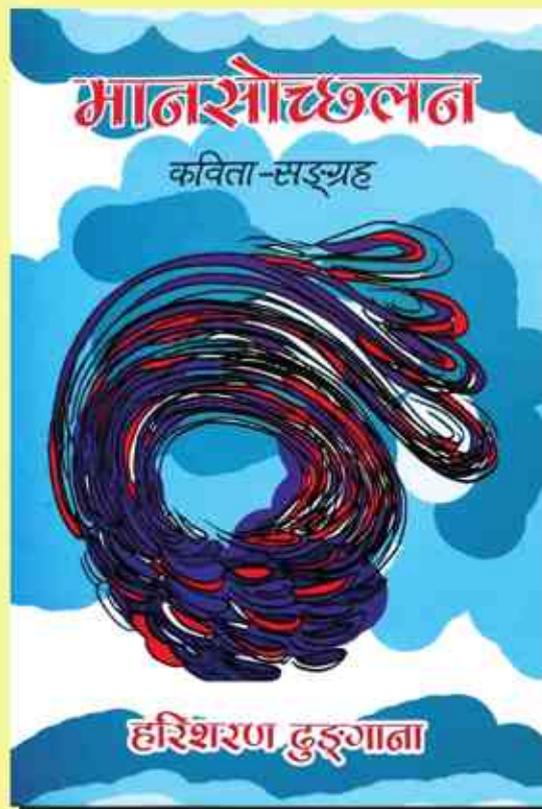
# BNKS Glims 2



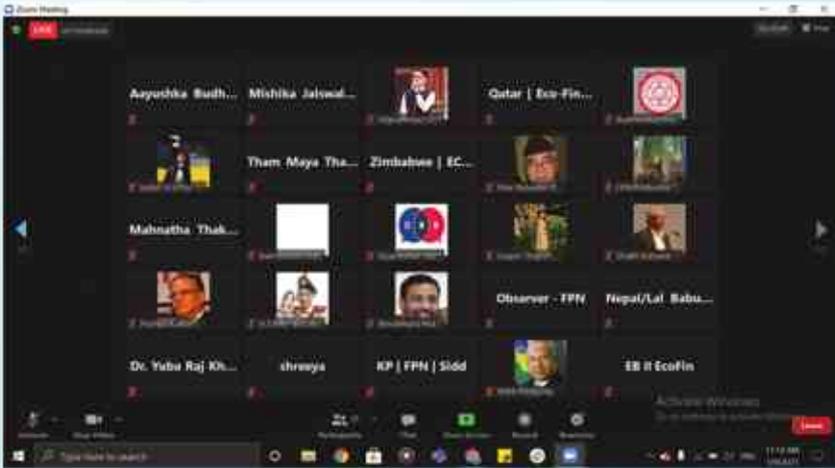
# BNKS Cooking



## Publication in difficult time



# MUN ONLINE



# Fruit Plantation Program 2021



# School Mental Health and Self Care



# 2000 E' BATCH PROFILE

## INDEX

-  Birthday
-  Home Address
-  Email
-  Accomplishments
-  Aspirations
-  Parting Words

### AADITYA



2001

-  November 8, 2003
-  Nawalpur, G30
-  2001@bnks.edu.np
-  ICAFT' 19 Top scorer, 0, counting to 100k
-  9.57 sec
-  N/A

### AASHISH



2002

-  December 19, 2002
-  Dhangadi
-  asisbhatta002@gmail.com
-  Went to school for 122640 hours so that I could distract myself from the fact that I will never be a lion king
-  Cheaters never win and I'm graduating soon
-  Life is tough but it's tougher if u are stupid.

### ABHINAM



2004

-  March 3, 2004
-  Dhangadi
-  joshiabinam@gmail.com
-  Yet to achieve something big.
-  Out there on the top.
-  Goodbye.

### ABHINAYA



2005

-  January 6, 2003
-  Kathmandu
-  abhinayaghimire@outlook.com
-  Doesn't really click
-  Be a polyglot
-  Life is too short to dwell in the past, to the universe we're mere yesteryears

### ARPAN



2008

-  -
-  -
-  -
-  -
-  -
-  -
-  bye!

### AVANISH



2009

-  October 25, 2002
-  Kathmandu
-  avanish.chaulagai@gmail.com
-  Given the title of 'Batch Sexy', 100/100
-  To buy Manchester United from the Glazers.
-  Hope is a good thing, maybe the best of things, and no good thing ever dies. So, hope for that 5th piece on Chicken Day.

**AYUSH**



**2010**

- 📍 July 9, 2002
- 📍 Kathmandu
- ✉️ ayzmcity@gmail.com
- 🏆 Annapurna Publication Captain, "Nage last sahi jotne yaar"
- 🎯 A good son.

**BIDHYANSHU**



**2012**

- 📍 January 26, 2004
- 📍 Hattiban, Lalitpur
- ✉️ bidhyanshupoudel@gmail.com
- 🏆 MG^2, BB khelna sikiyo
- 🌍🏠👉 Ramari padhnu

**BIRAD**



**2014**

- 📍 December 19, 2002
- 📍 Kathmandu
- ✉️ biradrijal12@gmail.com
- 🏆 Batch footballer class 6, Gauri CC, Byas Deputy House Captain.
- 🎯 To be less handsome.
- 👉 Have fun.

**DANISH**



**2016**

- 📍 October 7, 2002
- 📍 Udayapur, Katari (UK)
- ✉️ khandanishdans@gmail.com
- 🏆 C, Got the title of MAKALU and HACKER
- 🎯 To achieve my dreams.
- 👉 "Everything will be okay in the end. If it's not okay, it's not the end."

**HEBINDRA**



**2017**

- 📍 October 11, 2002
- 📍 Dhorpatan, Nepal
- ✉️ hebindraadaimagar@gmail.com
- 🏆 70 pull ups, 100 chin ups, 170kg bench Press, 170kg squat
- 🎯 Janu ta paltan nai cha #Army
- 👉 "Make full use of the classroom areas 😂😂😂"

**ISHAAN**



**2018**

- 📍 May 9, 2003
- 📍 Satdobato, Laitpur
- ✉️ 2018e@bnks.edu.np
- 🏆 Nearly became the house captain of MH.
- 🎯 Stuntman
- 👉 Read my autobiography when I become famous.

**JISHAN**



**2020**

- 📍 March 23, 2003
- 📍 Katari
- ✉️ jishank626@gmail.com
- 🏆 Helping 2010 Aayush-J rush to the clinic in crucial time, Sports Captain of GH
- 🎯 To become a social teacher.
- 👉 "Before it was IVY league, now it is fantasy premier league. Scam alert - PCE padhera science non-science dubaii tira jana sakinchaa!!!"

**NIRAJAN**



**2023**

- 📍 September 29, 2002
- 📍 Dhangadhi, Kailali
- ✉️ -
- 🏆 -
- 🎯 TO BE RICHER THAN BILL GATES.
- 👉 Thank you, BNKS.

**ADITYA**



**2024**

- 📍 May 19, 2002
- 📍 Sitapaila, Kathmandu
- ✉️ aditya2002.05.19@gmail.com
- 🏆 Survived 18 years and counting.....
- 🎯 Skydiving without a PARACHUTE.
- 👉 Your present and future are the only things you have control over.

**NABAL**



**2026**

- 📍 April 19, 2003
- 📍 Bhaktapur
- ✉️ adhikarinabal2003@gmail.com
- 🏆 2010 Ayush's son we need to talk, straight 4x science expo champ 🏆
- 🎯 Aago balda kaile note 📖 ko kami nahos
- 👉 Wish we could turn back time 🎵

**NIKHIL**



**2027**

- September 10, 2002
- Chabahil, Kathmandu
- niharikasmiley91@gmail.com
- Auda sano thiye aile jada thulo chu.
- Jhyau na lagos.
- "Ma manche pare lastei shy, Bhanna maan lagdeina bye, Tara j bhaye ni sab bhanda khatra ho blue tie."

**LUJIN**



**2028**

- May 19, 2003
- Kathmandu
- lujinmdhr28@gmail.com
- Hope to accomplish something fast.
- To accomplish something extraordinary.
- Squeeze everything out of this wonderful experience.

**NIRMAL**



**2029**

- March 3, 2003
- Khalchet, Rasuwa
- ghalenir8@gmail.com
- Made it to grade 12.
- A good son, brother, friend, husband, father and a great human.
- Don't trust the assumptions in Physics, they won't work in the real world.

**NISHAN**



**2030**

- February 24, 2003
- Narayansthan
- happynishan30@gmail.com
- Received "3 Mistakes of my life" on School day for 4.0.
- To prove that the Earth is flat.
- Ram and Buddha were born in Nepal.

**NISHANT**



**2031**

- January 21, 2003
- Golfutar
- 2031nishantsubedi@gmail.com
- Survived corona and passed PCR test while coming to school.
- High school to went i school high to went others.
- If someone asks you to do something do it badly so they won't ask you again.

**PRATIK**



**2032**

- March 4, 2003
- Kathmandu
- pratikrajthapa2032@gmail.com
- .
- To be a decent songwriter.
- Senior year was the biggest clickbait of my life.

**RAMESHWOR**



**2034**

- June 5, 2003
- Nawalparasi
- p.rameshwarpoudel20342074@gmail.com
- None, if I dwell on it a while.
- Keeping them to myself.
- Read novels otherwise English is gonna kill you in A levels.

**SAHARSHA**



**2036**

- 
- 
- 
- 
- 
- I will tell you all about it when I see you again!

**SABIN**



**2037**

- November 2, 2003
- Taplejung
- emitwohs37@gmail.com
- 
- 
- It was all just a dream.

**SABAL**



**2038**

- November 15, 2002
- 27.781778, 85.359556
- info@sabal.com.np
- Made this.
- 
-

**SALIN**



**2039**

- 📍 June 4, 2003
- 📍 Bishnumati, Budhanilkantha
- ✉️ salinbro39@gmail.com
- 🏆 Something from nothing.
- 🎯 Dying without regrets.
- 👉 Live in the moment before it turns into regret.

**SARBAGYA**



**2041**

- 📍 January 20, 2003
- 📍 Kathmandu
- ✉️ malaiktha41@gmail.com
- 🏆 They say I was the best dressed?
- 🎯 Sheldon Cooper
- 👉 Kono gakkou wa saiaku da.

**SHREE KRISHNA**



**2042**

- 📍 August 3, 2003
- 📍 Siraha
- ✉️ yadavkishan2042@gmail.com
- 🏆 Each and every grade of BNKS.
- 🎯 Don't worry about dreaming too big or too small. Just get started.
- 👉 "Parting with friends is a sadness. A place is only a place."

**SHREEYASH**



**2043**

- 📍 September 19, 2003
- 📍 Ason, Kathmandu
- ✉️ shreeyashkayastha@gmail.com
- 🏆 #nafappepugxa
- 🎯 The planche.
- 👉 If you're going through hell, keep going.

**SIDDANT**



**2044**

- 📍 December 28, 2003
- 📍 Sarlahi
- ✉️ 2044e@bnks.edu.np
- 🏆 Failing in none to passing in one, Virtual Sportsperson of the year 2020.
- 🎯 Google
- 👉 Scam of the century: "A levels ma bujhe pugcha, ghoknu pardaina."

**SIDDHARTHA**



**2045**

- 📍 May 15, 2003
- 📍 Hetauda
- ✉️ 2045e@bnks.edu.np
- 🏆 Kur na...Yek chin sochna de.
- 🎯 "\\_ ( ) \_/"
- 👉 You can't buy happiness is the same as you can't buy a Lamborghini. It costs a lot.

**SHRAWAN**



**2046**

- 📍 February 14, 2003
- 📍 Kathmandu
- ✉️ shniraula@outlook.com
- 🏆 Became unique.
- 🎯 To learn everything.
- 👉 We never part until we pass.

**SUGAM**



**2047**

- 📍 October 17, 2020
- 📍 Nepal
- ✉️ sugam1thapa@gmail.com
- 🏆 Met the GOD IN REAL LIFE "2037"
- 🎯 Go Corona Go.
- 👉 Don't live for others.

**SUBRAT**



**2048**

- 📍 February 22, 2003
- 📍 Janakpur, Nepal
- ✉️ kumarsubrat365@gmail.com
- 🏆 Published a book with 05, 38, 77 in the LRC
- 🎯 📷 📺
- 👉 Don't know how I'm gonna spend my life after spending 18 years in BNKS.

**SUPREME**



**2049**

- 📍 April 10, 2003
- 📍 Bhaktapur
- ✉️ nepalisalndlockedcountry@gmail.com
- 🏆 Academic Prefect
- 🎯 Hitchcock and Scully
- 👉 <https://www.youtube.com/watch?v=dQw4w9WgXcQ>

**SUSAN**



**2050**

- 📍 July 28, 2003
- 📍 Bhaisepati, Lalitpur
- ✉️ sushanmali50@gmail.com
- 🏆 Guitar got rejected by Sushant KC.
- 🎯 Try to make my corner of the world a better place.
- 👏 Some cause happiness wherever they go; others whenever they go.

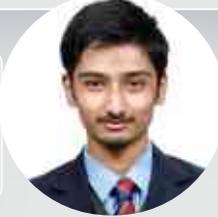
**SUYOG**



**2051**

- 📍 January 12, 2021
- 📍 Balaju
- ✉️ trolltv999@gmail.com
- 🏆 Good
- 🎯 Op
- 👏 Op

**YAGYESH**



**2052**

- 📍 November 25, 2002
- 📍 Kathmandu
- ✉️ yaghyesh52@gmail.com
- 🏆 Survived every blanket dose.
- 🎯 Dont know how but topped both english and nepali
- 👏 If you are going through hell, keep going. Why would you stop in hell?

**AYUSHA**



**2053**

- 📍
- 📍
- ✉️
- 🏆
- 🎯
- 👏 The best gift you can give is nothing

**ADITI**



**2055**

- 📍 January 13, 2003
- 📍 Dhangadi
- ✉️ singhaditi2055@gmail.com
- 🏆 The one time I got expelled was for hitting a friend. 😊
- 🎯 अर्को पाली भन्छु
- 👏 When does the sun shine?

**CHANDANI**



**2056**

- 📍 March 8, 2004
- 📍 Kathmandu
- ✉️ chandanikuikel@gmail.com
- 🏆 To have friends like 16, 53, 54, 55, 56, 57, 58, 62, 66, 68, 70, 72, 74, 77, 78, 85, 114, 115, 118, 119, 120, 121, 122, 125, 127, 132, 139
- 🎯 I'D RATHER BE A QUEEN. I MEAN I ALREADY AM. ;)
- 👏 Eat Cintella to increase your memory power, so that you don't have to end your Best Moments with "EVERYTHING".

**EKTA**



**2058**

- 📍 T6
- ✉️ halfbloodprincess@takila.com
- 🏆 "Miki"
- 🎯 more 3 AMs with takila and pizza
- 👏 I open at the close

**LUNIYA**



**2061**

- 📍 December 22, 2002
- 📍 Kathmandu
- ✉️ lunivamhn61@gmail.com
- 🏆 A bit of everything .
- 🎯 -
- 👏 Stay humble and enjoy the ride.

**MANSI**



**2062**

- 📍 September 22, 2002
- 📍 Nepalgunj, Banke
- ✉️ baralmansi456@gmail.com
- 🏆 -
- 🎯 कस्तीमा एउटा poetry किताब लेख्न मन छ
- 👏 N/A

**MEGHA**



**2063**

- 📍 January 1, 2003
- 📍 Kathmandu
- ✉️ meghahamal2063@gmail.com
- 🏆 Survived
- 🎯 To find one.
- 👏 It's never too late.

**NOMIKA**



**2064**

- 📍 September 13, 2003
- 📍 Kalanki, Kathmandu
- ✉️ nomikadhakal64@gmail.com
- 🏆 Transformation from a nerd to badass...
- 🎯 My inner soul...
- 👋 Goodbye bnks!!!

**OMISA**



**2065**

- 📍 December 13, 2002
- 📍 Kathmandu
- ✉️ omisakc@gmail.com
- 🏆 ...etc
- 🎯 I see it, I like it, I want it, I got it.
- 👋 Goodbye!

**PRAKRITI**



**2066**

- 📍 January 22, 2004
- 📍 Kathmandu
- ✉️ n/a@gmail.com
- 🏆 -
- 🎯 -
- 👋 Eat the rich.

**PRĀSTUTI**



**2068**

- 📍 August 20, 2003
- 📍 Kathmandu
- ✉️ prastutiupadhyay@gmail.com
- 🏆 -
- 🎯 I will get buckets until I cross off my bucket list.
- 👋 Should have burned this entire place down when we had the chance.

**REEJA**



**2069**

- 📍 December 19, 2002
- 📍 Dallu, Kathmandu
- ✉️ reeja2069@gmail.com
- 🏆 Changed so much in only a few short years.
- 🎯 The principal of Budhanilkantha School.
- 👋 By all means, always be open-minded but not so open-minded that your brain drops out.

**RICHA**



**2070**

- 📍 October 1, 2002
- 📍 Kathmandu
- ✉️ richapradhan70@gmail.com
- 🏆 -
- 🎯 -
- 👋 Be you, bravely.

**SARIKA**



**2071**

- 📍 January 7, 2003
- 📍 Kathmandu
- ✉️ koiralasarika45@gmail.com
- 🏆 Class 11 exam, surviving through disasters.
- 🎯 To do what I want to do.
- 👋 Be selfish. But, mind others' boundaries!

**SAURYA**



**2072**

- 📍 December 14, 2002
- 📍 Nuwakot
- ✉️ adsaurya@yahoo.com
- 🏆 Added new words to my vocabulary, petting 5 mice.
- 🎯 A good human.
- 👋 Less talk and more action.

**SENCHEN**



**2073**

- 📍 January 17, 2004
- 📍 Ilam
- ✉️ senchénlimbu73@gmail.com
- 🏆 .....
- 🎯 To travel.
- 👋 You only live once #YOLO.

**KRITIKA**



**2074**

- 📍 August 16, 2003
- 📍 Budhanilkantha
- ✉️ shah.kritika74@gmail.com
- 🏆 I was the friend
- 🎯 CAIE पछी हेरमला
- 👋 We shine together!

**SMILE**

- 📍 September 1, 2003
- 📍 Kathmandu
- ✉️ shrestha.smile@gmail.com
- 🏆 If you know you know
- 🎯 To fly
- 👉 All national anthems are technically country music.

**2076**

**SUVASINI**



**2079**

- 📍 February 21, 2003
- 📍 Tokha
- ✉️ suvasinipoudyal@gmail.com
- 🏆 Involved behind the scenes while maintaining a good school profile.
- 🎯 To live life up to my own expectations.
- 👉 Wish there was a way of knowing you're in the good old days, before it's actually over.

**SOPHIYA**



**2077**

- 📍 February 8, 2004
- 📍
- ✉️
- 🏆
- 🎯
- 👉

**DARPAN**



**2084**

- 📍 November 21, 2060
- 📍 Birtamode, Jhapa
- ✉️ pokhredarpan84@gmail.com
- 🏆 Group captain of Lions
- 🎯 To get my name on Forbes
- 👉 उदेश्य के लिनु, उडी हुनु छ चन्द्र एक!

**PRAGHI**



**2085**

- 📍 May 19, 2004
- 📍 Kathmandu
- ✉️ amatyaprachi85@gmail.com
- 🏆 I know Karate, JiuJutsu, Kung Fu and 85 other dangerous words
- 🎯 Northern lights
- 👉 Out the door, dinosaur.

**KRISCHAL**



**2090**

- 📍 February 26, 2004
- 📍 Bhaktapur
- ✉️ kischalbhandari@gmail.com
- 🏆 The 7 years in BNKS
- 🎯 Vivre à Paris
- 👉 Who is GOD ?

**ANIL**



**2092**

- 📍 May 12, 2002
- 📍 Manang
- ✉️ anilgurung2092@gmail.com
- 🏆 Survived the Corona Pandemic
- 🎯 त्यो दिनको पर्खाईमा छु, जुन दिन 'GOODMORNING' भन्न 'PHONE' खाज्नु पर्दैन ।
- 👉 Just call me Anil.G and life is chill

**SACHIN**



**2094**

- 📍 July 20, 2003
- 📍 Bhairahawa, Nepal
- ✉️ sachindos135@gmail.com
- 🏆 Saved boys from VATA cut. 2nd lesson चिया puff
- 🎯 To be as high as aditya
- 👉 Once handsome hebindra got arrested I also went Jail with him

**PRABHAT**



**2095**

- 📍 March 25, 2003
- 📍 Pyuthan
- ✉️ prabhatpoudel82@gmail.com
- 🏆 "Being the winner once and learning life's proceeding paths"
- 🎯 To be happy forever and make others happy.
- 👉 Life does not require that we be the best, the only thing is we try our best.

**SANDESH**



**2096**

- 📍 January 24, 2004
- 📍 Dailekh
- ✉️ 2096thapasandesh@gmail.com
- 🏆 Loss
- 🎯 CP-SP = ghata
- 👉 bujne lai sirkhanda nabujne lai ghat...

## JANENDRA



2098

- 📍 August 6, 2002
- 📍 Bajhang
- ✉️ janendramahar017@gmail.com
- 🏆 "Sports Captain of MH and PH, Deputy Sports captain of KH, School Prefect and still hoping for something in life..."
- 🎯 मेरो एउटा ठूलो सपना छ, त्यो सपना पूरा गर्ने अर्को ठूलो सपना छ...
- 👉 उद्देश्य के लिनु उडि छुनु चन्द्र एक ।

## SAKSHYAM



2099

- 📍 November 8, 2003
- 📍 Damak
- ✉️ sakchyamk715@gmail.com
- 🏆 Learnt Japanese in one second
- 🎯 To make 101 pass his Maths exam
- 👉 A man can do what he wills, but he cannot will what he wills...

## SUJWAL



2101

- 📍 February 1, 2003
- 📍 lthari, Sunsari
- ✉️ sujwalgautam977@gmail.com
- 🏆 .
- 🎯 I'm sick of following my dreams, man, I'm just going to ask where they are going and hook up with them later..
- 👉 A day without sunshine is like, you know, night.

## KUSHAL



2106

- 📍 December 27, 2003
- 📍 Syangja
- ✉️ pathakkushal678@gmail.com
- 🏆 Was able to grab silver medals in the province level swimming competition.
- 🎯 To get medals in Olympic.
- 👉 Take suggestions from many, but decide alone.

## NIRAJAN



2110

- 📍 March 23, 2004
- 📍 Humla
- ✉️ 2110nirajan@gamil.com
- 🏆 Learnt to Swim
- 🎯 ONE DAY.....
- 👉 DO EVERYTHING SMARTLY WITH HARD WORK .....

## KHEMRAJ



2111

- 📍 January 25, 2003
- 📍 Syangja
- ✉️ swornim.tp@gmail.com
- 🏆 Wasting 12 years in schooling.
- 🎯 aaosek xa ra??(privacy)
- 👉 "MAILE TIMLAI DIYEKO MANnnn TIMLE TESLAI SAMJHEKO GUNnnn....."

## SUDIP



2112

- 📍 February 3, 2003
- 📍 Baitadi
- ✉️ sudipchan77@gmail.com
- 🏆 Group Captain of Tigers.
- 🎯 To become the owner of Tottenham Hotspur F.C
- 👉 Carpe Diem

## SUJATA



2113



## KUNJINEE



2115

- 📍 January 17, 2004
- 📍 Nuwakot
- ✉️ titung2115@gmail.com
- 🏆 k herira oi? xaina kei ni!!
- 🎯 ma ta mero future nai black dekh dai xu
- 👉 "pahado ke upar jungle k paar dekho kaun apne seher hai aaya yaar"

## SUCHANA



2116

- 📍 December 26, 2002
- 📍 Gorkha
- ✉️ suchanadhakal101@gmail.com
- 🏆 Survived a fall I didn't jump
- 🎯 To sleep a lot but still manage like 120.
- 👉 "...ninja hattori apne ghar aaya yaar badi badi aankhe aur muh hein chota sa...."

**NIRA**



**2117**

- 📍 June 11, 2002
- 📍 Rolpa
- ✉️ niramgr2117@gmail.com
- 🏆 I Somehow managed to be a good Science student 😊
- 🎯 Not to be the best but better than before.
- 👏 "sir pe hai topi aur gaal mota saa teji kaa iski nahi koi thikana" (Jabarjasti Lekhna Lagako kt Harule)

**INDIRA**



**2118**

- 📍 March 20, 2003
- 📍 Kailali
- ✉️ indirarana2118@gmail.com
- 🏆 Got enrolled in BNKS.
- 🎯 Paediatrician
- 👏 "Kitna hai pakka dekho iska nishana Hattori hattori ye hai apna yaar"

**ADITI**



**2120**

- 📍 August 9, 2002
- 📍 Ilam
- ✉️ 120aditisbd@gmail.com
- 🏆 survived scoldings which supposedly were for 115 and 117
- 🎯 Keep the dream alive. Hit the snooze botton.
- 👏 "..hasta aur hasaata he ye asli ninja me hu ek ninja."

**SUMNIMA**



**2121**

- 📍 November 8, 2003
- 📍 Jhapa
- ✉️ sumnimathangmi@yahoo.com
- 🏆 DESPACITO ON STAGE, Harvard'26
- 🎯 To be the successor of Luis Fonsi.
- 👏 Don't come to BNKS assembly hall for my presentation, come to Harvard amphitheater for my concert.

**DIVYANI**



**2124**

- 📍 August 12, 2002
- 📍 Mustang
- ✉️ divyani.tulachan17@gmail.com
- 🏆
- 🎯 "LIFE GOES ON LET'S LIVE ON!!"

**SANSKRITI**



**2125**

- 📍 October 6, 2003
- 📍 Nawalpur
- ✉️ Sanskritighimire678@gmail.com
- 🏆 Ultimately, I can recall the school prayer.
- 🎯 Wanna gain satisfaction in every work.
- 👏 Salute and adios.... BNKS!

**KRISHA**



**2126**

- 📍 March 16, 2003
- 📍 Lamjung
- ✉️ krishays101@gmail.com
- 🏆 Great memories
- 🎯 To watch the entire Star Wars saga in one sitting.
- 👏 "Hasta La Vista, baby!"

**AYUSH**



**2128**

- 📍 September 7, 2003
- 📍 127.0.0.1
- ✉️ 2128e@bnks.edu.np
- 🏆 Returned to monke
- 🎯 bhanera saadya chaina
- 👏 injwai...?

**SHAMIR**



**2129**

- 📍 February 27, 2003
- 📍 Bardaghat-09, Nawalparasi
- ✉️ 2129shamir@gmail.com
- 🏆 G-H कप्तान, Published LAKSHYA in the span of two days.
- 🎯 To be a loyal servant of the nation.
- 👏 Jay Nepal

**MUKESH**



**2131**

- 📍 July 4, 2002
- 📍 Dhanusha
- ✉️ mukeshray2131@gmail.com
- 🏆 Disciplined attitude in Nilgiri, Leadership in Annapurna and Goal Oriented in Byasrishi
- 🎯 To discover myself
- 👏 Watch the stars and see yourself running with them.

## SUNAINA



2136

- 📍 July 14, 2003
- 📍 Gaushala, Kathmandu
- ✉️ sunaina2033stha@gmail.com
- 🏆 RHCP
- 🎯 BHCP
- 👉 Red Hot Chilli Peppers

## ANUPA



2137

- 📍 August 15, 2003
- 📍 Gorkha, Nepal
- ✉️ anupakhnl@gmail.com
- 🏆 Always the last to come out of the dining hall even when we managed to enter at first.
- 🎯 To be a professional "Mattress Tester" of 2146's company(hopefully).
- 👉 "BUN JERI will forever be the best tiffin you'll get in the school." -AK37 (P.S. School ko बन will always be in my मन.)

## ĀAYUSHKA



2138

- 📍 December 12, 2012
- 📍 27.7804° N 85.3580° E
- ✉️ 2138e@bnks.edu.np
- 🏆 Ate three eggs for breakfast everyday at the dining hall with 2144 Liza.
- 🎯 To become the Vice Principal of Budhanilkantha School.
- 👉 thik hai bhai | ab mein chalta hu

## KRISHA



2139

- 📍 Not Bangladesh
- ✉️ lilnitkhanbruh@gmail.com
- 🏆
- 🎯
- 👉 I promise I'm not lame, I'm just too lazy to fill this.

## SURANGANA



2140

- 📍 February 7, 2004
- 📍 Sinamangal
- ✉️ suranganaaryall@gmail.com
- 🏆 Did not miss a single house assembly.
- 🎯 To pass CIE.
- 👉 रवि-रुद्र-पितामह-विष्णु-नुतं, हरि-चन्द्रन-कुंकुम-पंक-युतम् ।

## YOJANA



2141

- 📍 July 5, 2003
- 📍 Bagdol, Lalitpur
- ✉️ yojanagurungzz@gmail.com
- 🏆 After dinner walks in the long way, the siren, the dark green mountain.
- 🎯 "YAP, the amount of sleep I got, prefectship (?)"
- 👉 My hero academia S2 e2 6:07
- 👉 Founder of Zaanism.

## SAMRIDHI



2142

- 📍 May 19, 2003
- 📍 Kathmandu
- ✉️ samridhisamu@gmail.com
- 🏆 Maintained diplomatic relations with Thimphukothekdar, stole 2160's personality, created a new accent, Non-Science student became a Chemistry element.
- 🎯 I don't even have a 'pla-'. Find nemo.
- 👉 Sun's down puns down. Hello hello net chalena. ल ल बाइ।

## PRIYANKA



2143

- 📍 August 31, 2003
- 📍 Bharatpur, Chitwan
- ✉️ priyankachapagain514@gmail.com
- 🏆 Survived Corona.
- 🎯 To be an explorer.
- 👉 Don't underestimate the power of nature.

## LIZA



2144

- 📍 March 17, 2003
- 📍 Dhapakhel, Lalitpur
- ✉️ liza.shah04@gmail.com
- 🏆 Ate 3 eggs in the dining hall with 2138.
- 🎯 Just like Loki said, "I have to get off this planet".
- 👉 The outernet is worthless. Internet has all the answers.

## SUBHAN



2145

- 📍 December 30, 2003
- 📍 Kathmandu
- ✉️ subhanchiluwal@gmail.com
- 🏆 Came here for two years, stayed for one.
- 🎯 \*work in progress\*. Subhanallah:)
- 👉 The heart's always right.

**OSHIN**



**2146**

- December 16, 2002
- Gatthaghar, Bhaktapur
- oshin.panta1@gmail.com
- Never missed a single Physics practical class.
- To own Gada Electronics.
- Cringe is the new cool.

**PRASHAMSA**



**2147**

- October 22, 2003
- Gongabu
- prsm22@gmail.com
- Eating alone at a restaurant (trust me it is hard).
- To enjoy everything.
- Nap time is always the correct answer :)

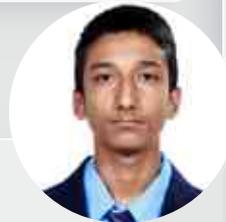
**KRISTINA**



**2149**

- April 25, 2003
- Kathmandu, Nepal
- adhikarikristina11@gmail.com
- 2015 Earthquake, COVID-19, life in a nutshell
- Survival in this evolving world.
- Just 17 years have gone by, a whole life awaits.

**NISCHAL**



**2150**

- September 9, 2003
- Biratnagar
- nischalbro.10@gmail.com
- .....
- To be a multi-billionaire
- See you at Harvard

**SHAKSHAM**



**2151**

- November 22, 2002
- Chandragadi
- shakshamtuladhar01@gmail.com
- Organising events.
- Be happy in life.
- Be happy in life.

**AVI**



**2152**

- February 23, 2003
- Pokhara
- avi.neupane3@gmail.com
- Led the Interact Club, organized Virtual MUN and BNKS Convention.
- Be — don't try to become

**DILASHA**



**2153**

- February 13, 2003
- Bafal, Kathmandu
- dilashakya@gmail.com
- .
- To find peace amidst the chaos ^^
- "Don't judge each day by the harvest you reap, but by the seeds that you plant."

**SAMINA**



**2154**

- December 16, 2002
- Pokhara
- rana.samina2154@gmail.com
- Went from no glasses to -2 eye power within a year
- To get isekai-ed into a different world and live peacefully as a background character cause being the main character is too much work
- Wish there was a way to know you're in the good old days before you've actually left them.

**AARSHEYEE**



**2155**

- September 25, 2003
- Naxal, Kathmandu
- aarsheyepoudyal@gmail.com
- YAP and all the other wonderful people I met here, also surviving the chocolate bread wars
- Not to end up regretting the decisions I make.
- "Gubba nub nub doo rah kah"

**REAA**



**2156**

- November 11, 2003
- Kathmandu
- pandeyreaa@gmail.com
- Won Warzone with the crappy internet speed.
- To travel all over the world luxuriously.
- Life becomes so much easier once you stop caring what others say.

**POOJA**



**2157**

- 📍 August 1, 2003
- 📍 Kathmandu
- ✉️ poojadewashree@gmail.com
- 🏆 Came here for two years stayed for one ;)
- 🎯 The Ambassador to Venice.
- 👉 Vinash kale viprit buddhi.

**SNEHA**



**2158**

- 📍 September 14, 2004
- 📍 RH
- ✉️ socratica42@gmail.com
- 🏆 Hope, faith and everything else.
- 🎯 Fly, write, prosecute, die.
- 👉 Pinterest & Chill

**SAMPADA**



**2159**

- 📍 July 31, 2003
- 📍 Kathmandu
- ✉️ sampadapjr123@gmail.com
- 🏆 Error 404: file too large
- 🎯 General Aladeen
- 👉 It was the best of times, it was the worst of times.

**SHREEYA**



**2160**

- 📍 July 7, 2003
- 📍 Kathmandu
- ✉️ shreeyagautam101@gmail.com
- 🏆 10 years of diplomatic relations with Thimphukothekdar, stole 2142's personality, binary achievement, created a new accent.
- 🎯 खाने हो लाउने हो।
- 👉 साढे सात को दशा, hello hello net chalena,bye!

**NITYAA**



**2161**

- 📍 Not Bangladesh
- ✉️ lilnitkhanbruh@gmail.com
- 🏆
- 🎯 I promise I'm not lame, I'm just too lazy to fill this.

**HIMSHIKA**



**2162**

- 📍 Not Bangladesh
- ✉️ lilnitkhanbruh@gmail.com
- 🏆
- 🎯 I promise I'm not lame, I'm just too lazy to fill this.

**ANUSHREE**



**2163**

- 📍 January 24, 2003
- 📍 Maharajgunj
- ✉️ anushreepandey20003@gmail.com
- 🏆 I did not drop out or drop dead.
- 🎯 To live on a private island where I can be "All By Myself".
- 👉 Therapy is expensive but it costs \$0 to shake my fist and yell "Curse you Perry the Platypus" as my inator explodes.

**KRISHA**



**2164**

- 📍 September 29, 2003
- 📍 Kathmandu
- ✉️ nirkrisha16@gmail.com
- 🏆 Annoyance has made me trilingual.
- 🎯 To make sense either out of Existentialism or Nihilism, to be a Kindred Spirit as per Anne Shirley Cuthbert's eyes.
- 👉 Rubbing the sugar water receptacle will not make your wishes come true. Unless, you wish for emptiness.

**DIKSHYA**



**2165**

- 📍 April 20, 2002
- 📍 ঢাকা
- ✉️ dikshya.baral02@gmail.com
- 🏆 Never used to my assignments- did \*some\* hws here
- 🎯 404
- 👉 हाहाहा

**ANUSHKA**



**2166**

- 📍 June 30, 2003
- 📍 Hattiban, Lalitpur
- ✉️ 143sharmanushka143@gmail.com
- 🏆 New experiences and moments :)
- 🎯 Not to be a common person.
- 👉 Make every day a little less ordinary...

**SARVESH**



**2167**

- 📍 September 3, 2002
- 📍 Nawalparasi, Nepal
- ✉️ sarveshgupta648@gmail.com
- 🏆 C in English Language
- 🎯 Play cricket at LHC.
- 👉 Replace all course books with past papers.

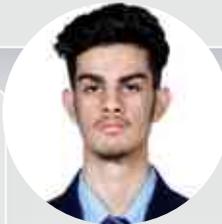
**GAGAN**



**2168**

- 📍 November 24, 2002
- 📍 Butwal
- ✉️ 2168gagan@gmail.com
- 🏆 24
- 🎯 When I retire, I'll have no regrets!
- 👉 Mamba Out!

**SUPRABHAT**



**2169**

- 📍 September 18, 2002
- 📍 Mhepi, Kathmandu-16
- ✉️ rijal.suprabhat@gmail.com
- 🏆 Learnt how to find a girlfriend from Love Gems with 3 others.
- 🎯 To follow the footsteps of Love Gems and find a girlfriend with 3 others
- 👉 Whoever you maybe, look up Love Gems on Youtube with 3 others.

**SARASIJ**



**2170**

- 📍 March 8, 2003
- 📍 Ekantakuna, Lalitpur
- ✉️ karnsarasi7@gmail.com
- 🏆 Able to avoid the allure of Mo:Mo on a non-chicken day.
- 🎯 Germanium Thorium Helium Molybdenum Neon Yttrium Goats Are Like Shrooms, If You Shoot A Duck, I'm Scared Of Toasters Coming Out Of Crocodiles Riding A Thousand Sunnies.

**SHREYASH**



**2171**

- 📍 March 20, 2002
- 📍 Kaski
- ✉️ sherchan.shreyash@gmail.com
- 🏆 Living.
- 🎯 Talking to God.
- 👉 I have a friend. He'll cry when I am dead. Aim to have at least one such friend.

**LUIS**



**2172**

- 📍 July 22, 2003
- 📍 Bouddha-6, Kathmandu
- ✉️ luisdahal@gmail.com
- 🏆 .
- 🎯 To understand the ultimate governing law of nature.
- 👉 Move ahead; never look back.

**SHREYASH**



**2173**

- 📍 February 6, 2003
- 📍 Kathmandu
- ✉️ shreyashdahal@gmail.com
- 🏆 .
- 🎯 .
- 👉 Hello

**AADIM**



**2174**

- 📍 January 21, 2003
- 📍 Dhapasi, Kathmandu
- ✉️ aadimnpl@gmail.com
- 🏆 Eat, sleep, read, debate.
- 🎯 Stability.
- 👉 Thank you !

**RISHIKESH**



**2175**

- 📍 January 13, 2003
- 📍 Mirchaiya
- ✉️ rishikeshadh4@gmail.com
- 🏆 Cool Head, Warm Feet.
- 🎯 Grip on 15 cm space between the ears.
- 👉 The graph of Life vs Time is the same as that of the Potential Energy vs Distance from the nucleus of an atom.

**ANUPAM**



**2176**

- 📍 January 9, 2003
- 📍 Sundarbbasti, Bhangal
- ✉️ anupamramdambk@gmail.com
- 🏆 SFON kai Vice-president (keeping the Rajaurey name alive).
- 🎯 I aspire to be many things. Sportsman like Hebindra, stylish like Sachin and Pherer, crazy like Risky, Intelligent like Hebindra. I base my life around these heroes.
- 👉 नेभर गन गिभ यू अप  
नेभर गन लेट यू डाउन्  
नेभर गन रन अरान्ड आन्ड डिजर्ट यू

**PARASAN**



**2177**

- 📍 January 24, 2004
- 📍 Kaushaltar, Madhyapur Thimi
- ✉️ fudo.kun@hotmail.com
- 🏆 Staying alive despite living in G-23
- 🎯 To ride the waves and just endure what comes.
- 👉 3 idiots, 0:22:35

**BIBAS**



**2178**

- 📍 May 10, 2004
- 📍 Kawasoti-8, Nawalpur
- ✉️ bibas1xy@gmail.com
- 🏆 Learnt how to swim.
- 🎯 To work at both NASA and SpaceX.
- 👉 Farewell!

**AAYUSH**



**2179**

- 📍 May 25, 2003
- 📍 Golchautara
- ✉️ l65.fread@gmail.com
- 🏆 Lockdown
- 🎯 Lockdown
- 👉 Lockdown

**ADITYA**



**2180**

- 📍 Arlington, Texas
- ✉️ wavekarki@gmail.com

**SAUGAT**



**2182**

- 📍 April 25, 2060
- 📍 Budhanilkantha, Kathmandu
- ✉️ saugatbhattarai40@gmail.com
- 🏆 Loading
- 🎯 To be on top of the world
- 👉 "Work hard in silence, let success make the noise."

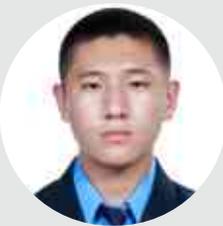
**SULAV**



**2183**

- 📍 January 24, 2004
- 📍 Dadeldhura
- ✉️ sulavthapa197@gmail.com
- 🏆 Had 24/7 WIFI connection from YouKnowWho, Briggs-Rauscher chemical oscillator, Chemistry(1)-Me(0)
- 🎯 Making my parents dream a reality and colonizing Mars before Elon Musk does. If you think you're correct then, don't let some random idiot distract you saying "hah, you're wrong!"

**SUJIT**



**2184**

- 📍 September 19, 2003
- 📍 Kathmandu
- ✉️ kk6396868@gmail.com
- 🏆 Waking up to reality...
- 🎯 To have no aspirations.
- 👉 くそ学校.私はこの学校が嫌いです.性交。

**SUDIP**



**2185**

- 📍 June 20, 2003
- 📍 Syangja
- ✉️ sudiptiwari081@gmail.com
- 🏆 Getting cold because of over chills .
- 🎯 Always smile.
- 👉 Bye bye!

**UTKARSHA**



**2186**

- 📍 November 17, 2003
- 📍 Gongabu, Kathmandu
- ✉️ imansu4@gmail.com
- 🏆 "Can squat 200kg  
Can deadlift 180kg."
- 🎯 To be the WORLD'S STRONGEST MAN
- 👉 MY BICEPS ARE BIGGER THAN YOUR FUTURE!!

**ASHESH**



**2187**

- 📍 April 4, 2004
- 📍 Ilam
- ✉️ asisbhatta002@gmail.com
- 🏆 Scored 101 in Maths, found missing "540" after a year.
- 🎯 To not introduce myself anywhere....
- 👉 Bye Bye!

**BIRAJ**



**2188**

- 📍 September 11, 2003
- 📍 Mid-baneshwor, Kathmandu
- ✉️ dahalbiraj10@gmail.com
- 🏆 Had future superstar 2032 'E' Pratik as a roomie, ate Mo:Mo again after getting caught, appointed as a school prefect. Born in 9/11.
- 🎯 Aspire to be an aeronautical engineer - Future Bin Laden
- 👉 "You will regret not dating me in high school. Instagram :- @\_birajdahal\_"

**ASHISH**



**2189**

- 📍 March 6, 2004
- 📍 Syangja
- ✉️ ashishkoirala777@gmail.com
- 🏆 Kabir Singh
- 🎯 To write my name on Forbes.
- 👉 सन्तोषम परम सुखम ।

**PRAMISHA**



**2190**

- 📍 December 25, 2003
- 📍 Butwal
- ✉️ pramishakoirala2019@gmail.com
- 🏆 Nelkon Parker
- 🎯 Still looking for common sense in a senseless world.
- 👉 "la MAJJA AAYO !  
bujneharulai ma ful liera aaunechu"

**YASHASWI**



**2191**

- 📍 July 4, 2003
- 📍 Lalitpur
- ✉️ 2191yashaswi@gmail.com
- 🏆 7:30 को ब्रेकफास्टलाई 7:28 मा उठ्दा उठ्दा, म त आफै Maggi भएछु ।
- 🎯 Find the answer to "Why am I here ~ what if I wanted to be a duck instead?"
- 👉 You can have it all. Not all at once.

**AGRIMA**



**2192**

- 📍 March 11, 2004
- 📍 Dhapasi, Kathmandu
- ✉️ agrimaregmi2004@gmail.com
- 🏆 Made great friends and memories.
- 🎯 To be the person others can look up to.
- 👉 Money can't buy happiness but it is better to cry in a Ferrari.

**SHREYA**



**2193**

- 📍 July 12, 2004
- 📍 Nawalpur
- ✉️ shreyabkt11@gmail.com
- 🏆 National Physics Math Olympiad (MechTRIX-2020) Best Creative Solution, lots of love from everyone, \_12, Dec
- 🎯 To inspire.
- 👉 DREAM BIG!! Comfort zone is never an option...

**ROJA**



**2194**

- 📍 February 2, 2003
- 📍 Ilam
- ✉️ rojarai2194@gmail.com
- 🏆 Don't wanna say, because you'll regret.
- 🎯 I want to be a customer in a shop. I will buy broccoli, tomatoes and carrots. When I get home, I'll make a soup.
- 👉 pneumonoultramicroscopicsilicovolcanoconiosis

**RUBIKA**



**2195**

- 📍 December 5, 2003
- 📍 Biratchowk, Morang
- ✉️ poudelrubika@gmail.com
- 🏆 I thought a lot but didn't find any.
- 🎯 In process.
- 👉 It doesn't matter in the end so chill.

**ROSHNA**



**2196**

- 📍 July 28, 2003
- 📍 N.F.A.
- ✉️ Lundipro200@gmail.com
- 🏆 Never went out of mood and food.
- 🎯 To shine on my crazy diamond.
- 👉 Brood what is under the hood.

**PRAGATI**



**2197**

- 📍 November 25, 2002
- 📍 Charumati
- ✉️ pragaticyndrii@gmail.com
- 🏆 Talent show winner and a School Prefect.
- 🎯 tooooo many ...no space
- 👉 chill dude...

**PRAGYA**



**2198**

- February 1, 2004
- Budhanilkantha-10, Kathmandu
- pragyaaryal18@gmail.com
- Found my COMMON SENSE.
- "I'll let you know when I do. हत्तार के को छ?"
- "There there! #Ihasnomaster. #lisafreeelf. "

**RACHANA**



**2199**

- 3 May , 2003
- Pokhara
- 2199rachana@gmail.com
- FRIENDSHIP & BNKS
- Better version of Rachana
- Rules = Everyone & Girls = Boys in BNKS

**SELIN**



**2201**

- February 22, 2004
- Sitapaila, Swoyambhu
- golay.selin@gmail.com
- .....
- Sochdai su
- Sayonara

**SODIKSHA**



**2202**

- July 16, 2003
- Butwal
- sodikshakunwar@gmail.com
- Became resident of one of the vexed arena;R13, Got to experience a different facet of society.
- To be a much much better version of myself.
- "It's not over yet! And Trust me, BNKS is a mummer's farce. Love y'all♥"

**AADARSHA**



**2203**

- August 27, 2003
- Tulsipur, Dang
- aadart2189@gmail.com
- Still pending.
- Top surgeon of the world.
- The greatest glory in living lies not in never failing but in rising every time we fall.

**SUBHEKSHA**

- July 18, 2003
- Bardiya, Nepal
- shubhekshanepal@gmail.com
- Yet to receive.
- To be as dedicated as 2131 and 2210.
- Wake up girlsss, make your bed.

**2204**

**SHISAM**



**2205**

- November 1, 2003
- Rampur, Chitwan
- shisam5@outlook.com
- Completing class 11.
- To have no regrets with my decisions.
- I would like to thank my arms for always being by my side, my legs for always supporting me and finally my fingers; because I could always count on them.

**KISHMA**



**2206**

- January 8, 2004
- Satungal, Kathmandu
- kishmarimal736@gmail.com
- 404. That's an error.
- To have a psychiatric disorder named after me.
- Be sarcastic, because punching people in face is frowned upon.

**SWEGHHA**



**2207**

- 
- 
- 
- 
- 
- 

**GUNJAN**



**2208**

- July 26, 2002
- Butwal
- gunjanbhandari670@gmail.com
- processing.....
- wall hanni
- girlsssss..... prep time.....

**SHRISHTIKA**

- 📍 January 1, 2000
- 📧 s.vajra531@gmail.com
- 🏆
- 🎯
- 👏



**2209**

**NEHA**

- 📍 July 20, 2002
- 📧 Nawalparasi
- 📧 nehakasaudhan405@gmail.com
- 🏆 A Good friend.
- 🎯 To get victory over all the goals(A.D).
- 👏 Life begins at the end of your comfort zone.



**2210**

**JESSICA**

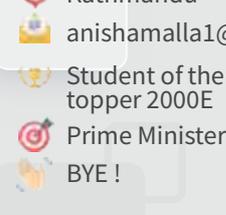
- 📍 December 10, 2003
- 📍 Kathmandu
- 📧 jessicadhungana321@gmail.com
- 🏆 Sochnai parxa
- 🎯 Red lips and wine sips.
- 👏 Jindagi ma ramailo garnuparxa.



**2211**

**ANISHA**

- 📍 December 25, 2002
- 📍 Kathmandu
- 📧 anishamalla1@gmail.com
- 🏆 Student of the year 2021, Batch topper 2000E
- 🎯 Prime Minister of nepal
- 👏 BYE !



**2212**

**SAHINOOR**

- 📍 August 13, 2003
- 📍 Hetauda, Makawanpur
- 📧 sahinoorgautam2@gmail.com
- 🏆 "Nothing that comes in mind"
- 🎯 To be able to say , "Yes, I achieved something."
- 👏 Your stay at BNKS is a short tour of your life, before even realizing it, it's gonna be you, writing these parting words. So enjoy every moment.



**2213**

**DIYA**

- 📍 December 13, 2002
- 📍 Babarmahal, Kathmandu
- 📧 diyarajyalaxmishah@gmail.com
- 🏆 Batch Topper, School Captain, Best Athlete- the list goes on
- 🎯 To the Moon baby
- 👏 PETITION TO ADD MO:MO TO THE TIFFIN MENU !!!



**2214**

**SUBHANGI**

- 📍 May 21, 2003
- 📍 Kathmandu
- 📧 subhangi\_9@hotmail.com
- 🏆 ...
- 🎯 Limit my limitations.
- 👏 To accomplish great things we must not only dream, but also act, not only believe, but also plan.



**2216**

# 4000E PROFILE

## THE SECONDARY EDUCATION EXAMINEES-2077



**4001 SMRITEE  
RUPANDEHI**



**4002 BRISHTI  
PALPA**



**4003 AKANCHYA  
KATHMANDU**



**4004 ABHA  
LALITPUR**



**4005 EVA  
LALITPUR**



**4006 ARYA  
KATHMANDU**



**4007 ANUSHKA  
KATHMANDU**



**4010 ICHCHHA  
KATHMANDU**



**4011 GAYA  
KATHMANDU**



**4012 STUTEE  
KATHMANDU**



**4014 GLORIA  
KATHMANDU**



**4015 NEHARIKA  
SIRAHA**



**4017 NIHARIKA  
SUNSARI**



**4018 SHREYA  
UDAYAPUR**



**4019 OM SHUBHA  
KATHMANDU**



**4020 SOPHY  
SINDHUPALCHOWK**



**4022 SANDHYA  
UDAYAPUR**



**4023 SANGYA  
KATHMANDU**



**4024 DRISHTI  
KATHMANDU**



**4025 PRAGYA  
SARLAHI**



**4027 DIKSHYA  
KATHMANDU**



**4029 SHREESHMA  
KATHMANDU**



**4020 SAMPADA  
KATHMANDU**



**4031 AANCHAL  
DANG**



**4032 SANAM  
GORKHA**



**4034 SAPANA  
BAITADI**



**4035 URWASHI  
DARCHULA**



**4036 NISTHA  
DHANUSHA**



**4037 TEJASHWI  
DOTI**



**4038 TANISHA  
ILAM**



**4039 SHREYA  
KAVRE**



**4040 SARSWATI  
MANANG**



**4041 AMISHA  
MYAGDI**



**4042 TARANNUM  
PARSA**



**4043 SRIJANA  
SINDHUPALCHOWK**



**4044 KARUNA  
TANAHUN**



**4045 SIKHA  
TAPLEJUNG**



**4046 RIJA  
PALPA**



**4047 ARJAV  
SUNSARI**



**4048 BIBHAV  
TANAHUN**



**4049 ARCHIT  
KATHMANDU**



**4050 ARYAB  
BARDIYA**



**4051 PRANJAL  
NUWAKOT**



**4052 ADARSH  
GULMI**



**4053 SANJAY  
NUWAKOT**



**4054 ISHWOR  
SOLUKHUMBHU**



**4055 HRIDAYA  
KATHMANDU**



**4056 SHIWAM  
SOLUKHUMBHU**



**4057 AVEENAB  
KATHMANDU**



**4060 ASUTOS  
LAMJUNG**



**4061 PRASHANNA  
UDAYAPUR**



**4062 PRAJJWOL  
SALYAN**



**4063 RAJNISH  
MAHOTTARI**



**4064 SUBACHAR  
DARCHULA**



**4065 MRIDUL  
JHAPA**



**4066 DIKSHIT  
NAWALPARASI**



**4067 NIRUPAM  
JAJARKOT**



**4068 SULAV  
DHANKUTA**



**4069 SUPARTH  
MORANG**



**4070 SURYAA  
KATHMANDU**



**4071 ANKIT  
SYANGJA**



**4072 RAGHAV  
KAVRE**



**4074 PRATIK  
BHAKTAPUR**



**4075 ANUP  
ACHHAM**



**4076 ABHI  
KATHMANDU**



**4077 SAMAN  
KATHMANDU**



**4078 ABHISHEK  
SARLAHI**



**4079 AMSHU  
KATHMANDU**



**4080 BINAYAK  
TANAHUN**



**4081 SHIVAM  
MAHOTTARI**



**4082 GAURAB  
BANKE**



**4084 SAMUNDRA  
KASKI**



**4085 SHASWOT  
SIRAHA**



**4086 ISHAN  
CHITWAN**



**4087 PRINCE  
DHANUSHA**



**4088 SAKCHHAM  
GULMI**



**4089 SAFAL  
BAGLUNG**



**4090 SHREYAN  
KATHMANDU**



**4091 ANUSHK  
KATHMANDU**



**4092 NAMAN  
LALITPUR**



**4093 PRATYUSH  
BHAKTAPUR**



**4094 AARIJ  
SIRAHA**



**4095 SHUVAM  
CHITWAN**



**4096 PRASIM  
GULMI**



**4097 SUDEEP  
DHADING NALANG**



**4098 SUPRIM  
KATHMANDU**



**4101 BHARGAV  
KAILALI**



**4102 ROHAN  
MAHOTTARI**



**4103 SARASAN  
KATHMANDU**



**4105 HARI CHANDRA  
BAJHANG**



**4106 KAMAL  
BAJURA**



**4107 MUNAL  
BARDIYA**



**4109 BIRENDRA  
KAPILVASTU**



**4110 PRABIN  
DHADING**



**4111 ANGARAJ  
DOLPA**



**4112 AYUSH  
GORKHA**



**4113 SUJAN  
JAJARKOT**



**4114 SURESH  
JUMLA**



**4115 PRABIN  
KALIKOT**



**4116 SANGAY  
KHOTANG**



**4117 AAYUSH  
MORANG**



**4118 MITHUN  
MUGU**



**4119 AJMAL  
SUNSARI**



**4120 ARUN  
PANCTHAR**



**4121 SAMIR  
PARBAT**



**4122 ROHAN  
RAMECCHAP**



**4123 MADHURANJAN  
RAUTAHT**



**4125 SAPHAL  
SALYAN**



**4127 SAMIR  
SOLUKHUMBU**



**4128 SHALIN  
SARLAHI**



**4130 RAYMOND  
UDAYAPUR**



**4131 AAHELI  
KATHMANDU**



**4132 DARSHAN  
KATHMANDU**



**4133 ADIT  
KATHMANDU**



**4135 ANISH  
KATHMANDU**



**4137 SHAMBHAVI  
KATHMANDU**



**4138 AASHNA  
DHANUSHA**



**4139 SAMIK  
SINDHULI**



**4140 SACHIN  
TANAHUN**



**4141 RAVI  
RAUTAHT**



**4142 MANISH  
SYANGJA**



**4143 ROCHAK  
BARDIYA**



**4144 SAKSHYAM  
KATHMANDU**



**4145 UTSAV  
SURKHET**



**4146 YOGRAJ  
RUKUM**



**4147 VISION  
GORKHA**



**4148 OJASWI  
ACHHAM**



**4149 SHASHWAT  
KATHMANDU**



**4150 SNEHA  
CHITWAN**



**4151 KRITIKA  
RUPANDEHI**



**4152 SEMI  
PANCHTHAR**



**4153 PRAPTI  
KAPILVASTU**



**4154 MINGMA  
DHANUSHA**



**4155 DEEPIKA  
PALPA**



**4156 KHUSHI  
PARSA**



**4157 SANAM  
RUKUM**

**BEST WISHES!**

# MUSICAL CREATIVITY



# Bhanjyang



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