

# PALUWA

Issue Fifth, 2075/76

SCHOOL MAGAZINE 2075/76



**Riviera  
International  
Academy**

**रिभेरा इन्टरनेसनल एकेडेमी**  
Kindergarten • Secondary School • +2 (Science, Mgmt., Humanities & Law)

Lead the Nation



# Riviera International Academy

रिभेरा इन्टरनेसनल एकेडेमी

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# 1+2

Science  
Management  
Humanities  
Law



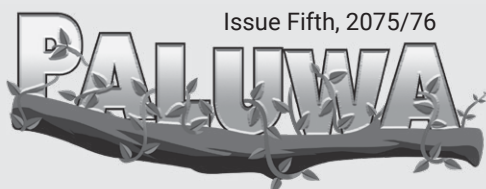
# 100% Result

in the  
**Board Examinations of  
Grade XI & XII in 2075/76 B.S.**  
in  
**Science, Management, Humanities  
& Law**



Riviera aims to develop the confident and resourceful individuals who lead satisfying and productive lives while contributing to their society, their country and their world. It creates an atmosphere that ensures knowing every student's intellect level and enhances student's ability to learn and encourages them to grow and lead.

**Your Destination for 21<sup>st</sup> Century Skills**



SCHOOL MAGAZINE 2075/76

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Prajwal Koirala  
Basanta Pokharel  
Dipak Kumar Lamsal  
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## Editorial

It is believed that every man walks past a hundred stories every day, and so does a child. But most of them unfortunately don't see the stories. Many of our children walk through the turmoil of hundred emotions every day but they can't express. It goes on, perhaps unnoticed or ignored for ages, unless the naive mind of a child is inspired to observe and feel the surroundings: the outer and inner self, and educated to express what they observe and feel. It is our belief that a teacher can make it really happen. Hence, Riviera International Academy is incessantly in this path fostering the young minds since its establishment.

We feel glad to present to you another issue of 'Paluwa', the biennial magazine of Riviera International Academy. It, to some extent, aims to bring out what is spontaneous, intuitive or hidden in the young Rivierians' minds. It tries to represent how the students observe and react, what they believe and how they act.

We have done our best to keep each student's article as precise as it was submitted by the students. We believe in students' creativity, originality and spontaneity more than anything else. We have included as wide range of writings as possible. This magazine incorporates a variety of stories, poems, paintings, and some inspirational, entertaining and informative prose. Many of the students have preferred English language as medium of expression whereas some of them have articulated in Nepali. We have tried to keep this magazine error-free as well. We beg your pardon for any drawbacks and appreciate any sorts of criticism and suggestions.

## Message from the Chairperson



For more than two decades, with all the enthusiastic efforts, the school has made a beautiful journey by advocating the need of inculcating '21<sup>st</sup> Century Skills' in the students. It has resulted into the development of students' capacity to have a productive blend between knowledge and skills. As a result, it has increased the students' interest in intellectual activities which is clearly depicted in this publication of Paluwa.

The school has left no stone unturned in instilling the educational as well as socio-cultural knowledge in the pupils so as to make them equally competent in this global scenario. Nonetheless, the parental role of the parents has been proved to be another important part in the last 21 years that added hue to our endeavors of transforming it to a complete quality school.

Finally, I extend my sincere thanks to the editorial board and all the persons who are practically involved to make this issue a successful one.

**Narendra Bhattarai**  
Chairperson, Board of Directors

## *Message from the Chairperson*

**W**e believe that in an increasingly competitive world, it is the quality of thinking that gives an idea that opens new doors of learning, a technique that solves a problem, or an insight that simply helps make sense of it all. We are proud to bring that cutting-edge thinking and best teaching-learning practice at Riviera.

Riviera has been providing an excellent environment to students, conducive for the overall growth of their physical as well as mental faculties. We have always encouraged our students to stretch their talents and intellect by exploring new areas of knowledge. We are committed to provide excellent learning environment for our students. The main focus of the institution is to empower the students with sound knowledge, wisdom, experience and life values so that they could compete in the highly competitive global market.

Ultimately, I would like to thank all the students, parents, guardians, teachers, administrative staff and all the well-wishers for their unfailing support and encouragement through which we have been able to achieve the current success. Similarly, I would like to express my sincere gratitude and appreciations to the entire school family for bringing the annual magazine to the current shape.

### **Prakash Shrestha**

Chairperson, School Management Committee



## *From the Principal's Desk*



While approaching the twenty first year of our academic journey, we have come to realize that we have achieved the current success due to the honest academic endeavors we have made for the integrated growth of the students. To be precise, this is just because of the contextual plans and strategies successfully implemented in the last twenty years. In these years, we have always focused on strengthening the creative faculty of the students. The exploration of the students' creativity has become the major goal of the school. Our efforts are always to enrich the students with new patterns of thinking and new ways of doing. Special classes on creative writing and additional reading, to some extent, have given a platform for the students to explore their thinking and writing skills. Paluwa, in fact, is the outcome of this endeavor of the school. It has given birth to hundreds of poets and writers. As usual, this year too, all the students of the school have their creations in this issue. I believe it will bestow inspiration in them to continue writing in the days to come.

Ultimately, I would like to appreciate the efforts made by the editorial board and all the stakeholders for making this publication a success.

**Prajwal Koirala**

# School Family



**Narendra Bhattarai**  
Chairperson, BOD



**Prakash Shrestha**  
Chairperson, SMC



**Prajwal Koirala**  
Principal

## Teaching Faculties

### 10+2 Wing



**Dipak Kumar Lamsal**  
Coordinator



**Sundar Shyam Panta**  
Mathematics



**Prabin Shrestha**  
Chemistry



**Khum Raj Pandey**  
Physics



**Ananta Karki**  
Law



**Ram Niraula**  
Nepali



**Dan Kumar Subedi**  
Zoology



**Gopal Shiwakoti**  
Computer



**Bishnu Rimal**  
Economics



**Megharaj Pokharel**  
Accountancy



**Narendra Khanal**  
English



**Pradip Karki**  
Physics



**Krishna Chand**  
Botany



**Shivali Joshi**  
Law



**Kabita Sapkota**  
Hotel Management



**Jwala Dhital**  
Business Studies



**Shila K.C.**  
Law



**Sweta Bhattarai**  
Law



**Bibek Gautam**  
Chemistry

## Secondary Wing



**Namrata Neupane**  
Coordinator



**Ram Niraula**  
Nepali



**Rashmi Sharma**  
Social Studies



**Gopal Shiwakoti**  
Computer



**Chudamani Guragain**  
Science



**Sameer Kshetry**  
Mathematics



**Kabi Raj Rai**  
HPE



**Bishnu Kumar Dhamala**  
HPE



**Hemsagar Khatiwada**  
Mathematics



**Susana Sunuwar**  
HPE/OBT

## Basic School (Lower Secondary) Wing



**Kabi Raj Rai**  
Coordinator



**Apsara Koirala**  
English



**Hira Ghimire**  
Nepali



**Kamal Adhikari**  
Mathematics



**Deepa Gurung**  
Science



**Biplav Bastola**  
Social Studies



**Gunjan Luitel**  
OBT



**Bikram Bhurtel**  
Computer



**Chandika Khatiwada**  
Life Skills



## Primary Wing



**Kopila Budhathoki**  
Coordinator



**Sumitra Baskota**  
Computer



**Binda Niroula**  
Nepali



**Sabita Devi Niroula**  
Nepali



**Durga Subedi**  
Social Studies



**Pratima Dhungana**  
Science



**Sangam Dahal**  
Life Skills



**Kriti Chamling Rai**  
English



**Babita Gupta**  
Mathematics



**Angita Dhakal**  
Social Studies



**Manisha Shrestha**  
English



**Divya Rupakhety**  
Science



**Prasamsha Koirala**  
Mathematics



**Sukirty Khadka**  
English

## Kindergarten Wing



**Sujata Rai**  
Coordinator



**Sabina Katuwal**  
U. Kg.



**Pramila Yonzan**  
U. Kg.



**Dhana Laxmi Gurung**  
L. Kg.



**Pratima Shrestha**  
L. Kg.



**Tara Devi Sharma**  
U. Kg./L. Kg. Nepali



**Bhawana Pokhrel**  
Nursery



**Sapana Upreti**  
Nursery



**Soniya Dhakal**  
Play Group

## Extra Curricular Activities (ECA)



**Bhola N. Paudyal**  
Arts & Crafts



**Pravakar Neupane**  
Drama



**Sapan Ghimire**  
Music Vocal/Inst.



**Binod Ranjit**  
Dance



**Subash Chandra Joshi**  
Music Vocal



**Durga Bahadur Thapa**  
Basketball



**Kabiraj Negi Lama**  
Tae Kwon Do



**Rupesh Bista**  
Volleyball



**Abdul Salam Ansari**  
Scouts



**Dipak Bhusal**  
Football

## Administration



**Basanta Pokharel**  
Administrative Officer



**Govinda Raj Dawadi**  
Accounts Officer



**Sangita Shrestha**  
Front Desk Officer



**Tulasa Dhakal**  
Front Desk Officer



**Kritika Bhandari**  
Front Desk Officer(+2)



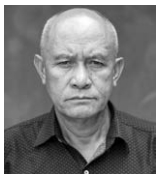
**Rupak Tamang**  
Lab Assistant (+2)



**Dinesh Dahal**  
School Assistant



**Sumitra Dhakal**  
Matron



**Sarki Lama**  
Driver



**Ruku Kumari Sigdel**  
Matron



**Bhupa Kumari Niroula**  
Matron



**Nanikaji K.C.**  
Driver



**Jit Bahadur Ghalan**  
Driver



**Devi Bastola**  
Matron



**Kopila Karki**  
Matron



**Bidur Phuyal**  
Cook



**Gopal Tiwari Khatri**  
Driver



**Tek Bahadur Bhujel**  
Support Staff



**Milan Rai**  
Support Staff



**Sita Palpali**  
Kitchen Assistant



**Nurbu Tamang**  
Support Staff



**Umesh Khatri**  
Micro Driver



**Dhan Bahadur Pariyar**  
Support Staff



**Bal Bahadur Koirala**  
Security Guard



**Manahari Acharya**  
Security Guard

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## Hostel



**Hem Sagar Khatiwada**  
Hostel Warden



**Chandika Khatiwada**  
Hostel Teacher



**Dinesh Dahal**  
Hostel Assistant



**Ramala Dahal**  
Head Cook



**Mina Rana Magar**  
Assistant Cook



**Dil Maya Lama**  
Support Staff



## सरस्वती बन्दना



जय जय सरस्वती माता  
हंस बाहिनी बुद्धि दाता  
हामी सबैको भाग्य विधाता ।

दीप जलाई चित्त चढाई  
आशीर्वाद माग्छौं माता  
तन, मन, वचनले श्रद्धा भक्ति  
अर्पण गर्दछौं माता ।

दीप जलाई चित्त चढाई  
श्रद्धा भक्ति अर्पण गर्दछौं  
जय जय सरस्वती माता  
हंस बाहिनी बुद्धि दाता  
हामी सबैको भाग्य विधाता ।

हंस बाहिनी बिणा वादिनी  
जगत् जननी जय जय माता  
सात सुरले सजिएकी  
सङ्गीतकी देवी माता  
हंस बाहिनी बिणा वादिनी  
जगत् जननी जय जय माता ।

जय जय सरस्वती माता  
हंस बाहिनी बुद्धि दाता  
हामी सबैको भाग्य विधाता  
जय जय सरस्वती माता ।

रचना/सङ्गीत : सपन घिमिरे

## शैक्षिक क्षेत्रमा ठूलो उपलब्धि हाँसिल गरौं

### डा. नारदनाथ भारद्वाज

महामहिम आवसीय राजदूत, स्टेट अफ कतार  
संस्थापक प्रिन्सिपल, रिभेरा इन्टरनेसनल एकेडेमी

मैजुबहाल, चावहिल काठमाडौंमा अवस्थित यस रिभेरा इन्टरनेसनल एकेडेमीले यस वर्ष विद्यालयको एकाइसौं वर्ष स्थापना दिवस एवम् अभिभावक दिवस भव्य रूपमा सम्पन्न गरेको छ । यसै सन्दर्भ पारेर यस विद्यालयका संस्थापक एवम् पूर्व प्रिन्सिपल डा. नारदनाथ भारद्वाजसँग उहाँको नेतृत्व र हँदाको समयमा विद्यालयको अवस्था जान्ने प्रयास गरेका थियौं । उहाँसित गरिएको कुराकानी तल प्रस्तुत गरिएको छ ।

#### हजुर आराम हुनुहुन्छ ?

आरामै छु ।

#### विश्व विद्यालयको जागिरबाट त अवकाश पाउनु भयो हैन ?

अवकाश पाइसके । हाल नेपाल सरकारले स्टेट अफ कतारका निमित्त नेपालको आवसीय राजदूतमा नियुक्त गरेको छ । हाल म कतारमै रहन्छु । म त्यहा रहँदा नेपाल र नेपालीको हक हितमा कार्य गरिरहेको छु ।

#### यहाँसँग यस रिभेरा इन्टरनेसनल एकेडेमीको एक्काइसौं स्थापना दिवसका अवसरमा कुराकानी गर्ने चाहना भयो । बताइदिनुस् न, यस विद्यालयको इतिहास ।

हामीले आजको यस रिभेरा इन्टरनेसनल एकेडेमीलाई २०५५ सालमा दर्ता गरी सञ्चालनमा ल्याएका हौं । आज यस विद्यालयको एकाइसौं स्थापना दिवस मनाइ रहँदा यस विषयमा कुराकानी गर्न पाउनु खुसीको कुरा हो ।

#### निजी विद्यालय सञ्चालन गर्ने सोचाइ कसरी आयो ?

हैन, मलाई विद्यालय चलाउने ज्ञान र अनुभव त थियो तर एकलैले हुने कुरा थिएन । २०५५ साल अघि म जावलाखेल स्थित फ्युचर स्टार प्राइभेट स्कुलमा काम गर्थे । भाइ, भतिजा विश्व विद्यालयमा पढ्दै थिए, शैक्षिक जनशक्ति जुटाउन सहज भयो । पारिवारिक शैक्षिक माहोल भएकाले आर्थिक स्रोत जुटाउन पनि एउटा कुनै दिगो काम चाहिएको थियो । यसै सन्दर्भमा म रोजी गार्डेन स्कुल आइपुगें । कुरा भयो, हामीले चलाउन सुरु गर्छौं ।

#### यस विद्यालयको पहिलेको अवस्था बताइ दिनुहोस् न !

हामीले लैँदा ३ जना विद्यार्थीहरू होस्टलमा राखिएका थिए । अनि जम्मा ३० जना विद्यार्थी दिउँसो पढ्ने गर्थे । हामीले २०६४ सालसम्म चलायौं र विद्यार्थीको सङ्ख्या थोरै भए पनि परीक्षाको

नतिजा राम्रो थियो । त्यसैले हामी सकेसम्म राम्रो गर्ने कोसिसमा नै जुटेका थियौं ।

**त्यति लामो समय विद्यालय चलाउदा कस्ता कस्ता समस्या चुनौति भएलु भएको थियो ? त्यस्ता विषय त अहिलेसम्म मिल्न जालान् कि ?**

हो, संस्था चलाउन समय, लगन, वातावरण, लगानी सम्पूर्ण मिल्नु पर्छ । निजी विद्यालय भएकाले सरकारी मापदण्ड पुरा गरी शिक्षकलाई राम्रो तलब सुविधा दिन सक्नु पर्छ । गुणस्तर पनि हुनु पर्‍यो । हामीले लगानी बढाउन सकेनौं, समय दस वर्षमा परिवर्तन भयो । म विश्व विद्यालयको जागिरे भएपछि समय दिन पनि नसक्ने भएँ । राम्रो समूहलाई हस्तान्तरण गर्न पाए हुन्थ्यो, अझ राम्रो हुनेछ भन्ने सोचाइ आइ रहँदा आजको सञ्चालकहरूको क्षमता छ, भन्ने लागेर हामीले उहाँहरूलाई हस्तान्तरण गरेका थियौं ।

**अहिले विद्यालयको नाम परिवर्तन भएको छ, १२ कक्षा सम्म सबै सङ्काय र विषय पढाइ हुने गरेको छ । यहाँलाई आफूले सिर्जना गरेका विद्यालयका बारेमा कस्ता विचार आउँछन् ?**

यो सामान्य कुरा हो, बौद्धिक वर्गले सहजै अनुमान गर्न सक्ने विषय पनि हो । १८० जना विद्यार्थी भएको विद्यालयमा ८०० भन्दा बढी विद्यार्थी पढाउने वातावरण बनाउन लगानीका कुरा पनि आउँछन् । त्यतिखेर वरिपरिका बालबालिका पढ्न रुचाउँदैन थिए । हाल वरिपरिका बालबालिका यसै विद्यालयमा पढ्ने गरेको पाएको छु । अब शैक्षिक अनुभव भएको प्रिन्सिपल हुनुहुन्छ, नयाँ कार्यक्रम र योजना अनुरूप काम अधि बढाएको पाउँछु । यसरी नै जनसम्पर्क राम्रो देखिन्छ । सबभन्दा ठूलो कुरा त हालका प्राचार्य प्रज्वल सरसँग नेतृत्व क्षमता छ । अहिले त विदेशी जनशक्ति, सम्बन्ध, सीप आदन प्रदान पनि देखी रहेको छु । भवन, खेलमैदान, शैक्षिक गतिविधि सम्पूर्ण कुरामा फरक छ । यो विद्यालयले उच्च शिक्षा र अझ माथिल्लो शिक्षा दिन सकोस् - शुभकामना छ ।

**सर अन्त्यमा आफ्नो विचार राखि दिनुहोस् न ।**

यो विद्यालय आजको सञ्चालकले लिएर यति राम्रो अवस्थामा पुऱ्याउनु भयो । रिभेरा इन्टरनेसनल एकेडेमी परिवारलाई धन्यवाद दिन चाहन्छु । मलाई गर्वको अनुभूति हुन्छ, धेरै खुसी लाग्छ । शैक्षिक क्षेत्रमा एउटा स्थान बनाउन सफल भएको यस विद्यालयको पूर्व संस्थापकको नाताले अझै अधि बढ्दै शैक्षिक क्षेत्रमा ठूलो उपलब्धि हाँसिल गरोस् भन्ने शुभकामना दिन चाहन्छु । मेरो सोचाइ पनि यही थियो । आफ्नो कार्यव्यस्तताले समय दिन नसक्दा गुणस्तर नविगारौं भन्ने इच्छा थियो । यो पुरा भएको छ ।

## असल शिक्षक बनाँ हामी



**सविता देवी निरौला**  
शिक्षिका

**अ**फू जली अरुलाई दीप दिने शिक्षक हामी असल बानी सिकाउदै, ज्ञानको ज्योति बाँद्ने पनि ।

संसारमा नै ईमान्दार पेशा लाग्छ शिक्षक नामी यौटा असल शिक्षक बन्न, अँगालौं है राम्रा बानी । छलकपट गर्नुहुन्न, भुटो कहिल्यै वोल्नुहुन्न । सबै छात्रछात्रा समान पराई कहिल्यै ठान्नुहुन्न । नयाँ ज्ञान सीप बाँद्ने अल्छी कहिल्यै मान्नुहुन्न । अनायसै विद्यार्थीलाई दुःख पीडा दिनुहुन्न । समयसँगै आफूलाई परिमार्जित गर्न सिकौं विद्यार्थीको भावना बुझी सधैं त्यसको कदर गरौं । परम्परागत शिक्षण शैली परिवर्तन गर्दै जाऔं समयको मागसँगै नयाँ विधि खोजी गरौं । विद्यार्थी हुन काँचोमाटो पकाउने हाम्रो काम उच्च शिक्षा हासिल गरी राखून् तिनले आफ्नो नाम । राम्रो ज्ञान दिए वापत बढ्छ सधैं हाम्रो मान यसैबाट बढ्छ, अझै शिक्षकको शान । परापूर्व कालवाटै सम्मान गर्थे शिक्षकलाई कालो दाग लाग्न नदिऊँ यस्तो महान् पेशालाई मिजासिलो व्यवहार गरौं सबै शिक्षक साथीभाइ व्यवहारिक ज्ञान बाढौं हातमा हात समाई गुरु असल बने मात्रै बन्छन् चेला ज्ञानी ईमान्दार बन्दै सधैं अधि बढौं हामी विद्यार्थीको भविष्यमा खेलवाड गर्न छोडौं हामी मनमा भएका खराब विचार आजैदेखि तोडौं हामी समाजलाई डोऱ्याउनु छ सधैं असल शिक्षक बनी संसारमा चिनाउनु छ शिक्षक नै हो महान् भनी । विद्यार्थीको भविष्यलाई उज्वल पार्ने कोसिस गरौं हामी यसैबाट देशले पाउँछ सच्चा नागरिक ज्ञानी आफ्ना चेला सफल भई नाम कमाउँदा हाम्रो मन खुसी हुन्छ तिनी रमाउँदा धेरै दुःख होला हामीलाई तिनलाई महान् बनाउँदा त्योभन्दा धेरै खुसी मिल्ला तिनले नाम चम्काउँदा त्यसैले म विन्ती गर्छु सधैं असल शिक्षक बनाँ पहिला आफू असल भई सद्वृद्धि ज्ञान बाढौं, सद्वृद्धि ज्ञान बाढौं ॥

## रिभेरा इन्टरनेसनलसित एकाइस वर्षको सहयात्रा



भावना पोखरेल  
संस्थापक शिक्षक

आज रिभेरा इन्टरनेसनल स्कुलले आफ्नो एकाइसौं वार्षिकोत्सव मनाई रहँदा म यस विद्यालयको स्थापनाकालको स्मरण गरिरहेकी छु । मैले २०५५ सालको माघ फागुनतिर पूर्व प्राथमिक कक्षामा पढाउने शिक्षिकाको रूपमा यस विद्यालयमा प्रवेश गरेकी थिएँ । त्यतिवेला यस विद्यालयको नाम रोजी गार्डेन इङ्लिस स्कुल थियो र भर्खरै कक्षा पाँच सम्मको भर्ना खोलेर पढाइ शुरू भएको थियो । विद्यालयमा जम्मा ३० जना मात्र विद्यार्थी थिए । एउटा कक्षामा ६-७ जना विद्यार्थीहरू थिए । कक्षामा थोरै विद्यार्थीहरूलाई राखेर अध्यापन गर्दा विद्यार्थी र शिक्षकको विचमा कसिलो आत्मिक बन्धन कायम रहन सक्ने, विद्यार्थीलाई व्यक्तिगत ध्यान दिन पाइने र विद्यालयप्रतिको अपनत्व पनि विकास हुने हुँदा शिक्षक र विद्यार्थीहरू विचको हार्दिकता पनि गहिरो थियो ।

विद्यालयको पूर्वाधार अपन्याप्त थियो । डेस्क, बेञ्च, ब्लाकबोर्ड जस्ता अति आवश्यक वस्तुहरू पनि पर्याप्त थिएनन् । तर हामीसित समर्पित र योग्य शिक्षकहरूको समूह थियो जोसँग धेरै वर्ष अध्यापन गरेको अनुभव र उत्कृष्ट शैक्षिक पृष्ठभूमि थियो । विद्यार्थी संख्या थोरै भएकाले विद्यालयको आर्थिक श्रोत कमजोर थियो तर पनि हामी सबैमा विद्यालयको भविष्य प्रति उच्च हौसला र आत्म विश्वास थियो । त्यही आत्म विश्वासले हामीलाई प्रतिकूलताको बावजुद अगाडि बढ्न प्रेरणा दिन्थ्यो ।

विद्यालयको प्रिन्सिपल डा. नारदनाथ भारद्वाज हुनुहुन्थ्यो । उहाँ त्रिभुवन विश्वविद्यालयमा प्राध्यापन गरिरहनु भएको उच्च शैक्षिक योग्यता भएको व्यक्ति हुनुहुन्थ्यो । उहाँको नेतृत्वमा अगाडि बढेर अवश्य नै हामी सफल हुने छौं भन्ने कुरामा हामीलाई यकिन थियो । यसको अतिरिक्त विद्यालयको भाइस प्रिन्सिपल ज्ञानेन्द्र वाग्ले हुनुहुन्थ्यो उहाँ पनि चौतर्फी क्षमता भएको व्यक्ति हुनुहुन्थ्यो । गणित, विज्ञान, सामाजिक शास्त्र जस्ता विषय उहाँ राम्ररी अध्यापन गराउन सक्नु हुन्थ्यो । त्यसै गरी हाम्रो समूहमा टीका खतिवडा, यादव वाग्ले, दिनेश भण्डारी, कमल भट्टराई, कुलचन्द्र वाग्ले, राजेश दाहाल, रोजी श्रेष्ठ, गोपाल देवाडी, विदुर खतिवडा जस्ता योग्य र समर्पित शिक्षकहरूको समूह थियो जसले स्वयंसेवी भावनाले निस्वार्थ र समर्पित भएर विद्यालयको उन्नतिका लागि योगदान पुऱ्याई रहनु भएको थियो ।

विद्यालय सञ्चालन गर्न थालेका प्रारम्भिक वर्षहरूमा स्थानीय अभिभावकहरूको सहयोग हामीलाई प्राप्त भएन । टाढा टाढाबाट बसमा विद्यार्थीहरू ल्याएर स्थानीय विद्यार्थीहरूको कमी पुरा गरिएको थियो । तर छिटै नै हाम्रो मिहिनेतले परिणाम देखाउँन थाल्यो । शुरू शुरूमा

स्थानीय अभिभावकहरूले आफ्ना बालबच्चा अरू विद्यालयमा पढाउने तर द्युसन चाहिँ हाम्रो विद्यालयमा पढाउने गर्नु हुन्थ्यो तर हामीसित पढे का विद्यार्थीहरूको शैक्षिक क्षमता वृद्धि हुँदै गएको देखेपछि विस्तारै यस टोलका बालबच्चाहरू पनि हाम्रो विद्यालयमा भर्ना गर्न ल्याउन थाले । विद्यार्थी सङ्ख्या पनि बढ्दै गयो र विद्यालयको प्रभाव पनि फैलन थाल्यो । २०६० सालमा हामीले एस. एल. सी. को पहिलो व्याच निकाल्यौं । पहिलो व्याचमै एकजना बाहेक सबै विद्यार्थीहरू प्रथम श्रेणीमा उत्तीर्ण भए । यसले हामीलाई हर्षित पाऱ्यो र अझ समर्पणभाव प्रदर्शन गर्ने प्रेरणा दियो ।

हामीले विद्यालयको पूर्वाधार पक्षमा आवश्यक लगानी र शैक्षिक सुविधामा चाहिँदो विस्तार गर्न नसकेको भए पनि अध्यापनमा गुणस्तर दिएका थियौं त्यसैले विद्यार्थी र अभिभावकहरू हामीदेखि सन्तुष्ट थिए । हामीले विद्यार्थीहरूलाई कक्षाभित्रको शैक्षिक क्रियाकलापमा मात्र सीमित नगरी अन्य बाह्य क्रियाकलापमा पनि संलग्न गर्दै गयौं । यसले गर्दा हाम्रा विद्यालयका विद्यार्थीहरू क्विज कन्टेस्ट, स्पोर्ट्स र वक्तृत्वकलामा पनि अधि आउँदै गए । छिटै नै यो विद्यालय यस क्षेत्रको एउटा राम्रो विद्यालयको रूपमा चिनिन थाल्यो ।

विद्यालयले शैक्षिक गुणस्तर प्राप्त गर्दै थियो तर त्यस अनुसारको पूर्वाधार विस्तार गर्न भने पुरानो व्यवस्थापनले सफलता पाएन । विद्यार्थी अभिभावकका आकाङ्क्षा र विद्यालय व्यवस्थापनको सीमित क्षमताको विचको खाडल पछिल्लो समयमा फराकिलो हुँदै गयो । विद्यालयको पूर्वाधारको अभावको कारण विद्यालयको शैक्षिक स्तर खस्कन दिनु कसैको निमित्त पनि हितकर हुँदैनथ्यो । यो स्थितिमा पुरानो व्यवस्थापनले अहिलेको व्यवस्थापनलाई स्वामित्व हस्तान्तरण गर्ने निर्णय गर्‍यो । यसले गर्दा नै हामीले कठोरतासाथ स्थापना गरेर हुर्काएको विद्यालयले विकासका नयाँ नयाँ शिखर चुम्दै वर्तमानको यो घडीमा आइपुग्ने अवसर प्राप्त गरेको हो भन्दा अत्युक्ति हुँदैन ।

२१ वर्ष अधि ३० जना विद्यार्थी सहित प्रा. वि. तहको सञ्चालन अनुमति लिएर शुरू गरिएको विद्यालयमा अहिले ८०० भन्दा बढी विद्यार्थीहरू अध्ययन गरिरहेका छन् । यो विद्यालयले आज रिभेरा इन्टरनेशनल एकेडेमीको नामले शैक्षिक क्षेत्रमा राष्ट्रिय पहिचान बनाउन सफल भएको देख्दा हामी स्थापनाकालदेखि यस विद्यालयमा अध्यापन गरिरहेका शिक्षक शिक्षिकाहरू गौरवान्वित हुन्छौं ।



आज रिभेरा इन्टरनेशनल एकेडेमी काठमाडौं उपत्यकाको अब्बल दर्जाको विद्यालयको कोटिमा गनिन पुगेको छ । यसले विद्यालय स्तरका कैयौं प्रतियोगिताहरूमा सहभागी बनी कीर्तिमान् कायम गरेको छ । नेपालको शैक्षिक विकासको क्षेत्रको एउटा उज्यालो नक्षत्रको रूपमा आफूलाई स्थापित गर्न यो विद्यालय सफल भएको छ ।

यस विद्यालय स्थापनाको २१ सौं वर्षगाँठ मनाइ रहँदा उच्च स्तरको शैक्षिक, नैतिक, प्राविधिक र वैज्ञानिक सोच र नव प्रवर्तनकारी क्षमता देखेर म खुसीले गद्गद् भएकी छु । यिनै भाइ बहिनीहरूले हो भोलिको समाजको नेतृत्व लिने । यिनैले हो हाम्रो पृथ्वीले सामना गरिरहेका पर्यावरणीय विनास, मौसम परिवर्तनबाट मानवजातिकै अस्तित्वमाथि पैदा भएको जोखिम र बढ्दो आणविक युद्धका सम्भावनाको विरुद्ध आवाज बुलन्द गर्ने । यिनैले हो विनाशको अँध्यारो सुरुङ्गतिर अघि बढिरहेको मानव सभ्यतालाई सिर्जनाको उज्यालो तर्फ डोच्याउने ।

आजका युवा भाइ बहिनीहरूको सिर्जनात्मक क्षमतामा मलाई अगाध विश्वास छ किन कि यो विश्वास हामीले नै रोपेका थियौं । हामीले

रोपेको शिक्षाको पिलपिले विरूवा आज हुर्केर सुन्दर फूलको सुवास छुर्दै छ रिभेरा इन्टरनेशनल एकेडेमी । यतिबेला यस संस्थाको निरन्तर विकास र परिपक्वता हेर्न र त्यसको सफलताको इतिहासको एउटा साक्षी रही रहन पाएकोमा म गौरवान्वित नभइरहन सक्तैन ।

आज रिभेरा इन्टरनेशनल एकेडेमी उच्च माध्यमिक विद्यालय भई सकेको छ । यहाँ मानविकी, व्यवस्थापन, विज्ञान र कानून समेत अध्यापन भइरहेको छ । यो एकेडेमीले निरन्तर आफ्नो पूर्वाधार र शैक्षिक गुणस्तर माथि उठाइरहेको छ । यो सबै यस विद्यालयका विद्यमान प्रधानाध्यापक श्री प्रज्वल कोइरालाज्यू र यसको व्यवस्थापनमा अहोरात्र लागि परिहरने अन्य व्यवस्थापकज्यूहरूले विद्यालयमा उपलब्ध शैक्षिक जनशक्तिको विवेकपूर्ण सञ्चालन गर्न सक्नु भएका कारण नै सम्भव भएको हो ।

यस विद्यालयको संस्थागत स्मृतिको एउटा कडी बनेर रहिरहेकी एकजना सबभन्दा पुरानी शिक्षिकाको रूपमा म यो विद्यालयले भविष्यमा भन्नु भन्नु अग्ला सफलताका शिखरहरू चुमोस् भन्ने कामना गर्न चाहन्छु ।

## रिभेरा कलेजमा म किन ?



### सुजन ढुङ्गोल

(पूर्व विद्यार्थी/पहिलो ब्याच)  
व्यवस्थापन सङ्काय (१०+२)

शैक्षिक संस्था भन्ने बित्तिकै मलाई नौ बजे ड्रेस लगाएर किताब बोकेर जाने र चार बजे घर फर्केर आउने नियम भएको एउटा ठाउँ हो जस्तो लाग्थ्यो । तर वास्तविकता त्यो होइन रहेछ । २०७१ सालमा SLC दिएर २०७२ सालमा म आफ्नो औपचारिक शिक्षा अध्ययन गर्ने क्रममा काठमाडौं आएँ । थुप्रै चर्चित महँगा कजेजहरूको नाम त सुनेको थिएँ तर बिडम्बना म एउटा सामान्य परिवारमा जन्मेर हुर्केको मान्छे त्यति महँगा कजेज पढ्छु भन्दा भन्दै पनि पैसाको कारणले गर्दा महँगा कलेज पढ्ने हिम्मत नै आएन । प्रायः कजेजहरू बुझ्न जान्थेँ तर फिस सुनेर दड्ग पर्थेँ र फर्कन्थेँ । तैपनि म साथीभाइ आफन्तलाई कलेज बुझिदिन आग्रह भने गरिरहन्थेँ । यत्तिकैमा मेरो एकजना आफन्त मार्फत म चाबहिलको मैजुबहाल भन्ने ठाउँमा रहेको रिभेरा इन्टरनेसनल एकेडेमीमा पुगे । कलेजको सबै कुरा बुझ्दा त उच्च शिक्षा पढ्ने हामी नै पहिलो व्याज पो रहेछौं र मैले सोही दिन आफ्नो उच्च शिक्षा रिभेरा मै पढ्ने निर्णय गरें । केही दिन पछिबाट कलेज खुल्यो, कलेजको शुरूवाती दिनहरूमा मलाई ६ बजेदेखि १० बजेसम्म बस्ता दिक्क लाग्थ्यो तर विस्तारै सबै साथीहरूसँग घुलमिल भइसकेपछि र सरहरूसित नजिकिँदै गएपछि मलाई छुट्टै परिवेशमा रहेर पढिरहेको महसुस हुन थाल्यो र मैले २ वर्ष एकदमै उत्साहकासाथ रिभेरामा नै बिताएँ । मलाई लाग्छ रिभेरा इन्टरनेसनल एकेडेमी एउटा मन्दिर हो जसले हजारौं भक्तजनहरूले

मागेको वरदान पूरा गर्दछ । काठमाडौंकेँ मुटु मानिने चाबहिलमा भएर पनि औसत आयस्रोत भएका सामान्य परिवारका विद्यार्थीहरूलाई उचित शुल्क लिएर पठनपाठन गराउँछ भने यो नै गर्वको कुरा हो । विगत ४ वर्ष यता स्मार्ट क्लासहरू, स्मार्ट लाइब्रेरी पनि सञ्चालनमा आएको छ । विशेषतः होटल म्यानेजमेन्ट, बिजिनेस स्टडिज, साइन्स र ल का विषय पढाइ हुने गर्दछ । शैक्षिक क्षेत्रको हिसाबले होटल म्यानेजमेन्ट पढ्ने विद्यार्थीलाई विभिन्न होटलहरूको भ्रमण साथै तालिममा सहभागिता गराउँदै आइरहेको छ । साइन्स पढ्ने विद्यार्थीहरूका लागि विभिन्न ल्याबहरूको अवलोकन तथा भ्रमण गर्ने अवसर प्रदान गर्दै आइरहेको छ । कलेज भित्रका औपचारिक क्रियाकलाप खेलकुद, मनोरञ्जन, पिकनिक, टुर आदि पनि नियमित हुने गर्दछन् । पछिल्लो समयमा विषयगत कुरालाई भन्दा सीपमूलक क्षेत्रलाई कलेजले बढी प्रोत्साहन गर्दै आएको पाइन्छ । विभिन्न सङ्घ संस्थामा कार्यरत एकदमै अनुभवी शिक्षकहरूबाट धेरैभन्दा धेरै कुरा सिक्ने र उहाँसँग सहकार्य गर्ने अवसर मिल्छ । ७७ जिल्लाहरूबाट छरिएर आएका विद्यार्थीहरूलाई एउटै सुत्रमा बाँधेर एकदमै आधुनिक, विश्वसनीय उत्साहजनक साथै छुट्टै संस्कारमा स्नेहपूर्वक पठनपाठन गराइने नेपालकै सबैभन्दा राम्रा शैक्षिक संस्थाहरू मध्ये रिभेरा इन्टरनेसनल एकेडेमी पनि एक हो । 'जो रिभेराको सदस्य हुन्छ, उसले कहिल्यै निदाएर सपना देख्दैन, बरु निदाउन नसक्ने सपना देख्छ ।'

## रोजी गार्डेनबाट रिभेरा



### बिमला राउत क्षेत्री

विद्यालय व्यवस्थापन समिति सदस्य  
तथा अभिभावक

रोजी गार्डेनबाट रिभेरासम्म आइपुग्दा २१ वर्षको अन्तराल बितिसकेछ। हिजै जस्तो लाग्छ ३० जना बच्चा लिएर जोश उमड्गले भरिपूर्ण हुँदै समाज र राष्ट्रलाई शिक्षित सक्षम नागरिक दिने पवित्र भावनाले ओतपोत हुँदै रोजी गार्डेन स्कुलको स्थापना २०१५ सालमा भयो। छिमेकी अभिभावकको हैसियतले रोजी गार्डेन स्कुललाई नजिकबाट नियाल्ने मौका पाएका हामीले विभिन्न समय र परिस्थितिको सामना गरेको रोजी गार्डेनले प्राविधिक, आर्थिक, समन्वय र नेतृत्वको सधैं अस्तव्यस्त खड्केको महसुस हामीले गर्थौं। फलस्वरूप रोजी गार्डेनको पटक पटक व्यवस्थापन फाउण्डर लगायत सम्पूर्ण सञ्चार नै परिवर्तन भइ रहने क्रम रह्यो।

समयले भाग्य कोर्छ भनेभै रोजी गार्डेनको पनि भाग्य समयले नै लेखिदियो। रोजी गार्डेनले असल सञ्चालकहरूको छत्र छाया पायो। समयले भाग्यमानी बनेको रोजी गार्डेनले राम्रो नाम र छाया पायो रिभेरा इन्टरनेसनल एकेडेमी। साँच्चै रिभेरा इन्टरनेसनल एकेडेमीले समस्त शिक्षा जगतमा उदय भएर आफ्नो उज्वल भविष्यको मार्ग छर्लङ्ग पाउँ शिक्षाको ज्योति चम्काउँदै हाम्रा नानीबाबुको स्वर्णिम भविष्य निर्माणमा जुट्न थाल्यो। कर्मनिष्ठ भएपछि फल आफ्नो पोल्तामा पर्छ भने भै रिभेरा इन्टरनेसनल एकेडेमीले SLC परीक्षाको नतिजामा विद्यार्थी निश्चल दाहालले काठमाडौं कै प्रथम विद्यार्थीको नतिजा हात पारे। कर्ममा विश्वास राख्ने रिभेरा परिवारले 'नेतृत्व राष्ट्रको लागि' नाराका साथ अगाडि बढ्दै सत्य कर्ममा आफूलाई अगाडि बढाउँदै सफलताको गगन चुम्दै निरन्तर रूपमा अगाडि बढी रहेको छ।

रिभेराको कर्म, कदम र सफलताको कुरा गर्दा बिसर्नै नहुने केही कुराहरू छन्। त्यहाँका आत्मीयताका साथ परिश्रम गर्ने शिक्षक, शिक्षिका रात दिन नभनी रिभेरालाई सफलताको पथमा लम्काइ रहने सम्पूर्ण कर्मचारी र आफ्नो विद्यालयलाई कसरी अगाडि बढाऊँ ? कसरी सफलताको शिखरमा पुऱ्याऊँ ? कसरी सबैको सरसुविधालाई सरल बनाऊँ ? विद्यार्थीहरूलाई सबैभन्दा असल, सफल प्रथम बनाऊँ भन्ने हाम्रा प्रधानाध्यापक प्रज्वल कोइरालाज्यू साँच्चै रिभेराको दीप प्रज्वल हुनुहुन्छ। उहाँजस्तो प्रधानाध्यापक पाएर रिभेरा साँच्चै सफलताको शिखर चुम्न सक्षम भएको छ। रिभेरा इन्टरनेसनल एकेडेमीका प्रधानाध्यापक एक कृशल, दयालु, मिहिनेती, दक्ष साथै नेतृत्व बहन गर्न सफल व्यक्ति हुनुहुन्छ। उहाँको छत्रछायामा समस्त रिभेरा आज यहाँसम्म धेरै राम्रोसँग अगाडि बडेको छ।

हामी छिमेकी अभिभावक आज यति राम्रो, असल, सफल रिभेरा परिवार पाएर हाम्रा नानीबाबुलाई असल सफल बनाउन पाउनुको साथै हाम्रो टोलमा राम्रो वातावरण पाएका छौं। यसका लागि हामी टोलबासी अभिभावक वर्ग रिभेरा परिवार प्रति हार्दिक आभार प्रकट गर्दछौं। साथै रिभेराका प्रधानाध्यापक, कर्मचारीहरू, सञ्चालक समितिका सदस्यहरूमा हामी यहाँहरूको कार्यप्रति उच्च मूल्याङ्कन गर्दै रिभेराले २१ औं वर्ष मनाइ रहेको बेलामा यति धेरै सफलता, नाम, सम्मान, ख्याति र उच्च मूल्याङ्कनका साथ सफलता हासिल गरेकोमा सम्पूर्ण रिभेरा परिवारलाई बधाई तथा शुभकामना व्यक्त गर्दै आगामी दिनहरूको लागि सफलताको कामना गर्दछौं।

## शिक्षामा

### समसामयिक सुधारको खाँचो



कृष्णप्रसाद दुलाल

अध्यक्ष

नाडा अटोमोवाइल्स एसोसिएसन नेपाल  
पूर्व अभिभावक, रिभेरा

मानव समुदायको प्राग ऐतिहासिक कालिन दुङ्गे हतियारयुक्त समाज समयको लामो अन्तरालमा विभिन्न प्रविधिको विकास, अन्वेषण र प्रयोग हुँदै मानव समाज वर्तमान अवस्थामा रूपान्तरित भएको हो । मानव समाजको विकास कममा नयाँ नयाँ औजारहरूको विकास हुँदै आएको छ ।

यसैक्रममा मानिसले कृषिको विकास, सिचाई र उत्पादनमा वृद्धि ल्याउन सक्ने नयाँ प्रविधिहरू जस्तो हलो, ट्याक्टर, मल बिउ, किटनाशक औषधी लगायत नश्ल सुधारसम्मका प्रविधिको विकासगरी मानव समाजको आर्थिक तथा सामाजिक स्थितिमा क्रान्तिकारी परिवर्तन ल्याएको छ । जसबाट समाज र संस्कृति समेत परिवर्तित हुँदै आएको छ । शिक्षाको विकासबाट नै मानव समाज आज औद्योगिक विकासतर्फ अग्रसर भएको हो । साना र अकुशल औजारलाई जव कुशल प्रविधिले विस्थापित गर्‍यो तब उत्पादनमा प्रचुरता आयो । औद्योगिककरणको विकाससँगै सहरीकरणको प्रकृया प्रारम्भ भयो । महिलाहरू समेत उद्योग तथा कलकारखानाको कार्यमा संलग्न भए । यो सबै परिवर्तनहरू शिक्षाकै परिणामहरू थिए ।

शिक्षाले निश्चित रूपमा एउटा व्यक्तिलाई महत्वाकांक्षी मात्र बनाउँदैन, सिर्जनशील, गतिशील र सक्रिय समेत बनाउँछ । तर उपयुक्त चरित्र र व्यवहारको अभावमा शिक्षाले एउटा राष्ट्रलाई अधोगतितर्फ पनि अग्रसर गराउन सक्छ भन्ने कुरा कैयन देशहरूलाई उदाहरणका रूपमा देखाउन सकिन्छ । भन्ने हो भने नेपालको वर्तमान स्थिति पनि यस कटु वास्तविकताबाट कत्ती पनि टाढा छैन । अहिले हाम्रो मुलुकमा जति भ्रष्टाचार फैलिएको छ, जति अस्थिरता, अव्यवस्था, अराजकता र अनुशासनहीनता देखिएका छन्, ती सबै हाम्रै समाजका तथाकथित शिक्षित वर्गबाटै भईरहेको घाम जति नै छर्लङ्ग छ । देशको वर्तमान अवस्थाका लागि आम जनसमुदाय होइन, देशका केही प्रतिशतमा रहेको यही शिक्षित वर्ग नै जिम्मेवार रहेकोमा कुनै सन्देह छैन ।

देशको सामर्थ्यसँग नजोडिएको वा जमिनमा नटेकेको शिक्षाले देशमा कुनै योगदान दिन सक्दैन । जहाँ कुनै स्कुले विद्यार्थी कक्षामा पढ्दै गर्दा देशको भन्दा विदेशका सपना देख्छन् र देशमा रहँदा भविष्य अन्धकार छ भन्ने ठान्छन् भने त्यहाँको शिक्षा प्रणालीलाई कसरी मूल्याङ्कन गर्ने ? यस्तो प्रश्न गरिरहँदा अबको हाम्रो शिक्षाको मुख्य फोकस के हुने ? यो ज्यादै नै पेचिलो प्रश्न हो । माटो सुहाउँदो राष्ट्रिय शिक्षा र प्रतिस्पर्धी जनशक्ति उत्पादनको लक्ष्य दुवैलाई सँगसँगै लानु नै यसको दीर्घकालीन समाधान हुन सक्छ । माटो सुहाउँदो शिक्षाले राष्ट्रिय आवश्यकता पूर्ति गर्छ भने प्रतिस्पर्धी जनशक्ति उत्पादनको योजनाले समयसापेक्ष शिक्षा र गुणस्तरीयतालाई ग्यारेन्टी गर्दछ । त्यसैगरी साधारण र प्राविधिक शिक्षाको आजको अनुपातलाई बदलेर प्राविधिक धारलाई क्रमशः बढाउँदै लैजाने स्पष्ट अवधारणा ल्याउनु आवश्यक भई सकेको छ । राष्ट्रियताको भाव विकासमा जोड दिँदै देशको समग्रस्रोत र साधनको उपयोग गर्न सक्ने जनशक्ति निर्माणमा केन्द्रित, देशभित्रै रोजगारी सिर्जना र राष्ट्रिय उत्पादकत्व वृद्धिसँग प्रत्यक्ष जोडिने गरी शिक्षाको दूरदृष्टि बनाउनु नै आजको टड्कारो आवश्यकता भई सकेको छ । उल्लिखित सन्दर्भ केलाउँदा आजको मुलुकको आवश्यकता अनुसार राष्ट्रको नेतृत्वदायी भूमिका निर्वाह गर्न सक्षम विद्यालय खोजी हरेक अभिभावकको हुन्छ । आफू पनि एक अभिभावकका हैसियतमा रहँदा आफ्नै क्षेत्रमा सञ्चालित यस रिभेरा इन्टरनेसनल एकेडेमीप्रति आकर्षित भई आफ्ना नानीबाबुको शिक्षाको गोरेटो चयन गर्न पुगे । मेरा छोराछोरीले पनि यसै विद्यालयबाट माध्यमिक तहसम्मको शिक्षा आर्जन गरी सफल बन्न पुगे । आज यस विद्यालयप्रति आफूले सोचे अनुसारको शिक्षा आफ्ना छोराछोरीलाई दिन सकेकोमा खुसी छु । यस विद्यालयले एकाइसौं स्थापना दिवस मनाई रहँदा विद्यालयको उन्नति र गुणस्तरीय शिक्षाका लागि शुभकामना व्यक्त गर्न चाहन्छु ।

## नेपालको शिक्षा



लेखनाथ दाहाल

अभिभावक, रिवेरा इन्टरनेसनल एकेडेमी

यस चराचर जगतमा विश्व लिड गरेर आएको संस्कृत शिक्षा थियो भन्न अत्युक्ति नहोला किनकि वेदव्यासबाट रचित ४ वेद नै ब्रमाण्ड हाँके नीति रहेछन् जसमा चाणक्य नीति पनि सँगसगै छ । प्राचीनकालदेखि सुरु भएको गुरुकुल शिक्षा पद्धति समयानुकूल परिवर्तन हुँदै आएर प्राइमरी, मन्टेश्वरी अदि नामबाट परिभाषित भए पनि विश्वमै आधारभूत शैक्षिक तह दुई प्रक्रियाबाट चलि आएको पाइन्छ : सरकारी र प्राइभेट (निजी क्षेत्र) ।

इतिहास काललाई साक्षी मान्दा भारत वर्ष र उत्तराखण्ड नेपाललाई मानेको पाइन्छ, देश र राज्य जति भए पनि । अर्को सानो विषयलाई हेर्दा महर्षि महेश योगी २०३२ सालमा नेपालमा आएर टुँडिखेलमा मानिस जम्मा पारेर आफ्नो प्रवचनमा बोल्दा भन्नु भएको छ "Nepal to Lead the World"। उहाँ समाधिमा गए पनि उहाँको नामको "Maharshi Foundation" आज ९३ देशमा नेतृत्व गर्दैछ । जसमा एसियाको नेतृत्व नेपालले लिएको छ । विद्युत् आदि उज्याला प्रविधिहरू नभएको समयमा पनि मकैका ढोड र दियालोको उज्यालो प्रयोग गरेर पनि ऋषिमुनिहरूले गुरुकुल शिक्षा पद्धतिको प्रयोग गरी शिक्षा प्रदान गरेको पाइन्छ ।

करिब दुई दशक यता शिक्षा र प्रविधिको विकास द्रुत गतिमा भएको पाइन्छ । एक अनुसन्धानले बताए अनुसार अहिले प्राथमिक विद्यालयमा विद्यार्थी भर्नाको सङ्ख्या ९९% प्रतिशत पुगेको छ, अर्कोतिर उत्साहजनक प्रगति भनेको बाहुन, क्षेत्री र दलित, जनजातिका बालबालिकाको संख्या भन्डै बराबर छ । नेपाल सरकारले विगत ६ वर्ष यताको तुलनात्मक रूपमा शिक्षा क्षेत्रमा लगानी तिन गुणाले बढाएको वा सरकारको बजेटको १६ प्रतिशत ओगटेको छ । तर पनि सरकारी शिक्षाको गुणस्तरमा उल्लेखनीय प्रगति आउन सकेको छैन । धेरै विद्यार्थी विद्यालयको प्राथमिक शिक्षा पुरा गर्नु अगावै विभिन्न कारणले पढाइ छाड्दछन् । यसकारण सरकारको लगानी उति प्रगतिमूलक भएको पाइन्छ । विद्यार्थी संख्याको पहुँच विद्यालय बढाएर मात्र पुग्दैन । गुणस्तरीय शिक्षाको पनि उत्तिकै आवश्यकता छ तर त्यसमा सरकार चुकेको पाइन्छ । त्यसकारण, धेरै अभिभावकहरू

महँगो भएपनि आफ्ना बालबच्चालाई निजी क्षेत्रकै विद्यालयमा पढाउन रुचाउछन् । करिब २० वर्ष यताको शिक्षाको भूमिका उल्लेख्य मात्रामा बढेको पाइन्छ । उनीहरूको बुझाई सरकारीमा भन्दा निजी विद्यालयमा पढाएको स्तर उच्च छ । एक प्रतिवेदनका अनुसार सुगम तथा सहरी क्षेत्र बाहेकका ८० प्रतिशत विद्यार्थी सरकारी स्कुल नै जान्छन् । सरकारी विद्यालयमा अध्ययनको लागि जाने गरीव पिछडिएका बालबालिका बढी मात्रामा छन् ।

अहिले निजी क्षेत्रको शिक्षामा प्रभाव बढ्दो अवस्थामा छ वा तुलनात्मक रूपमा सरकारीभन्दा निजी क्षेत्रको शिक्षा गुणस्तरीय, प्रभावकारी, रोजगारमूलक, प्रविधियुक्त र समयानुकूल भएको पाइन्छ ।

हाम्रो देशभन्दा बाहिरी मुलुकहरूमा शिक्षाक्षेत्र सरकारले जिम्मा लिन्छ तर हामीकहाँ निजी क्षेत्रले नेतृत्व गरेको पाइन्छ । उनीहरूको शैक्षिक गुणस्तर निकै राम्रो र व्यवहारिक हुन्छ । जसबाट आफ्ना नागरिक बेरोजगार बस्नु पर्दैन र देश विकासमा मद्दत पुग्छ । एक प्रतिवेदनका अनुसार विद्यालयमा पढ्दै गरेका विद्यार्थी विभिन्न समस्या देखाएर विचमै पढाइ छोड्दछन् । विद्यालयमा पढ्दै गरेका विद्यार्थी मध्ये ३० प्रतिशतले मात्र कक्षा १० सम्म अध्ययन गर्दछन् । अधिकांशले विचमै पढाइ छाड्छन् । हाम्रो देशमा अझै पनि उचित समयमा उचित शिक्षाको समस्या नै छ । हुन त यो खालको समस्या विश्वका मुठीकर देश बाहेक धेरैमा छ । UNESCO को एक प्रतिवेदन अनुसार विश्वमा १२४ मिलियन बालबालिका तथा युवा विद्यालय शिक्षाबाट बन्चित छन् । त्यसमध्ये बढी महिला र १६ प्रतिशत पुरुष छन् ।

आधुनिक शिक्षा प्रणालीले ठूलो फट्को मान्यो तर हाम्रो शिक्षा प्रणाली सुधारात्मक भए पनि जति माथि उठ्नु पर्ने हो, त्यो सर्वोच्चता कायम गर्न सकेको छैन । हाम्रो देशको शिक्षा व्यावसायिक, प्रविधिक, रोजगारमूलक नभएको कारण हाम्रो देशका युवा युवतीहरू आफ्नो देशमा इनर्जी दिनुको अलवा पराया मुलुकमा गएर युवा इनर्जी सिध्याएर प्रौढ अवस्थामा

स्वेदेश फिर्ता आएर बेरोजगार बनिरहेको अवस्था विद्यमान छ । ती मध्येको एउटा ज्वलन्त उदाहरण म आफू पनि छु ।

मानिसहरूमा शिक्षाको गहिरो प्रभाव पारेर चेतनामा अभिवृद्धि नभएसम्म देश समृद्धिमा जान थुप्रै चुनौति भैल्लु पर्न सक्छ । शिक्षा प्रणाली भनेको व्यवसायिक, प्राविधिक तथा समय सुलभ हुनुपर्छ । रिभेरा इन्टरनेसनलले यस क्षेत्रमा विश्वास जित्दै गरेको गतिलाई नजिकबाट नजर गर्दा Rivier बाट Riviera भएको विद्यालयको व्यवस्थापन प्रशासक प्रिन्सिपल, शिक्षक,

शिक्षिका तथा अन्य सेवामा समर्पित पात्रहरूले पाएको जिम्मेवारीलाई तत् तत् वहम् हम् भनेर अगाडि बढेमात्र निकट भविष्यमा यस रिभेरा विद्यालयले आफ्नो स्लोगन Lead the Nation लाई साकार पार्न सक्नेछ भन्ने मैले विश्वास लिएको छु ।

अन्त्यमा यो विद्यालयको बिरूवा असल माटोमा परको र यो बिरूवा अति प्रभावशाली भई राज्यका लागि शीतल छहारी बनोस् । यही शुभकामना दिन चाहन्छु । धन्यवाद ।

## My College Experience



**Sebi Khatun**

+2 Pass Out  
College Topper  
3.79 GPA in Grade XII Science (NEB)

A couple of years ago, I was in Riviera with a kind of fear and worry almost unknown. I was just wondering what I was going to do in those two years, how I was going to build myself and mould myself. But still there was a hope that Riviera College worth something and all my efforts would be paid off.

In fact, I did my schooling from Sagarmatha Educational Academy. So, shift from Sagarmatha to Riviera International Academy was hugely transforming journey for me because in school I was only a good learner having the absence of my association with ECA.

In Riviera, despite achieving good academic score and performing consistently well in examinations, I was blessed with the opportunities to participate in extracurricular activities too. So, thankful is the college management and the supporting faculties,

since I experienced something new in the new environment.

The freedom and liberty required for us had a beautiful blend with discipline that we had to maintain for our independent and responsible growth. What they just wanted from us was not only study and academic performance but they wanted us to excel every time wherever we would be. So, in these two years, I learned to innovate, grow, and lead. I made wonderful friends, met fabulous teachers and most importantly I found myself in my expected comfort zone where I enjoyed all those two years.

So, Riviera is a great place for us to connect with others, take some risks and explore ourselves. My potential got a favorable platform here due to which I was able to gain name and fame. I am proud to be called a Rivierian.

## Over a Decade of Growing with Riviera



**Rebecca (Bec) Ordish**  
Executive Director  
Mitrataa Foundation

I first met Prajwal when the new team was just taking over the management of the school under its old name in 2006. I clearly remember him taking me on a tour of the school, the collection of dusty sheds a stark contrast to his vision for its future which was both contagious and terrifying.

We joined that exciting journey and have very proudly walked alongside Riviera at every step of the way over the last thirteen years. We have educated almost a hundred students through Riviera learning process, we have shared Riviera with over 150 volunteers and visitors, we have trained its teachers and shared ideas.

Standing at the Grand Educational Exhibition last year in the new school premises, watching the students confidently explain their science experiments, Nepal's new federal system of

government and the reasons that junk food isn't good for us, being shown around by some of Mitrataa's class 12 students who are top of their classes, listening to the pride in the teachers' words as they tell me that the students did this all themselves and watching Prajwal calmly and confidently manage it all, I suddenly realized how much of a reality his vision all those years ago has become. Riviera is an educational institution which believes wholeheartedly in its students, its team of dedicated teachers, and its vision. I feel very fortunate to have been able to share the journey and am very much looking forward to being a part of its future.

Congratulations to Prajwal and the team on a wonderful milestone. His hard work and dedication gives me a lot of hope for Nepal's future leaders.

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## RIVIERA ACADEMY AT GLANCE



**Tejendra Sharma**  
Ex-Teacher

Riviera Int'l Academy is one of the best institutions I was associated with. The moto of quality education and the education for the 21st century perfectly match with the academic activities conducted here. It was my great privilege to get an opportunity to teach in this academy. Cooperation, coordination and the sense of responsibility are the main factors that have made this institution always better. The friendly environment and the academic behaviour

created by authorities are always memorable and praiseworthy. The various aspects of education with indoor and outdoor activities are making the students more competitive. Time to time visit of the foreigners and exchanging teaching culture with them is always beautiful. I am always thankful to all the school authorities for making me as a part of Riviera family. Thank you.

## Strong Ethical Foundation at Riviera



**Madhav Dahal**  
Kentucky, United States  
Ex-Teacher

I am extremely pleased to hear that Riviera is celebrating its 21st year of its academic journey. While celebrating its 21st anniversary, I can't help illuminating the endeavors it has made in providing quality education to thousands of children for shaping their future. I am extremely proud and fortunate to have served in this prestigious school for five years as a Mathematics Teacher.

My professional credibility emerges from the strong ethical foundation instilled in me at Riviera. I enjoyed the discipline and culture in the school all those years. Riviera has it all: strong leadership, quality teachers and staff, enthusiastic students who are ever curious to learn, a serene location, good climate, e-library, smart class and well equipped labs. The school has a congenial and family atmosphere.

I had a very good rapport with all my colleagues and students which made my stay at Riviera a memorable one. Discipline and hard work have become a way of life in Riviera, which is the main reason for the success of Rivierians. Good support from the visionary management and the cooperative parent is another reason why Riviera has become one of the best schools of Kathmandu.

Riviera students have excelled in academic and other fields every year and every time. Many have pursued higher education in Nepal and abroad. Some have become entrepreneurs opening their own businesses. I am proud to say that many staff members and students remain in touch with each other. The obedience and

respect for teachers from the students is the hallmark of Riviera. The pleasure in clarifying the doubts of the students and guiding them in their projects is still fresh in my mind.

My experience in Riviera taught me to maintain professional academic composure under pressure, communicate clearly and concisely. It helped me to think positively, build competence and confidence. This is the objective of every teacher and student at Riviera.

When I remember Riviera, slogan *lead the nation*, strong leadership, good teaching, dedicated teachers and staffs, co-operative parents, 21<sup>st</sup> century life skills, family atmosphere, civics education, discipline, smart class and labs, frequent parent-teacher interaction, extracurricular activities and nurturing environment come as a synonym of it. The classes are organized well and there are imaginative ideas used to help the children share ideas and learning. I feel the children are recognized by their skills. I feel it develops a great sense of community. So I prefer Riviera and I refer everybody to join Riviera for a complete school education.

Riviera is celebrating its 21<sup>st</sup> anniversary. It's a historic occasion, and I am fortunate to be the part of Riviera at this juncture. May God bless the management of the school, leadership team, teachers, staff, parents and students with strength to progress further in this competitive world. My best wishes to Riviera.

## My School Life



### Usha Shrestha

Ex-Student, 2066 SLC Batch  
Nursing Instructor  
Kathmandu University School of Medical  
Sciences (Orthopedic Department)  
Dhulikhel Hospital

First of all, I am really grateful to our respected Principal Sir Mr. Prajwal Koirala for providing me an opportunity to express words about my school life and share my experiences.

Time flies with the blink of eyes. I feel as if it was yesterday. I was a normal teen aged girl going to school, wearing a grey-colored uniform along with a white ribbon of two plaits of hair whose roll no was 19. As there is saying that “time flies over us” but leaves its shadows behind. It has already been nine years since I have passed out from my school Riviera. But still lots of memories are fresh in my mind. Looking back to my school days nine years before, I feel very proud that I was Rivierian where I learnt many things and gained too many experiences which is the result what I am and where I am today.

Riviera has been one of the important and memorable parts in my life and has played great role in developing myself as a good human being, developing my personality, developing my career. It gave various opportunities to develop not my scholastic abilities but also provided opportunities to showcase my talent including leadership and explore my creative potential beside regular curriculum.

As I have got chance to pen down my experiences and share some memories, I want to share a memory in Riviera which changed my perception towards my life which insisted

to explore myself. I was a girl with introvert personality who never had a courage to speak among people , who never tried to showcase her talent and a capability among the people due to shy nature, lack of motivation ,encouragement, lack of proper environment although the talent was inside me. I was an average student not the top position holder. I had leadership quality and keen interest on anchoring, dancing which was hiding inside me but never had the courage to explore it out among the people.

One fine day, one memorable incident took place which changed myself in positive way. I remember this incident and will be remembering during my life time. It was two weeks before the annual function of Riviera, the anchoring competition was going to be held but due to my introvert nature, I did not register my name in the competition. I was normally attending my class like a normal day. One of my respected teachers came inside the classroom and I, along with my friends, greeted him. He started talking about annual function of the school. Suddenly, he called my name and said, “You have potential. Why don’t not you take part in the competition?” The question stunned me. I used to feel that I had interest in anchoring but I could not do it. After question raised by my teacher, I was motivated in such a way that I felt I could do everything in my life. In fact, a few seconds ago, I had a feeling that I could not do anything in my life. This incident changed me. I took part in the



selection process, got selected in anchoring competition for the annual function of the school. And the respected teacher was Mr. Rajesh Dahal sir to whom I want to express my gratitude from the bottom of my heart.

And I think, in today's perspective, school should assess the potential of the students and make them self-motivated so that he/she could compete in every situation of life either professional or personal.

At last, message to my juniors is: learn discipline, learn to respect, do not become

bookworm, get engaged and explore as much possible during your student life. The knowledge you gain and accumulate during student life will shape your future and will be used for life time. Living quality life is important. It is an aim to be happy and successful, work hard in such a way that success is compelled to follow you.

Lastly, I would like to thank each and all the respected teachers and friends of mine in helping me to make my memories last for a lifetime. And I also want to express my best wishes to Riviera for its progress in the future.

## An Amazing Experience at Riviera



**Srijana Bastakoti**  
Oslo, Norway  
Ex-Student, 2066 SLC Batch

**A** little girl with full of fear gets inside a new classroom of Class Seven and finds herself surrounded by unknown faces. Isn't it very difficult to fit in the environment which is already in progress? Isn't it even hard to get in a new school, in the middle of the year where most of the courses have been taught and the peer group has been already formed? Well, it wasn't an easy beginning for me; however, it ended up with an amazing experience and incredible memory.

My school, Riviera International Academy, has been the best part of my life. Nothing can give me so immense pleasure as the reminiscences of my school days do. My journey from that fearful little girl to Riviera Star 2065 award achiever has enlightened plenty of important things in my life. I learned how to value time

and utilize it to gain success. I learned how participation can make us win starting with the failure. I learned everything is possible with dedication and hard work. I learned to win fear and make fun. I learned to be an artist apart from being a studious student. I learned to respect, love and to be sincere. I learned to expose myself with both inherent and acquired character. I would never recognize that was within me if Riviera was not my part. I knew how one school can be a life-changing factor. No words are enough to show my gratitude towards my school Riviera. I wish you could achieve your milestone and remain forever bright like a shining star.

Sun and shadow shine and hide  
Riviera is my school, it is my pride.

## Learning to Learn



### Nischal Dahal

Ex-Student (Kathmandu District First in  
SLC 2068 with 93.75%)  
MBBS 3<sup>rd</sup> Year, Kathmandu Medical  
College (KMC)

If I had a genie to give me three wishes, I would probably wish for a limitless time. The other two wishes, I would sleep on it and decide somewhere during this limitless time. Limitless time, less from the fear of death, more from the limitless opportunities, it provides to learn new things.

After graduating from school, we come at a point where progressing forward in studies requires us to narrow our field and make a decision. We must all have faced some reluctance to make decisions. We want it all. Why not all? Why limit yourself?

Even though this is the case, we might have narrowed our field of studies for the moment, but that has nothing to do with our learning. Why limit our learning? If we are interested about economics while we are studying science, who will stop us from learning economics? The answer is plain and simple. Ourselves.

If we are willing to learn something, we should make efforts in that direction. We all have internet nowadays, we have access to libraries and all its resources. We have relatives who are more knowledgeable than us. We have friends we can discuss things with. All these interactions are possible if we remove our restraining mindset from the equation. If we liberate ourselves from the shackles of negativity and advance towards the light of enthusiasm and learning, the opportunities are indeed boundless.

Let's say you select science as your major field of study and further along the way become a doctor. You do not learn anything extra because of your restricting mindset. You might become a good doctor and do your job really well. Now let's say that in a second scenario, there is a person who becomes a doctor as well. But this person has interest in computers and has made efforts to learn something on his own. When he becomes a full-fledged doctor, he can do what the first person can do. In addition to that, he can use his knowledge of computers to provide long distance medicinal services. From what seems like a hobby, a new field emerges: e-medicine.

If the same person has made efforts to learn other subjects like economics, mass communication etc, newer possibilities arise. Newer fields that have never before been heard arise. Imagine all the possibilities by adding different subjects in the mix. In addition to this, a person who is constantly learning is more open to new ideas and hence more likely to be innovative. A positive and enthusiastic outlook about learning allows us to be influenced by the things happening around us. What we might think of as unrelated to our task at hand can be influenced by other seemingly unrelated happenings, if only we are open minded and embrace possibilities.

With ever increasing competition, every person will find challenges despite their efforts. Every person will face difficulties establishing themselves in the world. So what's the distinguishing point? There are millions

of doctors worldwide. But there are a handful of doctors who also know economics and know about art. There are millions of Nepali speakers but there are handfuls who speak Spanish and Japanese too. You get to decide your identity. What you learn and what's interesting to you can make you stand out. Learning makes you more adaptive to change and the whole process

is fun because you are learning about what you find fascinating.

Cultivating a culture of learning from an early age gives massive benefits. There is no one to restrict you but you. So the only question that matters: Are your dreams bigger than the excuses that limit you?

## Investment in Hydro Power in Nepal



**Ashwin Wagley**  
Electrical Engineer  
Ex-Student, SLC 2067

Nepal is a country which is mostly dependent in the electricity generated from the hydro electric plants. Over 90% of the country's total electricity generated depends on the hydro electric sources. Nepal has the economically viable potential of 40,000 MW from the hydro electric sources.

If the capacity is reached, Nepal can be self reliant in energy and also can supply electricity to other countries in South Asia. Hydro Power can generate employment opportunities. It can improve friendly relations with neighboring countries through the of electricity. The future carbon generation in Nepal, India and the neighboring countries can be decreased through the development of hydro electricity in Nepal.

Independent Power Producers (IPP) are the private companies which are taking part in the power generation. Power can be generated by IPPs but the transmission and distribution is taken care by the Nepal Electricity Authority (NEA).

Investment in hydro power is seen to be rising these days. The investment in hydro power

should not be done haphazardly. The study of the company in the technical as well as economic aspects is very important.

The one who is interested in the investment in hydro power must assure first whether the company has completed the previous project in time. The companies which delays in the completion of the project cannot profit the share holders because its operation cost increases. If the project is completed in time, the second thing which should be considered while investing is whether the plant is selling the electricity at its full capacity to the NEA or not. The plant which trips most of the times or the fault occurs in the plant more frequently, then investors should not invest their money in the plant.

Above mentioned aspects are generally not disclosed by the companies. Successful investors must ask for the advice from the experienced engineers to make their investment profitable.

## Music—A True Celebration of Life



**Sapan Ghimire**  
Music Teacher

**W**ow! The creation of the world is unique. This is the place where more than seven billion people reside with different tags of caste, creed, religion, origin and language. In today's world scenario, people are quite busy in work and are running behind to earn more money without caring the personal health. Out of five important factors work, family, health, friends and spirit, they are more involved in work and spend lavishly to make more friends. They forget the true sense of health, family and spirit. So in this regard, music plays a vital role, makes us more responsible and helps to lead our life in a positive way. Music is one of the greatest weapons to captivate the heart of millions of people. In my opinion, a person who spends at least one hour for his physical fitness and one hour listening to good music everyday is really a lucky person.

We should take life as a celebration. Let us wake up, peep in and see the emperor within us. Let us see the truth within us. Let us feel we are not a beggar but an emperor. This is when the celebration blooms; we should never worry about what others think of us. People will value us based on our point of view, our level of information and our attitude towards them. But that does not change the fact that we are priceless.

Somewhere in his creations, Bertrand Russell writes that when it was the first time he visited a tribe in a dense forest, he felt very envious. Jealously rose in him like tide on the sea or tidal waves. They were celebrating as if they were given every requisite like that of an emperor,

emperor without crown. Every female was an empress. They lacked precious ornaments and gigantic bungalows but whatever they had was more than enough. They taught him the true sense of celebration. They danced all night and slept wherever they fell. By the dawn, they would have gone to their own jobs and by the dusk, they would have been ready for dance and sing with utmost enthusiasm. So what hinders us? Why can't we dance and sing and celebrate? Nothing can hinder us to rejoice and it is obviously not true that we need to be successful singer and dancer. Music gives us a new vision to study the world. It makes us alive, content, energetic and creative at the topmost level.

Music also helps to win the respect of intelligent persons and gain both name and fame in a mass. If we want to see some uniqueness in our children, first we should understand their sentiments and feelings rather than blindly imposing our wants upon them. So let's encourage every child to learn good music so that he will be capable to understand the depth of life. If we want to see the beautiful world, we should start affectionate behavior from our own home, from our own side. Then only, a home can be a temple and a society and a nation become a paradise.

At last, forget what is going to happen tomorrow. Whether you'll survive or die does not make any difference but live today with utmost joy and recharge every cell of your body through the power of music so that you could feel the real emperor for a day-not to feel life of beggar throughout your life span. 'Wish you all the best'.

## Color Blindness: An Adversity



**Sukirty Khadka**  
Teacher

Vision is one of the most important special senses in humans. Along with audition, it is the basis for most of the human communications. The visual system detects and interprets electromagnetic waves between 400 and 750 nm long, which constitutes visible light. The eye can recognize two aspects of light. They are brightness and the wavelength (or color). Light enters the eye and impinges on photoreceptors in a specialized sensory epithelium, the retina. The photoreceptors include rods and cones. Rods have high sensitivity for detecting low light intensities but do not provide well-defined visual images, nor do they contribute to color vision. Cones are responsible for high visual acuity and color vision. Color vision is the capability to differentiate a light stimulus as a function of its wavelength. Light with wavelength between 380-760 nm causes photoreaction on retina, which leads to visual perception in humans.

Various theories have been proposed to explain color vision. However, a complete explanation of color vision is still largely theoretical and most explanations are based on the few universally accepted theories. The most accepted theory among them is the Young-Helmholtz Trichromatic Theory which suggests that human color vision is trichromatic and 3 cone photo pigments, one from each of the three spectral classes, are required. They are variably sensitive to their corresponding spectrum and are known as the blue, green and red cone pigments. These pigments show peak absorbencies at light wavelength of 445, 535 and 570 nm respectively. These colors are therefore called primary colors as any other color can be produced by mixing appropriate proportion of red, green or blue color.

Color blindness is an abnormality of color perception i.e. you have difficulty in distinguishing certain colors such as red, blue or green. It is not a form of blindness at all. Just a deficiency in the way you see color.

It affects approximately 1 in 12 men (8%) and 1 in 200 women in the world. In Nepal, Color Vision Deficiency (CVD) has a prevalence rate of 8% for men and 0.4% for women in general population. Color blindness is a condition that occurs if the amount of visual pigment per cone is reduced, or if one or more of the 3 cone systems are absent. It is an inherited (genetic) condition caused by a common X-linked recessive gene passed from a mother to her son. Thus, it affects males more frequently than females. It occurs when light sensitive cells in the retina fail to respond appropriately to variations in wavelengths of light that enable people to see an array of colors. Acquired color vision deficiency can also cause loss of color recognition. Main diseases that can cause color deficits are diabetes and glaucoma. Along with that aging process and trauma can also result in color vision deficiency.

Contrary to popular belief, it is rare for a color blind person to see only in shades of gray. Most people who are considered "color blind" can see colors, but certain colors appear washed out and are easily confused with other colors, depending on the type of color vision deficiency (CVD) they have. For example, if a person has red-green type of color blindness, he/she will notice red and green colors as grey or dark while blue and other colors will appear remarkably clear. There are different types of color vision deficiency. Some of them are red-green color blindness and blue-yellow color blindness.

There are varieties of color vision tests such as the Ishihara Pseudo-isochromatic plates, the Farnsworth Dichotomous D-15 test, the city university color vision test, De-saturated D-15 (L'Anthony's), Medmont C-100 or Oscar color vision test, Farnsworth Munsell 100-hue test and anomaloscope to identify color vision anomalies. The Ishihara color test is a test to determine if a patient has color blindness. It was named after Dr. Shinobu Ishihara who first published the test in 1917 as a professor at the University of Tokyo. It is the most widely used screening test for red-green color deficiency. The Ishihara charts are arranged with a confusion of spots of several different colors. If one studies these charts while at the same time observing the spectral sensitivity curves of the different cones, it can be readily understood how excessive emphasis can be placed on spots of certain colors by color-blind people.

Many people are affected by color blindness but many of them remain undetected as they simply adapt to the environment to a certain extent and also because of the unawareness of the disease. The problematic situation is that most of the items in daily use, including color computer monitors, color pictures, symbols and printed matter are colored materials that place a demand on us to interact with and distinguish numerous shades and tints of color. Again, the rising technology poses basic challenges. Also, several careers now require critical color judgment and employees are thus expected to possess fine color discrimination ability. Thus, it is very important to raise awareness about this condition.

Gene therapy has cured color blindness in monkeys, according to the researchers at University of Washington. However, gene therapy will not be considered for humans until the treatments are proven to be safe. Meanwhile, there is no cure for color blindness. Some coping mechanisms might help the individual function better in a color-oriented world. Some people use special lenses to enhance color perception. These are filter available in either contact lens or eyeglass lens form. If a person becomes aware about his/her condition early in life, it is better to choose a career that does not require

accurate color perception. Diagnosing color vision deficiency early may also prevent learning problems during school years, particularly because many learning materials rely heavily on color perception.

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**Rashmi Sharma**  
Teacher

### My Friend

I lost my mom so early  
But got to see her soul in you  
I was all alone  
And you held my hands  
I was neglected  
But you stood by my side  
You were the one  
Who regained my strength  
Energized and supported me  
My friend, my loving lady  
You fulfilled my emptiness  
The love you gave me is so pure  
You are the angel and that's for sure.

## Favorite Cartoon



**Aayub Kuikel**  
Class 1 Lily  
Roll No: 5

**M**y favourite cartoon is Doremon. I watch Doremon during my free time. Doremon is blue and white in colour. Doremon has lots of gadgets inside his pocket. He helps everyone. Nobita is his best friend. He has a sister. Her name is Dora. Doremon loves eating doracake. Doremon and Nobita live together happily.

## My Mother



**Soham Lama**  
Class 1 Lily  
Roll No: 6

I love my mother  
More than others  
She gives me gifts  
And I thank her.  
My mother is my God  
Whom I respect a lot  
There can't be any other  
In place of my mother.

## The Sun and the Moon



**Tenjing Nuru Sherpa**  
Class 1 Lily  
Roll No: 7

The sun shines  
In the morning and the day  
And so we grow everyday  
Plants, animals and birds too  
Need the sun as me.  
The moon shines bright  
With a silvery light  
Oh! Don't you think it?  
A very pretty sight?

## Friends



**Srijal Nagarkoti**  
Class 1 Lily  
Roll No: 9

We play together  
We study together  
We walk together  
We talk together  
We share our lunches  
We are classmates  
With smile on our faces  
We call ourselves friends.

## Mom



**Pallavi Shahi**  
Class: 1 Lily  
Roll No: 11

Mommy is my angel  
She buys me colorful bangles  
Which makes me feel like a princess  
Mommy makes me happy  
She buys me a juice appy  
And we are planning to keep a puppy  
My mommy is helpful  
She is careful  
And she is very beautiful.

## My School



**Ankit Sherpa**  
Class 1 Lily  
Roll No: 12

**M**y school's name is Riviera International Academy. It is located at Maijubahal. There are many students in my school. There is a big playground and many classrooms. There is a canteen where we can eat delicious food. I love going to school.

## My Friend



**Sangam Adhikari**  
Class 1 Lily  
Roll No: 8

**M**y name is Sangam Adhikari. I study in Riviera International Academy. I have many friends in my school. My best friend's name is Lasta Maharjan. She is 7 years old. We sit together in class. She helps me in doing my class work. She is very beautiful. We eat, play and do everything together in the school. I love her very much.

## My Class Teacher



Shivanshu Shree Niroula  
Class 1 Lily  
Roll No: 13

**M**y class teacher's name is Divya Rupakhety. She is very beautiful. She has medium sized hair. Her eyes are very pretty. She has a very soothing voice. She is 5ft 4 inches tall. She teaches us in a very interesting way. She is loving, caring and very courteous. Her smile makes her more beautiful. I like my class teacher very much.

## Clever Boy



Lasta Maharjan  
Class 1 Lily  
Roll No: 15

**H**oney was a clever boy. He was playing with toys. Suddenly, he screamed. His sister came and asked him, "Are you ok?" Honey said, "You are a cat, sister. Go run away". Again honey screamed. His parents came and asked him, "Are you ok?" He said a bear is about to eat him, only a toy bear. His parents understood that Honey was bored playing with toys. He wanted to play video games.

## Our Sense Organs



Aarambha Neupane  
Class 1 Rose  
Roll No: 1

Source: Book-Own  
Knowledge

**L**iving beings have different senses like taste, sight, smell, hearing and sense of touch. Our different body organs give us these senses. With the help of these senses, we are able to live our life easily. We have five senses and five sense organs. They are the eyes, the tongue, the nose, the ears and the skin. Eyes give us the sense of sight and help us to know the shape, size and colour of things. Tongue in our mouth gives us sense of taste so we can taste of our food. Our nose gives us sense of smell. So we can detect good and bad smells. Our ears give us sense of hearing. So we can hear different sounds. The skin that covers our body gives us sense of touch. So we can feel hot, cold, hard, soft, rough and smooth with our skin. Without these organs we cannot imagine our life.

## Friends



Deep Thapa  
Class 1 Lily  
Roll No: 17

**F**riends are very important in our life. I have many friends. They are Praharsha, Tenjing, Diwash and Swapneel. I always play with them. They teach me new magic tricks. We eat lunch together. Last time, we went to picnic and we had lots of fun together. We shared our lunch and played different games, too.

## Mother is the Best



Mayansha Dolma Tamang  
Class 1 Lily  
Roll No: 16

My mom is really great  
She's sweet as she can be  
When I need some help, I know  
She's always there for me.  
Mom loves me all the time  
Even when I am upset  
She always takes good care of me  
My mom is the best.

## My Favorite Food



Samun Dhakal  
Class 1 Rose  
Roll No: 1

**M**y favourite food is pizza. First pizza was made in Italy. There are different types of pizza. I like chicken pizza. It is very tasty. It is found all around the world. So, it is very famous.



## My School



**Pragun Mishra**  
Class 1 Lily  
Roll No: 22

**M**y school's name is Riviera International Academy. It is located at Maijubahal, Chabahil. There is a big playground. There are many students in my school. I love going to school because we get to play, study and eat. The teachers also teach us in a very interesting way. I love my school and I love my teachers.

## Laughter is the Best Medicine



**Aarzu Dhungana**  
Class 1 Rose  
Roll No: 13

**L**aughter is the best medicine for stress, pain and conflict. Nothing works faster to bring your mind and body back into balance than a good laugh. One cannot feel angry or sad while laughing. Laughter makes people feel good for a reason. Laughter can help to protect us against heart attack. It burns calories and relaxes the whole body. It helps to create a positive mood.

## My Family



**Eiden Dura**  
Class 1 Rose  
Roll No: 7

**A** group of people living together in relationship is called family. I have a wonderful family. There are ten members in my family including me. My mother is loving and caring. She is very smart and wise. She cooks delicious dishes for me. She keeps the house neat and clean. My father also loves me a lot. He is a businessman. He is quite supportive and always encourages me.

## Good Habits



**Sanjaya Bikram Shahi**  
Class 1 Rose  
Roll No: 9

**W**e should get up early in the morning and brush our teeth. We should take bath. After that, we should eat our breakfast and study for sometimes before going to school. We should always be disciplined. After coming back from school, we should wash our hands and feet. And, then, we have to do our homework.

## A Cat



**Aarju Raj Rauniyar**  
Class: 1 Rose  
Roll No: 21

I have a cat  
It sits on a mat  
It loves to eat rat  
It runs away from my lap  
And sits below the purple hat  
So, I give it a pat.

## Mother



**Sonam Wangchu Sherpa**  
Class 1 Rose  
Roll No: 3

My mother is my world  
She is very kind  
She takes care of me  
And she has sharp mind  
She wakes up early  
Feeds us well  
She is very pretty  
And her hair is curly  
I love my mother.

## Joke

## Germs!

Teacher: What are the people of Turkey called?  
Students: I don't know.  
Teacher: They are called Turks. Now tell me what are the people of Germany called?  
Students: Germs!!!

## Family



**Hasika Niroula**  
Class 1 Rose  
Roll No: 10

**F**amily is the power and strength of everyone. To have a perfect family, there should be proper understanding, mutual co-operation among family members. Respect should be equally given to seniors and love to juniors. I am so blessed to have my family i.e. father, mother and my sister. I love my family very much.

## My House



**Jorishika Dhungana**  
Class 1 Rose  
Roll No: 12

**I**live in Maijubahal. I have a pretty house. It is surrounded by garden. There are many colorful flowers in my garden. I love the flowers. They give off a very nice smell. I live with my father and mother. We have so many rooms. My mother has decorated our living room beautifully. I love my house.

## My Holidays



**Darshika Pudasaini**  
Class 1 Rose  
Roll No 2

**I**had a lot of fun in my holidays. I ate delicious food, played and enjoyed a lot. I went to Pokhara, Lumbini and Chitwan. I enjoyed a lot. I also helped my mom during my free time. I went for boating. I danced a lot. I watched T.V. My vacation was fun-filled.

## My Favourite Subject



**Drabyata Dhakal**  
Class 1 Rose  
Roll No: 17

**M**y favourite subject is Social Studies. Ankita Maam teaches it to us. I always do its class-work on time. She teaches us in very interesting way. She loves me very much and I love her too. I love doing its homework. Ankita Maam is very kind. She gives me chocolates too.

## My Best Friend



**Samira Tuladhar**  
Class 1 Rose  
Roll No 5

**M**y best friend's name is Yubisha Shrestha. We study in the same class. We also sit together in the class. She is my cousin too. I love her very much. We share our lunch and play together. We also love dancing. Our favourite subject is science. We learn taekwondo in the school.

## My Mother



**Susmina Timilsina**  
Class 2 Lily  
Roll No: 16

**M**y mother's name is Shanta Timalisina. She is 28 years old. She is a house wife. I love her very much. She helps me to do my homework. I love to help my mother in her work. She loves me and my little brother. She cooks food for us. She works very hard to fulfill our needs. Her favourite food is pineapple. She is very beautiful.

## वातावरण र सरसफाइ



**आइवेन खड्का**  
कक्षा २ रोज  
रोल नं ३

वातावरण हाम्रो वरिपरिको कुरा हावा, पानी, वन, जङ्गल, जीवजन्तु हुन् । हामीले वातावरण सफा राख्नु पर्छ । वातावरण नराम्रो भएमा रोग लाग्छ । घर वरिपरि सफा गर्ने, आफूले पनि सरसफाइमा ध्यान दिएर वातावरण सफाराख्न सक्छौं ।

## Nature



**Abition Sunuwar**  
Class 2 Lily  
Roll No: 1

Nature is the word that itself gives us nice feeling. When we are in the lap of nature, we forget our problems and we feel that we are in the different world. Forest, river, pond etc make my mood happy and joyful. Nature is also a source of inspiration to lot of people.

## Amazing Facts of Maths



**Arpit Adhikari**  
Class 2 Lily  
Roll No: 3

- 0 is only the number that cannot be represented in Roman Number.
- Math is not a formula or skill; it is just a practice and creativity.
- Do you know? If you multiply  $123456789 \times 9$ , you will get 111111111.
- If you multiply  $1089 \times 9 = 9801$ , you will get the opposite number.
- If you multiply  $21978 \times 4 = 87912$ , you will get the opposite number.
- If you simplify  $6 \times 9 + 6 + 9$ , you will get 69.

## My Aim



**Darshan Shrestha**  
Class 2 Lily  
Roll No: 2

Aim in our life is very important. It gives us a different shape to our career. Every person has their own ambition. Among them I have my own ambition to become a scientist.

My aim in life is to become a scientist. The scientist plays a very important part in a society. A scientist finds a way and method with the help of science for solving the problems. There are many different scientists who discover many things. Among them, I can also discover a robot that can make our life easy. Robots can help us to bring things and serve in different ways.

I will focus my mind on studying the root cause of such issues and find solutions. I hope I will definitely become a scientist.

## राम्रो बानी



**सादभी पन्त**  
कक्षा २ लिलि  
रोल नं ७

सबैजना किताब खोल  
नलगाऊ कसैको पोल  
सबैसँग मिठो बोल  
ज्ञानको छैन कुनै मोल ॥

## My Mother



**Suhom Adhikari**  
Class 2 Lily  
Roll No: 4

You are the one  
Who gave me birth  
You are the one  
Who gave me love.

You are bright  
You are my pride  
You are the only one  
In my life.

## Sunny Day



**Shan Gurung**  
Class 2 Lily  
Roll No: 5

It's sunny day  
I made it a funny day.  
Going to swimming is very cool  
With my friends who are  
making me fool.

## Cloud



**Roland D.C**  
Class 2 Lily  
Roll No: 12

High up in the sky you fly  
I love to eat ice-cream and chocopie  
I go to school wearing a tie  
Wait a minute, I am getting late  
See you again! Ok, bye, bye.

## Sun



Mirak Hang Limbu  
Class 2 Lily  
Roll No: 9

Far away somewhere it shines  
Everyone thinks that it is mine  
It gives us heat and light  
I care about it as it's my pride  
Sun rises and sets down  
Everything looks very sound.

## Dog



Melisha Bajracharya  
Class 2 Lily  
Roll No 8

Everyone has a dog  
In their house  
People get scared with it.  
Thieves run away  
After hearing its sound  
Since it barks very loud.  
Dog is a domestic pet  
It is really useful I bet  
If it becomes sick  
We take it to the vet.

## आमा



रोबिन श्रेष्ठ  
कक्षा २ लिली  
रोल नं ११

आमा तिमिले जन्म दियौ  
आफ्नो छातीको दुध पिलायौ  
आफ्नो सन्तानलाई सुख दिन  
तिमी आफैँ दुःखको बाटोमा बिलायौ ।

## स्कूल आऊ न साथी कुल आऊ न



आरोग्य रिमाल  
कक्षा २ लिली  
रोल नं १८

स्कूल आऊ न साथी  
स्कूल आऊ न  
स्कूल आई पढी लेखी घर जाऊ न  
स्कूल हाम्रो कक्षा कोठा शिक्षाको दोकान  
छोराछोरी स्कूल ल्याउँन नगर दोमन ।  
स्कूल हाम्रो मन्दिर हो  
गुरुवर्ग हाम्रा भगवान्  
उज्वल जीवन बनाउने  
उनीहरूकै हो काम  
नयाँ नयाँ शिक्षा दिने  
गुरु हाम्रै माभ  
विद्याको भण्डार हो हाम्रो स्कूल  
सबै इच्छा पुरा गर्ने ।  
विद्वान् हामी बन्ने  
मिलिजुली बस्न हामीलाई सिकाउने  
स्कूल आऊ न साथी स्कूल आऊ न  
स्कूल आई पढी लेखी घर जाऊ न ॥

## House



Sashwat Bagajain  
Class 2 Lily  
Roll No: 19

I am Shashwat Bajagain. I live in a house. My house is clean and beautiful. It has a big playground too. My house has flowers and trees. There are small hills nearby my house. I ride my bicycle in hills and gardens. I can see a jungle, a bridge and a long waterfall from my house. I love my house very much.

## A House



Kritika Barakoti  
Class 2 Lily  
Roll No: 13

A house is important to us. It has colourful walls. People live in the house. Houses are of many designs. Some houses are small and some big. I live in my house with my parents. There are many doors and windows in my house. There are also many passages. In my house, there are six beds and three sofas and many chairs. There is a dining table. There are eight members in my house. It gives us protection from heat and cold. It is a safe sanctuary where a family grows together. It is full of memories. We should keep our home neat and clean.

## My School



Suprim Chand  
Class 2 Lily  
Roll No: 17

My school's name is Riviera International Academy. There are buses and vans in my school. There are beautiful flowers in my school. There are many teachers too. I love my school very much.

## Flower



**Sadikshya Sigdel**  
Class 2 Lily  
Roll No: 22

Colourful flowers are everywhere  
Making the surrounding beautiful I swear  
Blooming and shining everywhere  
Let's enjoy the season without fear.

## My School



**Smiriti Sunuwar**  
Class 2 Lily  
Roll No 10

**M**y school is Riviera.  
There are two buildings  
in my school. There is a  
beautiful garden too. There  
are so many teachers. There  
is a big playground. There are  
four buses. There are many  
students. There is a canteen  
too. My school is my pride.

## Rain Rain



**Agnima Tamang**  
Class 2 Rose  
Roll No 5

Rain, Rain, Rain  
Oh, my friend!  
I don't have a pen  
But I have a brain.

## My School



**Sristi Thapa**  
Class 2 Lily  
Roll No: 20

**M**y school's name is  
Riviera International  
Academy. There are two  
buildings. There is a big  
playground in front of the  
school building. There are  
many trees. There is a flower  
garden. My school is in red and  
blue colour. There are white  
boards in the classrooms.  
There is a canteen. There are  
many classes. There are many  
desks and benches. The office  
room is downstairs and my  
classroom is upstairs. I like  
my school very much.

## Mother



**Agrata Dhungel**  
Class 2 Lily  
Roll No: 14

I have a mother  
She has a daughter  
And that is me  
For all of my happiness  
She is the key.  
My mother works in office  
She also pays my school fees  
I love my mother and so does she  
For all of my happiness she is the key

## पानी



**आभाष सेढाई**  
कक्षा २ लिली  
रोल नं २१

**प**ानी सबै प्राणीका लागि नभई नहुने  
वस्तु हो । मानिसलाई मात्र नभएर  
सबै प्राणी र जीवलाई पानी चाहिन्छ ।  
पानी बिना वनस्पति पनि बाँच्न सक्दैनन् ।  
मानिसले पानी पिउन, खाना पकाउन, सफा  
गर्न नुहाउन प्रयोग गर्दछन् । हामीले सधैं  
सफा पानी पिउनु पर्छ अनि निरोगी बन्छौं ।

## My Best Friend



**Prince Sah**  
Class 2 Rose  
Roll No 1

**M**y best friend's name  
is Rijan Regmi. He is  
eight years old. We study in  
the same school i.e. Riviera.  
He loves eating Mo: Mo. His  
favorite fruit is apple. He  
also loves me. He is good in  
studies. I love my best friend.

## मेरो देश



**कृतन के.सी.**  
कक्षा २ रोज  
रोल नं ७

मेरो देश नेपाल  
म नेपाली  
मेरो देश राम्रो छ  
सगरमाथा हाम्रोमा छ  
मेरो देशमा तराई छ ।  
नेपाल हाम्रो घर हो ।

## My Father



**Busan Awal**  
Class 2 Rose  
Roll No: 10

**M**y father's name is Bashu Dev Awal. My father is thirty years old. My father goes to office. His favourite food is Mo:Mo. His favourite colour is blue. He loves me very much. I also love my father.

## Food



**Aayush Dangol**  
Class 2 Rose  
Roll No 6

**F**ood is necessary for us. Food keeps us healthy and strong. We eat rice, dal and vegetables. We eat bread and cake. We eat meat and milk. If we don't eat food, we become weak and lazy. Without food, we cannot live. So we have to eat clean and fresh food only.

## आमा बा



**रिवाज शोर्पा**  
कक्षा २ रोज  
रोल नं १२

आमा मेरो घामको किरण  
बाबा मेरो जून  
मैले कसरी तिर्ने होला  
बा आमाको गुन ?  
आमा र बा दुवै हुन्  
मेरा भगवान्  
सधैंभरि गरी रहन्छु  
हजुरहरूको सम्मान ॥

## My Mother



**Lawang Tamang**  
Class 2 Rose  
Roll No: 25

**M**y mother is the most precious and caring person in my life. She is my first and foremost friend, in fact, my best friend. She cares for me and loves me a lot. She stands by me in my good as well as bad times. My mother wakes me up early in the morning for school. She prepares nutritious breakfast and tiffin for me. She waits at the door when I come back from the school. My mother helps me in my homework. At bed time, she tells me nice stories. She spends sleepless nights and takes care of me when I fall sick. She teaches me to go on right path and do the right things. She is the first teacher for me who taught me to speak, walk, behave well and many more good things. She always inspires me to do something good for the society and the country. I love my mother very much and I can never forget the sacrifices she made for me.

## Social Service



**Pasang Lhamu Sherpa**  
Class 2 Lily  
Roll No: 26

Source: Social Studies Book

**S**ocial service is the service given to people to improve the social condition of a society. This service is given without any interest of profit. Social service is based on the concept of brotherhood. It is a work to help the men in trouble. We can help the sick and poor people as social service.

## Importance of Dustbin



**Rijan Regmi**  
Class 2 Rose  
Roll No: 9

**D**ustbin is important for us. Dustbin is a very useful thing. We should have dustbin in our house, school, hospital and public place. If there is no dustbin, we will be unhealthy and sick. We should have dustbin in public places too. If we notice some wastes anywhere, we have to pick up and throw in the dustbin. If everyone makes a habit of using dustbin, then, we can live healthy life.

## Myself



**Diweija Paudyal**  
Class 2 Lily  
Roll No: 25

**M**y name is Diweija Paudyal. I am eight years old. I live in Maijubahal, Chabahil. My favourite food is mo:mo. My favourite fruit is mango. I study in Grade Two Lily. My favorite colour is pink. My favourite place is Duhabi. My best friend's name is Kritika. My school's name is Riviera international Academy. My favourite dress is t-shirt and skirt. I love myself very much.

## किताब



**रिवाज के.सी.**  
कक्षा २ रोज  
रोल नं २४

किताबमा पढ्ने कुरा

पाउँछौं हामी ज्ञान  
पढेपछि ठूलो भई  
देशको गछौं मान ।  
अल्छी गरी बस्नु हुन्न  
किताब कापी बोकाँ  
लेख्ने पढ्ने मन गरी  
बिहान चाँडै उठौं ॥

## Ice- Cream



**Deepson Luitel**  
Class 2 Lily  
Roll No: 23

I like vanilla ice-cream  
This is very tasty in flavor  
It makes me cool and peaceful  
That's why I want an ice- cream.  
Mom takes me to watch movies  
Before going, she does 'make up' and I tease  
After movies, I eat an ice-cream  
I become happy as it is my dream.

## पुतली



**डिमी शेर्पा**  
कक्षा २ रोज  
रोल नं २३

रङ्गीचङ्गी पुतली  
आयो फूलबारीमा ।  
पुतली देखेर  
म त खुसी भएँ ।  
मलाई पनि पुतली भैँ  
उड्न मन लाग्यो ।  
यति सुन्दर फूलबारीमा  
डुल्न मन लाग्यो ।

## Book



**Smarika Dhital**  
Class 2 Rose  
Roll No: 22

Book is filled with knowledge  
By reading, we can gain courage.  
I am a story books lover  
I never judge a book by its cover.  
We shouldn't tear the pages of the book  
Since we might miss the right clue.  
It helps us for making our future bright  
It takes us from darkness to light.

## Classroom



**Deepika Gadai**  
Class 2 Lily  
Roll No: 24

**C**lassroom is the place where we study for seven hours after we reach school. So, I think we must keep our classroom very neat and clean. We should not write on classroom's walls. We should hang the important formulae, creations, poems and drawing on the classroom walls. By doing this, our classroom looks nice and beautiful.

## Dashain



**Pratima Pandey**  
Class 2 Rose  
Roll No 14

**D**ashain is celebrated for fifteen days. At Dashain, we play swing. We receive tika from elders. During Dashain, we go to our village and maternal uncle's house. We visit different places and travel. We go to our grandmother's house. I wear new clothes in Dashain. I do my homework in Dashain vacation. I like this festival very much.

## विद्यार्थी



अभिरा काफले  
कक्षा २ रोज  
रोल नं १६

हामी साना विद्यार्थी  
सधैं पढ्न जाने  
हाँस्ने खेल्ने रमाउने  
ठूलो मान्छे बन्ने ।  
आदर गर्छौं गुरुलाई  
पढ्छौं ध्यान दिएर  
नयाँ नयाँ पाठ सिक्छौं  
हामी ज्ञानी भएर ।  
ज्ञान पनि माया पनि  
पाउछौं गुरुबाट  
साथीभाइ मिलेर  
पढ्छौं लेख्छौं पाठ ।

## My Mother



Neelax Jung Dhakal  
Class 2 Rose  
Roll No:4

I love my mother  
We always enjoy together  
She is very tall  
She loves me the most out of all  
She takes much care of me  
She gives me a ball and let me free  
She is always there  
I love you my mother.

## मेरो विद्यालय



याश्ला शेर्पा  
कक्षा २ रोज  
रोल नं २

राम्रा कुरा सिक्ने ठाउँ  
मेरो विद्यालय  
असल बाटो देखाउने  
मेरो विद्यालय  
भोला बोकी पढ्न जान्छु  
मेरो विद्यालय  
गुरुश्रामा भेट्ने ठाउँ  
मेरो विद्यालय ।

## Food



Aaradhya Sapkota  
Class 2 Rose  
Roll No: 8

Food gives us energy  
It does not let us be lazy.  
We should avoid junk food  
To be healthy and good.  
We should eat balanced diet  
So that germs cannot bite.

## My Family



Prashna Pokharel  
Class 2 Rose  
Roll No 15

I have four members in  
my family. It is a small  
family. They are my father,  
my mother, my sister and  
me. My father is the head of  
the family. My mother cooks  
very delicious food for us. My  
sister teaches homework to  
me and my mother teaches  
project to me. My father, my  
mother and my sister love me  
very much. I also love them  
very much.

## About My Mother



Diya Khawas  
Class 2 Rose  
Roll No: 19

My mother's name is Tara  
Bista. She is twenty  
eight years old. She is a  
housewife. She gets up early  
in the morning. She is my  
best friend. She teaches me  
homework every day. She  
has long and black hair. She  
is very beautiful. She likes  
eating mo:mo. She doesn't  
like to eat rice. She cooks very  
well for us. My mother loves  
me very much.

## My School



Sofiya Karki  
Class 2 Rose  
Roll No 11

My school's  
name is Riviera  
International Academy.  
It is located at  
Maijubahal, Chabahil. It  
is a boarding school. It  
has run plus two classes  
also. There are two  
buildings in my school.  
They are blue and red in  
colour. There are many  
classes in my school.  
There is a canteen in my  
school. I love my school  
very much.



## My Father



**Samrat Sherpa**  
Class 2 Rose  
Roll No: 17

**M**y father's name is Nima Sherpa. My father is a businessman. My father is very helpful. He buys toys for me. He takes care of me. He is a hard working person. He loves me very much. I also love my father. He is such a friendly and loving father.

## Fire



**Pawan Tamang**  
Class 2 Rose  
Roll No: 27

**F**ire is very important to cook food and heat water. Fire is important but if we misuse, we may get an accident. We should not play with fire. Fire is very dangerous. We should be careful while using fire.

## My Mother



**Sujita Karki**  
Class Two Lily  
Roll No 6

My mother's name is Kopila Karki. She is 31 years old. She is very beautiful. She helps me in all of my works. She is the one in the world who loves me very much. She helps me in my studies as well. My mother is the dearest mother. I love my mother very much.

## Myself



**Rock Ghimire**  
Class 2 Rose  
Roll No: 18

**M**y name is Rock Ghimire. I am eight years old. My best colour is red. I like eating pizza. My school's name is Riviera International Academy. I study in class Two 'Rose'. My best friend's name is Neelax Jung Dhakal. I love him very much.

## Water



**Gahan Khatri**  
Class 2 Rose  
Roll No: 21

**W**ater is quite essential for our good health. We drink water to live. We have to drink a lot of water every day. When we don't drink water, we suffer from diseases. In summer days, we like to swim. We should not drink dirty water. All the animals also need water. Plants also need water to live. We should never waste water.

## Riviera



**Kista Khadka**  
Class 2 Rose  
Roll No 20

There is an educational temple  
Whose name is Riviera,  
Where every teacher and elder  
Shows love and care.  
Its ground is big  
And the garden beautiful  
The students look wise  
And the teachers dutiful.

## My Best Festival



**Anuska Dhungana**  
Class 2 Rose  
Roll No: 26

**M**y best festival's name is Holi. We play water and colours in holi. Holi is the festival of colors. We play Holi with our brothers, sisters and friends. I like to play Holi festival. I love Holi festival very much.

## Festival



**Nimisha Lakandri**  
Class Two Lily  
Roll No 15

Festival is an occasion  
This never goes out of fashion.  
Festival does not come in the rank  
Let's celebrate it being frank.

## Nepal



**Abhisek Timalsina**  
Class 3 Lily  
Roll No: 3

Nepal is the most beautiful country in the world. Nepal is a land-locked country. It is the second richest country in terms of water resources. The highest mountain Mount Everest also lies in Nepal. Kathmandu is the capital city of Nepal. Nepal is the birth place of Gautam Buddha who is known as the "Light of Asia." People with different castes live here. I love my country and its culture very much.

## Beautiful Butterfly



**Sampanna Rai**  
Class 3 Lily  
Roll No 6

I saw in the garden  
A colorful butterfly  
It had many colors with beautiful light  
And it made my face so bright  
When I went to catch it  
It flew very high  
I came back home and I cried  
My mom said "My boy, don't cry"  
And showed me a beautiful butterfly.

## Social Service



**Aarushi Bardia**  
Class 3 Lily  
Roll No: 4

Social service is an act of doing things without having a purpose of making money out of it. Some examples of social service are opening orphanage, old age home, public library and school. An orphanage is a home for children who do not have their parents. They are provided with education, food and shelter. The purpose behind opening orphanage is to make the children happy and to make them feel secure. The old age home is a free home for old people. They are provided with food, shelter, clothes and medicine. We need a public library in our community. We can borrow different types of story books from there. We get knowledge by reading different types of books. We read magazine and interesting books. It also helps in increasing our knowledge.

## Mom



**Suprina Chapagain**  
Class 3 Lily  
Roll No 11

Composed of three letters  
Precious for me is the word 'mom'  
Whose love runs in my blood  
She devotes her life  
For my better growth  
She becomes blind  
For my happiness  
Without any selfishness  
She cares for me  
Ready to bear pain and trouble  
She is the most selfless being on the earth  
And we should always know her worth.

## My Mother



**Sonam Tamang**  
Class 3 Lily  
Roll No: 7

My mother is as beautiful as a feather  
This winter she wants to wear a jacket of leather  
She is a woman full of emotion  
For me and my family,  
She gives her full devotion  
She is short in height  
However teaches me not to fight  
She is very caring for me and other  
For which I am proud to call her "My Mother".

## मेरो विद्यालय



**प्रयास दवाडी**  
कक्षा ३ लिली  
रोल नं २

एकदशौं शताब्दीको दक्ष जनशक्ति उत्पादन गर्नुपर्छ भन्ने लक्ष्य बोकेर हिँडेको मेरो विद्यालयको नाम रिभेरा इन्टरनेसनल एकेडेमी हो। शान्त वातावरणमा पढाइ हुने मेरो विद्यालयको नारा नेतृत्व राष्ट्रको लागि भन्ने रहेको छ। आज यस विद्यालयमा पढ्ने विद्यार्थी भोलि गएर यो देशका सक्षम नागरिक बन्नू भन्ने चाहना रिभेराले राखेको छ।

## I Met a Friend



**Nirosha Rana**  
Class 3 Lily  
Roll No 5

I met a girl who told hello  
She was wearing a dress  
Which was yellow  
She was very kind  
And had a sharp mind  
She had a sweet name  
She also liked to play game  
She told her lucky color is blue  
I said it's my lucky color too!

## Nepal



**Aastha Rajaili**  
Class 3 Lily  
Roll No: 14

**N**epal is a small country. It is situated between India and China. In Nepal, there are many mountains and rivers. It is full of natural resources. Hence, a lot of adventurous sports like rafting, bungee jumping, zip lining, rock climbing etc have been established. These have also become a major source of attraction for the tourists. In Nepal, there are many attractive places. Lots of tourists visit Nepal to enjoy its natural beauty. Nepal has 77 districts and 14 zones. There are many temples and historical places like Pashupatinath, Krishna Mandir, Patan Durbar Square and Swayambhunath. Thus, Nepal is one of the most beautiful countries.

## Mother



**Eliza Dura**  
Class 3 Rose  
Roll No: 9

**M**y mother is that person who loves me the most. She is the most caring woman. Mother is the person that can't be described in words. My mother is the person who occupies my heart. She always plays a vital role in shaping my life. My mother is a beautiful lady who takes care of me in every aspect of my life. I love my mother because she always helps my father and every family member. God could not be everywhere, and therefore he made mothers. My mother is always very good to me and so valuable. She taught me to always try my best, to treat everyone equally, do not give up when things get difficult. My mother is the most important person in my life. My mother is someone who looks after the welfare of everyone. She is the only one person who I can believe with my closed eyes also. Thank you for loving me so much.

## My Mother



**Anwasha Pradhan**  
Class 3 Rose  
Roll No 1

My mother, my friend,  
You are my dear  
Throughout my life  
You are always near  
Always your smile  
Guides my way  
You are the sunshine  
Who makes my day.

## Father



**Aarshan Sapkota**  
Class 3 Lily  
Roll No 22

Father, Father, Father!  
You make my life better  
Father is my God  
We are two peas in a pod  
Father is my savior  
You teach me the best behavior  
My father is a hero to me  
You give me a lot of energy.

## My Mother



**Om Bikram Thapa**  
Class 3 Lily  
Roll No 8

**M**y mother's name is Sudha Thapa. She is a house wife. She teaches me Maths clearly. She does many things. My mother wakes up at 6 'o' clock. When my mother is sick, I help her. My mother is god for me. I love my mother very much.

## The Farmer of Nepal



Anushka Gurung  
Class 3 Lily  
Roll No 9

Nepal is an agricultural country. Agriculture is the chief occupation of Nepalese people. Majority of people in our country are farmers. They are found in the hilly areas, valleys and in plains. So farming is the main source of their livelihood. The farmers live in villages. Farmers are hard working. They have different customs, religions and languages.

## My Best Friend



Samir Tuladhar  
Class 3 Rose  
Roll No: 7

My best friend's name is Zehangma. She is eight years old. Her favourite food is pizza, mo:mo, burger and cake. Her favourite dress is skirt. Her favourite place is Pokhara. Her favourite bird is peacock. Her nickname is Riyana. Her favourite cartoons are Doremon and Ninja Hattori. Her favourite movie is Frozen 2. Her favourite Nepali movie is Lily Bily. I love my best friend.

## My Mother



Sanvi Thapaliya  
Class 3 Lily  
Roll No 10

No one can take your place  
You are everything to me  
Your hugs are warm,  
And it makes me happy.  
You nurse me whenever I am sick  
You feed me when I am hungry  
You help me in my studies  
You are my guide  
Whenever I go wrong,  
You show me the right path.

## My School



Oman Rai  
Class 3 Rose  
Roll No 6

In my school, there are playground and some trees. There are a library and computer lab too. We study lots of subjects like Nepali, Science, Math, Symphony, Social, Computer and Drawing. We get three break times. They are two short breaks and one lunch break. Both the studies and extracurricular activities go together. We are taught to be disciplined and smart too. I like going to school because we are never burdened with school works. The teachers teach in an interesting way and make the learning enjoyable.

## समयको महत्त्व



आदित्य लामा  
कक्षा ३ रोज  
रोल नं ४

समयको महत्त्वलाई बुझ्नु पर्छ साथी  
त्यसो गरे हामी सबै पुग्न सक्छौं माथि  
काम गरौं सधैंभरि समयलाई मानि  
अनिमात्र बन्न सक्छौं हामी बुद्धिमानी ।  
समय हो अमूल्य चिज  
खेर फाल्नु हुन्न  
राम्रा राम्रा काम गरौं  
अल्छी गर्न हुन्न ॥



## My Best Friend



Zehangma Khaling  
Class 3 Rose  
Roll No: 16

My best friend's name is Anwesha Pradhan. She is eight years old. Her favourite foods are pizza, burger and cake. Her favourite dresses are gown, lehanga, skirt, pant and t-shirt. Her favourite birds are penguin and peacock. Her birthday is on 2nd of Magh. Her favourite place is Sanga where there is a big statue of Lord Shiva. Her favourite colours are blue, golden and silver. Her nick name is Lima. I am her best friend. I love my best friend very much.

## Books



**Roselin Karki**  
Class 3 Lily  
Roll No:17

We have to take care of books. Books give us knowledge. They have art, papers, lessons, questions and stories. We have to cover our books. There are things to do like puzzles, find a word etc. There are 'fill in the blanks', 'match the following' too. There are different types of books. Some are story books while some contain facts like encyclopedia. I love reading books.

## Village



**Darpan Rasaili**  
Class 3 Lily  
Roll No 16

My favourite place is Bhugi, Ramechhap. Because of its fresh air, this place is full of domestic animals. There are many trees, rivers, lakes and ponds in the village. The hard working farmers are the gem of this place. Gaurishankar Mountain adds more charm to this place's beauty. I love my village very much.

## My Favourite Subject



**Nispakshya Khatiwada**  
Class 3 Lily  
Roll No 13

My favourite subject is Symphony. When I read the book, it inspires me. It is full of stories. The stories teach us moral values. It also gives us a lot of energy to get things done in the right way. Thus, I love this subject.

## Sun



**Wangdi Tamang**  
Class 3 Lily  
Roll No 12

Sun gives us light  
Sun gives us heat  
When the sun is too hot  
Have cold drink.  
The sun is yellow  
Whose heat makes river shallow  
Do not mess with sun  
It definitely is not much fun.

## Rainbow



**Apekshya Singh Thakuri**  
Class 3 Lily  
Roll No 20

Rainbow, Rainbow, Rainbow!  
It has seven colours  
It has red, orange  
Yellow and so on.  
It is colourful  
And it is bright  
It comes when  
it rains outside !!!!

## Teachers



**Ayushna Bhandari**  
Class 3 Lily  
Roll No 21

Teachers are the ones who teach us. They always teach us to do right things and guide us towards right path. They are very helpful and caring. They always teach us new things and help to make us successful. They share their knowledge and experience with us. So, I like my teachers very much.

## Place



**Dikesh Rai**  
Class 3 Rose  
Roll No: 3

My favourite place is Pokhara. There are so many lakes and rivers. There are many boats too. In Pokhara, many people do adventurous sports like bungee jumping, paragliding and rock climbing.

## Mother



**Britisha Gajmer**  
Class 3 Rose  
Roll No 15

My mother is my life  
She makes my life bright  
Whenever I feel cold  
My mother makes me bold  
When I earn my fame  
Mother has good name  
My mother is God  
She loves me a lot.

## Clean Classroom



Lakpa Diki Sherpa  
Class 3 Rose  
Roll No 14

We should keep our classroom clean. We should not throw the peels of pencils here and there. We should use dustbins. Things like chocolate wrappers, waste papers and biscuits wrappers should also be put in the dustbins. We should not eat our lunch in the classroom. It makes the classroom dirty. We should decorate our classroom by hanging charts.

## My School



Siwon Sherpa  
Class 3 Lily  
Roll No 15

My school' name is Riviera International Academy. In my school there are four buses and one micro bus. Along with that, there are two buildings and many classrooms. There are computer lab, science lab and library too. In my school, there are two hostels. School is our second home. I love my school very much.

## School Life



Kangana Raj Rauniyar  
Class 3 Rose  
Roll No 19

School, oh! School  
You improve the fool  
We read, write and play here  
We get knowledge  
Love and care  
Uniforms, ribbons and  
Loads of books  
For the national anthem  
Proudly our heads move  
Friends', teachers'  
Games and dances  
Live this moment  
There are the chances.

## Discipline



Pemba Sherpa  
Class 3 Rose  
Roll No: 8

Discipline is the most important thing in our life. We should follow discipline every time. We should follow in class, park and home as well. When teachers come in class, we should greet them. We should always respect our teachers, parents. We should love our friends. When teachers are in class, we should not talk and disturb them.

## Butterfly



Saurab Tamang  
Class 3 Rose  
Roll No 11

Butterfly, Butterfly,  
flutter around  
Butterfly, Butterfly,  
touch the ground  
Butterfly, Butterfly,  
fly so free  
Butterfly, Butterfly,  
land on me  
Butterfly, Butterfly,  
reach the sky  
Butterfly, Butterfly,  
say good bye!

## My School



Hise Sherpa  
Class 3 Rose  
Roll No: 12

There are fifteen classrooms in my school. There is a big playground. In my class, there are four windows. There are many trees. There is a beautiful garden in my school. There is a canteen in my school. My school is beautiful and big. There are twenty three students in my class. I like to go to my school. I love my school.

## I Am a Girl



**Roshani Rai**  
Class 3 Rose  
Roll : 17

I am a girl with beautiful and cute face  
I take part in all the activities including race  
I respect all my teachers  
And learn so many things from haters  
I really don't like seeing anyone sad  
I can do anything to make my parents glad.

## Parents



**Chheten Sherpa**  
Class 3 Rose  
Roll No: 21

When I am sad,  
They comfort me  
When I am sick,  
They care for me  
When I misbehave,  
They correct me  
When I need help,  
They help me  
Because they love me  
When I lose faith,  
They help me to regain it  
When I need forgiveness  
They forgive me  
So I love my parents.

## A Loving Father



**Shreyana Katuwal**  
Class 3 Rose  
Roll No: 18

**M**y Father's name is Bijaya Katuwal. He is thirty nine years old. He likes to eat vegetables, rice and chicken. He loves me very much and I love him too. He is important for me and my mother is also important for me. He is a nice person. He is a very gentle person. He teaches me good manners. He loves me very much and I love him too.

## Poem



**Pujan Budha**  
Class 3 Rose  
Roll No: 5

There is a cat  
Sitting on a mat  
Wearing a hat  
And eating a rat  
He is very fat  
He is eating a kitkat  
He is so funny  
He likes eating honey.

## मेरो बहिनी



**सायना मोक्तान**  
कक्षा ३ रोज  
रोल नं २३

मेरी एउटी बहिनी छे  
सबैभन्दा ज्ञानी छे  
काफल गोडी खान्छे रे  
सधैं स्कुल जान्छे रे ।  
भुटो बोल्न जान्दिन  
कहिल्यै अल्छी मान्दिन  
कापी माग्छे बालाई  
कलम माग्छे मलाई  
मेरी एउटी बहिनी छे  
सबैभन्दा ज्ञानी छे ।

## म



**आरम्भ न्यौपाने**  
कक्षा ३ रोज  
रोल नं २२

**मे**रो नाम आरम्भ न्यौपाने हो ।  
म राम्ररी पढ्छु । म कक्षा ३  
मा पढ्छु । म मेरो परिवारलाई पिर  
मा पर्न दिन्न । मेरो परिवारको सपना  
पुरा गर्न चाहन्छु । असल छोरा र विद्  
यार्थी भई सबैको मन जित्नेछु ।

## Rainbow



**Priyal Gajmer**  
Class 3 Rose  
Roll No: 13

Rainbow, Rainbow, Rainbow In the sky  
Sun shines and rains, that is why  
Red and orange, yellow green and blue indigo  
Violet that is really true  
Sometimes half and sometimes full  
but rainbow is beautiful.

## Nepal



Aniket Ghimire  
Class 3 Lily  
Roll No 1

A country with different castes and creeds  
It has green fields and snowy peaks.

Nepal is a beautiful country  
With lots of waterfalls and trees.

Tourists are attracted towards our nature  
Everyone is loved here even the small creature.

No one is Madeshi, Pahadi and Himali  
We all are proud to be Nepali.

## Mother



Krish Kumar Gupta  
Class: 4 Rose  
Roll No: 25

The god who gave us birth  
Always protects us  
With loving and caring nature  
Is only my beautiful mother.

A cute woman who has a beautiful gaze  
Always brings smile on our face  
She has a beautiful heart  
And teaches us to work.

## Amazing Human Facts



Umanga Kuinkel  
Class: 4 Rose  
Roll No: 28

1. Children are born without kneecaps. They appear at the age of 2-6 years.
2. The size of the human heart is approximately equal to the size of his fist.
3. The right lungs of man contain more air than the left.
4. The strongest muscle in the human body is the tongue.
5. 99% of all calcium in the human body is in teeth.
6. The total length of blood vessels in the human body is about 62 thousand miles.
8. The average person speaks 4800 words in 24 hours.

## Robot



Roshan Gurung  
Class: 4 Rose  
Roll No: 13

Robot is a man-made man  
Loves to work whatever it can  
It can fire the gun  
And hit the don  
It can trim the lawn  
And block the sun  
Robot is not made of clay  
Neither is it made of hay  
In fact it is made of metal  
So it looks like a big doll.



## Good Manner



**Krisha Sunuwar**  
Class 4 Lily  
Roll No: 1

**G**ood manner is important to all of us. A man is known by his manner. An ill mannered person is no better than a beast. People send their children to good schools so that they become well mannered. Good manners win love and respect from all.



## My Birthday Celebration



**Reshika Thapa**  
Class 4 Lily  
Roll No: 6

**I**woke up at 5.30 and went to the temple. My mother had bought new clothes. I wore them and went to school. In the morning assembly, everyone wished me. I gave chocolates to my friends and teachers. I went home and gave chocolates to my relatives. We all family members decorated my house. All of my relatives and friends came to my home and we celebrated my birthday party. I cut cake. I blew candles and I made a wish. We danced and sang and did many activities. It was very fun. At last, we had dinner. I opened all my gifts and became happy.



## Rainbow



**Jenish Tamang**  
Class 4 Lily  
Roll No: 7

Rainbow is cool  
Just like the water of a pool  
I saw one dream  
About the rainbow and the ice-cream.  
A rainbow looks nice  
So I see it thrice  
I see the rainbow from near a river  
That gives me peace forever.

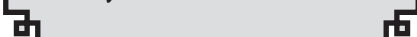


## My Aim in Life



**Pasang Chhoti Sherpa**  
Class 4 Lily  
Roll No 11

**W**hen I grow up, I want to be a doctor. Doctor is someone who takes care of us. When I grow up and become a doctor, I will take care of others and I will travel many places to help poor people. I will give them medicines and help them. I will help those people who are suffering from diseases. I will give them many health tips to be healthy. I will also establish many health camps in rural areas of many countries.



## Flower



**Sanshraya Adhikari**  
Class 4 Lily  
Roll No 8

Green and blue, pink and white  
The day is very bright  
Jasmine, rose and other  
I love the flower  
I like the flowers of the garden  
They are colourful and fine  
Rhododendron looks beautiful here  
I look after the flowers with care.



## What My Grandfather Likes Doing



**Sanket Sigdel**  
Class 4 Lily  
Roll No: 18

**M**y grandfather's name is Min Raj Sigdel. My grandfather is 80 years old. My grandfather likes rice. He likes playing ludo. My grandfather tells me stories at night. He likes walking in the morning. He likes watching TV. He drops us at school. He likes cooking food. He used to be a teacher. He likes going to temple every morning. He likes watching movie. He likes winter season.



GRADE  
FOUR

## Hercules



**Nischal Khatiwada**  
Class 4 Lily  
Roll No: 27

Once upon a time, there was a family. There were five members in the family. They were Hercules, Jonshon, Aliza, Hary and John. They were very hard working. Hercules was the eldest son of Jonshon. He loved his brother John. He studied in class eleven. He passed the examination but he didn't get the job. One day, when he was going home, he saw an artist and he said, "Can I get the job? The artist said, "Yes". He lived happy life thereafter.

## Laxmi Prasad Devkota



**Rikesh Shrestha**  
Class 4 Lily  
Roll No 15

Laxmi prasad Devkota was born on 12th November 1909 and died on 14th September 1959. He was the greatest Nepali poet, play writer and novelist. His birthplace was Dhobidhara, Kathmandu. He had five daughters and four sons. His father's name was Tilmadhav Devkota. His mother's name was Rajaylakshmi Devi.

## Discipline



**Samriddha Timilsiana**  
Class 4 Lily  
Roll No 13

Discipline is the ability to control one's impulses, emotions, desires and behavior. If we remain disciplined, we get long term satisfaction; we achieve higher and more meaningful goals. It makes us able to make the right actions which bring positive results in our life.



## Arunima Singha



**Lakhi Bhutiya**  
Class 4 Lily  
Roll No: 19

Arunima Singha was the first Indian woman to climb Mount Everest. In fact, she had low chance of climbing the mountain. People told that she could not do it. But, she made the commitment to reach the summit. Ultimately, she stayed true to her goal and did the impossible. So, nothing is impossible for a willing heart.

## A Cat



**Liza Shrestha**  
Class 4 Lily  
Roll No 10

I saw a cat  
Killing a rat  
It became fat  
And lay on the mat  
The cat drank milk  
And hid under the quilt  
As it came out  
I had a huge shout.



## Dev Joshi



**Riyana Khadka**  
Class 4 Lily  
Roll No 23

Dev Joshi is an Indian actor. He acts in the show of Balveer. He lives with his mom Devengana Joshi and his dad Dushyant Joshi. He also lives with his sister Pooja Joshi. He was born on November 28, 2000. He is 19 years old now. He is good at sports, study and acting. His favourite tourist destinations are London and Dubai. His favourite actor is Hrithik Roshan. His favourite actress is Alia Bhatta. His favourite colours are blue and black. I am big fan of him.



## Mother



**Rujil Raj Bhandari**  
Class 4 Lily  
Roll No: 20

**M**other is the one who gave me birth. She is the one who helps me in every step. My mother is my best friend. My mother is always ready to sacrifice for my wishes and my needs. She is the one who has taught me values and skills. I love my mother very much.

## The King of Football "Neymar"



**Ryan Dangi**  
Class 4 Lily  
Roll No: 30

**T**he king of football is Neymar. He was born in Brazil in Brasilia. He was poor in his childhood. His father was a barber. His mother was a housewife. Soon he played football and won many awards. He played for Brazil and he also played from FCB Barcelona. And, afterwards, he bought Lamborghini and private jet.

## Plants



**Swaroop Tamang**  
Class 4 Lily  
Roll No 5

There is a group of ants  
We have to grow plants.  
Every problem has got solution  
Plants can remove pollution.  
I eat a bun  
Plants give us oxygen.  
There is juice of cans  
I love to grow plants.

## My Village



**Sanaya Dolma Tamang**  
Class 4 Lily  
Roll No: 12

**T**here are so many people in my village. My village's name is Namdu. It is near Charikot. There are many Tamang people in my village. In my village, there is Thuli Dhara. It is unique in itself. I frequently visit my village.

## Football



**Kalash Kumal**  
Class 4 Lily  
Roll No: 31

It is a game in which we kick the ball  
Neymar, Messi and Ronaldo are the stars of all  
It is played all around the world  
Fulfilling the countries' expectations at all.  
Craze for football is everywhere  
Either Nepal, Brazil or Singapore  
At home, hotel, beach, or shop  
Football game is a must.

## Me



**Jeshant Karki**  
Class 4 Lily  
Roll No 22

My brother is Shan  
I am Geshan  
I have a dog  
His name is Bob  
I am a living being  
I am proud of my doing.

## Environmental Awareness



**Ananta Raj Pandey**  
Class 4 Lily  
Roll No: 29

**O**n the Earth Day, we show our love for the mother earth. We can plant trees and promise to reduce, reuse and recycle.

But we should love earth not only for a day. We must help to preserve the earth everyday. We can do this by planting green trees.

## Nepal



**Agraj Pokharel**  
Class 4 Lily  
Roll No 28

**N**epal is a very beautiful country. It is the second richest country in water resources. The language of Nepal is Nepali. It is the birth place of Gautam Buddha, the light of Asia. Nepal is located in Asia. Kathmandu is the capital city of Nepal. The prime minister of Nepal is K.P Sharma Oli. The highest mountain peak Mt. Everest is also located in Nepal.

## Fruits



**Sumiran Dhamala**  
Class: 4 Rose  
Roll No: 2

Yellow banana  
Green grapes  
Juicy melon  
Keeps us fresh  
Yellow papaya  
Red apple  
There is fun to eat them all.

## Rainbow



**Prince Gurung**  
Class: 4 Rose  
Roll No: 4

I like to see rainbow  
It is colourful too  
It is in the sky  
It is seen over the sea.  
I am at the bay  
With my lovely friends  
Eating bun, having fun  
With the view of rainbow and sun.

## School



**Anam Karki**  
Class: 4 Rose  
Roll No: 5

I like going to my school  
To read, write and play  
I love being with friends  
To share our knowledge.

My mother says to me  
Be disciplined always  
Work hard now and then  
To achieve good grade.

## Rain!



**Harsit Mainali**  
Class 4 Rose  
Roll No: 3

Rain! Rain! Rain!  
Everywhere there is rain  
Little boy wants to play  
Please come again and again.

Rain! Rain! Rain!  
Waiting for you rain  
Little girl wants to play  
See you again and again.

Rain! Rain! Rain!  
Surrounding is full of rain  
Little dog wants to play  
Welcome you again and again!

## Mother



**Prayushi Dangol**  
Class 4 Rose  
Roll No: 1

**M**other is our life.  
She gives us birth.  
She gives us clothes,  
shelter and food. She  
takes us to school on  
time. She helps us in  
our studies. She takes  
proper care of our  
health. She is a house  
wife. She makes food for  
us. We should respect  
our mother and father.  
Our mother wakes up  
early in the morning.  
We also respect our  
family. We should love  
our mother.

## Water Conservation



**Bipashwi Pradhan**  
Class 4 Rose  
Roll No 7

**W**ater is essential for all living things. It also affects weather and it forms clouds. 70% of the human body is composed of water. Water is used for various purposes like cooking, cleaning, drinking and washing. The sources of water are pond, lake, sea, well, rain, tube- well, etc. Since water is very important for the survival of human beings, it is our duty to conserve it. We should do the following things to conserve water.

- We should keep the surroundings of sources of water clean.
- Toilets and manure pits should be made far away from the sources of water.
- Waste materials of cities and industries should not be mixed into rivers directly.
- We should check the wastage of water.
- We should not do any activities which contaminate the sources of water.



## My Aim



**Subham Lungeli**  
Class 4 Rose  
Roll No: 10

**E**very person in the world has their own aim. Every person wants to do something in life with their aim. They have different aims. Some people want to be actors while some want to become successful business men or women. I am also one of the people who have aim. My aim is to become a dancer. I like dancing very much. The reason why I want to be a dancer is Michael Jackson. He is my idol. I am very much inspired by the work he has done. He contributed to the whole world by performing his talent: dancing and singing. He is a very popular singer who also has brilliant dancing skills. I also want to be like him. I also want to be famous, popular and be loved by everyone. I want to entertain people with my dancing skills. I want to contribute something to the nation. I also want to be an inspiring and motivating ideal for someone.

## Reproductions in Plants



**Kashmira Pakur**  
Class 4 Rose  
Roll No: 8

- Yam and sweet potato reproduce from root.
- Ginger and potato reproduce from stem.
- Sugarcane and rose plant reproduce from stem cuttings.
- Strawberry and jasmine reproduce from long stem.
- Bryophyllum reproduces from leaf.
- Apple, Papaya and aloevera reproduce from seeds.

## Mother



**Pasang Tenzi Sherpa**  
Class 4 Rose  
Roll No 6

Mother is God, mother is life  
She gives us birth, she is our pride  
We should follow, what she tells  
Otherwise our life, will be hell.  
We should tell her the truth  
She gives us fruit to eat  
Mother is like a beautiful garden  
She makes our life heaven.



## Child Rights



**Sulekha Gurung**  
Class 4 Rose  
Roll No: 9

A famous English poet says, "A child is the beginning of a morning; the morning is the beginning of the day". Childhood is the first stage of a human life. Children are human beings who are very innocent, delicate and dependent. They cannot decide properly on their matters. Thus, they should be protected and supported well by their family members, society and school. To give them proper and expected shape, the rights should be given to the children. These rights are called child rights.

## My Mother



**Shraddha Dulal**  
Class: 4 Rose  
Roll No 17

My mother is the first teacher of my life  
She supports me always in all my strife  
She loves me a lot, I always find  
She is very lovely and kind.  
She looks after me most of the time  
That is why I am always fine  
My mother is very cool  
And she is also beautiful.

## I Like to Play Game



**Denisha Rai**  
Class: 4 Rose  
Roll No: 11

What is your name?  
Danisha is my name.  
What is your aim?  
Playing games is my aim.  
What is your claim?  
Winning the game is my claim.

## Flower



**Smarika Rai**  
Class: 4 Rose  
Roll No: 14

I like the rose in that big tower  
There is another beautiful flower  
I always dance seeing that one  
I get excited finding it awesome.  
When I see flower  
Sitting on the tower  
I enjoy a lot  
With the rain's shower.

## Raibow



**Noah Thapa**  
Class: 4 Rose  
Roll No: 16

Seven colors' rainbow  
Blushing in the sky  
Sitting on the chair  
And feeling shy  
Sitting on a shadow of a tree  
Today, I am free.

## Mother



**Purbaj Khatri**  
Class:4 Rose  
Roll No: 15

My mother is a housewife. She is my life. She always helps me in my homework. My mother always cooks food for me. My mother has a tailoring shop. She buys things for me whatever I want but not too expensive. She is very beautiful. She is the one I admire and love more than the entire universe.

## Amazing Facts



**Animesh Tamang**  
Class: 4 Rose  
Roll No - 20

- 1) The most beautiful handwriting is written by Prakriti Malla from Nepal.
- 2) The scientist has researched that the person whose name comes from 'A' can live a long time.
- 3) The most haunted house is located in Rajasthan. It is said a princess who died 100 years ago was there.
- 4) There is only a body part which cannot automatically be repaired and that is the teeth.
- 5) When we sleep and we wake up, the brain does not work for three seconds, then we can know the things back.

## Dashain



**Yubika Poudel**  
Class: 4 Rose  
Roll No: 18

**D**ashain is the main festival of Nepalese people. Generally Hindu people celebrate Dashain for fifteen days from Ghatasthapana to Kojagrat Purnima. It is celebrated in the month of Ashwin or Kartik. People worship Goddess Durga in Dashain.

Dashain is actually the short form of Bijaya Dashami. It is named according to Hindu mythology. Lord Ram got victory over Demon Ravan on the day of Dashami. So, the day is named Bijaya Dashami which means the victory of good over evil. Ghatasthapana is the first day of Dashain. At Dashain, people receive tika and jamara along with blessings from their elder ones. Small children go and buy new dresses. People make delicious food and enjoy.

## Friend Forever



**Monika Chaulagain**  
Class: 4 Rose  
Roll No: 31

The sun is sunny  
My friend is funny  
She has a friend Liza  
Who loves to eat pizza  
She runs like a busy train  
She never stops while  
walking in rain.

## Women



**Sadhana Gurung**  
Class 4 Lily  
Roll No 4

**A**ccording to my view, women are the powerful beings who have ever resided on the earth. I think both men and women should have equal rights. Women should also get chance to work in various sectors because they can do anything they want to. Every woman should have the right to safe motherhood and reproductive health. Nowadays lots of cases of women violence are coming into light. We also get to hear about brutal rape case. We should all join hands and work together to end this gender based violence.

## A Visit to Kavre for Picnic



**Pratima Tamang**  
Class: 4 Rose  
Roll No: 21

**I**visited the most beautiful place Namobuddha which is located at Kavre. We went there for picnic and ate varieties of delicious foods. I saw many big statues of God while going to Namobuddha. A dense forest can be seen from that place.

## A Poem



**Safalta Adhikari**  
Class: 4 Rose  
Roll No: 22

The rains always fall!  
Fall! Fall! Fall!  
She plays a ball  
Ball! Ball! Ball!  
I like the doll!  
Doll! Doll! Doll!  
My hand aches, ouch!  
Ouch! Ouch! Ouch!  
A kangaroo has a pouch  
Pouch! Pouch! Pouch!

## My Memorable Days in Dhangadi



**Suvakshya Thapa**  
Class: 4 Rose  
Roll No: 23

**I**visited my village Dhangadi during the vacation. I visited my grandmother. But grandfather was not there. I played with my grandmother. I felt bad because there was no grandfather who could play with me. I enjoyed too much there. I ate delicious food cooked by my grandmother. She is so loving and caring. I helped her in her households. She was very happy with me. I visited my uncle's house. There was birthday party of my brother. I visited my relatives over there. It was the most enjoyable and memorable day of my life till the date.

## Some Facts



**Bibaran Tamang**  
Class: 4 Rose  
Roll No: 24

1. Banana is our brain balancing fruit. If we eat banana, it will balance our anger.
2. Our fast reparative part is tongue.
3. JCB, the tractor's full form is Joseph Cyril Bamford.
4. To grow pineapple, it takes two years and a few months.

## A Visit to Bhutan



**Harsal Dhakal**  
Class: 4 Rose  
Roll No: 26

I have visited Bhutan. There is no pollution. Buddhists are there more than in Nepal. There are no criminals. There are many statues of Lord Buddha. The buildings are in same design. It was my memorable day of my life. My visit to Bhutan was the most beautiful memory of my life.

## The Rainbow



**Divya Pokharel**  
Class: 4 Rose  
Roll No 27

It is a rainy day  
The rainbow comes in the season of May!  
It is a beautiful day  
It is a happy day.  
We should go and  
See the seven colors of rainbow!

## Sunny Day



**Aishwarya Bhandari**  
Class- 4 Rose  
Roll- 19

It is the day of sun  
It is the day of fun  
I like to sit on brick  
While eating ice-cream  
I want to go to swimming pool  
With my friends who are cool  
It is a sunny day  
So the day is funny day.

## The Rat



**Binaya Shree Sapkota**  
Class: 4 Rose  
Roll No 29

The rat does not live on a mat  
Since it is not its habitat  
The rat bites the clothes  
And runs away to destroy the crops.  
Hole is the home of rat  
It is a food of cat  
When we are in the house  
We call it a mouse.

## My Birthday



**Prakriti Sunuwar**  
Class: 4 Rose  
Roll No: 30

My birthday is very memorable day for me. My family makes me very happy. We celebrate my birthday in my favorite place Namo Buddha. The rainbow shines on me. From there, a very beautiful view of mountains and scenery can be seen. We capture some photos also. In this way, my parents fulfill my birthday wishes.

## Amazing Human Facts



**Umanga Kuinkel**  
Class: 4 Rose  
Roll No: 28

1. Children are born without kneecaps. They appear at the age of 2-6 years.
2. The size of the human heart is approximately equal to the size of his fist.
3. The right lungs of man contain more air than the left.
4. The strongest muscle in the human body is the tongue.
5. 99% of all calcium in the human body is in teeth.
6. The total length of blood vessels in the human body is about 62 thousand miles.
7. The average person speaks 4800 words in 24 hours.



## Dashain and Tihar



**Prajita Shrestha**  
Class 4 Lily  
Roll No: 2

**D**ashain is my best festival. I was born in Dashain. It is the main festival of Hindus. At Dashain, we receive tika and get blessings from our elders. Dashain is celebrated for fifteen days. We wear new clothes and have a lot of fun during Dashain.

Tihar is celebrated for five days. We worship crows, dogs and cows in Tihar. Goddess Laxmi is also worshipped too. In Tihar, we wake up early in the morning. In 'Kaag Tihar', we worship crows and give them food to eat. In 'Kukur Tihar', we worship to dog and give them food to eat. In Laxmi Puja, we wake up early in the morning, we wash everything and clean our rooms. We worship Goddess Laxmi and offer delicious foods. In Gai Tihar, we visit different temples and worship cows. I love Dashain and Tihar as they bring people together.

## हिमाल



**मानव सापकोटा**  
कक्षा ४ रोज  
रोल नं. : १२

गौरी र शंकर सगरमाथा  
हिमाल नेपालको  
धेरै नै राम्रो यो देश हाम्रो गौरव नेपालको  
बग्दछन् यहाँ मेची र काली  
हिमालको फेदैमा  
आउँदछन् यहाँ थुप्रै पर्यटक घुम्नलाई ठाउँ ठाउँमा ।  
हिमालको शोभा बढाउँछ  
हेर चौरी र च्याङ्गुराले  
हिमाल चढी राखेथे नाम दाजु र भाइले  
हिमालबाट भरेको भरना  
क्या राम्रो सलल  
सूर्यको किरण पानीमा पर्दा  
सुनभैँ फलल ॥

## Tree



**Naisha Magar**  
Class 4 Lily,  
Roll No 24

We all know that tree is green in colour  
It gives us oxygen for our survival  
We can sit below the tree to get rest  
It provides shades and comfort to the guests  
Trees are the home of many animals and birds  
For human beings, they are the life saving gods  
Let's stop deforestation as it is very harmful  
Let's plant the trees as they are very useful.

## Rainbow



**Niran Bhandari**  
Class 4 Lily  
Roll No 14

The rainbow is very beautiful  
Which makes us happy and cool.

The rainbow is colorful  
Which makes me so cheerful.

The number of colours in rainbow is seven  
Which shows us the glimpse of heaven.

The colours of a rainbow are very bright  
Which help to brighten the day by its light.

## Dangal



Sammani Ghimire

Class 5 Lily

Roll No: 3

Everyone loves watching movies like I do. I am a very big fan of movies. My favourite movie is Dangal. It is a Hindi movie.

It is directed by Nitesh Tiwari and produced by Amir Khan. The film is based on the Phogat family telling the story of Mahavir Singh Phogat, a Pehlواني amateur wrestler who trains his daughter Geeta Phogat and Babita Kumari to become India's first world class female wrestler. Amir Khan stars as Mahavir Singh Phogat. Fatima Sana Shaikh and Sanaya Malahotra Potray the adult version the two Phogat sisters.

Mahavir Singh Phogat could not fulfill his father's dreams by winning the medal for his country in wrestling. When his daughters Geeta and Babita came home after beating up two boys, he realized that the girls were not less than boys.

At last, I just want to tell that in this 21st century, we cannot discriminate girls. A girl can do everything. If women are given equal opportunities to men, they can achieve success in different fields.

## The Shortest Girl



Kamada Pudasaini

Class 5 Lily

Roll No 7

Once there was a village called Jagatpur. In that village, there was a house. In that house, there were four members. They were mom and her three daughters. Her two daughters were tall but other one was short. So every member of her village used to tease her, along with her sisters. Her sisters' names were Lila and Lalita and her name was Lily.

One day, an unknown person came to the village, put the village on fire and went. At the village entrance, there was a pole. He pulled the pole down in the middle while going back. The pole also caught fire. The villagers had to cross the pole to come out of the village. The villagers were very worried how to cross the pole. But the brave Lily only crossed it. She brought the buckets of water and poured over the pole. Soon the pole was made free from the fire. As such, the villagers kept the pole aside and came outside. Because of Lily, they were saved. They thanked Lily and moved to a new village. Since then, they stopped teasing Lily.

Moral: Everyone is important either they are tall or short.

## King Tribhuvan



Aaditya Sapkota

Class 5 Lily

Roll No: 10

King Trivhuvan fought for the rights of his people. He became king in 1968 B.S. at the age of five. He realized that the people had no right whatsoever. He himself had little power that secretly helped some young men to express an agitation against the autocratic rule of the Ranas. This attempt failed, and he was interned in a place. But he continued his efforts on Kartik 20, 2007. He managed to take shelter in the Indian Embassy. The Indian Government helped him to fly to Delhi with his family. The Nepali Congress organized an armed struggle against the Ranas. The Rana Prime Minister was forced to come into terms with king Tribbuvan and the Nepali Congress. King Tribhuvan returned to Kathmandu and a democratic government was formed on Falgun 7, 2007. King Tribhuvan died in Switzerland on Falgun 30, 2011. He had gone there for treatment.

## All Things Bright and Beautiful



**Kunjan Bhattarai**  
Class 5 Lily  
Roll No 6

All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all  
Each little flower that opens  
Each little bird that sings  
He made their glowing colors  
He made their tiny wings  
The purple-headed mountain  
The river running by  
The sunset and the morning  
They brighten up the sky  
He gave us eyes to see them  
And lips that we might tell  
How great is God Almighty  
Who has made all things well.

## Hard Work is more Important than Talent



**Ushan Moktan**  
Class 5 Lily  
Roll No 9

**T**alent is an inborn quality which shows us the right path to achieve success. Hard work is the continuous effort we make to get the positive results. Talent needs hard work to reach the successful destination. If talent does not get the company of hard work, talent becomes useless. Albert Einstein is a good example in this regard. Of course, he was talented undoubtedly but he would never get success if he did not work hard. Thus, if we mix hard work and talent together and cook, we get a delicious meal of success.

## Good Health



**Aabha Sedhai**  
Class 5 Lily  
Roll- 17

**G**ood health is a boon. It is a precious gift of nature. Only a healthy person can lead a happy and successful life. A sick person, however rich, cannot have a meaningful life. A person is healthy if he does not suffer from any illness. Disease and sickness is a curse. It makes life miserable. Good health is like the morning sun-shine. It imports comfort and happiness to us. A sound health is far better than thousands of other gifts.

GRADE FIVE

## Teleporting Watch



**Aditi Kuikel**  
Class 5 Lily  
Roll No: 15

**I**f I get a chance to invent something, I will invent teleporting watch that can take us anywhere in the earth's surface. I can go to many places and countries. The machine will be easy for us to carry and it will be portable. I will keep the machine in watch. So, teleporting watch will be my invention to help some people.

Teleporting watch physically doesn't need to walk for a long distance. The environment will be clean and green if we use less vehicles and new vehicles. If I invent this device, the use of air plane will be less and airplane crash will not occur. I will not make more than one device. If it gets in wrong hand, it will destroy the world. If I make this device, I will get money, name and fame. But I am not greedy to make one device. It will take a lot of money. I don't need to use car, motorbike and other vehicles. By using this machine, I can go to the past, present and future and cover any distance. I will help needy people, who has been criminals or bad due to poor condition. If bad people get this machine, going to past or future will be destroyed by them. I will make only one machine so that bad people and other people will not be able to use it. I will fix it in that way. If anyone immoral tries to use it, they will automatically get caught in cell.

## The Hungry Fox



Aayush Sunuwar  
Class 5 Lily  
Roll No 12

Once upon a time, there was a jungle. In the jungle lived a greedy cunning fox. He was very hungry. He found a boar and thought of eating it. But the boar was dangerous. He had long horns. The fox thought of tricking it. He made a plan. As per his plan, he made him his friend. They started walking together.

The next day, the fox said to boar, "Friend, let's go to the village and bring food from there." They went to the village. The fox had prepared a trap to trap the boar. But the fox forgot where he had put the trap and fell into his own trap. The boar thought it was a trap set by the hunters and ran away. The fox came out of the trap but was seen by the villagers and was killed. Instead of eating, the fox was eaten.

Moral: As you sow, so shall you reap.

## गाउँ खाने कथा



उपासना प्याकुरेल  
कक्षा ५ लिली  
रोल नं १८

- ▶ सानो सानो रुख छ, चढ्न लागे दुख्छ के हो ?
- सिस्नु पोथ्रो
- ▶ अँजुली भरि सुनका मुद्रा के हो ?
- दुनो
- ▶ उड्छ चरो होइन, पुच्छर छ जनावर होइन, के हो ?
- चड्गा
- ▶ जन्मदा ठूलो, मृत्युमा सानो, के हो ?
- साबुन
- ▶ जे हेर्छ, त्यही बन्छ, के हो ?
- ऐना
- ▶ हात्ती छिन्चो, पुच्छर अड्क्यो, के हो ?
- सियो धागो
- ▶ बाहिर बोक्रा भित्र बोसो, बोसो भित्र काठको ठोसो, के हो ?
- लप्सी

## Natural Resources



Sanjak Sapkota  
Class 5 Rose  
Roll No: 17

The environment is everything which is surrounded by the organisms and influences life in many ways. It includes physical and biological components. The physical components of the environment are soil, water, air, light and temperature. The plants and animals are collectively referred to use biotic components. All these components work together, interact and modify the effect of one another. The basic needs of life are fulfilled by minerals present in the nature. These are referred to as natural resources.

## जून



रोमन घतानी  
कक्षा ५ लिली  
रोल नं १३

ए हेर, कति राम्रो जून  
आकाशलाई भलमल पारेको  
गोलो गोलो जून छ  
आकाश सुन्दर भएछ ॥  
राती राती जूनले  
शीतल शीतल पारेको  
रातमा पनि जूनले  
उज्यालो छरेको ॥

## असल साथी



जिगीषा भण्डारी  
कक्षा ५ लिली  
रोल नं १९

मेरो खेल्ने साथी  
मेरो बोल्ने साथी  
मेरो मनका कुरा पोख्ने साथी  
मेरो असल साथी  
मभन्दा पनि धेरै जाती  
म घरमा एकलै छँदा  
विद्यालयमा लेख्दै गर्दा  
गृहकार्य कोर्दै गर्दा  
हरबखत साथ दिने  
तिम्रो मेरो साथी  
अज्ञानीलाई ज्ञान दिने  
निरक्षरलाई अक्षर दिने  
अल्छीपन हटाइदिने  
ज्ञानगुन सिकाई रहने  
तिमी कति जाती  
मेरो प्यारो साथी ।  
क ख ग घ A B C D कोर्दै अघि बढ्न  
अन्धकारको पर्दा च्याती ज्ञानको ज्योति छर्न  
विद्वान् हुने बाटो देखाई सबको प्यारो बन्न  
सिकाउने मेरो कलम, मेरो असल साथी ।

## My School



**Shubhang Bhandari**  
Class 5 Lily  
Roll No-5

My school, my school  
Beautiful and so cool  
Our teachers are very good  
They create our pleasant mood  
My school looks so simple  
But to us, it is a temple  
In the morning, we pray  
We study there whole day  
When the life of school ends  
We have the network of  
many friends  
I will be only a fool  
If I miss my school  
I always go with the bag  
With the school tag  
I wear my school uniform  
In winter, it keeps me warm  
Many books are in the library  
Some we read and some we carry  
We have a huge play ground  
It has greenery all around  
We learn in the school  
Discipline and the rule  
My school, my school  
Beautiful and so cool.

## Be Careful



**Ashna Pokharel**  
Class 5 Lily  
Roll No 14

**H**uman beings are social animals. They live in a society which is bound by various norms. Although we live together, a person is responsible for his/her own safety.  
Now-a-days, we hear lots of stories about women getting raped, trafficked, cases of road accidents etc. No place is safe if we are not careful enough.  
Women should always be careful. We live in a male-dominated society. So, it is our job as the youth of this generation to rise from this. We should work towards establishing equal rights for both men and women. Only then, the world will be safe place for everyone.  
Also, people should be careful while doing their works like riding. Being careful is far better than losing the life.

## The King and his Two Sons



**Sohan Muktan**  
Class 5 Lily  
Roll No 20

**O**nce upon a time, there was a king named Fratop. He was one of the popular and powerful kings. He had only two sons. His one son was very intelligent, well-behaved and kind whereas another was bad behaved, manner-less and bad mannered. Now, they were adults and it was the time for getting married. They went to the palace of King Jung for knowing his daughter for them. His daughter (princess) was confused to choose among two of them and finally she chose the first prince who was intelligent, well-behaved. Another one was sad and learned a lesson that good behavior always results in good things.

## अनुशासन र जीवन



**लाक्या टेन्डी शेर्पा**  
कक्षा ५ लिली  
रोल नं १६

अनुशासन नै जीवन हो  
जीवन नै अनुशासन  
कर्तव्य नै अनुशासन  
अनुशासन नै कर्तव्य  
अनुशासनले जीवनको लक्ष्य भेट्छ  
अनुशासित जीवनले लक्ष्य राख्छ  
अनुशासितले राम्रो काम गर्छ  
जीवनमा अनुशासनको धेरै महत्त्व छ ।

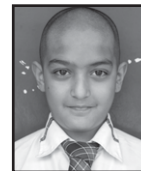
## My Life



**Baikuntha Gautam**  
Class 5 Lily  
Roll No 21

The day is sunny  
I am funny  
I like to drive van  
I am a funny man  
I am a boy  
I like to play with a toy  
Rain, rain, rain  
I have a sharp brain.

## Food



**Aarogya Gautam**  
Class 5 Rose  
Roll No: 4

**F**ood is one of the important elements in human life. Foods like meat, fish, egg, milk, rice, dal, vegetables and fruits make us healthy and strong. Food is very useful . It is necessary to all the living beings. We should eat correct amount of food. We should not waste our food.

## खोई हजरबुबा



बिपु न्योपाने  
कक्षा ५ लिली  
रोल नं २२

हजरबुबा तपाईं मृत्यु शैयामा  
छटपटिंदा म  
मेरो आमाको गर्भमा  
छटपटिरहेको रहेछु  
जब म धर्तीमा आएँ  
तपाईंले धर्ती छोड्नु भएछ  
दिदीहरू भन्नुहुन्छ  
तपाईं घुम्न जानुहुन्थ्यो रे  
सेतो सफेद कमिज सुरुवालमा सजिएर  
हातभरि पापा लिई आउनु हुन्थ्यो रे  
सधैंभरि रमाएर आउनुहुन्थ्यो रे  
कहिले चुम्बन, कहिले लुकामारी र कहिले  
बोक्दै डुलाउनु हुन्थ्यो रे,  
साच्चै अब तपाईं आउनु हुन्न है ?  
सागरमा खोजौं कि अनन्त आकासमा  
म पर्खन्छु पर्खन्छु तपाईं आउनु हैँ  
मृत्यु पछि जीवन भए  
फेरि यो जीवन पाऊँ  
जहाँ म नातिनी,  
तपाईं मेरो हजरबुबा  
तर म आज खोज्छु,,  
खोई मेरो हजरबुबा ????

## Butterfly



Swikriti Dahal  
Class 5 Rose  
Roll No: 9

I saw a butterfly  
Flying high above the sky  
Waving her wings  
Saying good bye.  
She met her friend 'house fly'  
Asked him to go for a long fly  
But he refused to go high  
For he didn't like to die.

## Nepal



Saksham Shrestha  
Class : 5 Lily  
Roll No: 24

I am proud to have Nepal as my country  
Because of its culture and natural beauty  
Nepal is known for Mount Everest  
And also known for our great sages  
Nepal is popular for our great warriors  
So, we don't need to take any stress and fear  
Great King Prithvi Narayan Shah unified Nepal  
For its protection, we should not be careless at all  
Nepal is a country of 'unity of diversity'  
We should work together to save its dignity.

## खराब बानी



आर्यल श्रेष्ठ  
कक्षा ५ लिली  
रोल नं २३

कुनै गाउँमा एउटा मनिस थियो ।  
त्यो मानिस नराम्रो बानी भएको  
थियो । धेरै चोरी गरेर जेल परिसकेको  
थियो । परिवारमा पनि उसलाई वास्ता  
गर्दैनथे । दिनभरि सुति रहन्थ्यो । बाबु  
आमालाई पनि दुःख दिन्थ्यो । एक दिन  
बुबाको मोटरसाइकल लिएर ऊ घुम्न  
गयो । रक्सी खाएर मोटर साइकल  
चलाएछ । उसले रक्सीको नसामा  
परेकाले बाटोमा खम्बा देखेन । ठक्कर  
खाएर ऊ लड्यो । हर्न बजाएको तर  
खम्बाले नटेरेकाले दुर्घटना भएको  
हो भन्यो । अस्पतालमा पनि उसले  
प्रहरीलाई यही जवाफ दियो । प्रहरीले  
अझ अरु जोखिम बढ्ने भन्दै फेरि त्यस  
मानिसलाई जेल नै पठाउन पछि भनी  
जेल लानु पन्यो ।

## My Hobby



Sharmila Gurung  
Class 5 Lily  
Roll No 25

Hobby is a favorite activity  
that people want to do  
for pleasure. Hobby is not a  
work job or any profession  
like being a teacher and  
officer etc. A different person  
takes different hobbies. All  
of us have different kinds of  
hobbies like writing, dancing,  
keeping pets, playing football  
and crafts.

Art and craft means to draw  
or make something with  
paper. Usually I love making  
something with paper.  
When I am in leisure, I make  
butterfly of different designs,  
flowers etc. Sometimes, I love  
drawing too.

## Visit Nepal 2020



Manavi Malla  
Class 5 Lily  
Roll No: 26

Everyone knows that Nepal is a beautiful country with beautiful landscape. In Nepal, there are beautiful forests, temples, parks etc. I would like to tell about Visit Nepal 2020 now.

Continuing the spirit, 2020 is now the dedicated 'New Tourism Year' for federal Nepal, targeting two million tourists' arrival. "Visit Nepal 2020" has its roots in the list. The tourists' arrival in 1962 was 6179 and after a decade in 1972 it reached 52,930, which was increased by 8.6 times now. In aggregate, a total of 1,173,072 visitors visited Nepal in 2018, accumulative increase of 2477 percent over the previous year.

According to the statistics from Nepal Tourism board (NTB), a total of 598,204 foreign tourists entered

the country via aerial route in 2012, the government of Nepal declared 2011 to be Nepal Tourism Year, and hoped to attract one million foreign tourists of country during that year.

There are different reasons to visit Nepal. It is a God gifted country of natural assets. It's a far beautiful region with great perspectives of nature, distinct culture and way of life, historical art and structure and so forth. Many people from around the globe Visit Nepal.

Nepal is a landlocked country between India and China. It is known for its mountain peaks. The small country contains eight of the highest peaks in the world, including Mount Everest and Kanchenjunga. Let's come closer and try to make visit 2020 a big success for everyone.

## नेपालको माया



प्रिन्सी बोम्जन  
कक्षा ५ रोज  
रोल नं १

मलाई सधैं बोलाउँछ हिमालयको मायाले  
मनभरि शान्ति दिन्छ नेपालको मायाले  
जताततै फूल फुल्दा मन रमाउँछ  
कुहूकुहू कोइली वनमा कराउँछ  
पहाडमा लालीगुराँस फुल्ल थालेको छ  
चारैतिर डाँफे चरी डुल्ल थालेको छ  
चौरी गाई हिमालमा चर्दै छ रे  
हिमालको चिसो पानी मधेसमा भर्दै छ रे  
छाती भरि यो देशको माया पाएको छु  
मेरो घरको आँगनमा नाच्न पाएको छु ॥

## Cristiano Ronaldo



Ayan Koirala  
Class 5 Rose  
Roll No 2

Cristiano Ronaldo was born in Portugal. He was born on February 5, 1985. He is a Portuguese professional footballer who plays as forward for a club Juventus. He is the captain of Portugal National team as well. His salary is 31 million Euros. He is 1.87m tall. He is 34 years old. His full name is Cristiano Ronaldo Dos Santos Aveiro. Ronaldo became Manchester United first ever Portuguese player. Cristiano Ronaldo has an elder brother named Hayo and two elder sisters. His name was inspired from the former US President Ronald Reagan. He was the Portuguese football (Soccer) forward who is one of the greatest players of his generation.

## Social Worker



**Anuska Baral**  
Class 5 Rose  
Roll No 3

**S**ocial workers are those people who help needy people who do not have their parents, money and do not have their shelter. They help such people. There are many social workers like Anuradha Koirala, Pushpa Basnet, Mother Teresa, Mahabir Pun, Dayabir Singh, Kamala Thapa etc. They are the exemplary social workers of our country. They all have helped our country. They also support people to enable them to live happy life.

## Clash of Clans



**Aakrit Adhikari**  
Class 5 Rose  
Roll No: 5

My best game is Clash of Clans  
Which gives me fun  
The goblins for treasury always run  
The builders are lazy  
My town hall is eight  
If you like this game you can rate  
Minions are happy  
The person who plays "coc" is happy  
By playing "clash of clans" no one gets hire  
Because everyone like dragon fire  
'Clash of Clan' gives stun  
Now playing for it is your turn.

## Pele



**Pratik Nepal**  
Class 5 Rose  
Roll No: 6

**P**ele played World Cup Football for Brazil National Football team. He was only 17 years when he scored six goals in the World Cup. It was in 1958. Pele is known as the "Treasure of Football". He scored Brazil's 100th World Cup goal in 1970 World Cup with his head. He had already hit 1280 goals in his life. He got retired from the game in the year 1974. He got International Peace Award in 1978. Pele was named as the athlete of the century in 1980. Pele was born in Brazil in poor family. His father was also a football player. Pele started playing football from a very young age.

## मेरो रिभेरा



**पुकार गड्तौला**  
कक्षा ५ रोज  
रोल नं २९

एउटा कुरा भन्छु साथी सुन दिई ध्यान  
रिभेरामा सिकाइन्छ नयाँ नयाँ ज्ञान  
राम्रा राम्रा गुरुहरू हुनुहुन्छ यहाँ  
पि. जि. देखि बाह्रसम्म पढाइ हुन्छ जहाँ ।  
रिभेराको माया छ मेरो मन भित्र  
कहिले काहीं सिकाइन्छ बनाउन चित्र  
यहाँ पढ्ने नानीबाबु सारै असल  
भविष्यमा पनि बन्छन् सबै सफल  
त्यसैले म भन्छु सधैं पढौँ रिभेरामा  
राम्रा शिक्षा प्राप्त गरौँ हाम्रो जीवनमा  
ज्ञानको सुन्दर मन्दिर हो यो मेरो रिभेरा  
वरिपरि सफा सुगन्ध सधैं हराभरा ॥

## My Mom



**Sarthak Aryal**  
Class 5 Rose  
Roll No 26

Mom! you taught me how to wash  
You told me not to fight  
Mom you are great  
You are like my class-mate.  
You are like the sun  
When you are with me I feel fun  
You gave me birth  
You are always my love.  
You told me not to throw  
wrappers and litter  
You are just like my teacher.

## Free Fire



**Avinav Adhikari**  
Class 5 Rose  
Roll No: 16

Free fire is my favourite game.  
Getting Boyah is my aim  
There are many crates  
I have lots of game mates.  
My favourite place is Mill  
If you come to fight, I will kill  
Mp 40 is my favourite gun  
I am the only don.  
I have a character named Wokong  
If you come to challenge, I will  
kill with bomb  
Freefire is very old game  
Grand master rank is my aim.



## Mother



**Anuska Bhandari**  
Class 5 Rose  
Roll No: 7

The most influential person for me in my life is my mother. I have a very strong admiration and respect for my mother. My mother is the first teacher in my life. She takes every care of me and sacrifices a lot for me. She is very dedicated to her work and her hardworking nature always inspires me a lot. My mother gets up early and does her daily routine which starts before I get up from my bed. My mother can be called the manager of my house and the family too. She manages each and everything in my family. My mother is the backbone of my family.

## Parash Khadka



**Pranish Pokharel**  
Class 5 Rose  
Roll No: 12

Parash Khadka is a Nepalese cricketer and a former captain of Nepalese cricket team. He is an all-rounder. He made his debut for Nepal against Malaysia in April 2004. He was born on October 24, 1987 in Kathmandu. He has represented Nepal at different age levels of cricket. He made possible for Nepal win many games single handed. He has been the pillar of Nepali cricket team.

## Facts About the World



**Adwaita Pokharel**  
Class 5 Rose  
Roll No: 10

- 1) Banging your head against the wall burns 150cal.
- 2) A flock of crows is known as a murder.
- 3) In Switzerland it is illegal to own just one guinea pig.
- 4) Peternophobia is the fear being tickled by feathers.
- 5) A snake predicts earthquakes.
- 6) Cherophobia is an irritation for fear of fun and happiness.
- 7) If you lift up a kangaroo's tail up the ground, it can't jump.
- 8) Polar bears could eat as many as 86 penguins in single sitting.
- 9) Trailers were actually shown after the movie. So it is called "Trailers".
- 10) A lion's roar can be heard from 5 miles away.

## Lionel Messi



**Krish Karki**  
Class 5 Rose  
Roll No: 11

Lionel Messi was born in 1987 in Rasario Argentina. His full name is Lionel Andrés Messi. He played in Corricilonince in his professional career as a soccer player. He has three members: father, mother and himself. His father's name is Torge Messi and mother's name is Celia Cuccitim. His father is a factory manager and his mother is a manufacturing manager in a workshop. Messi is a famous football player. So I love Messi very much.

## Ocean



**Nitesh Mahatara**  
Class 5 Rose  
Roll No: 20

Ocean, a beautiful place to be  
With magical things to see  
A place with so many beautiful creatures  
Makes me to take their pictures.  
Ocean is filled with beautiful blue  
A beautiful picture I drew  
The waves looking really wonderful  
Makes me quite thoughtful.  
Deep in the ocean  
Things so mystical  
Look absolutely artistic  
And fairly magical.

## Discipline



**Agrima Shrestha**  
Class 5 Rose  
Roll No: 13

**D**iscipline is one of the most important things in everyone's life. Without it, one cannot live a happy life. We should be disciplined in every walk of our life.

We need discipline at home, road, school etc. Discipline means rules and regulations. Discipline brings stability and structure into a person's life. Discipline is the way of life. Discipline is very necessary for all of us to live a successful and happy life. It is the act of living following some rules and regulations. Discipline is highly valuable in our every walk of life. We can be disciplined by following our elders as well. Life without discipline is incomplete and unsuccessful. It needs a lot of control over our mind and body.

## The Constellations



**Saswot Shakya**  
Class 5 Rose  
Roll No: 22

**S**ome stars remain in a group. They form a fixed shape in the sky. They are called constellations. All these constellations are given different names. Ursa, Major, Orion, Cassiopeia and Gemini are some examples of some constellations.

## Sanduk Ruit



**Saswat Dulal**  
Class 5 Rose  
Roll No: 14

**S**anduk Ruit is a doctor. He is an ophthalmologist. So, he is a senior doctor of eye. He was born in 1954 on 4th September in Taplejung. He was born in a poor family but also he became the one of the finest ophthalmologists in Nepal.

He studied in Darjeeling, India. After some years, he came to Kathmandu. He studied in Siddhartha

Vanasthali School. He gave S.L.C. in 1970. He wanted to be a doctor. He studied hard and continued his study. He went back to India afterwards.

He did his M.D. from Lukhnow, India. He made new technology and many more things related to the eyes with his knowledge. That is why, he has become one of the famous ophthalmologists.

## गाउँखाने कथा



**सोफिया कार्की**  
कक्षा ५ रोज  
रोल नं १५

- ▶ दिनभरि फालाफाल रातपरे तानातान के हो ?
- सिरक
- ▶ एउटा खुट्टा सयौं हात, सयौं हातमा हजारौं पात के हो ?
- रूख
- ▶ काट्टा नमर्ने रोप्दा नसर्ने के हो ?
- कपाल
- ▶ लहरे आमा पहेरे बाबु फुलमति दिदी भकुन्डे भाइ के हो ?
- फर्सी
- ▶ पुडके बाहुनको सुडके चन्दन के हो ?
- मास
- ▶ तिन प्राणीका दस खुट्टा, काम एउटै भुइँ फुट्टा के हो ?
- गोरु जोतेको

## यो कसरी हुन्छ ?



इशान ढंगोल

कक्षा ५ रोज

रोल नं २३

पानी बग्यो खोलामा  
यो कसरी हुन्छ ?  
धेरै कुरा याद आउँछ  
मन पनि रुन्छ ।  
आकाशमा आए चराहरू  
उडिदिए हुन्थ्यो बरु  
मनमा सधैं प्रश्न आउँछ  
कहाँ छन् साथीहरू ?  
जुन कसरी आयो ?  
प्रश्न सधैं आउँछ  
मन कसरी बन्यो ?  
प्रश्न बनी सताउँछ ।  
कति आयो दुःख  
कति आयो पिडा  
साथीभाइ सबै मिल  
नगर कसैलाई घृणा ।  
मेरो मनमा सधैंभरि  
प्रश्न बनि आउँछ  
नयाँ कुरा देखेपछि  
लाग्छ, यो कसरी हुन्छ ?  
यो कसरी हुन्छ ?

## Best Mom Ever



Dristy Dahal

Class 5 Rose

Roll No 24

On this special day, I want to say thank you  
For all the love you gave along the way.  
Mom you are the reason  
That through the changing seasons,  
With your guidance I grow  
For it is your compassion and love that I know.  
A simple thank you will not do  
To express my love and gratitude to you.  
Please know that I love you,  
You are better than all the rest  
Simply put, Mom,  
You are the best!

## Best Friend



Sharon Lama

Class 5 Rose

Roll No: 25

You are like a brother  
You are like a sister  
You are my friend  
Together we make a lovely picture  
All the time with me, no matter where  
In the street or far away with your heart  
Sharing with you my details of life  
With the good things, even the bad part  
Where I stand I find you there  
And if I fall, you catch me fast  
And when I be in need  
You give me the hand of help  
You make my life worth  
You make my life nice  
You make my life good  
You make my life grace  
The relationship between us  
Never tears a part.

## A Visit to Apanga Sangh, Khagendra Nawajeevan Kendra



Sadikshya Aryal

Class 5 Rose

Roll No 27

As usual, our school celebrated the social service week this year too. This time the school took us to Khagendra Nawageevan Kendra at Narayantar, Jorpati, Kathmandu. When we entered the organization, the presenter told us about many disabilities. He told us that this organization was founded by Khagendra Bahadur Basnet in 2016. He told us that the place covers 16 ropanis of land. We visited the organization and the presenter showed around. As we entered the ward, we ran to a sister whose parents left her outside of Khangedra Nawajeevan Kendra. This organization didn't know her name and caste. Later, they kept her name Ishowria. One sister was having a problem to go upstairs and one of us helped her. We had a free time to take a look inside. Surprisingly, we saw many differently abled people locked in one room and a specialist to take care of them. One was shouting while others were crying. One was sleeping and another was dancing. We went a little forward and came out of the organization.

## समयको महत्त्व



पल्पसा दवाडी

कक्षा ६ लिली

रो नं २

पलपल हरपल घडी भन्दै बिती जाने  
आउँदैन फर्की बगेको पानी सरी हुने  
बुझेनौं यदि यसको महत्त्व भने  
खेर जान्छ जीन्दगी के हो यसको माने ॥

प्रस्तुत लयको अर्थ समय हो । समय एउटा गति हो जो निरन्तर बगिरहन्छ । समयलाई कसैले न रोक्न सक्छ, न त यसलाई छेक्न नै सक्छ । समय न त कसैको इच्छामा चल्छ, न त समयले कसैलाई पर्खन्छ । जीवन सङ्घर्ष नै सङ्घर्षले भरिएको हुन्छ । जीवनको सही लक्ष्यमा पुग्न समयको सही सदुपयोग गर्ने मानिस नै जीवनमा सफल हुन्छ ।

१. ठिक समयमा औषधी उपचार गर्न पाएन भने बिरामीको ज्यान पनि जान सक्छ ।

२. विद्यार्थीले ठिक समयमा परीक्षा दिन पाएन भने फेल भएर १ वर्ष को समय खेर जान्छ ।

त्यही भएर हामीले हाम्रो निश्चित समय चिनेर समय अनुसार चल्नु पर्दछ । हामी हाम्रो जन्मदिन धुमधामले मनाउँछौं तर समय बितिरहे को छ, हामीले मनाएको प्रत्येक जन्मदिन हाम्रो जम्मा आयुको १ वर्ष घटिरहेको हुन्छ । हिजो हामी दुधे बालक थियौं, आज बालक छौं, भोलि युवा, वस्यक हुँदै बुढो हुने छौं । यसरी समय बिती रहने छ । त्यसैले यसको महत्त्व बुझी कुमालेले काँचो माटोलाई आकार दिए भैं हामीले हाम्रो सुन्दर भविष्यको समयलाई महत्त्व दिन आज पढ्ने लेख्ने तथा धेरै ज्ञान हासिल गर्दै जानु पर्ने हुन्छ । हाम्रा नेताहरूले लथालिङ्ग भताभुङ्ग पारेको हाम्रो देश सुन्दर बनाउन हामीले नेतृत्व राष्ट्रका लागि गर्नु पर्नेछ । खेल्ने समयमा खेल्ने पढ्ने समयमा पढ्ने र प्रत्येक समयको महत्त्व बुझ्नु पर्ने हुन्छ ।

## मामा घर



समिर खड्का

कक्षा ६ लिली

रोल नं ४

मामा घर सबैलाई प्यारो  
मामा माइजू सबैलाई प्यारो  
नाता जोड्ने आमा नै हो  
त्यसैले त मामा घर प्यारो  
दसैं तिहार चाड आउँछ  
मामा घर सम्भन्छन्  
लिङ्गे पिङ्ग खेल पाउँदा  
सबै अति नै रमाउँछन् ॥

## मेरो गाउँ



सालिन श्रेष्ठ

कक्षा ६ लिली

रोल नं ८

सुन्दर ठाउँ मेरो गाउँ  
पुगेपछि छोडेर नजाऊँ  
सानो सानो पहाडले घेरेको  
आफू जन्मी खेलेको  
सुन्दर ठाउँ मेरो गाउँ  
टाढा भएँ आज किन?  
आफ्नो जन्मभूमिबाट  
जति ठूलो भए पनि  
गाउँको माया यस्तो किन ?

## Mother



Diwakar Dahal

Class 6 Lily

Roll No: 3

What a wonderful feeling  
Rising up inside my heart, my mother  
You made me always happy  
And helped me in every step as a god.  
You are important for me  
Because you did everything for me  
You helped me to eat, walk and play  
And taught me to choose a right way.  
You let me see the beautiful world  
So, you are more important than gold  
Oh! What a beautiful feeling  
Whispering from my inner heart.

## My Father



Pratyush Niroula

Class 6 Lily

Roll No - 5

You are the role model for me  
And my god  
You work very hard  
And are intelligent of all  
You are helpful in every step  
And always support me  
You look very handsome  
And are the sweetest for me  
With a smiley face everyday  
You show me the right path  
You protect me from danger  
So father, you are in my life forever.

## Friend



**Aagaman Dhungana**  
Class 6 Lily  
Roll No: 6

The person who is intelligent and happy  
Is always wonderful,  
And helps me in trouble  
Is only my friend.

Quite and polite  
Kind and optimistic  
Always proper  
Is only my friend.

Best and honest  
Kind and supportive  
Always the best  
Is only my friend

## Failure



**Sanskar Bhattarai**  
Class 6 Lily  
Roll No 1

Today is the result day  
Make sure to visit the temple  
For your safety  
Because you have failed.

Now your parents will hit you  
And shower lots of warnings too  
They won't let you eat ice-cream  
Which will again remain as your dream.

Forget all your fun  
Because they will throw your favorite 'gun'  
Getting low grades in the exam  
How can you keep your parents' fame?

## Festivals Celebrated in my Family



**Sristi Tamang**  
Class 6 Lily  
Roll No: 7

We celebrate many festivals in my family but Lhosar and Buddha Jayanti are the festivals we mostly celebrate. There are different types of Lhosar like Tamu Lhosar, Gyalbo Lhosar and Sonam Lhoosar. Among these three Lhosars, we celebrate Sonam Lhosar. At this festival, we visit different places and do a lot of things.

At Buddha Jayanti, we visit Bauddhanath Temple. We worship Gautam Buddha. We don't eat meat on Buddha Jayanti. At Lhosar, we eat a lot of foods. We visit different places to celebrate Lhosar. We organize programs. We meet our relatives, we dance together, we make our traditional foods to eat, and we wear our cultural dress and celebrate it.

Especially Tamang, Sherpa and Gurung celebrate Lhosar. Tamang people celebrate Sonam Lhosar, Sherpa people celebrate Gyalbo Lhosar and Gurung people celebrate Tamu Lhosar. Lhosar is the New Year for Tamang, Sherpa and Gurung people. Lho means 'year' and sar means 'New'. We celebrate Lhosar just like other people's New Year.

Buddha Jayanti is celebrated by Tamang, Sherpa and Tibetan community. We celebrate Buddha Jayanti on the occasion of the birth of Gautam Buddha. The people who worship Gautam Buddha is known as Buddhist People. It is also called Baishakh Purnima. So we celebrate these festivals with a lot of fun and devotion.

## Brother



**Sachit Panta**  
Class 6 Lily  
Roll No 10

**M**y brother's name is Sharad Panta. He is 13 years old. He loves me a lot. His favourite food is mo-mo. He is very sensitive. I love my brother very much. He is very handsome. He is the inspiration for me. He is there whenever I am in need. He helps, loves, cares and supports me. We share and play together. He saves me from every problem and also from the scolding of parents whenever I make any mistakes. I feel so lucky for having him in my life. I also pray to god to make him my brother in every life I get. Thank you brother for being by my side.

## About My Dog



**Namrata Gurung**  
Class 6 Lily  
Roll No 13

**I** have a dog. My dog's name is Nani. She is brown in colour. She is two years old. She loves to eat bone. She likes to play with me. Her ears are long. She usually plays with ball. She also likes to play with my friends Biansa and Terisha. She likes to sleep in the garden. She is kind and friendly. So, I love my dog.

## Village Life



**Abhinav Chalise**  
Class 6 Lily  
Roll No: 14

**T**he way of people living in village is known as village life. Village people are healthy because they can get fresh fruits, vegetables to eat. There are some problems in village life like transportation, medical services etc. Village is cleaner than town because there are no factories and vehicles. They earn their money by working in farm and selling their products in the market. Village life is more enjoyable than town life. So, I love and miss village though I live in town.

## Father



**Aayusha Sapkota**  
Class 6 Lily  
Roll No- 11

Someone who is like a god  
Who always protects us  
All loving and caring  
He is only my handsome father.

Someone who is like a friend  
Who always supports us  
All inspiring and hard working  
He is only my handsome father.

Someone who is like a super hero  
Who always inspires us  
To be kind-hearted and honest  
He is only my handsome father.

## Friend



**Samikshya Naral**  
Class 6 Lily  
Roll No 12

A friend shares every problem  
Gives the solution too  
This is very precious  
And important for me.

A friend makes the world great  
Who treats everyone equal  
We cannot find her in every place  
So, friend is always the best.

Friend is always right  
So, our future is bright  
We should always help her  
In happiness or trouble.

A friend is needed in every step  
So friendship is a gift  
Which fills us with beauty and grace  
So a friend in need is a friend indeed.

## My Visit to Italy



**Chhiring Sherpa**  
Class 6 Lily  
Roll No: 15

I was very excited to visit Italy. So, I woke up early in the morning that day. My father and mother had already booked a taxi. So, we caught a taxi and went to airport. We had coffee and biscuits for breakfast at the airport. After few minutes, we got into the aeroplane. Many people along with us landed in Italy. We stayed there for two hours. We ate pasta at 12 'o' clock as a tiffin. After that we went to Italy. I saw my brother and sisters waiting me to receive. I became happy meeting them. We hugged each other. My brother had booked a taxi. We went to Vara where our home was. We reached home and had dinner. Talking to one another, we slept. The next morning, we woke up at 7 am. We went to jogging. We went to Milan to have morning meal. In meal, we ate fish, chicken and pizza. After enjoying there, we came home and slept. Another morning, we went to Pisa to observe the Tower. We really had a great time there. We returned Nepal after some days.

## Advantages of Being a Younger Child



**Pratik Khanal**  
Class 6 Lily  
Roll No 17

I am the youngest child in my house. Everyone calls me Punte because I am small. Every one carries me, and if I do any mistakes, they also forgive me. I am the most loved one in my home. Every one supports me and my decisions and desires. I am very lucky to be born as the youngest member in my house.

## Thing I Like



**Terisha Gurung**  
Class 6 Lily  
Roll No: 16

There are many things I like  
But I like flower the most.  
Spreading the sweet fragrant  
It lures me towards it  
Blowing in different colours  
It attracts me towards it.  
Nothing is more beautiful  
Than beautiful flowers  
Smiling everyday  
Catching my big eyes.  
Everybody loves them  
So do I  
There are many things I like  
But I like flowers the most.

## Art-My Hobby



**Aayush Raut**  
Class 6 Lily  
Roll No -18

Art is a beautiful thing that I like the most. When I was in grade L. Kg., my art teacher taught me how to draw. My first drawing was an apple. My teacher told me that it was good. So, I practiced art and kept on practicing. After some years, I began to make beautiful drawings. I practiced in my art class. Now-a-days, I am not involved in art because of my studies. But I am sure one day I will be a good artist. When I draw I feel like doing it for the rest of my life. I see pictures in internet and draw in most of my time. I feel relaxed and happy while drawing. I love art.

## हनुमान चालिसा



रचना अधिकारी

कक्षा ६ लिली

रोल नं १९

( स्रोत: धार्मिक पुस्तक हनुमान चालिसाबाट )

जय हनुमान ज्ञान गुन सागर  
जय कपिस तिनउ लोक उजागर  
रामदुत अतुलित बलधामा  
अन्जनि पुत्र पवनसुत नामा  
महावीर विक्रम बजरङ्गी  
कुमति निवार सुमतिकि संगी  
कंचन वरन विराज सुवेसा  
कानन कुंडन कुन्चित केसा  
हाथ बज्र औ ध्वजा विराजे  
काधै मुज जनेऊ साजे  
संकर सुवन केसरी नन्दन  
तेज प्रताप महा जग बंदन  
विद्यावान गुनी अति चातुर  
राम काज कविबे को आतुर  
प्रभु चरित्र सरनेवे को रसिया  
राम लखन सीता मन बसिया  
सूक्ष्म रूप धरि सियाहि दिखावा  
विकट स्प धरि लंका चरावा  
भीम रुप धरि असुर संवारे  
लाय सजीवन लखन जियावे  
श्रीरधुवर हरषि उर लाय  
रघुपति किन्ही बहुत बडाई  
तुम मम प्रिय भरत सम भाइ  
सहस बपन तुम्हारो जस गावे  
अस कहि श्रीपति बंठ लगावे  
सनकादिवा ब्रम्हादि मुनिसा  
नारद सारद सहित अहिसा  
जम कुवेर दिगपाल जाहाँ ते  
कबी कोविद कहि सके कहा ते  
तुम उपकार सुगवहि किन्हा  
राम मिलाए राज पद दिन्हा  
तुमारे मन्त्र विभिषण माना  
लंकेश्वर भए सब जग जाना  
जुग सहस्त्र जोजन पर भानु  
लिल्यो ताहि मधुर फल जानु  
प्रभु मुद्रिका मेलि मुख माहि  
जलाधी लाधि गये अचरज नही ॥

## Dancing: My Passion



Prayusha Niraula

Class 6 Lily

Roll No-20

Dance is performed in the programs. Especially girls are most interested in dance. Boys are also interested. There are different types of dance. They are cultural dance, hiphop dance, belly dance, etc.

I am interested in hip-hop dance. It is a very interesting form of dance. We feel so refreshed and good by dancing. Dance is respect, dance is worshipped and dance is life. Dance for me is a way of living my passion and it is my happiness. Dance is my life. The most interesting thing that I like to do is dancing. Everybody loves dancing and it is my favourite. I feel relaxed and I forget everything whenever I start dancing. I dance in school and at home. Whenever I am alone at home, I play the song and start dancing. I enjoy it the most. I will continue it and be a dancer in future. So, it's my passion and my life.

## Nature



Praju Khanal

Class 6 Lily

Roll No: 21

Cutting the trees  
Makes us sick  
Saving the nature  
is our duty.  
It is a place  
Where we were born  
It is our pride  
This makes our future bright  
Nature is a phenomenon  
Which is gifted by god  
We should always care our nature  
Because it cares us back.

## Future



Biansa Gurung

Class 6 Lily

Roll No 22

Everyone has a future  
Has a dream to achieve  
Becoming a great person  
Willing to be famous.  
Future is beautiful  
When worked hard  
Life is wonderful  
When spent well.  
Right and wrong at present  
Determine our future  
So do something  
That makes our future bright.



## My Visit to Pokhara



Samriddhi Dahal

Class 6 Lily

Roll No: 28

Last month, I visited Pokhara. I visited there with my mother, father, and sister. We went there by reserved Scorpio. There is a long distance between Pokhara and Kathmandu. So, it took us six hours to reach there.

After a long trip of six hours, we reached our final destination. At first, we visited Begnas Lake. We clicked some photos there. Then, we went to mountain meuseum. There were photos of many mountains. There were also many things about the people who climbed the mountains. There were also costumes and traditional equipments and artifacts belonging to different castes of Nepal. After that, we went to Devi's Fall. We also bought some clothes in a near shop.

After visiting these places, we went to our hotel. We stayed in Hotel Diplomatic. We took some rest in the hotel room. Then we changed our clothes and walked to the lakeside. After walking a few steps, we went to a café and had a cup of tea. Then, after a short walk, we went to Godfather Restaurant and ate Pizza. After that, we continued our walk and after sometimes we reached the lakeside. But unfortunately, we didn't have much to do, so we strolled there for a while and returned. Then, we went to a Nepali Restaurant and had dinner. After the dinner, we went back to the hotel and had a sweet and comfortable sleep.

In the next morning, we woke up and got ready to continue our visit. First, we went to the lakeside and did boating. We visited Taal Barahi. Then, we caught taxi and went back to the hotel. We also had breakfast on the way. After returning to the hotel, we carried our luggages and continued our journey. At first, we went to Mahendra Cave and Bindabashani Temple. Then, we went to peace Stupa and returned to Kathmandu that evening.

## Flowers



Prasamsha Adhikari

Class 6 Lily

Roll No: 23

They blow with the air,  
And grow with the water.  
They are different in color,  
Which is like a rainbow.  
Butterflies always sit there,  
And honeybee always drinks juice.  
They are very beautiful  
So people try to pluck them up.  
Flowers are very important in nature  
Which makes the environment mature  
They are the gift of nature  
Which always attracts the creature.

## Friend I Like



Arish Prajapati

Class 6 Lily

Roll No-24

Someone who is very kind  
Who helps us in making a better mind  
Who is here in school every time  
Is my lovely friend.

Sometimes he is good  
Sometimes he is bad  
But I like him always  
For we are friends.

We play games  
And be in the same team  
And we are the best team  
There's nothing that stops.

## My family



Alex Rijal  
Class 6 Lily  
Roll No 26

**M**y name is Alex Rijal. I reside in Nayabasti, Jorpati. I am gifted with a small family. There are father, mother, two sisters and me. My mother's name is Durga Devi Kafle. She is thirty eight years old. She is a beautician. My father's name is Bhawani Prasad Rijal. He is fifty years old. He is a businessman. My elder sister's name is Anjila Rijal. She is nineteen years old. She is a student. My younger sister is Alju Rijal. She is in her 14 now. She is also a student. We all have our own works and duties during day time. So, we all gather together in the evening and enjoy a lot. I love my family a lot.

## Amazing Facts about Countries



Sampanna Sigdel  
Class 6 Lily  
Roll No 27

1. In Japan, people grow different shapes of watermelon.
2. The most expensive mangoes are grown in Japan which cost 4 lakh for two mangoes.
3. We cannot chew chewing gum in Singapore, it is illegal there.
4. In Dubai, people use the sea water as drinking water by purifying it.
5. The first rocket was sent to moon but the camera quality was only of 3 mega pixels.
6. Nepal is only the country where living goddess (kumari) lives.

## Mother



Pranab Dong Lama  
Class: 6 Rose  
Roll No: 1

The god who gave us birth  
Who always protect us  
With loving and caring nature  
Is only my beautiful mother.

In every problem  
She is the key of solution  
Helps us to walk and  
And helps us to talk.

The first teacher  
Who taught us many things.

Thank you mom!  
You will always be a god for me.

## Pen



Mausam Rana  
Class: 6 Rose  
Roll No 2

Writers write with pens  
And make different creations  
Students write with pens  
And live successful life in different situations.  
A mother uses pen  
And expresses her feelings,  
A father uses pen  
And feeds all his siblings.  
Pen is mightier than it looks  
This changes one's life  
It is the key to success  
This helps to enlighten one's life.

## School Life



**Pem Chhring Sherpa**  
Class: 6 Rose  
Roll No: 3

School is the place where we can learn many things  
It is the first place to prepare ourselves  
It is the golden period of our life  
In which we learn many things  
Our school is by the big tree  
In school life, we are not free  
School is the best place  
Where we run the life's race  
School is always better than jail  
I love studying, I never fail  
I respect all the teachers  
Who teach us good behaviours.

## My Friend and I



**Bimul Prajapati**  
Class: 6 Rose  
Roll No 5

Bimul is my name  
Being an army is my aim  
Football is my favourite game  
Pranav is my best friend.  
If we see the height, Unique is small  
Where Aris and Nischal are a bit tall  
Susan is medium in height  
Where Jenish has a good eyesight.  
Deep does funny activities  
Where Dawa feels shy  
Pem and Priyanshu are lean and thin  
Where mausam is a little fat boy.  
Riwaj keeps smiling,  
Where Thilay is silent,  
Saugat keeps talking  
Where Prashant keeps quiet.  
Ashim is the one  
Who seems fat and strong  
We all are friends  
And this is our boys' team.

## Family



**Utshaha Adhikari**  
Class: 6 Rose  
Roll No: 4

Utshaha is my name  
To be a dancer is my aim  
I want to earn fame,  
Dancing is my aim.  
Umanga is my brother's name  
To be a cook is his aim  
He wants to cook different dishes  
Mutton, chicken and variety of fishes.  
Bhaskar is my father's name  
He has achieved his aim  
He wants to watch sports on TV  
Other times he is always busy.  
Uma is my mother's name  
She is the symbol of benevolence  
She is a housewife  
Her care has enriched my life.

## Full Forms



**Suvekshya Rumba**  
Class: 6 Rose  
Roll No: 6

S- Seven	H-Half
C- Crappy	O- Of
H- Hours	M- My
O- Of	E- Energy
O- Our	W-Wasted
L- Life	O- On
C- Come	R- Random
L- Late	K- Knowledge
A-And	M- Mental
S- Start	A-Attack
S-Sleeping	T- That
	H- Harms
	S- Students

## Tree



**Jenish Lama**  
Class: 6 Rose  
Roll No: 7

Tree, tree, tree  
You give oxygen to me  
You look wonderful  
And make the environment beautiful.  
You are big,  
You are small  
Your branches are strong  
And your leaves are soft.  
You are like human being  
You give birth to other ones  
And also grow old  
Like a man does.

## Brother



**Salina Khadka**  
Class: 6 Rose  
Roll No: 8

I have a brother full of life,  
He does not let me to touch knife,  
He cares about me,  
He plays freely with me.  
For me he is an amazing boy  
He spends his life full of joy.  
He reads in class twelve  
He does his work all by himself.  
He is only of mine  
Not of others  
He loves to play with me,  
Though he is not free.

## My First Priority



**Ang Passang Sherpa**  
Class: 6 Rose  
Roll No: 9

My first priority is my sister  
She loves to whisper,  
She loves to read,  
She wants to be queen in her dream.  
Her aim is to be a social worker,  
I am also trying to be like her,  
She is very nice,  
She likes to fly in the sky.  
I have got a sister,  
She is very cute,  
She loves me,  
She is the bless of god for me.

## Dreams



**Kripa Khadka**  
Class 6 Rose  
Roll No 20

Dream big,  
Stay positive  
Work hard  
And enjoy the journey of life.  
Coming together is beginning,  
Staying together is progress,  
And working hard together  
Is success.  
Hard work awards talent  
Whereas talent needs hard work  
The fruit of our own hard work  
Is the sweetest.  
The future is bright to them  
Who believe in the beauty of dreams  
And those who  
Love challenges.  
Always remember that  
Those stars  
Which believe in the beauty of hard work  
Can only glow.

## Poem



**Prashant Tamang**  
Class: 6 Rose  
Roll No: 10

I saw a helicopter in the sky  
One child was saying good bye.  
At the moment, he was too shy  
My brother said, "Look at that guy".  
One man wanted to be free  
So, he climbed up the tree  
He attempted to dive into the river  
So that he could be free forever.

## A Rainy Day



**Saugat Bidari**  
Class: 6 Rose  
Roll No -12

A gloomy, rainy day  
Of the month of May  
Sitting on the bay  
Thinking, am I okay?  
All I can think about is you  
Have I become someone new?  
Do you even remember me?  
Or you have set me free?

## Football



**Priyanshu Gurung**  
Class: 6 Rose  
Roll No: 11

Football is a game widely heard  
It is played around the world  
Eleven players are there from each team  
They have target to fairly win.  
Ronaldo is in Portugal  
Messi is in Argentina  
Ronaldo is in Juventus  
Messi is in Barcelona.  
My favourite club is Juventus,  
Because it has Ronaldo  
He made football famous  
Around the globe.

## Earth



**Thilay Tamang**  
Class: 6 Rose  
Roll No: 13

The earth is the place where we live  
And life is what we can give  
It is always green  
And blue can also be seen  
It has a peace environment  
Which cannot be different  
The earth is beautiful  
And many things here are colourful.

## Mother



**Jharana Gurung**  
Class 6 Rose  
Roll No 18

**M**other is important in everybody's life. Mother is our first god who gives us birth. She takes care of us. We cannot sit alone without mother. Mother buys things which we don't have. Mother combs our hair when we go to school or anywhere. Mother is the life of every people. She is our first love. When she is not at home we become angry. She is our first teacher. Mother makes lunch for us. I love my mother and my mother loves me too.

GRADE  
SIX

## Sister



Ashim Khadka  
Class: 6 Rose  
Roll No: 15

Sister is very helpful  
She helps in my study  
She is God for me  
Like mother and father.  
Sister beats me very badly  
When I do not concentrate in my study  
Now she is going to job  
She cannot teach me as usual.  
Oh! My sister  
I love you  
You help me in my all work  
I love my sister.



## Dream



Riwaz K.C.  
Class 6 Rose  
Roll No 16

Dream is a wonderful state of mind  
Which occurs in the night  
Where comes dark blue light  
And makes me feel bright.  
In my dreams, sometimes I win  
And sometimes I lose  
Sometimes I cry and  
Sometimes I laugh.  
Sometimes I fly  
And sometimes I climb  
Dreaming high at night  
Always refreshes my mind.



## Mother



Yojana Sitaula  
Class 6 Rose  
Roll No 17

God who gives us birth  
Always protects us  
With loving and caring nature  
Is only my beautiful mother.  
She has beautiful heart  
And she has a kind soul  
She cannot be replaced  
Neither she be neglected.  
She is the one who encourages me to  
do something  
Wants to see my success  
Calling myself her daughter  
I feel so blessed.



## Dog



Unique Lama  
Class 6 Rose  
Roll No 19

Dog is a trustworthy animal,  
Which changes our mood.  
Dog loves to eat,  
Its favorite food is biscuits and meat.  
Dog hates cat,  
It likes to sit on a mat.  
It does not like to eat leaves,  
And runs fast to chase thieves.  
Dog loves its owner,  
It is a fast runner.  
It is very cute  
Sometimes it keeps its mouth mute.



## Book



**Deep Shrestha**  
Class 6 Rose  
Roll No 25

Book is for reading,  
Book is for learning things,  
Book is for seeing pictures,  
Book is for writing tips.  
Books are of different types,  
Science, Maths and English,  
I always read books,  
For nothing I want to miss.

## A Funny Poem



**Sushan Gurung**  
Class 6 Rose  
Roll No 22

Sun is yellow  
Sky is blue  
Grass is green  
Gorilla likes you.  
Water is white.  
Ocean is blue.  
Don't be sad,  
Monkey likes you.

## Mother



**Pragya Poudel**  
Class 6 Rose  
Roll No: 23

Mother gives us birth,  
Mother gives us love.  
She helps us,  
And takes care of us.  
She sends us school  
To study very hard  
For our future  
She works very hard.  
She supports us  
She sometimes scolds us  
But we should not mind her  
Because she is our god.

## Student's Life



**Nischal Shrestha**  
Class 6 Rose  
Roll No 24

**S**tudent's life is the golden period of time where we learn many good things and make friends. It is the most important part of our life where our behavior and activities shape our future.

We learn many things going to school. We learn how to respect our seniors and love juniors. We also learn to have good behavior. It is the time where negative things attract the students more. So, one should be careful and focused in studies. We should follow good path. Good nature in this time shows the bright future.

## Amazing Facts



**Prajwal Shrestha**  
Class 6 Rose  
Roll No 26

1. A single elephant tooth can weigh as much as nine pounds (4.08233) kg.
2. Cow has four stomachs.
3. Ant never sleeps and they don't have lungs.
4. Snail can grow back new eye if it loses one.
5. Butterflies have two compound eyes consisting of thousand of lenses, yet they can only see the colors red, green and yellow.
6. Squirrels plant thousand of new trees each year simply by forgetting where they put their corns.
7. Humming birds are the only birds that can fly backward.

## My Best Friend



Yuna Lama  
Class: 6 Rose  
Roll No 21

You glow like the moon every time ,  
The one who makes me smile.  
You are the light that shines at night  
The one who makes wrong things right.  
You are like breeze that comes to cool anger,  
The one who never loses temper.

## Classroom



Riya Kumari Gupta  
Class 6 Rose  
Roll No 28

A place for learning something,  
Always a peaceful environment,  
With full of desks and benches  
Is my beautiful classroom.  
A place to improve our skills,  
Learning about discipline,  
With a beautiful decoration,  
And it is a room of the school.  
A place for doing different creative activities,  
And has been divided into two sections,  
Has a chair for teachers and benches for students to sit,  
It is my classroom where my mind gets refreshed.

## My Best Friend



Lakpa Yangji Sherpa  
Class 6 Rose  
Roll No 27

My best friend's name is Yuna Lama. I met her in grade L. Kg. We were just friends because we didn't know each other very well. Slowly, we started knowing each other very well and became best friends in grade one. She is polite and kind. We mostly spend time with each other by playing or visiting beautiful places. We always help each other in many problems. She motivates me to participate in good programs and competitions. She is the best part of me. The thing I don't like about her is she loses her temper easily but it's okay because she is trying to improve it. She is also the star who has made life brighter. I love spending time with her. I love my best friend very much.

## Father



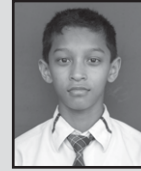
Dawa Sonam Sherpa  
Class: 6 Rose  
Roll No: 14

Father is like a God  
He helps me in every problem  
Father works for us to earn money  
Working harder and harder.

Father is one of the good persons  
He also helps me in my homework  
And teaches me things that I don't know  
Takes me to the beautiful place of snow.



## Amazing Facts about Animals



Kritartha Adhikari  
Class 7 Lily  
Roll No 1

1. A snail can sleep for three years.
2. Slugs have four noses.
3. Elephants are the animals that can't jump.
4. A rhinoceros horn is made of hair.
5. It takes a sloth two weeks to digest its food.
6. Nearly 3% off the ice in and dramatic Antarctic glaziers is penguin urine.
7. A cow gives nearly 200,000 glasses of milk in a lifetime.
8. Bats always turn left when leaving a cave.
9. An ostrich's eye is bigger than its brain.
10. Wild chimps like to drink.
11. Octopuses can taste with their arms.
12. Dolphins have a name for one another.
13. Giraffes have black tongue.
14. Sloths can take up to a month to completely digest a single leaf.
15. Crocodiles can grow up for 30 years.
16. Cats only meow at humans.

## A Journey to Dolakha (Travel Account)



Shital Bhandari  
Class 7 Lily  
Roll No 2

I went to Dolakha when I was 10. I went with my family and other relatives. We woke up at 3 AM and got ready that day. Then we got into the car. We sat there for seven to eight hours. I don't really remember because it has already been two years since I went there. When we reached there, we went to visit Bhimsen Temple. We had to wait for our turn for a long time because of a long queue of pilgrims. When our turn came, we went there and worshiped God and prayed. Then we went to a hotel nearby and ate rice and pulses. We visited our relatives' home afterwards. It was very cold. So I had worn blazer and a pant. We returned back home at around 10. It is still the most memorable day of my life.

## Flower



Avinav Gurung  
Class 7 Lily  
Roll No 9

Flower is colourful,  
It is very bright,  
It is beautiful,  
And a very pretty sight.  
Flowers are of different types,  
It smells good,  
It is very amazing,  
This creates our mood.  
Flowers have many structures,  
It has branches too,  
Some of them are weak and soft,  
Some of them are strong too.

## Child Labor



Aagya Adhikari  
Class 7 Lily  
Roll No 3

**C**hild labor is defined as under aged children working for money or food. In our country, there are thousands of children who work in factories, construction sites and houses. This is one of the biggest problems in Nepal which has to be solved as soon as possible. Children who work

as labors are made to do hard work all day long. They are easy to be ordered around and they are paid less than grown-ups and even beaten and abused. Many children have died while working on machines in factories. These children have to take care of their younger brothers and sisters. One major reason for children to do child labor is poverty. Most of the poor are illiterate and still believe in superstitions. They have many children and two or

more wives. When there are many mouths to feed and only one person earning money, the first thing that happens is that child becomes naked and starving. So, as soon as a child is able to do something himself or herself, he or she is sent to work. This is a problem that should be solved not only by the government, but also by the organizations and us. Then only, all the children will have a happy life.



## Impacts of Internet on Students



Ritisma Sigdel  
Class 7 Lily  
Roll No 4

**I**nternet is a global computer network. It helps students to exchange knowledge related to various subjects. Students today are the luckiest as they have modern technology easily available to them.

Internet is a useful tool in this technological era. However, it still has many negative impacts on children and students that everyone should know about. They are:

### 1. Addiction

Online games on internet can be addictive. It can damage your health.

### 2. Dark webs

According to a survey, the number of people entering dark webs is compared

with Google and YouTube.

### 3. Laziness

There is no statistics of the number of people using internet, but in fact, there are people using internet even on 8th hour.

It makes them lazy.

Along with having negative effects, internet also brings positive effects on students. In educational sector, students and teachers can make their teaching and learning process easier and faster. We can get detail information related to a particular subject. So, internet has both positive and negative impacts and we need to use it carefully.



## Dustbin



Zenith Lama  
Class 7 Lily  
Roll No- 5

Everyone ignores you,  
Leaves you alone in the corner of a room.  
They remember you when they need you,  
They fill trash in you.  
You are made up of plastic and iron  
Tons of dusts are kept  
And you can't even run.  
You are stinky and dusty  
You are made of iron  
You get rusty.  
You keep us healthy  
Keeping us away from germs.  
You are used everywhere  
I just want to say 'take care'.

## सगरमाथा



कितन पन्त  
रोल नं १६

सोलुखुम्बु जिल्लामा अवस्थित सगरमाथाले नेपाललाई संसारमा चिनाएको छ । सगर चुम्ने माथ भएकाले सगरमाथा नाम राखिएको हो । तिब्बती भाषामा चोमोलोङ्मा भनिने सगरमाथा विश्वको सर्वोच्च शिखर हो । बाबुराम आचार्यले त्यस शिखरको नाम सगरमाथा भनी नामकरण गरेका हुन् । नेपालीको शिर मानिने सगरमाथाको शिखरमा पुग्ने प्रथम दुई पुरुष व्यक्ति नेपाली तेन्जिन नोर्गे शेर्पा र एडमन्ड हिलारी हुन् । यस्तै महिला तर्फ जापानी महिला जुनको तावेइ हुन् । नेपाली पहिलो सहासी महिला पासाङ ल्हामु शेर्पा नाम पनि संसारमा प्रसिद्ध छ । उनी नै पहिलो सगरमाथाको चुचुरोमा पुग्ने नेपाली महिला हुन् । विश्वको यो सर्वोच्च शिखर सगरमाथाको उचाइ ८८४८ मिटर रहेको छ ।

## Water



Jenisha Shrestha  
Class 7 Lily  
Roll No-8

Water, water all around,  
Save each and every drop that is found.  
Wasting water is not good,  
So you should never misuse.  
Never let your taps on,  
Close them as fast as you can.  
Don't waste your water on shower,  
That water should be showered on a flower.  
Water is used for lots of things,  
Water is mostly used by plants, animals and human beings.  
Water makes things and sometimes it makes you feel cold,  
Water is even bought and sold.

## Diary



Nikshya Dhakal  
Class 7 Lily  
Roll No-7

Life is ephemeral. We do many things and die at last. But, when we die, we can leave a sign by the help of our diary. Diary is made up of papers but we can write important things over there. Writing messages in a diary makes you feel better. You can write in a diary and express your feelings. When you are small, jot down every day and keep it in the box. After many years, when you will grow up, read the diary, you will feel very good and remember the old days.

## Handwriting



**Aditi Adhikari**  
Class 7 Lily  
Roll No10

Handwriting represents your personality  
Your carelessness, determination and vow  
If you don't have good handwriting  
Start practicing it now.  
You need well-crafted handwriting  
If you want to aware the reader  
How you write denotes  
Whether you are a follower or a leader.  
It is not only task of imagination,  
It is a work of concentration.  
I write beautiful handwriting  
"cause I concentrate while writing".

## Amazing Facts



**Bishesh Bikram Chauhan**  
Class 7 Lily  
Roll No- 6

1. Koalas never drink.
2. The National animal and bird of Australia have strange habit. Kangaroo hops instead of running and Emu runs instead of flying.
3. The eggs of seahorse are hidden by the male seahorse instead of female seahorse.
4. Penguins have an organ above their eyes that turns salt into fresh water.
5. 95% of our earth's ocean remains undiscovered.
6. Human brains produce enough electricity to power a standard to watt bulb.

## Road



**Pragati Poudel**  
Class 7 Lily  
Roll No 11

Curvy and straight like a line,  
Vehicles start to run before nine.  
There are many lights to make it bright,  
All the people roam around day and night.  
It helps many people reach their destination,  
People go through it to celebrate their vacation.  
Jatras are celebrated on it,  
People get chance to meet.  
They are narrow and wide,  
Make you happy when you go on a drive.  
Roads are either blacktopped or graveled,  
It's really fun to travel.

## About Pashupatinath



**Subhan Koirala**  
Class 7 Lily  
Roll No 18

Affiliation: Hinduism  
District: Kathmandu  
Province: Bagmati  
Deity: Lord Shiva  
Festivals: Shivaratri, Teej  
Location: Kathmandu  
Country: Nepal  
Geographic Coordinates: 27° 42' 35"N  
85 25'55"E  
Type: Pagoda  
Established by: Prachanda Deva  
Date: 5th Century  
Temples: 492

## Internet and Email



**Kreetarth Shrestha**  
Class 7 Lily  
Roll No 12

The internet is a global system of interconnected computer networks that uses the standard internet to serve billions of users worldwide. It is a network of networks that consists of millions of private, public, academic, business, and government networks, of local to global scope, that are linked by a broad array of electronics, wireless and optical networking technologies. The internet supports email which helps us to

talk to our friends, family, relatives, etc. Email, also known as electronic mail, is a better, faster and easier way of communication which has made the whole world into a global village. Nowadays, there is an upgraded version of email called Gmail. The internet helps us to use social media like YouTube, Facebook, Messenger, Instagram, Twitter, etc. Internet and email have both advantages and disadvantages. Its advantages are; it makes the world closer by being able to communicate from one country to another. It helps to know the news of the entire world. It helps to give information about any topic

in the world. It also helps to communicate with each other. Email has brought many people together just by communicating through it. There are also disadvantages of internet and email. It can be very useful but can be addictive as well. Online games are played worldwide but some people play games all the time. It has made many people addictive in playing games and using social media. Email also has many disadvantages as people can get blackmailed. It can give rise to many cybercrimes and other crimes.



## Friends



**Prapti Khatri**  
Class 7 Lily  
Roll No: 22

Friends are friendly and help us in difficult times. Friends are those people who are very special to us. Friends are always kind. Those people who have got true friends are really lucky. We share every pain and sorrow with our friends. Friends are of different types. True friends stick to us till the end. But fake friends always betray us. Similarly true friends are very faithful. They're always loving and caring.

But fake friends show off. They are always present in good times. As bad time starts, they leave us. They're very selfish. But there are still some friends who help us in our difficult situations. They are the ones who are our family. Such friendship will remain forever and make our life fruitful. I have many friends. I have friends in home and school. They are always helpful and supportive. I can trust them. Whenever I am in trouble, they help me. They never disappoint me. They are also very caring. They never dominate me. They are always smiling and make me smile. I love my friends. They are my family.



## Experience



**Surya Pratisat Gurung**  
Class 7 Lily  
Roll No: 17

Life is short,  
The world is big,  
Enjoy your life until your death,  
Because your soul needs freedom.  
Travel the world,  
Nobody can stop you,  
Either it will be Asia or Africa,  
Your eyes want to experience gorgeousness.  
We have felt pain,  
We have felt our fall,  
So forget the past,  
And start a brand new life,  
All the negativity, leave it behind.  
Family, money, happiness they say  
Because it's the truth, what can I say?  
Experience the light of the world  
What more can I say?

## My Shop



**Aayush Karki**  
Class 7 Lily  
Roll No-14

People come to my shop,  
Buy clothes and everything.  
Mices crawl in, I say, oh my Jesus Christ!  
Welcome! welcome! sale in a very little price.

They come and ask for a price  
I say only Rs. 2000  
"Oh my god", they say and start to bargain  
Help me, I say, I can't resist a headache.

My shop lies in Chabahil,  
Clothes are in sale.  
Clothes are very cheap in price  
I sell clothes of very fashionable style.

## Tihar



**Shreya Luitel**  
Class 7 Lily  
Roll No: 13

Festival of lights,  
Feeling of happiness,  
Firecrackers go around,  
There is happiness all around.  
There are lots of celebration,  
Celebrated by the whole nation,  
Nights are beautiful,  
Days are delightful.  
Rangoli is colorful,  
On the day of tika, we feel wonderful.  
People have a memorable time,  
And it is favorite festival of mine.

## मेरो देश



**पासाण्ड तमाङ**  
कक्षा सात लिली  
रोल नं २०

मेरो देश नेपाल  
सुन्दर, शान्त विशाल  
सर्वोच्च शिखर भएको मेरो देश नेपाल  
प्राकृतिक सुन्दरताले भरिएको देश नेपाल  
मेरो प्यारो जन्मभूमि अनेक भाषा भेष  
हिमाल पहाड तराईले पूर्ण मेरो देश  
बगेको खोला र धेरै नाला  
हिमालको चिसोले राता राता गाला  
ठूला ठूला देशको बिचमा मेरो देश नेपाल  
हिमालै हिमालले भरिएको मेरो देश नेपाल ॥

## Nature



Sarad Panta  
Class 7 Rose  
Roll No- 5

I don't know who created nature,  
Is it the God?  
From trees, water to the hills,  
From feathers to the fish's gills,  
Everything is dear,  
As it is from nature, we should take care.  
We get water and fresh air,  
Nature helps us everywhere.  
All natural phenomena are same,  
We should take care of them.

## Amazing Facts about Animals



Sumit Shakya  
Class 7 Lily  
Roll No 19

- Starfish have no brains.
- A snail sleeps for three years.
- Humming bird can fly backwards.
- Pigeons can do math.
- Alligators can live up to 100 years.
- Crows play tricks on one another.
- Zebra can't sleep alone.
- Butterflies taste with the feet.
- Rats can laugh.
- Frogs can freeze without dying.

## छट पर्व



प्रज्वल पन्त  
कक्षा सात लिली  
रोल नं २३

भगवान् सूर्यको पूजा गरी मनाइने पर्व छट पर्व हो ।  
हिन्दु धर्मावलम्बी नारीहरूले मनाउने यो पर्व  
लगातार चार दिनसम्म मनाइन्छ । तलाउ वा पोखरीमा  
नुहाएर सूर्यको उपासना गरिने हुँदा छट पर्वको एउटा छुट्टै  
महत्त्व छ । महिलाहरू उपवास बसेर सूर्यको पूजा हुने  
भएकाले संसारको अस्तित्वसँग सूर्यको ताप र उज्यालो  
लाई विशेष ठानेर यो व्रत बस्ने गरिन्छ ।

## भण्डा



किरोज श्रेष्ठ  
कक्षा सात लिली  
रोल नं २४

हरेक देशको आफ्नो आफ्नो र फरक भण्डा हुन्छ ।  
नेपालको भण्डा अरु देशको भण्डाभन्दा फरक  
छ । नेपालको भण्डा त्रिकोणात्मक छ । अनि निलो  
रङको घेरा, रातो रङको भुइँ र चन्द्र सूर्य चिह्न अङ्कित  
छ । अर्थका हिसाबले हाम्रो भण्डामा प्रयोग भएको रातो,  
सेतो र निलो रङको फरक र छुट्टै अर्थ तथा महत्त्व छ ।  
निलो रङले शान्ति र एकता, रातो रङले पुर्खाको  
वीरता जनाउँछन् । चन्द्र र सूर्यले अडिग र अटल  
नेपालीको विश्वास बोध गराउँछ । दुई त्रिकोणले भने  
नेपाली सनातन धर्म बोध गराउँछ भन्ने शास्त्रीय मान्यता  
छ ।

## Amazing Facts



Rijan Adhikari  
Class 7 Lily  
Roll No-25

1. There are more kangaroos than people in Australia.
2. There are at least six people in the world who look exactly like you. There's a 9% chance that you will meet one of them in your lifetime.
3. Nepal is the only country with nonrectangular flag.
4. Our finger nails grow four times as fast as our toenails.
5. It's impossible to sneeze with your eyes open.
6. Our eyes are always the same size from birth.
7. Our nose and ears never stop growing.
8. The word "uncopyrightable" is the longest English word in normal use that contains no letter more than once.
9. The word "queue" in English is the only word whose pronunciation remains same even if we remove the last four words of the letter.
10. RHYTHM is the longest English word without vowel.

## Facts and Figures: Pacific Ocean



Tejash Kuinkel  
Class 7 Lily  
Roll No: 15

Area : 180,000,000 sq. km.  
Greatest width : 24,000 km.  
Average depth : 4000 m.  
Deepest point : Challenger deep in the Mariana Trench (-10,920+- 10m) Near Philippines  
Mineral resources : Oil, natural gases  
Living resources : Fish, shellfish, seals (skins), seaweed, oyster  
Largest island : New Guinea

### Major Seas in the Pacific Ocean

Name	Area	Maximum Depth
South China Sea	2,590,000sq. km.	5,514 m.
Bering	2,216,000sq. km.	4,150 m.
Sea of Japan	1,013,000sq. km.	3,747 m.
Sea of Okhotsk	1,392,000sq. km.	3,303 m.
Yellow Sea, East China Sea	1,202,000sq. km.	2,717 m.

## पृथ्वी नारायण शाह



स्मारिका पुडासैनी  
कक्षा सात रोज  
रोल नं १

साना साना टुकाले  
बनायौ तिमीले हाम्रो देश  
सम्भन्धु जब तिमीले देश बनाउन  
गरेको सङ्घर्ष  
लाग्छ हामीलाई नेपालीप्रति गर्व ।  
यो देशलाई त बनायौ तिमीले  
तर अगाडि बढाउने जिम्मेवारी हाम्रो  
सिकायौ नेपालीलाई एक हुन  
एकताको मालामा सबैलाई बाँधिन ।  
गन्यौ तिमीले धेरै राम्रा काम  
रहन्छौ नेपाली दिलमा सधैं अमर  
धन्यवाद दिऊँ कसरी तिमीलाई ?  
दियौ नेपालीलाई पहिचान ॥

## Parents



Nima Tendi Sherpa  
Class 7 Rose  
Roll No 10

My parents are my god  
They gave me  
So much love  
Thank you mom  
Thank you dad  
There is so much word  
For me to add for you  
Seems too few  
Thank you parents  
You are great.



## Future



**Sukrima Sunuwar**  
Class 7 Rose  
Roll No 2

In my future, I want to be a teacher  
There won't be any girls  
With a dark future.  
In the world there are different types of teachers  
Who teach us life's different features  
I want to be the one  
Who makes all the girls' future.

## गरिबी



**अनुषा भट्टराई**  
कक्षा सात रोज  
रोल नं ४

एकादेशमा एउटा सानो गाउँ थियो । त्यो गाउँमा एउटा निकै गरिब परिवार थियो । त्यहाँ निर्मला र उसको आमा पनि बस्थिन् । उनीहरू यति गरिब थिए कि दिउँसो खाजा पनि खान पाउँदैनथे र बिहान बेलुका खाना खान पनि धौ धौ थियो ।

एकदिन निर्मला विद्यालयबाट फर्केर घर आइपुगी तर अरु दिन जस्तै आज पनि खाजा बनेको थिएन । निर्मलालाई निकै रिस उठ्यो । उसले आमालाई सोधी आमा ! हाम्रो घरमा किन खाजा नपाकेको ? आमा सधैं भै बोल्नु भएन र एकछिनमा सानो स्वरमा भन्नुभयो , नानी हामी खाजा खान सक्दैनौ । भात खान त धौ धौ छ, खाजा काहाँ पाउनु र छोरी ! आमाले निर्मलालाई सम्झाउँदै भन्नुभयो । निर्मला घोप्टो परेर सोधी, अरुका घरमा त खान्छन् त आमा ? हामी गरिब हौ छोरी भनेर आमाले मकैको खोले फत्काउन थाल्नुभयो । निर्मलाले सोधी उनीहरू कसरी धनी भए त आमा ? उहिले नै “उनीहरूको गाउँ पहिरोले पुरेछ र सरकारले त्यस्ता मानिसहरूलाई यो गाउँ नै खेती गरी खानलाई दिएको रे । त्यसैले उनीहरू धनी भएका हुन छोरी” भन्नु भयो आमाले ।

हाम्रो पनि यो सानो घर र बारी पहिरोले पुरिनु नि है आमा ! हामीलाई पनि सरकारले दिन्थ्यो कि ? भनेर निर्मलाले आफ्नो गृहकार्य गर्न थाली ॥

## साहित्यकार देव कुमारी थापा



**आयुषा भट्टराई**  
कक्षा सात रोज  
रोल नं ३

देव कुमारी थापाको जन्म भारतको दार्जिलिङ क्षेत्र अन्तर्गत खरसाङमा भएको हो । उनी वि.सं १९८५ वैशाख २ गते जन्मेकी थिइन् । उनी माता रमादेवी र पिता हस्त बहादुर कटुवालकी कान्छी छोरी हुन् । उनका पतिको नाम बबर सिंह थापा हो । उनी सानैदेखि धेरै प्रतिभाशाली थिइन् । उनी विद्यार्थी कालमा जाँचमा सधैं प्रथम हुन्थिन् । देवकुमारी थापा बालबालिकाहरू नै देशका भविष्य निर्माता हुन् भन्ने धारण राखिन् । बालबालिकाहरूलाई नै असल र शिक्षित पार्न साहित्य रचनामा लागिन् । त्यसरी नै बालबालिकाहरूको चेतनी विकास गर्न बाल संस्था र समाजसेजामा समर्पित भइन् । उनको विचारमा मानिसको मुख्य कर्तव्य सेवा हो । सबैलाई सेवामा प्रेरणा दिन उनले पुरस्कारको पनि व्यवस्था गरिन् । उनी आजिवन सेवामा हिमाल भै अडिग बनी सबैको प्रेरणाको स्रोत बनिन् । उनको मृत्यु २०६८ वैशाख २२ गते भयो । उनी शिक्षा, साहित्य र समाज सेवाको क्षेत्रमा प्रेरणाकी मुहान बनेकी छिन् ।

## Love



**Rebika Shrestha**  
Class 7 Rose  
Roll No - 6

Love can't be seen,  
Love can't be touched,  
But can be felt,  
From the heart.  
Love can be for any one,  
Love can be any time,  
Love is too special,  
To all the true lovers.  
Love should be trustworthy,  
Love should be praiseworthy,  
Love has no structure,  
Love has no demand.

## नेपालको पताका



श्रद्धा श्रेष्ठ  
कक्षा सात रोज  
रोल नं ७

हाम्रो देश नेपालको भण्डा हामी सबै नेपालीहरूको पहिचान हो जसले हामीलाई विश्व भरिमा चिनाउँछ । यसले गर्दा विश्व भरिमा नै हाम्रो शिर गर्वले उँचो भएको छ । नेपालको भण्डा त्रिकोणात्मक आकारको छ र यसमा दुईवटा त्रिकोण आकार छन् । यस भण्डामा दुई रङ छन् र ती हुन् : रातो र निलो । रातो रङ हाम्रो देशको राष्ट्रिय रङ हो । त्यसैले हाम्रो भण्डामा पनि रातो रङ भरिएको छ । हाम्रो भण्डामा सूर्य र चन्द्रमाको चिनो हुन्छ जसमा माथि चन्द्रमा हुन्छ भने तल सूर्य हुन्छ । नेपालको भण्डा जहिले पनि शानले उडी रहन्छ र यो सबै नेपालीहरूको पहिचान , चिनो र हामीलाई गर्व महसुस गराउने एउटा आधार हो ।

## Best Friend



Sabej Bajracharya  
Class 7 Rose  
Roll No 8

The best of friends  
Can change a frown  
Into a smile  
When you feel down.  
The best of friends  
Will understand  
Your little trail  
And lend you a hand.  
The best of friends  
Worths more than gold  
Gives all the love  
That a heart can hold.

## Town Life



Sudha Gurung  
Class 7 Rose  
Roll No- 9

Town life has many advantages to village life. One can get modern facilities and more jobs are available. There are good schools and colleges for quality education as compared. There is well-developed transportation. Propel live in sophisticated houses. There are hospitals and nursing homes which have got better infrastructures and well qualified doctors. That's why, I prefer town life to village life.

## Amazing Facts



Shirish Gurung  
Class 7 Rose  
Roll No-11

1. Rainbows appear also at night. They are called moon bows.
2. You can't cry on space because your tears won't fall. 3.95% of our earth's ocean is undiscovered.
4. Crocodiles are fast on their feet, but can't turn very well. If one is chasing, you make sure you are running zigzag.
5. An octopus has three hearts and the color of blood is blue.

## सुन प्रभु



अविधा अधिकारी  
कक्षा सात रोज  
रोल नं १२

भक्त हो म तिम्रो प्रभु तिमीलाई नै मान्छु  
जीवन भन्दा प्यारो प्रभु म तिमीलाई नै ठान्छु ।  
तिमीमा नै अडेको छ जीवनको यो डोरी  
के पो भजन गर्नु छ र राम नाम छोडी  
तिम्रो हो यो सृष्टि तिमी हो पालनकर्ता  
तिमीमा नै अडेको छ जीवनको यो चर्खा  
अर्पण के गरौं र सब हजुरको सृष्टि  
चोखो मनले अर्पण गर्छु सब हजुरलाई सम्झी  
यसरी नै भक्ति लागि रहोस् तिमीमा सदा  
सुन हे प्रभु ! म तिम्रो प्यारो भक्त अविधा !

## अनाथ



आरुषी पराजुली  
कक्षा सात रोज  
रोल नं १३

कलम समाउने  
छ फोहोरको बोरा  
मानिसले दिएका छन्  
उसलाई अनाथको नाम ॥  
फोहोरको भोला बोक्छ हातमा  
कहिल्यै छैन किताब कापी साथमा  
फोहोरको भोला जहिल्यै पनि  
किताब हेरेको छैन कहिल्यै पनि ॥  
न घर न परिवार  
ऊ बस्छ भुस्याहा कुकुरको साथ  
पाएन उसले आमाको साथ  
पाएन उसले आमाको माया  
कहिले काहिँ सोच्छ के होला आमाको माया ॥  
हामी सबै मिली मायाको हात जोडौं  
पढ्न नपाएका अनाथलाई सक्दो सहयोग गरौं ॥

## Friend



**Prapti Bhurtel**  
Class 7 Rose  
Roll No 15

You are helpful and kind,  
And you never let me down.  
You are crazy and wonderful,  
That I don't want to miss you ever in my life.  
You are trustworthy and a supporter  
You stand like a pillar in my life.  
You are honest and caring  
An important part of my life.  
You are sweet and emotional,  
Grateful and phenomenal.  
You are clever and funny,  
A wonderful part of my life.

## Book



**Unnat Dhakal**  
Class 7 Rose  
Roll No 16

Books are of different subjects,  
They have many thoughts and objects.  
Reading books makes mind sharp,  
Without them we will be in a trap.  
Books have many contents,  
They have opens and ends,  
They have different stories and facts,  
They are probably the best tracks.

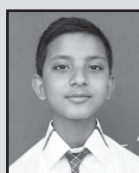
## Kathmandu



**Shristi Tamang**  
Class 7 Rose  
Roll No 19

Kathmandu is Nepal's capital city,  
And, sadly, falls under top ten polluted cities.  
It is a beautiful valley,  
For cleanliness we go to rally.  
It is my birthplace,  
Which used to be a beautiful place.  
Let us put our hands together,  
To make this place better.  
Let's plant more trees, add the greenery,  
A place of clean air and beautiful scenery.

## Our Duty



**Pranjal Raj Kafle**  
Class 7 Rose  
Roll No 20

Our duty is to read and write,  
And to respect elders and teachers.  
We get to play and enjoy  
We should obey our parents.  
Our duty is to work hard,  
And make our future bright.  
Avoid the wrong things,  
And do things right.  
We should respect senior,  
And love junior.  
Give our best in life,  
So that our aim gets near.

## आमा



**सन्तोष कँडेल**  
कक्षा सात रोज  
रोल नं १७

तिम्रो बारेमा कोर्न आउँदैन चित्र मलाई  
तिम्रो बारेमा गर्न आउँदैन बयान मलाई  
तिम्रो काखको न्यानो भुल्न सकिदैन  
टाढा भए पनि तिम्रो माया मार्न सकिदैन ।  
मेरो हात समाएर हिँड्न सिकायौ  
तोते बोली बोलेर बोल्न सिकायौ  
आमा तिम्रो ममता भुल्न सकिदैन  
तिम्रो माया सम्भरेर भन्न सकिदैन ॥



## Ways to Calm Yourself When You Get Angry



**Chirayu Baskota**  
Class 7 Rose  
Roll No-21

1. You surely want to punch somebody but you must not because you will end up getting into trouble. So you should take a pillow and punch it until your anger vanishes.
2. A simple solution to control anger is to take deep breathe.
3. You want to scream at others but you will be making fool out of yourself. So go to a place where no one can hear you scream.
4. You don't want to cry but when you are extremely angry, tears fall down automatically. Go under a blanket and cry.

## You, My Friend



**Tsewang Sherpa**  
Class 7 Rose  
Roll No 23

You are helpful and kind,  
Always ready to be in my side.  
You never let us down,  
You are wonderful friend of mine.  
You make me happy  
Whenever I cry.  
You share everything, that others can't  
You make me happy as you do whatever I want.  
You have made me bright,  
As a sunlight.  
Have made me choose right  
When I choose bad.  
And I get you as my dear friend,  
I am always glad.

## Information



**Samyog Dhakal**  
Class 7 Rose  
Roll No : 24

Name of Vitamin	Function	Sources
Vitamin A	Healthy skin, hair	Dark green and yellow vegetables, milk, cheese, etc.
Vitamin D	Promotes absorption, healthy bones and teeth	Milk, whole eggs, liver
Vitamin C	Healthy teeth gums and blood vessels	Fresh vegetables and fruits
Vitamin E	Protects red blood cells (RBC)	Wheat, vegetable oil
Vitamin K	Helps in blood clotting	Cabbage, cauliflower

## Dhanusha



**Laxman Gautam**  
Class 7 Rose  
Roll No 22

**D**hanusha is a district. It lies in Province No. 2. There are many cities in the province. Janakpur is one of them. I used to live in Janakpur but nowadays I live in Kathmandu. Janakpur is a very beautiful city. It is a religious city and there are many old temples like Janaki Temple, Ram Mandir etc. These two temples are very famous in the world. Many tourists come to visit them. There are many ponds. There are Dhanusagar and Gangasagar. During ancient times, it used to be called Mithila. It is also a birth place of Sita. It is stated in many books. It is believed that Ram Mandir is not made by anyone. It sprouted from land itself. It is written in Ram Mandir book. Janaki temple is made by the queen Brisbhanu Devi. Janaki Mandir is also called 'nau lakha mandir' because it cost nine lakh during that time. In Janaki Mandir, one can go underground. I wonder how one made it.

## Butterfly



**Dipsa Ghimire**  
Seven Rose  
Roll No. 25

The earth's surface is beautified with its lows and highs  
There are many plants and flowers covered by butterflies.  
They fly high and low in the deep blue sky miles and miles  
They don't like sadness in children's face, they invite smiles.

I love going to the field 'cause there I find butterfly,  
I can speak to myself I don't need to tell a lie.  
The butterflies teach us a lesson when we see,  
The art of being happy and making others happy.

## Town Life



**Sudha Gurung**  
Class 7 Rose  
Roll No 9

**T**own life has many advantages to village life. One can get modern facilities and more jobs are available. There are good schools and colleges for quality education as compared. There is well-developed transportation. Propel live in sophisticated houses. There are hospitals and nursing homes which have got better infrastructures and well qualified doctors. That's why, I prefer town life to village life.

## Traveling



**Thimsang Lama**  
Class 7 Rose  
Roll No 14

**T**raveling has been an adventurous part of today's life. People travel around for various purposes such as enjoyment, study, business etc. In my point of view, traveling has a great importance as it can be taken as a way of learning and recreation. Traveling helps one to learn in an effective and understandable way. Students can find the way of learning much more in an interesting way as traveling raises curiosity and one observes things unlike the monotony of text books.

## We Should never Fight



Ankit Ghimire  
Class 8 Lily  
Roll No -1

Sun gives us light  
But we should never fight  
Children should have their right  
But we should never fight.  
Fighting makes us sad  
It is also very bad  
Mouse is small in height  
But we should never fight.

## नेपाल भ्रमण वर्ष २०२० उद्देश्य



भानु प्रकाश के.सी.  
कक्षा आठ लिली  
रोल नं ३

विश्वका मानिसलाई नेपाल राष्ट्र र नेपाली संस्कृतिको चिनारी गर्ने उद्देश्यले नेपाल भ्रमण वर्ष २०२० मनाउन लागिएको छ। प्राकृतिक सम्पदा तथा ऐतिहासिक विश्व सम्पदा सूचीमा सूचीकृत सम्पूर्ण पुरातात्विक वस्तुको संरक्षणमा यस भ्रमण वर्षले महत्त्वपूर्ण भूमिका खेल्ने छ। नेपाल विश्वका पर्यटकहरूको गन्तव्य स्थल बन्न सक्ने कुरालाई मध्यनजर गर्दै नेपाली मात्रको आर्थिक स्तर उकास्ने उद्देश्यले यो भ्रमण वर्ष राज्यले आयोजना गरेको छ। पर्यटनलाई व्यवसायका रूपमा सञ्चालन गर्न सक्नु पर्छ। पर्यटकहरूलाई जतिसक्दो लामो समय नेपालमा बिताउने गरी पर्यटकीय स्थलको निर्माण तथा सुविधा सम्पन्न बनाउन सक्नु पर्छ। नेपाल र नेपाली संस्कृति, नेपालको इतिहास र नेपालीको अतिथिलाई देवता मान्ने भनाइलाई सत्य सावित गर्दै यस नेपाल भ्रमण वर्ष २०२० मा आउने पाहुनाका निम्ति स्वागत गर्न हामी तयार हुनुपर्छ।

## The Whole Time



Pratigya Koirala  
Class 8 Lily  
Roll No -2

At the end of the day  
When I'm lying in bed  
I can't get these voices  
Out of my head  
And all I want  
Is a moment's peace  
My brain is cracking  
My heart is breaking  
My body is aching  
From the constant screaming  
Of the nightmares I have,  
Every time I close my eyes,  
But when I wake up  
I realize it's me the whole time.

## Amazing Facts



Priyanka Moktan  
Class 8 Lily  
Roll No- 8

- Goose bumps evolved to make our ancestors' hair stand up, making them appear more threatening to predators.
- Scientists aren't exactly sure why we yawn, but it may help regulate body temperature.
- Your fingernails don't actually grow after your death.
- Humans are only the living beings with chins.
- Blood makes up about 8 per cent of your total body weight.
- The human nose can detect about 1 trillion smells.
- Thumbs have their own pulse.
- The foot is one of the most ticklish parts of body.

## Tuition Time



**Sujan Sunuwar**  
Class 8 Lily  
Roll No- 4

When tuition starts  
I feel I'm locked in the depth of hell  
It is like a bird caged in an iron cell  
When the tutor asks me  
For my tuition assignment  
That I haven't done  
I feel like I am gone  
I find every second  
Of my tuition time  
So mind- numbing  
It is never as interesting as  
My school's class  
And when the tutor comes  
I feel like jumping  
Into a bloody pool  
When my tuition class is over  
I feel like I have got into new freedom.

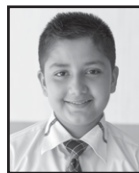
## Is School Cool?



**Pratik Gurung**  
Class 8 Lily  
Roll No- 6

My life was cruel  
But after I came to Riviera  
Life became cool  
With the company of annoying fools.  
In this school, I met many angels  
But sometimes if I don't do my assignments  
The angles turn into fear  
Which is not cool.  
Life isn't the same  
As I'm in Grade 8  
The word final term is near  
Which is killing me dear.  
I joined the school  
Just to meet my cool fools  
Because no one knows  
What has life proposed?

## Jokes



**Samip Ghimire**  
Class 8 Lily  
Roll No-5

- Once in a pond a girl was throwing pebbles because she had fought with her friend. After a while, a lady frog came out and said, "If you have fought with your friend, why did you break my friend's head?"
- Once a boy climbed Mount Everest. He was very happy to scale it. When his mother threw water in his face, he came to know that he was sleeping in bed.

## Motivational Quotes



**Saksham Gurung**  
Class 8 Lily  
Roll No-11

- Your limitation – it's only your imagination.
- Push yourself, because no one else is going to do it for you.
- Sometimes later becomes never, do it now.
- Great thing never comes to comfort zones.
- Dream it, wish it, do it.
- Success doesn't just find you.
- The harder you work for something, the greater you'll feel.
- Dream bigger, do bigger.
- Don't stop when you're tired. Stop when you're done.
- Wake up with determination. Go to bed with satisfaction.

## Parents



**Yankila Tamang**  
Class 8 Lily  
Roll No- 9

Parents are the caretakers of their children and they always look after them. They provide encouragement and support to their children. They provide necessary food, clothing, shelter and medical care as it is the basic requirements of a human being.

Our parents are our real heroes. They can do everything for us. Parents are always beside us. They give all the happiness to us. Also the sacrifice they do for us cannot be returned.

The life without parents is the worst life ever as they play a vital role in our lives. Our parents are the only ones to do all the sacrifices for our better life. Every child should understand the love, care and support of their parents and go on with their life. If we can understand the feeling of our parents, we can lead a successful life.

Parents are the real reasons of our success and happiness in our life. They never give up with themselves and we should learn it from our parents. They are the real role model for their children.

## Abide by the Law



**Utkrista Dhungana**  
Class 8 Lily  
Roll No-12

Law is a set of rules made by the nation for promoting the common goodness of the people. It makes people aware of their rights and responsibilities. It encourages people to do the right things. It provides us security and guarantees the rule of law. Therefore, we must know the fundamental laws of the nation. We must respect and act according to the law.



## Joke



**Wang T.D. Blon**  
Class 8 Lily  
Roll No- 23

One day, a son asked his mother.

Son: Mom! Why are not you speaking?

(Son again goes to his father and asks)

Son: Father, why mom is not speaking?

Father: Because when she asked for lipstick, I gave her a glue stick.



## Amazing Facts



**Gauranga Pokharel**  
Class 8 Lily  
Roll No- 14

- Octopus has hearts and has blue blood.
- A person's height is determined by his father and weight by his mother.
- A flock of crows is called murder.
- Eagle can focus at a very small object, even a piece of hair from the sky.
- Schools are the biggest consumers of wood.
- There is a fear of getting tickled which is yet to be named.
- Cat can sustain any fall damage.
- It rains sulfuric acid in Venus.
- The gravity's direction in Saturn is constantly changing.
- Neither egg, nor chicken carve first. Chicken was a cross species.
- It rains diamonds and ruby in Uranus.
- Pluto is smaller than Russia.
- Kangaroos can't fart.
- Elephants can't jump.
- Kangaroos can't jump if their tail is lifted.
- Space X has launched 60 mini satellites for cheaper global internet.
- North Korea's president has over thousand doctors for himself.



## Jokes



**Ayush Singh**  
Class 8 Lily  
Roll No-15

Teacher: Why are you late today?

Student: Because of sign down the road.

Teacher: What does sign have to do with you being late?

Student: The sign said school ahead, go slow.

Ram: My wife died yesterday... I am trying to cry but tears are not coming out, what to do?

Shyam: No problem, just imagine she has come back.

Rohan: Dude, eggs are extra salty today, too much salt... why?

Waiter: Sir, hens are suffering from high blood pressure.

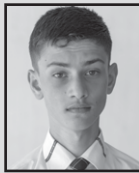
## Time



**Prathana Lamsal**  
Class 8 Lily  
Roll No- 7

It goes tik-tok  
Round and round in the clock  
Happiness flies so fast  
And sadness ruins all work.  
There it is, just on my way  
Oh! I think I can catch it, but it flies away.  
You do late and think it waits  
If you're punctual, your life- it sets.  
Look! There's time, but it looks so shy,  
You nearly reach there, it bids good bye...

## Amazing Facts



**Aarya Dhungel**  
Class 8 Lily  
Roll No- 16

- ❖ Americans on the average eat 18 acres of pizza every day.
- ❖ Do you know that you are more likely to be killed by a champagne cork than by a poisonous spider?
- ❖ Right handed people live, on average, nine years longer than left- handed people do.
- ❖ In ancient Egypt, priests plucked every hair from their bodies including their eyebrows and eyelashes.
- ❖ The act of supping one's finger is calling "Fillip".
- ❖ The dot on top of a letter '+' is called a title.
- ❖ Skepticisms is the longest word that alternates hands where typing.
- ❖ A mosquito does not bite. It stabs. A mosquito has no jaws, hence when attacking a victim, it pierces it with its long proboscis and suck the blood up through its nasal tube.

## Do You Know?



**Shubham Dhital**  
Class 8 Lily  
Roll No- 25

- ❖ There are at least six people in the world who look exactly like you. There's 9% chance that you'll meet one of them in your lifetime.
- ❖ A person's height is determined by their father and their weight is determined by their mother.
- ❖ If you sit for more than 11 hours a day, there is chance you'll die within the next 3 years.
- ❖ You can't cry on space because your tears won't ever fall.
- ❖ Moon dust smells of gun powder.
- ❖ You cannot breathe through your nose, with your tongue out.
- ❖ Our language is called the mother tongue because the father never gets a chance to speak.

## Positive Thoughts



**Nishant Kharel**  
Class 8 Lily  
Roll No-27

- Don't sleep too much. Enjoy being alive and productive. There is plenty of time to be dead and definitely sleep forever.
- Sometimes, nobody really cares if you are miserable. So, you might as well be happy.
- If you can not solve it, it's not a problem- it's reality.
- Happiness is like perfume, you cannot pour on other without getting few drops on yourself.



## नेपालको माया



**सङ्कलक: जेशन गुरुड**  
कक्षा आठ लिली  
रोल नं १८

मलाई सधैं बोलाउँछ, हिमालको छायाले  
मनभरि शान्ति दिन्छ, नेपालको मायाले ।

सुनखरी फूल सम्झी मन रमाउँछ,  
हरियाली वन देखि मन रमाउँछ,  
मुटुभरी लाली गुरास फुल्ल थालेको छ,  
मादल सँग गीत गाउन मन लागेको छ ।

चौरी गाई हिमालमा गई चर्दैछ रे  
विदेशीहरू नेपालको सुन्दरता हेर्न आँउदैछन् रे  
छातीभरि देश बोकी बाँच्न पाएको छु  
नेपालको माया पाई भाग्यमानी भएको छु ।



## Basketball



**Dipesh Gurung**  
Class 8 Lily  
Roll No-17

Basketball is a popular game  
Where we can earn fame  
There are many basketball players  
Who play without any fear.  
While playing basketball we may fall  
To play basketball we need a ball  
When we fall it will hurt  
If we want to win we should make a shot.  
Basketball is played with teamwork  
Which is done in big rectangular court  
Getting backup is the key to success  
Winning is not important, participation is the best.



## Childhood Days



**Anushka Sharma**  
Class 8 Lily  
Roll No -24

The time when I was naughty,  
But no one was there to scold me,  
Because I was small  
Parents diverted my mind by toys,  
And I played with fun,  
Sometimes used to wake up at 10,  
No one was there to wake me up by then.  
Because I was lazy.  
All people would give me chocolates,  
Oh! I would eat them, because I loved them  
Father used to give me money  
I would give it to my mom,  
The time when I cried a lot,  
My mother was there to make me calm.



## Shivering Cold



**Aadarsha Khatri**  
Class 8 Lily  
Roll No-13

In these cold days and nights,  
We want to sit in the sun  
Hot coffee and tea, we drink  
With a piece of bun.  
Days are short and nights are long,  
Enjoying with snow making fun  
We enjoy snows with snow balls  
And our hands become numb.

## Football



**Ayush Sunuwar**  
Class 8 Lily  
Roll No-20

Football, Football, Football  
It's the best game at all  
My favorite player is Neymar  
I love watching it everywhere.  
Those tightly muscled butts and legs  
How fluidly and gracefully  
They dance across the green  
Such elegant contenders play  
The best I've ever seen.

## Winter



**Alisha Tamang**  
Class 8 Lily  
Roll No -19

It is the season when we feel cold  
Blanket is our friend which we want to hold  
It is the season where we want coffee all the time  
Or hot water with flavor of lime.  
It is the season, where we never want to touch cold water  
And never want to scatter  
Jackets, hoodies are the clothes we wear  
The main thing we like to spend is fare.

## Poet



**Sushant Lama**  
Class 8 Lily  
Roll No-21

I am not a fighter  
But I am a writer  
I love writing poems  
Because I am a poet.  
I write poems  
But I don't sell them for coins,  
Because poems have no worth  
The secret of poems never rust.  
To write a poem  
It's not hard  
You just need  
To write with your heart.  
To write a poem  
You should make a pen your friend  
Try to write a poem  
Till the end.

## A Girl



Izma Niroula  
Class 8 Lily  
Roll No- 22

I saw a little girl with a hat  
Who was carrying a beautiful cat  
She was looking so pretty  
That I could not define her beauty.  
While she was sitting on a mat  
Busy with her facebook chat  
She was given juice in the can  
She emptied it and quickly ran.

## Nature



Ashishma Moktan  
Class 8 Lily  
Roll No-26

Nature is the place  
Where all the birds and animals rest  
Nature is full of different resources  
Which are valuable for the national uses.  
Nature is full of greenery  
And we can see beautiful scenery  
In nature, we can get fresh air  
Which is very pure.

## तिज



रश्मी श्रेष्ठ  
कक्षा आठ रोज  
रोल नं १

महिलाहरूको महान् चाड हो तिज  
उनीहरूको लागि खुसी ल्याउने तिज  
एउटा पर्व हो तिज ।  
शिवको पूजा गरी नाचगान गर्ने  
रमाइलो पल हो तिज ।  
दिदीबहिनीसँग भेटेर  
दुःख भुल्ने एक दिन  
सबैभन्दा राम्रो पर्व तिज ।

## पश्चाताप



प्रतिफल चापागाईं  
कक्षा आठ लिली  
रोल नं २८

के तिमिले साँच्चै आफ्नो भाइलाई मारेका हो त ?  
हवल्दारले सरोजलाई नरम आवाजमा सोधे ।  
हो, मैले नै आफ्नो भाइलाई मारेको हुँ । सरोजले रुन्चे  
स्वरमा भन्यो । हवल्दारले फेरि सोधे, अनि किन मान्यौ  
त आफ्नो भाइलाई?

सरोज रिसाउँदै बोल्थ्यो अनि किन उसलाई मात्र माया  
गरेको त ?

बर्थ डे उसको मात्र किन मनाएको त? दूध अलिकति  
त पोखिएको थियो नि । मलाई मात्र किन पिटेको त ?  
उसको दिसा पिसाब मलाई नै फ्याँक्त किन लगाएको  
त ?

एक वर्ष अघिको कुरा हो, सरोज र उसका बुबाआमा  
गाउँबाट सहर सरेका थिए । सरोजको भाइ पनि भर्खरै  
जन्मेको थियो । तर सरोजलाई उसको भाइ पटक्कै मन  
पर्दैनथ्यो । सरोजका बाबुआमाले उसको भाइलाई मात्र  
माया गर्न थाले । नगरून् पनि किन, भर्खरै जन्मेको  
बच्चालाई धेरै माया त चाहिने नै भयो । सरोज उसको  
भाइको सबै काम गर्नुपर्थ्यो । भाइको दिसा पिसाब धोई  
दिनेदेखि उसलाई नुहाई दिनेसम्म सबै काम गर्नुपर्थ्यो ।  
एक दिन सरोजका बुवाले सरोजलाई दूध ल्याउन  
पठाए । दूध खन्याउँदा अलिकति दूध पोखियो । त्यो  
देखेर सरोजका बुवाले रिसको भोकमा सरोजलाई पिटेका  
थिए ।

सरोज यो सब उसको भाइले गर्दा हो भन्ने ठान्थ्यो । सरोजको  
भाइ जन्मेको एक वर्ष भइसकेको थियो । सरोजका  
बाबुआमाले उसको बर्थडे कहिल्यै मनाई दिएका थिएनन् ।  
उसको भाइको बर्थडे मनाउने निर्णय लिँदा ऊ रिसले  
चुर भयो । भाइको बर्थडे सकिएपछि भाइ र सरोज घरमा  
एकलै भए । सरोज आफूले आफूलाई रोक्न सकेन र  
भाइको मुखमा केक कोचिदियो । त्यत्तिकैमा भाइको मृत्यु  
भयो ।

यो कुरा थाहा पाएपछि सरोजलाई बाल सुधार केन्द्र  
पठाइयो । उसका बाबुआमा असहाय भए ।

## Emotions I'll Never Understand



**Arunima Magar**  
Class 8 Rose  
Roll No-3

A mother and son are very close  
That is what we call true love  
But what about that boy and girl married for years?  
Don't they too love each other?  
For her peers she laughed and smile  
Making jokes was always right  
But what about the tears she shed  
Inside the darkness on her bed?  
A boy so quiet and reserved  
Didn't smile bit, nothing bothered him,  
But what about the smile he has  
Long before the scars he holds?  
I met a man so kind and wise  
Not scared of failure or rejection,  
But what about the past he lived?  
I know he learned from all his regrets.  
I met a girl unique and strong  
Always up if anything's wrong,  
But what about all the regrets she had  
Of being weak during her past?  
Why to love when you don't know what it is?  
Why to be happy with all the sadness you carry?  
Why to move on when you have regrets?  
But this human nature is complicated and unsolved  
Remember there are the emotions I will never understand.

## Prithvi Narayan Shah



**Alice Dhungana**  
Class 8 Rose  
Roll No-2

Prithvi Narayan Shah,  
You are great  
Nobody else can  
Take your place.  
You saved Nepal from  
East India Company  
Made our country united  
So that others couldn't attack.  
You ended the conflict,  
You ended the jealousy  
Between the states  
By ruling over them.  
You spent your life  
In the unification  
Of the country  
And died after the unification.  
The great Prithvi Narayan Shah,  
You are dead  
But we remember you  
Till the end.

## विद्यालय



**मेन्डो डोल्कर**  
कक्षा आठ रोज  
रोल नं ५

यहाँ हामी नयाँ नयाँ साथी बनाउँछौं  
नयाँ नयाँ सामानको आविस्कार गर्छौं  
जीवनको दोस्रो खुसी यहींबाट सुरु हुन्छ  
जहाँ ज्ञान र साथ दुवै पाइन्छ।  
दुनियाँमा विद्यालय धेरै छ  
तर पाइने विद्या एउटै छ।

## मेरो देश



अनुशा भण्डारी  
कक्षा आठ रोज  
रोल नं ४

मेरो देशमा त  
धेरै भाषा र भेष  
गछौं सबैको सामु पेश  
त्यसैले त हो यो मेरो देश ।  
सबैको रगत रातै त हो  
भनेर कसैलाई भेदभाव  
नगरिने देश कसैलाई  
दिदैनौं हामीले आदेश ।  
हरेक कामलाई हामीले गछौं सम्मान  
गर्दैनौं कसैको अपमान  
नेपाल प्यारो र पवित्र देश  
नेपाल प्यारो सुन्दर देश ।  
उकाली र ओराली बाटो  
प्यारो लाग्छ मलाई आफ्नो देशको माटो  
हरियाली वन पाखा  
नेपाललाई जहिले आफ्नो मनमा राख ॥

## कलम

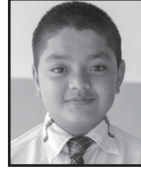


कृतिका भट्टराई  
कक्षा आठ रोज  
रोल नं ६

एउटा सानो प्लास्टिकको चिज छ  
जसको गर्न सक्दैन कसैले बखान  
भर्दछन् सबै मसी यसमा  
लेख्ने गर्छन् कापीका हरेक पानामा ।

मानिसको आँखा खोलिदिन्छ यो सानो कलमले  
देखाउँछ यो ठूलो संसार सानो यो कलमले  
हाम्रो भविष्य बनाउने काम गर्छ यसले  
त्यसैले यसको महत्त्व बुझ्नुपर्छ हामीले ।

## उखानहरू



स्वर्णिम पनेरु  
कक्षा आठ रोज  
रोल नं ७

- नाचन नजान्ने आँगन टेडो
- मेरो गोरुको बाह्रै टक्का
- बाँदरको हातमा नरिवल
- दुवै हातमा लड्डु
- बाह्र वर्ष कुकुरको पुच्छर हुङ्ग्रोमा राखे पनि बाङ्गै
- म ताक्छु मुडो बन्चरो ताक्छ घुँडो
- जुन गोरुको सिङ छैन त्यसको नाम तिखे
- जब भयो राति अनि बुढी ताती
- आए आँप गए भटारो
- घोडा चढ्ने लड्छ

## Sisters



Prasamsa Khanal  
Class 8 Rose  
Roll No- 10

Sisters are like friends  
And this relation never ends.  
They may fight with you,  
Perhaps they won't talk to you,  
But wherever they are needed,  
When nobody cares you,  
And nobody trusts you,  
They always stand by you.  
Sisters are like stars  
To see upon them, we have no bars.  
They shine whenever we are lost in darkness  
They comfort us whenever we are hopeless.

## हाम्रो धरती



टासी डोका लामा शेर्पा

कक्षा आठ रोज

रोल नं ८

नेपाल अनेक जातजाति, धर्म, भाषा, संस्कृति र रीतिरिवाज भएको देश हो। हामी निस्वार्थी र धर्मका बाटोमा लाग्ने मानिस हौं। हामी रिस, कपट र छल कहिले गर्दैनौं। हाम्रो देश स्वर्ग भन्ने सुन्दर र चन्द्रमा भन्ने चम्किलो छ। हामी नेपाली एकतामा बसेर काम गर्छौं र सफलता प्राप्त गर्छौं। हाम्रो देशमा एकपछि एक महान् पुरुषहरू जन्मेका छन्। जस्तै पृथ्वी नारायण शाह, बलभद्र कुँवर आदि। उहाँहरूले ठूला ठूला काम गरी जानुभएको छ।

उहाँहरूले देशको लागि केही न केही योगदान दिएर जानु भयो। हामी नेपाली तिनीहरूका छोराछोरी हौं। त्यसैकारणले हामीले पनि देशको लागि केही गर्नुपर्छ। हामी नेपाली वीर गोर्खाली हार मान्दैनौं र गौतम बुद्धको शिक्षालाई चारैतिर बाँड्छौं। हामी नेपालीले एकतामा बसी देशमा परेको समस्यालाई समाधान गर्छौं। नेपाल आमालाई पिर परेको बेला हामीले आफ्नो घरपरिवारलाई पाल्छौं र देशलाई सुन्दर र स्वच्छ राख्ने प्रयास गर्छौं।

प्राकृतिक र सांस्कृतिक दृष्टिले समेत समृद्ध भनिएको नेपालमा हिन्दु, बुद्ध, मुस्लिम आदि धर्म मान्ने मानिसहरूको बसोबास भएपनि मिलेर बसेका छौं। सबै नेपाली एक आपसमा मिलेर परेको बेला एक अर्कालाई सहयोग गरी बस्दछौं। अतः हामी नेपाली आफ्नो देश प्रति गर्व गर्छौं।

## Winter



Rajan Shahi

Class 8 Rose

Roll No-9

Oh! Winter here you are  
With white cloak  
And coldness so far  
With animals shivering in flock.  
Dew in the morning  
Makes my heart fly  
And chance in the evening  
As children don't cry.  
I love you winter  
Come again and again  
And make me buy a sweater  
I love to have energy regained.

## मेरो गाउँ



तोरन गुरुब

कक्षा आठ रोज

रोल नं १३

खोलानाला जङ्गल र अरु डाँडापाखा  
सम्भन्दा मन रम्य गाई र गोठाला  
जङ्गल फाँडी मानिसहरू दाउरा घाँस काट्थे  
डाँफे चरीले माया र प्रेमका गीत साट्थे  
कोइलीको स्वर सुन्दा सबै सुन्दर बन्थे  
बाटोघाटो विद्यालय केही नहुँदामा घरै बसी पढ्थे।  
घरै बसी पढ्थे अरे हाम्रा गाउँघरमा।  
विद्यालय बाटोघाटो सबै खुलेपछि  
मेरो गाउँमा फैलियो ज्ञानको ठूलो ज्योति  
चारैतिर खोलानाला कलकल गरी बग्छन्  
स्वर्गको त्यो मधुरतामा त्यसै बिसाउँछन्।  
आकाश छुने हिमाल देख्दा सबै छक्क पर्छन्  
गाउँको मुहार हसाउँनलाई सबै एक हुन्छन्।

## प्रसिद्ध भनाइहरू



निमा टासी शेर्पा

कक्षा आठ रोज

रोल नं ११

- ☛ आफ्ना साना साना काममा पनि एकचित्त बनेर मन र दिमाग लगाऊ यो नै सफलताको रहस्य हो - स्वामी शिवानन्द
- ☛ बाँच यसरी कि तिमी भोलि नै मर्नु छ, सिक यसरी कि तिमी सधैं बाँचिरहनेछौं । - महात्मा गान्धी
- ☛ तिमी आफू जो हो त्यो बन । अरुजस्तो त अरु नै बनिसके । - औस्कार वाइल्ड
- ☛ विश्वास गर कि तिमी सक्छौं । यो विश्वास गर्नु भनेको तिमी आफ्नो लक्ष्यको आधा बाटोमा पुगनु हो । - थेओडोर रुजवेल्ट
- ☛ मैले हावा बहिरहेको दिशा परिवर्तन गर्न सकिदैन । तर आफू गन्तव्यमा पुग्नको लागि मैले डुङ्गालाई हावाको स्थिति अनुसार लैजान सक्छु । - जिम्मी डिन
- ☛ पर्खेर नबस । समय कहिल्यै अनुकूल हुँदैन । - नेपोलियन हिल
- ☛ सफलता भनेको एउटा असफलताबाट सफलता आउँदा पनि उति नै उत्साहका साथ हिँडिरहनु हो । - नाडल

## कविता



सुजल ढकाल

कक्षा आठ रोज

रोल नं १२

कविता हुनुपर्छ राम्रो  
मन हुँदैन नराम्रो  
कविताले छुनुपर्छ मन  
मन भन्दा ठूलो हुँदैन धन ॥  
कविताले लुकेको कला जगाउँछ  
कविताले व्यक्त गर्छ मानिसको कला,  
उनीहरूले समाए एक अर्काको विचार ॥  
बनाए मैले एउटा कविता रसिलो  
शब्दजाल अनि भाव कसिलो ॥

## My Mom



Sanjeena Budha Magar

Class 8 Rose

Roll No- 14

Mom, you gave me birth  
And showed me the beautiful earth  
You are my heart  
You never let me cry a lot.  
You are very caring and nice  
And a beautiful wife  
You gave me positive vive  
Because you are always right.  
Mom you are my god  
And my biggest love  
You are very careful  
And you are very beautiful.

## Mama



Jenish Karki

Class 8 Rose

R oll No 16

I know it hurts a lot  
But still I want you back  
Though we had a short period  
But we have made millions of memories.  
Though you are not with me  
But you are still in my heart  
I still remember those moments  
When you were standing by my side.  
Those moments were WOW!  
And again I want that  
It is hard to forget you  
I try a lot but I can't.  
You are the best creature of god  
You are different from other  
You are very special for me  
More than others.  
Please try to come, mama  
My one request to god  
To send you back, I love you.



## Facts



**Prasmsha Bastola**  
Class 8 Rose  
Roll No 17

- 🌐 North Korea and Cuba are the only places where you can't buy coca-cola.
- 🌐 The entire world's population could fit inside Los Angeles.
- 🌐 Tokyo is the world's largest city with 37 million inhabitants.
- 🌐 Nearly two people die each second.
- 🌐 The ocean contains almost 200000 different kinds of viruses.
- 🌐 Facebook has more users than the population of the U.S., China, and Brazil combined.
- 🌐 All the ants on Earth weigh about as much as all the humans.
- 🌐 Canada has nine percent of the world's forests.
- 🌐 There are 41 countries that recognize sign language as official language.
- 🌐 There are 43 countries that still have a royal family.

## My Life



**Swostika Guragain**  
Class 8 Rose  
Roll No -19

I am the one in this world  
To bear the pain  
No happiness in life  
I think my happiness is sold.  
Roaming here and there  
Having lots of trouble  
With grief in the heart  
Walking around the path with full of fear.  
I want to enjoy my life like others  
But, what to do I am all alone  
Why? I am the one to bear all the pain  
I am fed of enjoying my life further.

## My Aim in Life



**Pratikshya Tamang**  
Class 8 Rose  
Roll No -23

**D**iversity is the beauty of the human mind. All the people on the earth have their own way of thinking and choosing things. Majority of ambitious people want either to be famous or rich so they become lawyer, engineer, businessman etc. But I see things differently. I want to help other people and bring happiness to their lives. My belief is that real people are those who make others' life easier and comfortable. Therefore, my aim in life is to become a doctor.

Although doctor is considered as a very reputable and noble professions but my reason to become a doctor is more than this. A vast number of people faces fatal health problem and unfortunately they can't afford treatment. My aim is to help such person. Also when I see people dying with minor diseases due to lack of care, I get depressed as well as motivated to avoid such cases in the future.

My aim is to give free treatment to those people who can't afford expensive medicines. Hence, I want to serve humanity. My ambition is to be such a good doctor that not only my parents become proud but also the country becomes proud of me.

I also understand that it is very difficult to become a doctor and it is very competitive task but those things can't stop me. My ambitions are high. I do not know what the future has in store for me. I will work hard and one day I will be such a person who will be called a true doctor.

## नेपाल: पर्यटकीय स्थल



उजेन शर्पा

कक्षा आठ रोज

रोल नं २०

नेपाल एक सुन्दर देश हो । कुनै पनि देशलाई नेपालको सुन्दरतासँग तुलना गर्न सकिदैन । नेपाल, चीन र भारत बिचमा पर्दछ । यहाँ विभिन्न जातजाति, भाषा, भेषभूषा, संस्कृति भएका मानिसहरू शान्ति कायम गरी बसेका छन् । मेरो देश नेपालमा धेरै सुन्दर ठाउँहरू रहेका छन् । त्यसैले मिलेर धेरै पर्यटकहरू नेपालको सुन्दरताले आकर्षित भएर नेपाल घुम्न आउँछन् । केही सुन्दर पर्यटकीय स्थलहरू यी हुन् ।

१. सगरमाथा - संसारकै सबैभन्दा सर्वोच्च शिखर
२. लुम्बिनी - गौतम बुद्ध जन्मिएको ठाउँ
३. पोखरा - फेवा ताल, गुफाहरू
४. भक्तपुर, ललितपुर, वसन्तपुर
५. बौद्ध नाथ स्तुपा
६. पशुपतिनाथ मन्दिर
७. मुस्ताङ, मनाङ
८. पाँच पोखरी - सिन्धुपाल्चोक जिल्ला

## आमा



प्रकृति आचार्य

कक्षा आठ रोज

रोल नं २४

नौ महिना कोखमा राख्ने  
एक महान् देवी हुन् आमा  
अनेक पीडा सहेर आफ्नो  
सन्तानको भोक मेटाउने आमा ।

आफ्ना इच्छाहरू त्यागेर,  
सन्तानका लागि जिउने,  
परमात्मा हुन् आमा ।

सन्तानले जति घृणा गरे पनि  
सधैं उनीहरूलाई माया गर्ने  
र मुटुमा राख्ने मानिस हुन् आमा ।

## Here You Read Life Changing Quotes



Sweekriti Chand

Class 8 Rose

Roll No -26

- You only live once, but if you do it right, once is enough. – Mae West
- The mind is everything: what you think you become.- Buddha
- The journey of a thousand miles begins with one step. – Lao Tzu
- Don't cry because it's over-smile because it happened. – Ludwing Jacobowski
- I'm the one that has got to die when it's time for me to die, so let me live my life the way I want to.- Jimi Hendrix
- Don't gain the world and lose your soul, wisdom is better than silver or gold.
- The trick in life is learning how to deal with it. – Helen Mirren
- Believe that life is worth living and your belief will help create the fact.- William James
- Do not take life too seriously. You will never get out of it alive. – Elbert Hubbard
- Very little is needed to make a happy life, it is all within yourself, in your way of thinking.- Marcus Aurelius
- Life is a question and how we live it is our answer.- Gary Keller
- Keep your eyes on the stars and your feet on the ground.- Theodore Roosevelt
- It's better to be a lion for a day than a sheep all your life. - Elizabeth Kenny

## बाबाको सपना



दिवश देवकोटा

कक्षा आठ रोज  
रोल नं ३०

छोरो टुकुटुकु हिँड्दै गर्दा  
भर्खर वामे सदैँ गर्दा  
सिसाकलमले दिदीहरूको होमवर्क गर्ने कपीमा  
बाङ्गो टिङ्गो कोदैँ गर्दा अनि  
पहिलो चोटी स्लेट भट्टा अनि सिमीका एक मुठी पात चुँडेर  
दिदीहरूको पछि पछि उफ्रदैँ स्कुल जाँदैँ गर्दा  
म भित्रका इच्छा आकाङ्क्षाहरू परिवर्तन छन् समयानुकूल  
तर बाबाले देख्न सुरु गर्नु भएको एउटै सपना  
जस्तो सुकैँ कठिन घडीमा पनि  
आँधी हुरी या सड्कटमा पनि  
छोरालाई डाक्टर बनाउने सपना  
स्कुलमा पढेको थिएँ  
गुरुहरूबाट सुनेको थिएँ  
सपना केवल सपना मात्रै होइन  
यो एउटा भविष्यको मार्ग चित्र हो  
सायद त्यही मार्गचित्र जो म मेरो  
निमित्त कोर्न सक्ने हुनुभन्दा निककैँ पहिले  
मेरो निमित्त मेरो बाबाले कोरिसक्नु भएछ ।

सपना सोचेर कहिले काहीं अत्यास लाग्थ्यो  
त्यही पल्लो गाउँको सरकारी स्कुल त हो नि  
धन्न निःशुल्क थियो र हाम्रो पहुँचमा थियो  
पुरानै लगाएर भएपनि, चुडिएका चप्पलको सहारामा  
सपनाको अजड्ग भारी  
सकी नसकी बहन गरेर किताबका पानाहरू  
गुरुहरूका आदर्श वचनमा अनि बाबा आमाको  
करुण रोदनयुक्त मुस्कुराहटमा मैले सपना  
पुरा यथेष्ठ आधारहरू भेटिसकेको थिएँ  
सपना देखेर निदाएको कैयौँ पलहरू छन्  
सपना भुलेर हराएका कैयौँ कलाहरू छन्  
म भक्भक्किन्थेँ स्वयम्मा नै लडेर अधि बढेका  
कैयौँ पलहरू सम्भन्धु ।  
सहज त के छ र यो दुनियाँमा  
खडेरी परेर चर्केका खेतहरू भन्दा  
ऋण तिर्न भनी विदेसिएको छोरो  
काठको बाकसमा फर्केको बेलाको आमाको मन हेर्छु  
र बाबाको सपना सम्भन्धु ।

अब, बाबाको सपना केवल बाबाको मात्रै रहेन  
सपना भन्नु प्यारो लाग्न थालिसकेछ,  
जब थाहै नपाई बाबाको सपनालाई  
मैले आफ्नै सपना बनाइ सकेको थिएँ ।

## देशको माटो



निमा तामाङ्ग

कक्षा आठ रोज  
रोल नं २७

धर्तीभन्दा तल खोज  
आकाशभन्दा माथि  
जहाँ खोजे पनि पाउँदैन  
नेपाल जस्तो स्वर्ग साथी ॥  
भाषा धर्म संस्कृति सबै छुट्टै छन्  
जो जस्तो भएपनि  
सबैका मन हिउँ जस्तै सफा छ ।  
पढी गुनी हामी राम्रो बन्नुपर्छ ।  
मेरो मात्र होइन् हाम्रो हो भन्नु पर्छ ।  
यी कानले सधैँ राम्रा राम्रा कुरा सुन्न पाऊँ  
नेपालीको भलो हुने कुरा मनले गुन्न पाऊँ ॥

## I Used to Dream



Aisha Puri

Class 8 Lily  
Roll No-29

I used to dream  
A dream of darkness  
Where I felt only my body  
And a sound of a dog's bark.

Having much fear  
Quite scary atmosphere  
The moment was thrilling  
My heart was beating faster.

My body was trembling  
With the fear of melancholy  
About to surrender my life to death  
I found myself below the bed.

## आमा र बाबा



**सुबिना भट्टराई**  
कक्षा आठ रोज  
रोल नं २९

बाबाभन्दा धनी मान्छे मैले अहिले सम्म देखेको छैन  
जति खल्ती खाली भएपनि पैसा छैन भन्न जानेको छैन  
आमा तिम्रो चित्त कहिले काहिँ दुखाएँ होला  
आमा तिमिले मलाई माफ गर्ने छौ होला ॥



## Friendship



**Arina Risal**  
Class 8 Rose  
Roll No-21

Friendship is the strongest bond  
It is deep like a pond  
It's you, it's always you  
I met lots of friends but  
Nobody feels like you.

Hope our friendship lasts long  
Just think of having fun  
We will make memories together  
Which are countless and lifelong.



## साथीहरू



**सचन मल्ल**  
कक्षा ७ रोज  
रोल नं २१

साथी मान्छेका जीवनमा महत्त्वपूर्ण हुन्छन् । साथी  
नभएको मान्छेले माया, प्रेम र खुसी साट्न जान्दैन ।  
हामीले असल साथीको साथ कहिल्यै छोड्नु हुदैन ।  
आपत् विपत् र दुःख सुखमा साथीलाई साथ दिन पर्दछ ।  
परेका बखतमा सहयोग गर्ने नै सच्चा साथी हो ।  
हामीले सधैं सच्चा साथीको विश्वास गर्नु पर्छ ।



## Future



**Sukrima Sunuwar**  
Class 7 Rose  
Roll No 2

In my future, I want to be a teacher  
There won't be any girls  
With a dark future.

In the world there are different types of teachers  
Who teach us life's different features  
I want to be the one  
Who makes all the girls' future.



## Memories



**Bhumika Magar**  
Class 8 Rose  
Roll No-18

The memories of the time spent together are countless  
The gossips that we have made are endless.

The funs we had with each other are meaningless  
The conflicts that we had with each other are baseless.

The fights we had done with each other are useless  
The cares we had done for each other are priceless.

## Kabbadi



**Subigya Chapagain**  
Class 9 Lily  
Roll No- 1

**K**abbadi is a traditional game which can be played within two teams of seven players each. Consecutively, a team which attacks becomes a raider and the defending team becomes antiraidar. Toss decides which team is raider or anti- raider. At the whistle of the referee, a player of raider team crosses the centre mark and attempts to touch or kick the opponent to make him/her out. It is a famous game play. It is played in almost all the countries in the world. Some basic skills of Kabaddi game are dodging and kicking. All the players of the game should be flexible and quick.

## My Lovely Mother



**Pranisha Poudel**  
Class 9 Lily  
Roll No -7

A person who gave me birth  
In this beautiful earth  
She devoted her valuable life  
To make my future bright.  
She is no other  
She is my lovely mother  
She is the gift of god  
Who is the best mother in the world  
Our relation is bold  
Which I will always hold.

## Ten Names of Different Inventors



**Abishek Pulami**  
Class 9 Lily  
Roll No- 2

1. Inventor of school: Horace Mann
2. Inventor of book: Johannes Gutenberg
3. Inventor of pencil: Conrad Gessner
4. Inventor of bus : Blaise Pascal
5. Inventor of aeroplane: Wright Brothers
6. Inventor of football: Walter Lamp
7. Inventor of volleyball: William George Morgan
8. Inventor of fountain pen: Petrache Poenaru
9. Inventor of gas stove: James Sharp
10. Inventor of mobile phone: Martin Cooper

## My Childhood Days



**Salina Lama**  
Class 9 Lily  
Roll No-3

Remembering those old days when I was young  
Remembering how I teased my friends showing  
them my tongue  
How I played the fullest  
How I didn't care of anyone else  
Like the way I used to hide  
When we played hide and seek  
Singing all the songs remembering the lines  
But felt lazy while handling the lines  
I was carefree and didn't care much  
Then teenage came and all the fun  
Seeing the changes all the people had  
Broke me inside and caused me pain  
Wish I could go back to those carefree days  
Everything changes as the time flies  
I wish I could go back to those innocent times.

## Life



**Arpita Rajbhandari**  
Class 9 Lily  
Roll No- 4

Life is an opportunity, benefit from it  
Life is beauty, admire it  
Life is a dream, realize it  
Life is a challenge, meet it  
Life is a duty, complete it  
Life is a game, play it  
Life is a promise, fulfill it  
Life is a sorrow, overcome it  
Life is a song, sing it  
Life is an adventure, do it  
Life is a struggle, accept it  
Life is luck, make it  
Life is a challenge, fight for it.

## Rain



**Sansar Sunuwar**  
Class 9 Lily  
Roll No-6

Very beautiful drops  
Of crystal,  
It fell like everything  
Has turned so magical  
Like a gift from  
The heaven,  
I wish that it would rain twenty four hours  
It would be a  
Wonderful heat,  
Walking alone in  
The rainy street.

## I Believe!



**Meshna Pokharel**  
Class 9 Lily  
Roll No -17

I believe that being yourself is the best thing one can do to make oneself happy. I am a very happy person because I do the things I believe in and I love, just like seeing a smile on anyone's face or protecting my loved ones and helping others. But look at the world around us! Where are we? In the middle of howling creatures which eat us up, I say don't run away from them but be friends with them. We have fake people, people who show off, people who are fully negative and what not? I do what makes me happy, like hanging out with friends, playing volleyball, dancing, exploring, as these are the things I believe in. But I also believe that sometimes, things are just not enough. We have so much more around, but spotting is the hardest. Life is one time thing, so live it to the fullest. I believe in laughing uncontrollably looking at me. I believe in my family for being there in each step on the way. I wish everyone could grow up with such loving family that observes your first word to your graduation. I believe in my cosmos and friends because at the end of the day, they always stand by you. I think it is important for people to always remember that they don't need to be someone they're not. Be yourself and happy. I've lost a lot and I have a lot but I still have my belief. So what do you believe in?

## Follower



**Kripa Thapa**  
Class 9 Lily  
Roll No-8

**I**t's a beautiful world and a beautiful journey. In this world, there are so many beautiful things to look at. When I was small, I used to look at the sky, especially in night time, the big bright moon and little twinkling stars. I was very young and naïve to understand science. I always used to look up and think, "Why is the moon following me?" Very childish of me, isn't it? I used to walk few steps and glance at the moon. It would exactly be on the top of my head. For every step I took, the moon used to follow me. Sometimes, I would go furious but sometimes I used to be happy that someone is there to accompany me. I, as a kid, being surprised, used to go towards my moon and say, "Look, moon! The moon is following me." "Isn't it amazing? It's like a miracle!" I still remember my words which I used to say in excitement. Now, when I am a grown up, I know science is looking back at those childish things: It makes me feel stupid, but anyway, regardless of my age, I still believe 'moon' as my 'follower'. I love my follower, the moon which always shines.

## Dog



**Binsha Manandhar**  
Class 9 Lily  
Roll -13

You are only one on the earth  
Who loves more than you love yourself.  
You are not only a dog; you are my family, best friend  
You always welcome me home with wagging tail.  
You always make me smile with your silly acts  
When you are sitting by my side, I never feel alone  
I can't handle the pain when  
I have to say goodbye to you  
You will always remain in my heart and all those  
memories with you  
Missing you...



## Mom



**Krishma Lama**  
Class 9 Lily  
Roll No -14

Mom, you gave me birth  
You taught me how to walk  
Mom, you always help and support me in every situation  
You are the one  
Who make me happy and feel good.  
Mom, you always take care of me  
You always love me  
Thank you mom for everything  
Thank you mom for a beautiful life.

## Solar Eclipse



Sauharda Timilsina  
Class 9 Lily  
Roll No-12

The shadow of moon casting on the earth surface when the moon lies in between the sun and the earth is called Solar Eclipse. It occurs in the day of new moon but eclipse does not occur in every new moon. To occur eclipse, 'Rahu' and 'Ketu' (intersecting nodes of orbit of moon and orbit of earth) also must lie in the same straight line along with the sun, the moon and the earth.

In December 26, 2019, we observed solar eclipse from the various parts of the earth. During the solar eclipse, different harmful rays like UV rays, Gamma rays, Beta rays etc. reach the earth surface. Therefore, this eclipse is hazardous for human health. We should not see the eclipse by naked eyes because it destroys the cell of retina.



## Sports



Garima Shrestha  
Class 9 Lily  
Roll No 9

Sports include the physical activity and games which are aimed to use, maintain or improve physical ability and skills. It is generally recognized as those activities which are based on our physical strength. Hundreds of sports exist here. Some are basketball, football, volleyball, badminton etc. Some sports declare only one as the winner whereas some declare the whole team as the winner. Sports are usually governed by a set of rules and regulations which serve fair competition. Sport is also the major source of entertainment. During the game, individuals or teams compete against one another. Sports help to maintain our discipline and health. The world's most practiced sport is running and football is the most popular sport.

## Travel



Jenny Bharati  
Class 9 Lily  
Roll No- 23

Life is uncertain, so we need to focus on what we can make rather than what we don't have. We live for today and travel for life. Now, here comes a question why we travel. We travel to explore and learn. We come to know about many new things while travelling. We meet new people, make new friends, taste new food and push ourselves through unknown circumstances.

Travelling is an important and immortal aspect in human life. We learn to love life through travel. We travel for finding and meeting new people, sharing different ways to see a life.

We have very less time to live but more things to do in life. We can never make ourselves satisfied with everything but we can make memories to die peacefully.



## My Superheroes



**Diya Poudel**  
Class 9 Lily  
Roll No-11

Dad, you work day and night  
Just to make my future bright  
You always hide your pain  
To make me smile.  
Every child needs a gentle hand  
To guide them as they grow  
So walk with me dad  
We have long way to go.  
And even when I'm all grown-up  
I know I'll be glad  
That I had my own superhero  
My best friend, my Dad.  
A mother's arms comfort you when you are weak  
Hits you when you break rules  
And cuddles you to give you love and protection.  
Mom, no matter what  
You're always there for me.  
Whatever I will be in the future  
It's all because of you.  
Cooking dinner, cuddles, playing, singing  
Dancing, music all day  
Driving, walking, riding a bike  
My mom knows what I like.  
Thank you Mom  
Thank you Dad  
You're the best parents  
A kid could ever have.

## Amazing Facts



**Amrit Shah**  
Class 9 Lily  
Roll No-24

- ☞ Dolphins are mammals. In fact, they are toothed whales. Dolphins breathe air, give birth to babies and feed them milk. They are very intelligent. They communicate with each other using a wide range of sound.
- ☞ Leaves are the food factory of plants. They have a substance called chlorophyll that helps to convert sunlight into plant's food.
- ☞ The world's tallest animal is the giraffe. The world's tallest man is Robert Pershing Wodow. The giraffe is 5m and the man is 2.55 m.
- ☞ The world's tallest woman is Sanday Allen. She is 206m tall.

## 10 Unique Facts about Animals



**Gaurav Limbu**  
Class 9 Lily  
Roll No- 25

- 🌐 The heart of a shrimp is located in its head.
- 🌐 A snail can sleep for three years.
- 🌐 Slugs have four noses.
- 🌐 Elephants are the only animals that can't jump.
- 🌐 A rhinoceros horn is made of hair.
- 🌐 It takes a sloth two weeks to digest its food.
- 🌐 A cow gives nearly 20000 glasses of milk in a life time.
- 🌐 Bats always turn left when leaving a cave.
- 🌐 Giraffes have no vocal chords.

## I Have a Little Garden



Sanam Sherpa  
Class 9 Lily  
Roll No- 16

Once, my dad gifted me a little garden  
When I learned counting from one to ten  
I used to water plants in my little garden  
With my dear friend Ben.  
I used to plant little seedlings  
And loved to watch them grow, the little living beings  
Once I planted a daisy  
Then after I became quite busy  
I have made it beautiful by my hand  
And so, I love my little garden.

## बालिकाको रहर



कशिश पन्त  
कक्षा नौ लिली  
रोल नं १९

दाइभाइ जस्तै मेरो पनि स्कुल जाने रहर  
पढ्ने लेख्ने मौका पाए गाउँलाई पार्थे सहर

संसारमा छोरीहरू धेरै अधि बढिसके  
योग्यता र क्षमताले चन्द्रमा मै चढिसके

योजना छ म भित्र नि देशको मुहार फेर्ने  
समृद्ध देश बनाई छाड्छु अरवौले हेर्ने

क्षमतामा कमी छैन मौका दिए पुग्छ  
अवसर पाए मेरो आँसु आफैँ सुक्छ ।

शिक्षा पाए सँगै मेरो भाग्य आफैँ खुल्छ  
त्यही भाग्यमा देशमा एउटा नयाँ फूल फुल्छ ॥

## Festivals



Rishu Koirala  
Class 9 Lily  
Roll No - 21

Many festivals are celebrated in our nation  
By people of different castes, races and religion.  
All the festivals carry religious importance,  
And are celebrated with lots of happiness.  
Hindus celebrate Dashain and Tihar,  
Muslims celebrate Eid with delight and pleasure  
Christians celebrate Christmas from near to far  
And Buddhists celebrate Lhosar happily together.

## विश्वमा हामी नेपाली



अदिती भण्डारी  
कक्षा नौ लिली  
रोल नं २२

मेरो देश एक विश्वकै सुन्दर देश हो । नेपाललाई  
वीर गोर्खाली भनेर विभिन्न देशहरूले चिन्छन् ।  
नेपाल विभिन्न जातजातिको साभा फूलबारी हो । यहाँको  
संस्कृति देखेर बाहिरका देश चकित हुन्छन् । यहाँ सबै  
मानिसमा एकता छ । मेरो देशको भण्डा अरु देशको  
भन्दा फरक छ । यहाँ विश्वकै अग्लो हिमाल सरगमाथा  
छ । हाम्रो देश नेपाल बुद्धको जन्म भूमि हो । मेरो देशमा  
धेरै संस्कृति छन् । यहाँको संस्कृति, जातजाति धेरै छन् ।  
सबैजना एक अर्काको चाडबाड मिलेर मनाउँछन् जस्तै:  
दसैं, तिहार, ल्होसार, आदि ।

## Points to be a Good Student



**Sowen Thapa**  
Class 9 Lily  
Roll No-26

- 🌐 Obey your teachers as well as your parents.
- 🌐 Complete your assignment in time and submit.
- 🌐 Always stay disciplined in you class.
- 🌐 Maintain English speaking environment.
- 🌐 Study better and try to get good marks.
- 🌐 Never fight and quarrel with other friends and other students.
- 🌐 Respect your teachers.
- 🌐 If you make a mistake, apologize it.
- 🌐 Complete all your incomplete assignments.
- 🌐 Never fail to do your homework.
- 🌐 Do your assignments by yourself, it makes your studies even better.
- 🌐 Study at least two hours at home after doing your school assignments.
- 🌐 Maintain friendly environment with everybody in school.



## 15 Amazing Facts of Science



**Umanga Adhikari**  
Class 9 Rose  
Roll No-1

1. Babies have around 100 more bones than adults.
2. The Eiffel Tower can be 15 cm taller during summer.
3. 20% of the oxygen comes from Amazon Forest.
4. Some metals are so reactive that they react when they come in contact of water.
5. A teaspoon of Newton star weighs 6 billion tons.
6. Hawaii moves 7.5 cm closer to Alaska every year.
7. Chalk is made from trillion of microscope plankton fossils.
8. In 2.3 billion years, it will be too hot for life to exist on the Earth.
9. Polar bears are nearly undetectable by camera.
10. It takes 8 minutes, 19 seconds for lights to travel from the sun to the earth.
11. If you took out the empty space in our atoms, the human race could fit in the volume of a sugar cube.
12. Stomach acid is strong enough to dissolve stainless steel.
13. Venus is the only planet that revolves around the sun in a clockwise direction.
14. A flea can accelerate faster than a space shuttle.

## Games and Sports



**Tenzing Sherpa**  
Class 9 Rose  
Roll No -12

A game involves more than one person and sports pertain to only an individual's skills and performance along with recreational activities.

Playing games is very fruitful to our health. Sport is a crucial part of our life. If you are very good in games and sports, you may have name and fame in the world. Games and sports help us to refresh our mind. Sports help to maintain our body always, make us fit and healthy, and help us for our better performance. It helps us in our education too. Sports and sportsmen help to make a country renowned. It refreshes our mind, body and soul. I would love to be a sportsman.

## Father



Aayusha Thapa  
Class 9 Rose  
Roll No 3

Who is a father?  
A father is someone who is always there  
For love and care, you need him,  
It's really wondrous, the bond that you share  
Your father and you being an inseparable pair.  
A father is someone who can do it all  
Taking you boating, or kicking a ball  
He's there at your side whenever you fall  
Helping you once again to stand true and tall.  
A father is someone who lights up your day  
He braves all your nightmares and scares them away  
You can stand tall and proud as you work, learn or play  
Cause he's holding your hand every step of the way.

## बक्सिड खेलको परिचय



छिरिड शेर्पा  
कक्षा नौ रोज  
रोल नं ५

बक्सिड खेल संसारमा धेरै पुरानो खेल मानिन्छ । बक्सिड खेलमा रिडभिन्न दुई जना खेलाडी बिच प्रतिस्पर्धा हुने गर्दछ । अहिले आएर बक्सिड खेललाई दुई प्रकारमा बाँडिएको छ । राष्ट्रको गरिमाका निमित्त खेलिने खेल प्रोफेसनल खेल भनिन्छ । एम्याचुअर खेल तिन राउन्डमा सकिन्छ, भने प्रोफेसनल चाहिँ पाँचदेखि बाह्र राउन्ड सम्म खेलाइन्छ । यो खेलमा जसले बढी हिरकाएको देखिन्छ, उसैको जित हुने हुँदा बलियो र फुर्तिलो खेलाडीले जित्ने सम्भावना बढी हुन्छ । बक्सिड रिडको आकार चाहिँ स्ववायरमा हुन्छ, तापनि रिड भन्ने गरिन्छ ।

## My Mommy



Sneha Singh Thakuri  
Class 9 Rose  
Roll No- 4

I love my mommy  
You gave me birth  
You make me laugh  
You are my inspiration.  
I adore you with all of my  
Mind and soul  
As you correct me  
Whenever I do something foul.  
I cannot imagine my life without you  
That is full of confusion and doubtful  
I hope to make you proud soon  
With all of my heart and mind.

## Lovely Winter



Simon Gurung  
Class 9 Rose  
Roll No -6

Passing through the summer,  
Enjoying the cold and chilly days  
Living a life full of laziness  
Here comes the freezing winter.  
The days are dry and thrill  
Make us go inside the blanket  
This time make us feel great  
Making us the queen of laze.  
Wondering a lot about these days  
Remerging the heaters and beds  
Then, the cold time fades  
Time to miss the winter.



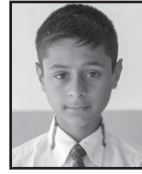
## 21 Amazing Facts



Aadi Khanal  
Class 9 Rose  
Roll No- 7

1. Elephants can never jump.
2. The copyright to the song 'Happy Birthday' was bought over by Warner Communications for 28 million dollars.
3. There is no any role of nucleus in a chemical reaction.
4. Fern leaves are called fronds and their structure is different than that of other plants.
5. Eyes are capable of processing 36000 pieces of information per hour.
6. Human eyes have 576 mega pixels.
7. The surface area of a human lung is equal to a tennis court.
8. North Korea and Cuba are the only places where you can't buy Coca Cola.
9. The entire world's population could fit inside Los Angeles.
10. The hottest chilli pepper in the world is so hot that it could kill you.
11. The world's quietest room is located at Microsoft's headquarters in Washington DC.
12. There are only three countries that don't use metric system.
13. Japan is the world's most earthquake prone country.
14. There are around 4 quadrillion bacteria on the Earth.
15. Only two countries use purple in their national fags.
16. The most expensive corn in the world was sold for more than 7 million.
17. All giant pandas in zoos around the world are lent by China.
18. Facebook has more users than the population of US, China, and Brazil combined.
19. There are only two countries with the name that begins with 'The.'
20. Nearly two people die each second.

## फूलबारी



प्रतिक खनाल  
कक्षा नौ रोज  
रोल नं १५

सयौं फूल फुलेको  
सौन्दर्यले खिचेको  
सयपत्री र मखमलीको सुगन्धले  
मलाई पुकायो त्यसको सुन्दरताले ॥  
मालीले जोगाएको त्यो फूलबारी  
किन होला मन लोभ्याएको यसरी  
सुगन्धले मगमग हरियो पहाड  
मेरो मनलाई दियो ठूलो बहाड ॥  
न त डरले घेरेको  
न त मनले मानेको  
लाग्छ त्यहाँ गएर बसौं  
हरिया पहाडका माभ्रमा रहौं  
साना साना कोपिला फुलेको  
टिप्न खोज्दा मन दुखेको  
किन होला मानिस यति पापी भएको ॥

## पर्यटक भ्रमण २०२०



मिलन के.सी.  
कक्षा नौ रोज  
रोल नं १०

हिमाल पहाड तराईको सड्गम  
जहाँ छ प्रकृतिको स्वर्गीय मिलन  
कैलाश पर्वत देखि जानकी जन्मभूमि  
जहाँ गुन्जिछन् बुद्धको वचन ॥

खोला नालाको कलकल आवाजले गुन्जिने सरगम  
चराचुरूङ्गीको आवाजले उजेलिने जीवन  
तराईको अन्न बालीदेखि हिमालको बरफसम्म  
यस्तो प्राकृतिक सुन्दरतालाई सधैं छ नमन ॥

चार वर्ष छत्तीस जातको साभा फूलबारी  
धर्म समय सुन्दरताको एउटा चिनारी  
प्रचार प्रसार गरौं आफ्नो देश र देशको गौरवको  
होस् पर्यटकको भ्रमण २०२० मा सवारी  
होस् पर्यटकको भ्रमण २०२० मा सवारी ॥

## माथि माथि हेर्नु



आदित्य पन्त  
कक्षा नौ रोज  
रोल नं ९

लामो छ समृद्धिको यात्रा  
जताततै छ गाईजात्रै गाईजात्रा  
पाइला पाइलामा छन् व्यवधान  
हुनु छ एकदमै सवधान ।  
माथि माथि जानु छ  
छिटो भन्दा छटो चन्द्रमा छुनु छ  
चन्द्रमा छुनु छ त्यसैले यात्रीहरू  
शिर ठाडो ठाडो गर्नु  
कोही ननिउरिनु, भुइँतिर नहेर्नु  
भुइँतिर हेरेर धुलो उड्यो नभन्नु  
हिलो भयो नभन्नु  
महँगी, खानेकुरा र रोगका कुरा नगर्नु  
पहिरो, बाढी र भोकका कुरा नगर्नु  
महान् यात्राको शुभ साइतमा  
मसिना थाडने कुरा गर्दै नगर्नु  
नचाहिने कुरा नगर्नु  
महानगरलाई अवगालमा पार्न  
वर्षमा हिले सडकमा किन हिँड्नु ?  
वर्ष सकिएर खाडलहरू स्पष्ट देखिन्छ  
अनि मात्र हिँड्नु  
समृद्ध मुलुकका नागरिकहरूले  
छाती अलि फराकिलो बनाउनु  
शिर ठड्याएर सरकारले जस्तै  
माथि माथि हेर्नु  
तल तल हेर्दै नहेर्नु  
पर पर हेर्नु वर वर हेर्दै नहेर्नु  
धुरी हेर्नु बार्दली हेर्नु  
घाम, जुन र आकाशका तारा हेर्नु  
पहिरो बाढी र भेल किन हेर्नु ?  
सडकमा डुबेका गाडी किन हेर्नु ?  
समृद्धिको यात्रामा केवल समृद्धि सम्भन्  
मूल्य वृद्धि नसम्भन्  
फेवा ताल महेन्द्र ताल सम्भन्  
महामारी र अनिकाल किन सम्भन् ?  
यात्रामा सबैले सतर्क रहनु  
माथि माथि हेर्नु ॥

## चरी



प्रश्रय चालिसे  
कक्षा नौ रोज  
रोल नं ८

आकाशैमा हावा चल्यो  
सिरिसिरि रातमा  
नदी किनार रुँदै हिँडे  
मध्य रातमा ।

मन कहाँ मान्छ र ! छोड्नलाई यो देश  
घरबारी बाँभो राखी आफैँ परदेश  
सपनीमा देखेथेँ आमा रोएको  
फर्की लैजा ए चरी घर मलाई ॥

## अनुशासन



समिर के.सी  
कक्षा नौ रोज  
रोल नं ११

अनु र शासन मिलेर अनुशासन बन्दछ ।  
अनुशासन भनेको कुनै पनि नियममा  
बाँधिएर बस्नु हो । अनुशासन संसार  
का सबै मानिसहरूको लागि उत्तिकै  
महत्त्वपूर्ण हुन्छ । अभि विद्यार्थी  
जीवनमा त यसको निकै आवश्यकता  
देखिन्छ । खाने बस्ने, बोल्ने, खेल्ने आदि  
सबै क्रियाकलापमा अनुशासन हुन्छ ।  
अनुशासन नभएको मान्छे लगाम बिनाको  
घोडा जस्तो हुन्छ । हामी जतिसुकै ठूलो  
पदमा पुगे पनि यदि हामीसँग अनुशासन  
छैन भने कसैले पनि हामीलाई मन  
पराउँदैनन् । अनुशासन भएको मानिस आफैँ  
सुधिन्छ । अनुशासन हाम्रो जीवनको  
महत्त्वपूर्ण गहना हो । यसले मानिसको  
पहिचान गराउँछ । सानै देखि एउटा  
बच्चालाई अनुशासन सिकायो भने ऊ  
सदैव त्यसको पालना गर्छ । त्यसैले  
अहिले देखिनै अनुशासित रहनु पर्छ ।

## A Loving Father



Cynthia Lama  
Class 9 Rose  
Roll No- 24

Once upon a time, there were a son and a father. The son had already grown up and was attending graduate classes. One day, when he was walking in the street, he saw a fascinating car in the showroom. He was so amazed by its design that he was expecting his father would gift him that car on his graduation. When the graduation day came, he was hoping to get the car as a gift from his father. His father bought a box and gave it to him. When he opened the box, he saw a book instead of the car's key. He became sad. He shouted at his father, "All this you got for me?" and went away leaving his father alone. After many years, he became a successful businessman. He stayed away from the family. One day, he got a letter from a person of his father's demise. He went back home and was very upset. He began to collect things that belonged to his father. In the corner of the room, he saw the book that his father gave him. He opened that book and he saw a hole in the middle of the book. There he found the key of the fascinating car. Attached to it was a tag that said, 'for my precious son'.

## गोरखा



**जुबेन बजाचार्य**  
कक्षा नौ रोज  
रोल नं १४

गोरखा नेपालको गण्डकी अञ्चल स्थित एक जिल्ला हो । यो जिल्ला गण्डकी प्रदेशको ऐतिहासिक, धार्मिक, सांस्कृतिक तथा पर्यटकीय दृष्टिले महत्त्वपूर्ण जिल्ला हो । यहाँ लेकाली र हिमाली हावा पानी पाइन्छ । यस जिल्लाको पूर्वतिर धादिङ जिल्ला, पश्चिमतिर तनहुँ जिल्ला, लमजुङ जिल्ला, मनाङ जिल्ला उत्तरतिर चीन र दक्षिणतिर चितवन जिल्ला, तनहुँ जिल्ला र धादिङ जिल्ला पर्दछन् । भौगोलिक रूपमा मध्यपहाडदेखि उत्तरी हिमाली क्षेत्रसम्म फैलिएको जैविक विविधताले सम्पन्न जिल्ला हो । यसको क्षेत्रफल ३ हजार ३१० वर्ग किलोमिटर छ । यही जिल्लाबाट पृथ्वी नारायण शाहले नेपाललाई एकीकरण गरेका हुन् । त्यसैले यो जिल्ला एक ऐतिहासिक जिल्ला हो । गोरखा जिल्ला सौन्दर्यले पनि भरिपूर्ण छ । यो एक जिल्ला नेपालको बहुमूल्य धन हो । त्यसैले गोरखा जिल्ला एक महत्त्वपूर्ण जिल्ला हो ।

## आमा



**भिन्तुना डडगोल**  
कक्षा नौ रोज  
रोल नं १८

तिम्मा बारेमा मलाई कोर्न आउँदैन चित्र  
तिम्मा बारेमा मलाई गर्न आउँदैन बयान  
बिर्सन सकिदैन आमा तिम्री ममताकी मुहान  
सम्भन्छु आमा तिम्रा काखमा ताता क्षण ।  
तिमीले माया गर्न सिकायौ  
तिमीले तोते बोली सिकायौ  
तिमीले तातेताते गरी हिँड्न सिकायौ  
तिमीले सधैं माया गरी हुर्कायौ  
मेरा गल्लीमा क्षमा दिायौ  
मेरा गल्लीमा टाढा नगाई देऊ आमा  
जुनीभर तिम्रो गर्नेछु सम्मान  
तिम्रै मायाले सिर्जेकी म हुँ तिम्री छोरी ॥

## Homework



**Sonu Limbu**  
Class 9 Rose  
Roll No-17

Homework is to be done  
Sometimes it's very fun  
Sitting in the sun  
And when it's difficult, we yawn.

Homework is daily part of our life.  
When we don't do it, it's like a knife.  
Homework is to be done.  
Sometimes it's very fun.

## मेरो देश नेपाल



**रुथ गुरुड**  
कक्षा नौ रोज  
रोल नं १९

आहा ! कति राम्रो छ मेरो देश नेपाल  
चार वर्ण छत्तिस जातले भरिएको फूलबारी नेपाल ।  
प्राकृतिक सुन्दरताले भरिएको देश नेपाल  
हाम्रो पुर्खाले रगत बगाएर बनाएको सिँगो नेपाल ।  
मिलेर बस्छौं हामी एउटै देशमा  
गौतम बुद्ध जन्मेको देश नेपालमा  
यसैले सुन्दर शान्त विशाल मेरो देश नेपाल ।  
हिमालको हिउँले भर्ने रमाउने  
घामको किरणले शान्त बनाउने  
त्यसैले सुन्दर शान्त विशाल मेरो देश नेपाल ॥

## Top Ten Facts about different Countries



Krish Maharjan  
Class 9 Rose  
Roll No- 16

1. Africa has 54 countries.
2. A third of world's languages are spoken in Africa.
3. 90% of fresh water is in Antarctica.
4. Over 200 languages are spoken in Europe.
5. The largest country in Europe is Russia.
6. Nigeria has the highest rate of twin births in the world.
7. The official animal of Scotland is the unicorn.
8. The smallest country in Europe is Vatican City.
9. The oldest state in the world is San Marino.
10. Greenland is the country that can't join FIFA.

## Time



Manika Shrestha  
Class 9 Rose  
Roll No- 23

Time is precious,  
It waits for none.  
So let's not waste it,  
Since it makes our work done.  
Time always changes, waste it not,  
As it arrives, care it a lot.  
If you miss it any, dear,  
You will live only in fear.  
Time is like water that flows and flows,  
The harder you work, the brighter your luck glows.  
So, no matter what, always give your best,  
And, shine like a star as life is a test.

## Mother's Love



Soniya Moktan  
Class 9 Rose  
Roll No-25

In the entire world, the love of mother is taken as the purest, true and sacred which one can never think or imagine of. If we go and visit all the places in the world, then also we cannot find anyone like our mother. In fact, the word mother brings the feelings of love, care, compassion and affection in us.

Mothers are creators of every child who bring us and teach us about this beautiful world. She nurtures us inside her womb for nine months going through pains. Despite this gruesome pain, a mother is kind- hearted and the most caring. Like all the mothers, my mother is also very caring and loving towards me and my siblings. Her name is Rita Ghishing. She is just 38 years old. She cares for with no limits. Whenever I get in any problem, she is always prepared to get me out of it. She is my role model since she is very hard-working, courageous and inspiring woman. Since childhood, I have been pampered with love, care and affection. She has always been ready to fulfill my wills, aspirations and dreams. Similarly, she always encourages and motivates me to do well in my studies. She is very supportive regarding my aim and interests. She never stops me to do the things that make me feel good. My mother is the biggest source and influencer of love, care, compassion and humanity.

In conclusion, mothers are the most powerful and wondrous creatures in this entire world. So, we should always try to do better in our lives and value their contribution in our life.



## गाउँखाने कथा



योगेश लम्साल

कक्षा नौ रोज

रोल नं २६

१. कालो कालो खोलामा बसी रातो पानी खान्छु निहँ खोज्ज कोही आए ठाडै जवाफ दिन्छु के हो ?  
- खुकुरी
२. पाउ लागे मान सम्मान इज्जत नै बढ्न शिरमा पर्न गयो भने भाको इज्जत घट्ने के हो ?  
- जुत्ता चप्पल
३. अजड बाबु जड् छोरा कालो नाति सेतो पनाति के हो ?  
- कटुस
४. टाउकोमा फूल फुल्छ काखीमा चाहिँ जुँगा, एउटै खुट्टामा उभिएर जीवन लाग्छ टुङ्गा के हो ?  
- मकैको बोट
५. न त हुन्छ हाँगा बिँगा न त हुन्छ पात, जतिसुकै काटे पनि पलाउने जात के हो ?  
- नड र कपाल

## Mom



Aakriti Pandey

Class 9 Rose

Roll No -27

The word 'mom' has just three letters  
But she is the one with many natures.  
She is the one who sacrifices for a child  
In front of him / her, she turns blind.  
Without any selfishness, she cares for us  
Bearing every pain, she tries to overcome every loss.  
She is the most selfless person on the earth  
Who always stands with the one whom she gave birth.  
She fills my days with rainbow light,  
Fairytale and sweet dreams at night.  
She gave me a life full of wonders  
Will make the most out of it with fewer blunders.

## Hostel Life



Basanta Kandel

Class 9 Rose

Roll No- 21

Hostel is a living place for the outsider students who come from other places or can't stay with families for some reasons. Hostels provide facilities which are helpful for studies and personal development. In hostel, a boarder has to follow a regular timetable. Hostel life provides many facilities to the students. It provides practical training to the students for their mental, moral and spiritual development. Students learn to be independent as they live on their own in hostels. Life in hostels instills confidence in them. They develop their personalities and also learn self-management.

## How to make Cocoa Vaine?



**Pravakar Chaulagai**  
Class 9 Rose  
Roll No -28

Ingredients	Quantity
Dark Chocolate	700 grams
Melted butter	1 teaspoon
Ice Cream	1/2 Kg.
Strawberry	20 pieces (Fresh )
Semi- circular bowl	2
Vanilla extract	1/2 teaspoon
Mangoes or any fruit you prefer	100 gram.
Coco powder	1 teaspoon

### Procedure:

- ✦ Firstly, melt the dark chocolate and divide it into halves.
- ✦ Pour one half in a circular bowl and cover it with another circular bowl.
- ✦ Shake the set (bowls) as hard as you can before chocolate starts solidifying.
- ✦ Put the chocolate in a fridge (make sure that chocolate is in bowl.)
- ✦ Boil some water and cover it with a glass lid.
- ✦ Mix half ice-cream with the chocolate and melted butter vanilla extract and cocoa powder in it.
- ✦ When everything is mixed properly, melt it and try to keep it as warm as possible (It will be used to melt the chocolate)
- ✦ Now, to make a base, take the remaining circular ice-cream and decorate it with fruits in a plate.
- ✦ When the water is extremely hot, take off the lid.
- ✦ Now, handle the chocolate very carefully and start rubbing its circumference.
- ✦ Make a hole big enough to cover the ice-cream base.
- ✦ Serve the chocolate in the plate.
- ✦ You can also pour the hot chocolate in a chocolate cone. The cone melts slowly and ice-cream mixes with chocolate giving you a burst of mixed flavors.

## Happy Birthday Dad



**Passang Maya Sherpa**  
Class 9 Rose  
Roll No-30

A special day full of celebration  
This is all about the god's creation  
Special day for special person  
Who is not only a father but also a son.  
Birthday candle and tasty food  
My dad, you are a cool dude  
An inspiration and a motivator  
You are our happiness creator  
You are a mentor and also my beastie  
A man of values, trust and honesty.  
This is what I want to say,  
Wishing you a happy birthday  
Oh, God, remove sorrows and all things bad  
From the life of my loving dad.  
Wishing you a prosperous and a happy year  
We celebrate your birthday without any fear  
Happy birthday to my daddy dear.

## Every Night



**Shreya Pokharel**  
9 Lily  
Roll No- 18

Hats off to you, friend  
For your pretty smile  
Even after so much pain  
The energy that you gain.

After every one sleeps  
Comes tears in eyes  
World off, music on  
Regular trend of the night.

The memory of your smile  
Darkens the light  
Fake smile of the day  
Makes me cry whole night.

## YOU



**Sneha Bantawa Rai**  
Class 9 'Lily'  
Roll No 20

Once upon a time life was a paradise  
When everything was beautiful and nice  
The stares that were upon me  
The talks that were about me.

I now realize,  
That they had never hurt me  
Through thunders and storms  
You were right there keeping me cozy and warm.

Anxiety and stress never entered my dictionary  
And I always wrote your name in my beautiful diary  
As your lips curved to a smile  
I would be ready to walk together thousands of miles.

Nothing remains constant as change is the law of nature  
That loving person has changed into the one of hatred so far  
Now those stares upon me  
And the talks about me  
Make my heart shatter into pieces.

And it used to be our beautiful story  
With the beginning "Once life was a paradise",  
But now it has become numb  
And it has been totally paralyzed.

My steps don't budge to welcome you  
It's been stuck in the clutch of hatred too  
Where your name is all I can shout  
No feeling of love and affection comes out.

I'm sorry if there's been a mistake  
That feeling turned from love to hate  
With new directions, new foundations have been laid  
Always being together is what I have prayed  
Even though you left me alone  
Leaving my warm heart to be a hard stone.

I wish "we" would be reunited  
And many prayers would be recited  
So that we could write the story new  
That special one is always going to be YOU.

## Friends



**Dipen Joshi**  
Class 9 'Lily'  
Roll No 5

There are two types of friends in view  
Some are 'fake' and others are 'true'  
Apparently supportive, fake friends are a few  
Friendly and loving, true friends are my crew.

And in every friendship, there is a rule  
Friends are the persons who are helpful  
Either in the neighborhood or in the school  
Friendship is a relationship that is always trustful.

## Industrial Chemistry



**Unique Basnet**  
Class 10  
Roll No- 34

**C**hemistry is the scientific study of the structure, composition, physical and chemical properties of substances that make up the universe. It involves how the substance undergoes changes and what uses of the products are resulting from chemical research. Chemistry has many branches like organic chemistry, inorganic chemistry etc. Among the major branches of chemistry, industrial chemistry involves the chemical production of raw materials and development.

## Someone Special



**Aaditya Dhungana**  
Class 10  
Roll - 1

One day, I saw a butterfly near my home  
It was a pretty and wonderful piece  
When I saw it clearly and nicely  
My heart swam like a fish.  
I didn't know what happened to me  
My heart was filled with pleasure  
I had lost my mind  
And always kept thinking of her.  
I tried going close to her  
I was afraid but I didn't give up  
My heartbeat was high but I was happy  
Because in my mind, I still had hope.  
After some days, we became friends  
But I had another feeling for her  
I could never tell my feelings to her  
Whatsoever, she is someone special for me.

## 14<sup>th</sup> Century in Brief



**Aryan Chand**  
Class 10  
Roll No-2

- 1302: Romeo and Juliet married in Shakespeare's play. They were 14.
- 1314: Soccer was banned in England because it was too violent.
- 1350: The Aztecs brew up the world's first drinking chocolate.
- 1360: The leaning tower of Pisa was finished.
- 1380: The Bible was translated into English by John Wycliffe. He worked up to the next year to finish his handwritten manuscript.

## Guitar



**Aashan Gurung**  
Class 10  
Roll No-3

An instrument made from magical woods  
The string is thin but the sound is good  
Of course, it is easy to afford  
It feels good to play on the road.  
The strings help to bring up my feeling  
To the disease of my laziness, it gives a healing  
The strings must be tight and fit  
So that melodious music comes out of it.  
Music without guitar is incomplete  
With your guitar you can be something  
Towards music lovers it creates loves  
This makes you feel like a pair of doves.  
It is not only my hobby  
It is my dream  
I have to be a great guitarist  
It is my aim.

## Kathmandu



**Britant Tamang**  
Class 10  
Roll No-6

The place where I live is very peaceful.  
It is green, clean and beautiful.  
Kathmandu is the place where I was born,  
I like to eat momo, chowmein and popcorn.  
Though it is highly populated,  
People live in peace and harmony.  
There are no feelings of hatred,  
There exists a happy and healthy family.

## Sindhupalchowk



**Bibek Khadka**  
Class 10  
Roll No -4

**S**indhupalchowk is the district that lies in the northern part of Nepal and in Bagmati province. This is the district where I was born. At the border of Sindhupalchowk, there is a place called Tatopani, bordering the China in the north. The neighbouring districts of Sindhupalchowk are Kathmandu, Nuwakot, Rasuwa and Dolakha. The distance between Sindhupalchowk and Kathmandu is 114 km.

Sindhupalchowk is very famous for tourism and adventure. Many tourists visit the place for canoeing, etc. There is a religious place called Tatopani where natural hot water flows. Many people come to take a hot soak for medical benefits. After the earthquake, many lives and properties were destroyed. It was the most affected place of the country.

Many developmental projects have been running in Sindhupalchowk: Bote Koshi Hydroelectric Project, Reconstruction of Araniko Highway and so on. Sindhupalchowk is also the main trade transit of Nepal and China. China has been helping Sindhupalchowk in many developmental activities. Due to the earthquake, the flow of tourists has decreased. So many developmental activities are running to increase the prospect of tourism back again. The new plan of China is to construct the railway track from Khasa to Kathmandu and Kathmandu to Kerung. If this project is completed in time, then, the trade and business relationship will take a dramatic leap forward. We will not have to depend on India for trade. The major religions followed by people in Sindhupalchowk are Hinduism and Buddhism. The castes like Sherpa, Bote, Lama, Rai, Limbu, etc live in Sindhupalchowk and Brahmins, Chhetris, Newars, etc live in the southern part of the district. The people of Sindhupalchowk live together helping each other. They are one of the perfect examples of unity in diversity.

## लियोनेल मेस्सी



**विजय कुमार श्रेष्ठ**  
कक्षा दस  
रोल नं ५

लियोनेल मेस्सीको जन्म २४ जुन १९८७ मा अर्जेन्टिनामा भएको हो । उनी फुटबल खेलाडी हुन् । जो हाल ला लिगा टिम बार्सिलोना र अर्जेन्टिनाको लागि खेल्छन् । उनको उचाई ५ फिट ७ इन्च छ । मेस्सीले कम उमेरमै फुटबल खेल्न सुरु गरे र चाँडै नै बार्सिलोनाले उनको क्षमता पहिचान गर्‍यो । उनले सन् २००० मा रेसारियोमा अवस्थित न्युवेल्स ओल्ड व्वाइज युवा टिम छोडेर आफ्नो परिवारसित युरोप आए किनकि बार्सिलोनाले उनको हार्मोनको विकास कमीको उपचार गरिदिने प्रस्ताव राखेको थियो ।

सन् २००४,२००५ सिजनमा पहिलो पटक मैदानमा ओर्लेर उनले सबैभन्दा कम उमेरका लागि खेल खेल्ने फुटबल खेलाडीको रूपमा ला लिगाबाट रेकर्ड तोडे र साँच्चै सबैभन्दा कम उमेरमा लिग गोल स्कोर गर्ने खेलाडी बने । मेस्सीको प्रथम आगमनमै उनले बार्सिलोनालाई ला लिगा जिताउन सफल भए । उनको खेल शैली र क्षमताको कारणले गर्दा फुटबलको बादशाह भनेर चिनिने म्याराडोनासँग तुलना हुन लाग्यो, जसले आफैँ मेस्सीलाई आफ्नो उत्तराधिकारी घोषित गरेका थिए ।

## The Forgotten Magical Bands from the Past



Chirag Karki  
Class 10  
Roll No -7

There are many magical bands today like BTS, 5 Seconds of Summer, One Direction (which has already been splitted and everyone has started individually). Although I listen to them, I am not fond of them. The ones that I am fond of are from the past.

Bands like Queen, Pink Floyd, Led Zeppelin, The Beatles and others have left a huge mark in the history being the best bands ever. Freddie Mercury, the lead singer from Queen is my idol. He has got a magical voice with a wide range of the best singers in the history. Although they had rocked the world then, nobody is even talking about them now. Though during their time, my parents weren't even born or were still children. I, being born so later, still love to listen to their songs. Most of their songs are evergreen, so, they can be heard today without noticing the difference between the recent and songs of those old days.

For whoever is fond of listening to good music, I would recommend them to listen to those bands. It will completely change the way one look at music.

## My Culture



Dilisha Shrestha  
Class 10  
Roll No- 8

Various cultures in our country  
Differ from place to place,  
With different customs,  
Languages and faces.

I belong to a culture  
From Newari,  
There is a special Newari dish  
Called "Yomari".

Our culture has been protected  
By us since many years till now,  
We give respect to others  
By bowing our heads down.

We conduct various Jaatras  
Bara and Yomari are our specialties  
We believe in inspiring others  
To live lives happily.

I want to say  
"Let's preserve our culture together"  
To be known in the whole world  
Raising our head high forever.

Our culture is the one  
Which makes us known in the world,  
It's the line which our  
Forefathers had told.



## Isn't It Good to Lose Friends?



**Kasha Lama**  
Class 10  
Roll No- 9

Isn't it good to lose friends?  
Although friends are for life times  
But not everyone's story can be the same  
Friends are not forever with them.  
The one who smiles in front of you,  
The one who helps you,  
The one who is with you every time,  
Might not be the same.  
Giving a tag of best friend,  
And leaving you alone in the worst situation,  
Isn't your true best friend.

It is known as the fake friend.  
Being compacted with your fake friend,  
Going through dilemma in that condition,  
All those laughs, secrets are not the truth,  
But it's okay...  
It's okay...  
To lose the fake friend  
Rather than keeping them around you.  
It's okay..  
To be alone...  
Instead of being with a fake friend.

## I, Me and Myself



**Kenab Kusal KC**  
Class 10  
Roll No-10

I am a student,  
Who is very innocent  
Everyone knows that,  
Especially my friend Samir, who is very fat.  
Studying is not always very fun  
As I always want to load a gun  
Please! Don't get me wrong  
PUBG ... Oops! It slipped from my tongue.  
I hope my teacher didn't hear me,  
Otherwise, instantly from the class, I would flee.  
I want to become a professional gamer  
And show it to the world forever  
How to extract my hidden talent  
Just by becoming everywhere silent?  
Everyone thinks that gaming is just a waste of time,  
Because of it, for me it has become a hard time.  
I want to become popular making YouTube videos,  
I would be gaining muscles, eating a proper dose.  
Simply, it's my intention to learn,  
I will stop becoming stubborn,  
I will try to make my work fine,  
Because it's my dream to shine.

## Stars



**Rhythm Pokharel**  
Class 10  
Roll No- 21

The sun is yet a star  
We don't think of it  
The center of our solar system  
We see quite a bit.  
The stars are balls of gas  
Held by gravity  
They are very hot and bright  
As we all can see.  
Gravity attracts an even greater mass  
Where increasing density  
Heats up the inner gas.  
At first it is red  
But later it shines  
After fusion of the gases  
Happening over time.

## Women Empowerment



Kriti Mandal  
Class 10  
Roll No- 11

The rights, freedom and opportunities provided to women for upliftment of their social status is called Women Empowerment. Women Empowerment is a positive issue of the world in its current state. In Nepal, half of the population is female population. As we know, Nepal is a male dominated county from the ancient times. So, the women are far behind in politics, education, etc.

Still in many areas, there is a practice of social evil which has to be faced by female like, chhaupadi, dowry system, ghumto pratha, deuki system and so on. Many females have committed suicide because of these evils. It also creates gender discrimination in the nation.

Females must raise voice against the evils which are to be faced by them. Women can be empowered only by education. If they are educated, then, they can simply differentiate between the good and the bad and raise their voices for the sake of freedom.

Unless they are educated, they can't progress in their field of practice and can't develop the nation. So, every female must be educated and government should provide scholarship to the females to empower them academically.

## Homework



Yangdi Sherpa  
Class 10  
Roll No -35

Homework is an important part of the learning process in primary and secondary school. One reason is that homework gives students additional practice of skills covered in class. School classes are too short to teach a new concept and practice it sufficiently for students. Another reason for homework is that it provides time to complete longer assignment.

For example, composition writing or project work allows time for students to think and reflect on their ideas as well as time to revise and proofread their writing. Finally, the most important reason for homework is that it ensures review.

## सत्यता



नुहाङ तुम्बाहाफे  
कक्षा दस  
रोल नं १३

- धनी बन्नु गाह्रो होइन । कारण हामीसँग चाहना छ तर लक्ष्य छैन ।
- मानिसहरू तब मात्रै तिम्रो हात समाउँछन् जब उनीहरूलाई थाहा हुन्छ कि तिम्री एकलै पनि हिड्न सक्छौं ।
- इज्जत कुनै व्यक्तिको होइन, आवश्यकताको हुन्छ । आवश्यकता सकियो, त इज्जत पनि सकियो ।
- जो साच्चिकै बाँचेको छ, ऊ मरेको थाहा हुन्छ त । जो बाँचेकै छैन, ऊ मरेको कसलाई पो थाहा हुन्छ र ?
- जे कुरा गर्न गाह्रो हुन्छ त्यही गर किनकि गाह्रो भएको कारणले सबैले त्यसलाई छाड्ने गर्छन् अनि तिम्रीलाई विजेता बन्न सजिलो हुन्छ ।

## जीवनी लेख्दा ध्यान दिनुपर्ने कुराहरू



प्रसिद्ध राज न्यौपाने  
कक्षा दस  
रोल नं १७

- जीवनी लेख्न दिइएको व्यक्ति र सम्बन्धित बुँदाहरूका बारेमा गहिरो अध्ययन गर्नुपर्छ ।
- प्राप्त विवरणहरूलाई क्रमिक व्यवस्थापन गरी तिनको क्रमशः विश्लेषण गर्दै जानुपर्छ ।
- जीवनीमा वास्तविकता र पत्याउन सकिने कुराको मात्र चर्चा गर्नुपर्छ ।
- शङ्कास्पद कुराहरू र अति काल्पनिक प्रसङ्गहरूको उल्लेख जीवनीमा हुनु हुँदैन ।
- भाषा सरल, मिठासपूर्ण र विश्लेषणात्मक हुनुपर्छ ।



## My Favorite Football Player



**Phurba Lama**  
Class 10  
Roll No-14

I love football very much. Six years ago, my brother asked me to watch a football match. After that match, I got interested in this game. Since then, I have been watching and playing football. I admire a number of footballers who have dazzled the world with their football skills. Among them, I like Cristiano Ronaldo the most.

Cristiano Ronaldo was born in 1965 in Portugal. His parents named him after the former US president Ronald Regan. He started playing football at his very young age. He had been playing football for other clubs before he joined Spanish Club and Real Madrid in 2009. He has played a number at international matches and won several awards. He won the FIFA World Best Player of the Year Award in 2008.

He is my all time favorite player because he encourages me to play football. I often watch his old matches on TV and practice some of his skills like scissors or nutmeg. There are many young players like me who love his foot work.

## Grade Nine Tour



**Prajita Waiba**  
Class 10  
Roll No-15

Last year, we had made great memories with our friends and some of the teachers. The incredible journey of three days and two nights made our past best.

We were taken to Lumbini, Palpa and Saswatdham. The days were tough to imagine with many ups and downs. The nights were spent in Palpa Resort and in Lumbini Resort. We were able to see different cultures, religious sites, an airport, and the people. We were able to experience different climates from place to place. The very first day, we went to CG temple and saw lots of woods and stones sculptures and artifacts. Second morning, we went for hiking to Palpa Ranimahal and then we visited Palpa Bazar. Then, we headed to Lumbini and viewed the monasteries made by different countries. The best moment at that time was the ride that we had.

## Preparation for SEE



**Sushil Chaudhary**  
Class 10  
Roll No-33

What is SEE? When does it come? What do we have to do for it? What shouldn't we do? Many more questions might arise in the upcoming days for the students of grade 8,9 and 10. Specially, for grade 10 students, they might be thinking about it every now and then.

SEE is a formal exam which certifies us that we have passed our school life. Many students panic and spoil their exams due to stress, fear and many more challenges. During the exams, we should not panic; we should make plans and work accordingly.

The first thing we need to do is to make plans. We should make plans for each and every subject and implement it. We should revise our subjects daily. We need to take a break for 10 minutes every one hour. We should work and concentrate in our studies. We should not be attracted towards anything else. We should work according to our plan and clear up our every query related to any subject. When we are done with everything, we will achieve our grade that we have expected to. "Just believe in yourself and achieve your goal."

## Buddha-The Light of Asia



Prashun Lama  
Class 10  
Roll No- 16

Lumbini, the place  
Where the light appeared  
The light got brighter and brighter  
Through a long meditation for peace.  
The light for peace,  
Traveled India  
Where he knew  
About the peace.  
The light formed Buddhism,  
Spread peace all over the Asia  
Got victory over violence  
Settled the conflict of the minds.  
Thus, the light was  
Known as “Gautam Buddha - The Light of Asia”.

## Life is a Computer



Prasiddha Shrestha  
Class 10  
Roll No -18

Life is a computer  
Sometimes slow  
Sometimes fast  
And also blacks out.  
Viruses enter  
Very good with Facebook  
My space game and you,  
Can get all information.  
You can read a thousand books  
With a click of a mouse,  
All programmings are here  
But tensions with that.  
So all you have to do  
Is keep going and they will go away,  
Just remember that  
Life is a computer.

## Preparation for the Final Exam



Prithivi Singh  
Class 10  
Roll No -19

The hostel students are working hard to get through their final exams with good grades. They are spending most of their time revising their subjects, ignoring all other activities, no matter how entertaining they are. Whenever they have any difficulty at any point, they are consulting their friends. If there is no solution, they consult their teachers. At the end of the day, they evaluate themselves how many lessons they have learnt. All of them have made their study plan and they are moving according to it. In short, the hostel students are burning the midnight oil to pass their final exams with high grades.

## Batch 2076



Lalita Magar  
Class 10  
Roll No 12

Around 12 benches 33 students  
Seven teachers as supporting hands  
Always writing and reading the lesson  
Being the future leader of the nation.

Teachers say, “This is the worst batch”  
“With no batches, you have a right match”  
But we are going to prove them wrong  
We want to make it the best one.

Among thirty three, twenty three are the boys  
Remaining are the girls with strong vows  
We are the friends with no fears  
Studying together in happiness and tears.

## My Ideal Person – Elon Musk



Rhijan Lama  
Class 10  
Roll No- 20

Every person has their own ideal person and they have been inspired by their own person. In my case, my ideal person is Elon Musk. Although, he is the richest person in the world, his hard work and risk can never be forgotten by the world. The world can never forget him because the risk taken by him has shocked the world. The reason behind being the richest person in his life was his struggle different from others.

He was born in South Africa in a middle class family. His mother was a Canadian model and his father was one of the engineers of South Africa. He was really intelligent at his young age. At the age of 12, he made a game using computer program and sold it at US \$500. At the age of 15, he spent his school life in the USA. His mother was from Canada. So it made him comfortable and easy to live there.

After he finished his graduation, he started his business with a partnership which is also called PayPal in the present world. After some years, he left the business. He got 5 million dollars with the business and he married with a girl and he thought that those million dollars will be enough for his life. After few years of marriage, he got divorced from his wife. But he solved his family matters and again started his new life. And again, with those million dollars, he started looking for a new business.

Days passed on, one day, he thought of a new idea that the world would know

him. His plan was to make a re-use rocket which would go to space and again come back to the earth and could be used for many times with a less investment. He went to Russia to buy the rocket but the price of one rocket at that time was 8 million dollars. He was depressed because he didn't have enough money to buy a rocket.

Then, he sold his property and took loan from the bank to buy the rocket. At the first attempt, he fled his rocket but due to lack of fuel, his rocket was blasted on the space. Again, at the second attempt, he fled his second rocket but the rocket again blasted due to overheat of engine. He became frustrated as his mission failed. The world was shocked due to his risk. Then again, he planned to fly a rocket. He sold his all property and his house also. At the third attempt, his rocket was successfully flown to space and it came back to the earth.

After his complete mission, he became one of the world's richest persons. The space organization NASA gave him 200 million dollars and he started his private space organization named 'Space X'.

Due to his struggle and hard work, now, he is one of the richest persons in the world. I am fully inspired by him and his works. He also said, "If you don't take risks and don't have confidence on yourself, you can never get forward in your life".

## The Best Memories of My Life



**Sagar Dhungana**  
Class 10  
Roll No- 23

**I**t was the year of 2073 B.S. I was in grade 7. I liked to play sports a lot and I participated in my sports meet too. I won five medals from my school and I was really happy that day.

Parents' Day was coming and every year one of the students used to get the title 'Player of the Year'. Every year, senior boys used to get it and I even didn't expect for it as I was too small. The day was the day of pleasant surprise and I was called by my teachers from the class. They took me towards the stage and I was awarded with the title 'Player of the Year' and I was really appreciated by all. Then again, the next year too, I again gained five medals and I didn't even expect for the title as no one had got the title twice in the history of Riviera. So, I wasn't really serious about it. So I went to my friend's house in the middle of the program. Suddenly, I was called by my friends and they surprisingly told me that I again won the title 'Player of the Year'. I was so happy that I won it again and I rushed towards my school. But it was too late and they told me that they would give me the award the next day. I was so happy and it was the best memory of my life.

## Memories



**Samarpan Dhakal**  
Class 10  
Roll No -25

**L**ife is long journey and we are the travelers. All of us observe many things and learn a lot from them. Facing the struggle since childhood and till the date, it has been a great journey through which I've been able to know what happiness, joy and sorrow actually mean and also been able to make so much memory. Being a single son from the family, it is sure that I was a pampered child but beside that, I was strong enough to control myself. Irritating my lovely mother, snatching her phone while in use and making her pull my ears and beat me are the only things I love doing.

Getting father as friendly as a friend is also a blessing for me. I remember my parents have been fulfilling all my wishes. It is not possible for any parents to fulfill all the wishes but they are always trying their best to fulfill my desires to make me happy. I know my parents struggle a lot for me and for my future. They have been giving me whatever I want. I always try to spend more of my time with friends than family but they never have objection because they trust me.

My fellow friends, words aren't enough to describe, are really amazing. The memory of going and a savage ride with those idiot friends gives me some different excitements. Cracking jokes and making the laugh out is the thing what I prefer doing. Spending 10 years journey with them and knowing this is the last year brings a fast heart beat but again remembering that our bond is going to last forever gives me the real happiness. Even though this is the last year and we might not be able to meet again but the memories we have created being together will always remain within me, in my heart and my brain. I know even if I remember you guys can't come to me but each and every time I remember you.

## हाँसो छैन



समिक थापा

कक्षा दश  
रोल नं २६

चिडियाखानाभन्दा कम छैन  
तर हामी त्यहाँको जनावर होइन  
हामीलाई हेर्न गोठालो चाइदैन  
गोठालो लाग्ने शिक्षक अहिले पाइदैन ।  
शिक्षकहरूले हामीलाई मायाले पढाउनु हुन्छ, नयाँ नयाँ पाठ  
पछि प्रश्न सोध्दा उत्तर दिएन भने खाइन्छ, गालीका खात  
हिसाब सजिलो विज्ञान हल्का गाह्रो  
अङ्ग्रेजी भन् सजिलो, स्वास्थ्य के सारो  
प्रिन्सिपलले सम्झाउने हामीलाई देखाउने बाटो  
हामी विद्यार्थी पच्यौ साह्रै लाटो  
गुरुआमाहरूको डरलाग्दो रिस देख्छौं  
हामी सबैले त्यसपछि, खुर्खुर लेख्छौं  
चैतमा सकिनेछ, हाम्रो जिन्दगीको एउटा भ्रमेला  
त्यसपछि, सुरु हुन्छ, प्लस टु को मेला ॥

## Seasons



Samikshya Shrestha

Class 10  
Roll No- 27

In the summer season  
The weather becomes very hot  
The rain occurs frequently  
And the frogs jump and look lovely.  
In the winter season  
The weather becomes very cold  
People sit in front of firewoods  
Which makes them feel warm and good.  
In the autumn season  
The snow falls from the sky  
The leaves fall from the trees  
We can hear the humming of the bees.  
In the spring season  
The surrounding looks very pleasant  
The flowers begin to blossom  
And everybody enjoys this season.

## My Idol: Manish Dangol



Sameer Gurung,

Class 10  
Roll No- 28

Manish Dangol was born in 2055 BS. He spent his childhood in Kathmandu. He belongs to a Newari family. His nickname is Manish 'Daku'. He completed his education from Arunima Higher Secondary School. His profession is to teach boxing.

He is a national level professional boxer. He is 5 ft. 9 inches tall and weighs around 65 to 70 kilograms. He has a dark complexion. On his childhood days, he used to fight in the streets. He is a person of his words. He is notorious and stubborn. He does various types of exercises to keep his body fit and running. He jogs about 10 kilometers every Saturday. He has a tattoo on his arm.

He is a coach as well as a player of gymkhana. He is sponsored by Dancing Yak. He has won about 15 professional level boxing tournaments. He maintains his balanced diet. He consumes various types of protein and other nutritious foods.

He had thought of opening a boxing club which is now under construction. The ongoing construction is named as Gorkha Boxing Club. The construction will be completed this year.

He was coached by Sujit Magar (Jet boxing). They have a small group called Team Lavage which consists of 4 members including him. He has recently won a gymkhana fight night and kept the name of his club. And a new tournament is going to take place at Chakrapath Gymkhana.

Manish Dangol is a national level lightweight champion holding the belt representing Bagmati province. I wish him success for his future endeavors.

## Riviera Grade Ten Family



**Santosh Gurung**  
Class 10  
Roll No-29

From Grade Ten family,  
Thank you teachers for all this year  
Sharing knowledge and giving love  
With wonderful cheers.

We couldn't be the one  
Which you expected  
Because in reality  
We joined school just to meet our loving and floppy friends.

I wish this year would not come to an end  
As we all know we cannot live with our caring friends  
We all have a warm heart  
Because bullying and fighting is just part of a game.

We hate rules and regulations  
But to understand the pain of teachers  
We happen to sacrifice our fun together  
And start walking alone in the basketball court here and there.

They say friend is just temporary  
But it is true and to be honest  
We grade ten aren't only friends  
Because we are a part of family.

We mates and my brother  
Let's never forget the past,  
Because at last we all know  
Friendship and brotherhood together have to grow.

We all cried  
While joining the school,  
But let's not cry, instead hug and smile  
After the end of the SEE, let's say goodbye.

At last, thank you principal sir and teachers  
Because if you were not here then  
Probably we all would be in different schools  
And we would not be together as friends.

## My Precious Gem



**Smarika Dhakal**  
Class 10  
Roll No 31

**W**e meet a lot of people in this world. Many people come and go in our life but only a few remain with us forever. Some are there who are always ready to give support in good and bad times, where as there are others who are beside us not for giving support but for pulling our legs. We are facing so many temporary people in life. One day, an idiot entered my life as my precious gift, as my brother. Having him as a brother is something that has made me feel proud. With so many fights, arguments, snatching of chocolates from our parents, we are growing up. Beating him and making him cry, irritating him and making him complain to mother is my one of the favorite things to do. Doing mistakes and blaming him always remain at the top. His silly mistakes, nonsense jokes, cute smile and my favourite calling me 'Sma' is something that I don't ever get tired of listening.

'जीवनको आनन्द बुझ्न संगीत सिकाउँ !'

**गायन**

शास्त्रीय/आधुनिक



**वाद्यवादन**

गितार, किबोर्ड,  
तबला, हार्मोनियम,  
भायोलिन

**नृत्य**

जुम्बा, साल्सा,  
हिपहप,  
एरोबिक, शास्त्रीय,  
आधुनिक  
बलिउड, कलिरुड



प्रा.पा.नं.: ४५१६४/२०४३

नियमित कक्षा : विहान ६ बजेदेखि बिहानी ९ बजेसम्म  
विशेष कक्षा (शनिबार) : १० बजेदेखि ३ बजेसम्म



**सुनगाभा कला केन्द्र**  
**Sungava Kala Kendra**

भुक्टी चौक, कपन - ६, काठमाडौं  
फोन: ९८४१८२७०५, ९८४९८९८८०४

## Class Ten



Sara Neupane  
Class 10  
Roll No- 30

I never thought that  
Time could fly in no time  
It was just yesterday  
And ten is set to do all fine.  
We are all in all thirty three  
Who posses different traits  
No matter how funny and carefree  
We claim we are the dutiful mates.  
Teachers are there each day  
To guide and motivate  
Feel bad sometimes  
When we take them for granted.  
But deep down in our soul  
We adore them for who they are,  
And nothing else could ever replace them  
As they have a greater role.  
C.M sir has always been an inspiration  
Always, behind us to scold and guide,  
Sameer sir with his sweet expression,  
Gives us problems to solve side by side.  
Rashmi ma'am like a coconut

Hard from outside and soft from inside  
Instructs us to do this and that  
And we follow her with so much of pride.  
Gopal sir who is down to earth  
Tries his best to make us rise high  
Ram sir, the man of good sense of humour  
Teaches us with all his heart and mind.  
Kabi Raj sir gives his best  
To make us reach the summit  
While, Basanta sir is there  
To see how we set the target to meet.  
Namrata ma'am here comes with satires  
If the assignment is not done  
She is an usherer for us  
Who believes that studying can be fun.  
We can never forget these golden moments  
How big or great we become  
Efforts and love all teachers have given,  
We assure to give them back to them in  
return.

## Miss You Brother



Sneha Budathoki  
Class 10  
Roll No- 32

Dear brother, where are you now?  
I am missing you a lot.  
You are the one whom I love and care  
And losing you is my biggest fear.  
You taught me good and bad things  
And made me realize what the life actually is.  
Dear brother, where are you now?  
I am missing those days when  
We used to fight for chocolates.  
I am missing you a lot

And also missing your words.  
Dear brother, where are you now?  
I am missing you a lot.  
You showed the way to live life  
And made me able to dream high.  
I still remember the way you irritated me  
In the name of giving me gifts.  
Dear brother, I am missing you  
And I love you very much.

# Riviera Arts & Crafts Gallery

Polite words:  
 Namaste  
 Sorry  
 Please  
 Hello!  
 Excuse-me



**Smarika Shrestha**  
 Class L. Kg. Lily  
 Roll No: 1

मात्राबोध वर्णका शब्दसंग्रह  
 (क) = फूल जून दूध  
 (ख) = केरा मीठा सेल  
 (ग) = पेंसा रेंना शेली



**Aarjavi Kafle**  
 Class L. Kg. Lily  
 Roll No: 7

मात्राबोध वर्णका शब्दसंग्रह  
 (क) = काट नाट चाट  
 (ख) = कौवा पैवा नावी  
 (ग) = कंका उंबा वंघा

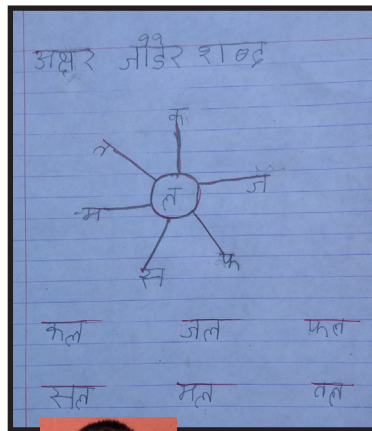


**Ananya Ghimire**  
 Class L. Kg. Lily  
 Roll No: 14

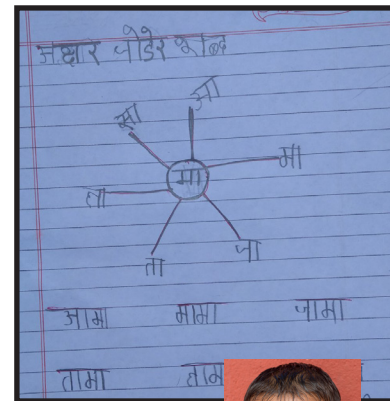
There are seven days  
 in a week.  
 1 Sunday  
 2 Monday  
 3 Tuesday  
 4 Wednesday  
 5 Thursday  
 6 Friday  
 7 Saturday



**Sanjita Shahi**  
 Class L. Kg. Rose  
 Roll No: 7



**Abinsh Gajmer**  
 Class L. Kg. Rose  
 Roll No: 13



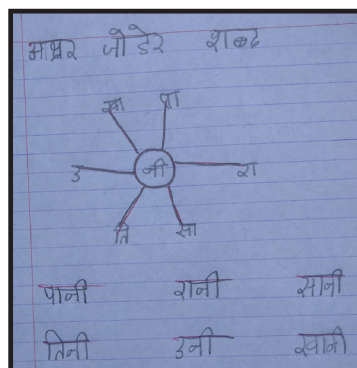
**Sayan Timalisina**  
 Class L. Kg. Rose  
 Roll No: 16

My class teacher:  
 My class teacher's name is  
 Pratima maam.  
 She is very lovely.  
 She teaches us very nicely.  
 I like her very much.



**Ellie Tamang**  
 Class L. Kg. Rose  
 Roll No: 6

Animals home  
 1. Hen - Coop  
 2. Goat - Pen  
 3. Cow - Shed  
 4. Pig - sty  
 5. Fish - Water



**Anamol Limbu**  
 Class L. Kg. Rose  
 Roll No: 10



**Somnihang Rai**  
 Class L. Kg. Rose  
 Roll No: 15



**Reeyang Dhakal**  
 Four Lily  
 Roll No.:26



# Riviera Arts & Crafts Gallery

About my mother

- 1 My mother's name is Shreeja Karmacharya.
- 2 She is 33 years old.
- 3 She likes to eat sweets.
- 4 Her favourite colour is blue.
- 5 She loves me very much.



**Shreeyanza Oli**  
Class U. Kg. Lily  
Roll No: 1

के, को कहाँ बस्ते ?  
माई → गौठ  
माझा → पानी  
बाबा → खौर  
चरा → गुँड  
मानै → घर  
बाघ → गुफा  
घोडा → गबैला



**Ankita Sunuwar**  
Class U. Kg. Lily  
Roll No: 6

My mother

My mother's name is Fursangmu Tamang.  
She is 32 years old.  
She is very beautiful.  
She likes to eat rice.  
She likes to swim.  
I love my mother very much.



**Rinzen Sherpa**  
Class U. Kg. Lily  
Roll No: 7

मेरी नाम उत्सुकता धुंगाना हो।  
म युकेजी कक्षामा पढ्छु।  
म रिभारामा स्कूलमा पढ्छु।  
कक्षा:- युकेजी लीली



**Utsukta Dhungana**  
Class U. Kg. Lily  
Roll No: 11

Date \_\_\_\_\_ Page \_\_\_\_\_

About Me

My name is Palmo Tamang.  
I am a girl. I am six years old. I read in class U-Kg. I live in Kathmandu. I love to read story books.



**Palmo Tamang**  
Class U. Kg. Lily  
Roll No: 19

My best Mother

My mother is really great.  
She is very beautiful in the world.  
She is always there for me.  
She always take good care of me and all family.  
Mom loves me all the time.  
My mother is best in the world.



**Suellen Sunuwar**  
Class U. Kg. Lily  
Roll No: 23

मेरी नाम सौमिष्ठा आचार्य हो।  
म युकेजी कक्षामा पढ्छु।  
म धौरे ज्ञानी छु।



**Sophiya Acharya**  
Class U. Kg. Lily  
Roll No: 21

Colours

1. Blue
2. Yellow
3. Pink
4. Black
5. Green
6. Red
7. Brown
8. Grey
9. Purple
10. White



**Para Poudel**  
Class U. Kg. Lily  
Roll No: 15

Sister

Dear sister  
You are great  
You are special  
You are kind  
and you are loved  
You are always  
There for me my  
Sister  
I love you alot  
My sweet sister



**Brishank Pokharel**  
Class U. Kg. Rose  
Roll No: 2

मुने पाठी  
मुने मुने पाठी  
कति धेरै बाठी  
मैदिन्दा बासीका पाठी  
खान्दि धेरै पिठी।  
मेरी साना पाठी  
कुद्द धेरै छिठी  
त्यसका पुद्दर छिठी  
उसका रङ राती।  
पाठी



**Aarjab Regmi**  
Class U. Kg. Rose  
Roll No: 4

Roman Numbers

1	- I
2	- II
3	- III
4	- IV
5	- V
6	- VI
7	- VII
8	- VIII
9	- IX
10	- X

Satvika



**Satvika Paudyal**  
Class U. Kg. Lily  
Roll No: 16

# Riviera Arts & Crafts Gallery

मेरो नाम उर्केन शेर्पा हो  
 मा यु.के.जी. कक्षामा पढ्छु।  
 मा कपना बस्छु।  
 मा धेरै जानी छु।

**Urken Sherpa**  
 Class U. Kg. Rose  
 Roll No: 10



नाम रशिका मङ्गल  
 दाउको विद्यार  
 कक्षा आँखा  
 नाक मुख  
 पैर हात  
 रङ्गुरा आँखा

**Bidisha Gurung**  
 Class U. Kg. Rose  
 Roll No: 12



Sources of water

1. Rain
2. Pond
3. Lake
4. River
5. Stream
6. Well
7. Tap
8. sea

**Purnima Tamang**  
 Class U. Kg. Rose  
 Roll No: 17



My Dog

My dog's name is Arjun.  
 It is a pet animal.  
 It is black in colour.  
 It loves to eat bones.  
 It obeys me and also play with me.  
 It lives in a kennel.  
 It barks sometime.  
 It is very faithful to us.



**Riyaj Sodari**  
 Class U. Kg. Rose  
 Roll No: 18

मेरो नाम सिद्धी पुडासैनी हो।  
 मा यु.के.जी. कक्षामा पढ्छु।  
 मा धेरै जानी छु।

**Siddhi Pudasaini**  
 Class U. Kg. Rose  
 Roll No: 19



आतवारको नाम

1. आइतवार
2. सोमवार
3. मंगलवार
4. बुधवार
5. बिस्मिबार
6. शुक्रवार
7. शनिवार

**Bidhan Bhurtel**  
 Class U. Kg. Rose  
 Roll No: 20



Uses of water:

1. We use water for cooking.
2. We use water for washing.
3. We use water for swimming.
4. We use water for bathing.
5. We use water for drinking.



**Sonam Wangmo Lama**  
 Class U. Kg. Rose  
 Roll No: 26

सक वर्षमा बाह्र महिना हुन्छन्।  
 १ वैशाख २ शरद  
 ३ असार ४ साउन  
 ५ मंसिर ६ मंसिर  
 ७ कार्तिक ८ मंसिर  
 ९ पुष १० माघ  
 ११ फागुन १२ चैत्र



**Soniya Moktan**  
 Class U. Kg. Rose  
 Roll No: 25

मेरो बुनु  
 मेरो माया बुनु  
 गेह  
 दाउरो चरको आँखा  
 हाँडे नाम बुनु।  
 होला बस्छु साँघु माघ  
 स्कूल गच्छु अर्छु  
 कक्षामा छु फाँडेमा नी  
 मेरो फो लागे



**Pratigya Subedi**  
 Class U. Kg. Rose  
 Roll No: 5

English months

1. January
2. February
3. March
4. April
5. May
6. June
7. July
8. August
9. September
10. October
11. November
12. December



**Anuska Ghatani**  
 Class U. Kg. Rose  
 Roll No: 15



Teaching Faculty



**Riviera  
International  
Academy**

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