

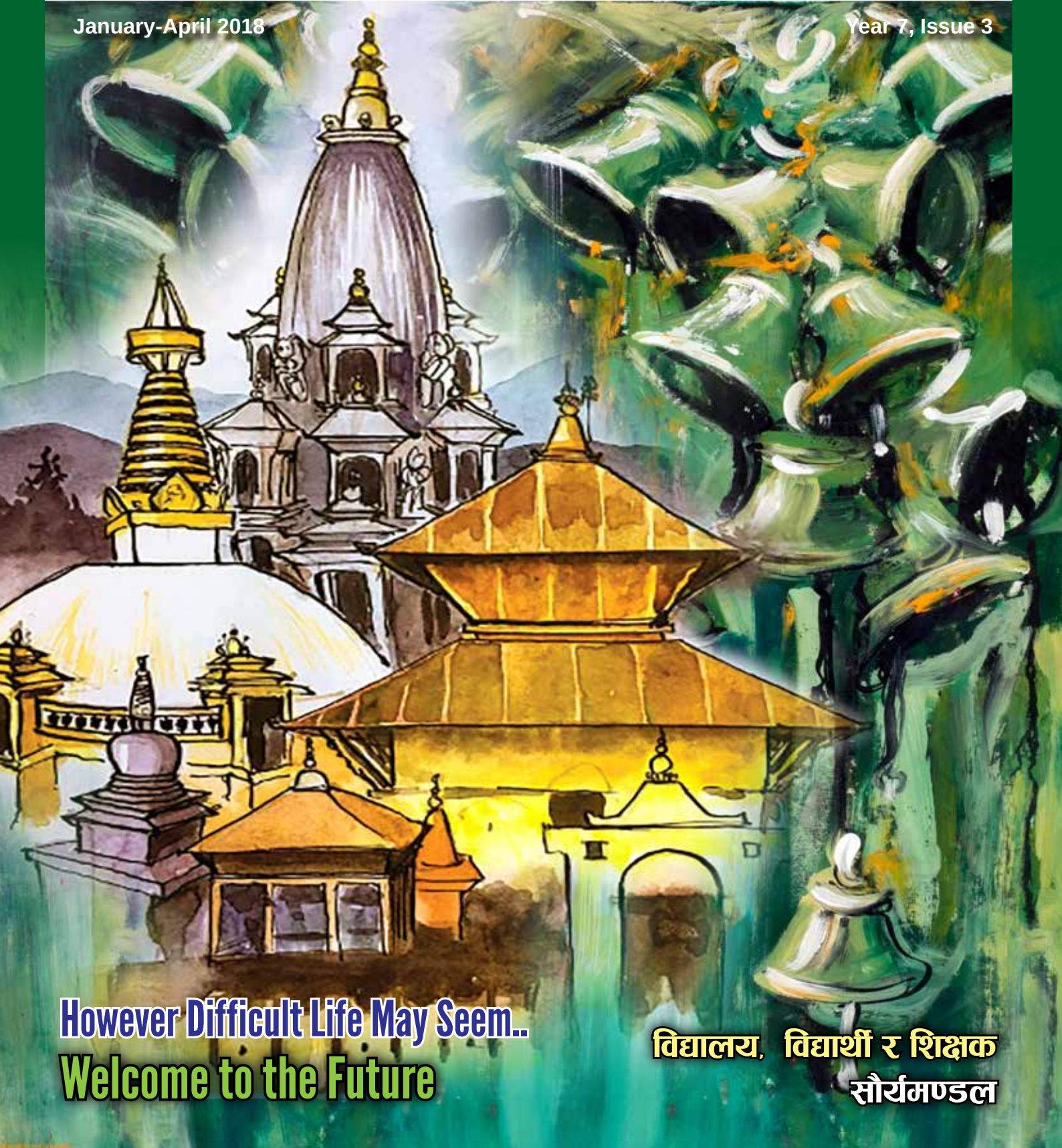
CHELSEA WAVELENGTH

विद्या संस्कार स्कूल

A Complete Educational Magazine

January-April 2018

Year 7, Issue 3



However Difficult Life May Seem..
Welcome to the Future

विद्यालय, विद्यार्थी र शिक्षक
सौर्यमण्डल

WE HAVE PROVED

WE WILL PROVE

A-Level

सन् २०१४ मे/जुन र अक्टोवर/नोभेम्बरमा
सञ्चालित ए-लेभलको वार्षिक परीक्षामा
नेपालबाट सबैभन्दा बढी ६ वटा अवार्ड लिन सफल

कारोबार

चेल्सी इन्टरनेसनल अगाडि

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समाचारपत्र

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WORLD
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in Sociology
OCT/NOV 2015

Sanskriti Timseena

+2

चेल्सी इन्टरनेसनल एकेडेमी
प्रा.लि. द्वारा सञ्चालित

विद्या संस्कार

माध्यमिक विद्यालयले

२०७२/०७३ सालबाट

उच्च माध्यमिक शिक्षा

परिषद्बाट सम्बन्धन लिई

विज्ञान र व्यवस्थापन

सङ्कायको पठन-पाठन

गराई रहेको छ ।

विद्या संस्कार स्कूल

चेल्सी इन्टरनेसनल एकेडेमी प्रा. लि.

लाखेचौर मार्ग, बानेश्वर, काठमाडौं, फोन नं. ०१-४४९९६६२, ४४७२९०२

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Salute



विद्यालय, विद्यार्थी र शिक्षक



Welcome to the Future



Donate Blood, Donate Life



जीवनी : निकिता चन्दक



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Greetings to all,

**Sudhir K. Jha**

*MA in English Literature / M.Phil in
Educational Leadership /
A PhD Candidate in Team Leadership,
Kathmandu University*

Principal/Founder Director
Vidhya Sanskar School
Chelsea International Academy

First and foremost, on the dimmer side, I feel sad to state that our institution untimely lost a very dedicated member of staff, our A-Level's C.A.A.O. - Mr. Jeetu Gurung. The entire institution family prays for his soul to rest in eternal peace. The institution will always remain indebted for all his immeasurable contribution. He will sorely be missed by all the members of Vidhya Sanskar School and Chelsea International Academy.

Well, on the brighter side, the year witnessed the presentation of the colorful and vibrant Annual Sports Meet by the school and college students and the spectacular play "Macbeth" by the A-Level and +2 students. I hereby congratulate all of my beloved students and thank the dynamic and hardworking teachers and support staff and members of the Board of Directors for the splendid success of both the events.

I extend my big congratulations to the students and teachers who made the 2nd Chelsea Model United Nations (CMUN) held in our institution on 15th to 17th February, 2018 a huge success. The institution was honoured to host the delegates from Bangladesh, India and Pakistan and delegates from various schools and colleges from within our country.

Besides, as we near the end of the current Academic Session, I feel proud that the well chalked out academic and co-curricular programs enabled the students to attain their full potential to develop sound work habits. Vidhya Sanskar School and Chelsea International Academy take pride in being an enlightening institution where every student is provided a vision for success, aspiration to succeed – be it in academics, athletic programs, performing arts and musical programs and not leaving out the encouragement to the students to contribute in our school journal - "Chelsea Wavelength". All of these surely has inspired and shaped students in their day to day learning.

I congratulate all my A-Level students for the outstanding results this year too and my best wishes to the students of Grade 12 and SEE Batch of 2074. As always, may you all do well and come out with flying colours.

Lastly, I am grateful to all to have the opportunity to work with you this current session and I look forward to work with you again with the same enthusiasm in the upcoming academic session. I also encourage all to check our website and read about our activities.



FROM THE CHIEF EDITOR'S DESK



This edition of wavelength has been put forward with a lot of hard work on the part of the editorial team. From writing articles to editing them, each and every member of the editorial team has put their best foot forward. I'd like to thank each and every one of them for their valuable contributions

in making this edition of Chelsea Wavelength a success. Furthermore, it gives us great pleasure in including articles from some of the esteemed personalities of our nation. It surely is a testament to the incredible effort put in by our students and teachers over the years.

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BRITISH COUNCIL WORKSHOP



A workshop on 'Lesson Planning' was organized by The British Council on 20th November in Vidhya Sanskar School. A total of 35 teachers from our school and from various other schools of the valley had attended the workshop. The event was conducted by Mr. Gino Bonetti, the trainer from British Council, Lainchour on different aspects and methods of lesson planning. All the participants were provided certificates for attending the training..

TEACHERS' WORKSHOP



Vidhya Sanskar School organized a one day workshop on "Classroom Management" for its teachers on 13th September, 2017 (28th Bhadra 2074). The workshop was facilitated by Mr. Christopher O'Connell, trainer from The British Council, Kathmandu. A total of 25 teachers teaching different grade-levels participated in the workshop.

CREATING AND USING SUPPLEMENTARY MATERIALS AND ACTIVITIES

A teachers' workshop was organized by Vidhya Sanskar School. Ms.

Arine Green from British Council conducted the workshop on the 'use of supplementary materials, its use and other supplementary activities'. The program was oriented on how to creatively make use of supplementary materials and activities and how it could have its impact on students. The objective of the workshop was to emphasize on the importance of using other materials and activities rather than following the traditional way of text book. Throughout the workshop, participants were encouraged to think creatively on the topic. Overall the workshop was fruitful.



5TH INTER-SCHOOL TEACHERS' FUTSAL TOURNAMENT

The 5th Vidhya Sanskar Inter School Teachers' Futsal Tournament was held on 16th Mangsir at Baneshwor Futsal Arena. A total of 12 teams participated in the event. The final game was played between The British School and Premier School. The winner was decided through penalty shoot out where Premier School emerged as the Champions of the Year 2074. Congratulations.



The prizes were awarded by the Chief Guest - Mr. Ramesh Rayamajhi, Chairman ANFA Futsal Committee and Executive Member ANFA. Prizes were also awarded to the players in the following categories:

Highest Scorer : Mr. Ramesh Gayawali of "The British School " .

Most inspiring player : Mr. John

Moore, Principal of "The British School "

Best Goal Keeper : Mr. Gray Edmund Domenic Wambeek of "The British School "

Best Player : Mr. Kabi Chandra Rai of "Premier School"

INTERNATIONAL COLLABORATION IN SCHOOL ACTIVITIES



International collaboration in teaching - learning activities is an emerging trend in education. Students of Grade- VIII and IX of Vidhya Sanskar School have had the opportunity of international collaboration with Modern School of Gaziabadh , India. Under the project, students jointly worked on sharing the ideas on 'Tribal community', 'Cross cultural sensitization' and 'E- waste management'. Out of the three projects, first two have been successfully completed and the last one is under progress. Students prepare project works, power point presentations and video record of the information they compile and share.

COOKERY CLASS VIII

A cooking session for students of Grade- VIII was conducted in the school premises on 14th Feb. 2018. Students were divided into 6 different groups and made to cook different food items. The session was a part of practical activity of the subject Occupation Business and Technical Education (OBTE). Students were assisted by the teachers and staffs of the school throughout the session.





SCOUT DIKSHYA OF CLASS 6 2074



Scout Dikshya for students of Class VI was held on 27th Shrawan, 2074 in the school premises. The event was attended by the guest of honour Ex. Chief Commissioner of Nepal Scout - "Shreeram Lamichhane" along with other dignitaries from Nepal scouts and members from the Board of Directors of our school.

नेपाली भाषा शिक्षण कार्यशाला गोष्ठी



मिति २०७४ साल माघ १३ गते शनिबार पुस्तक प्रकाशन गृह प्रा. लि. को संयोजकत्वमा विद्या संस्कार स्कूल नयाँ बानेश्वरले 'नेपाली भाषा शिक्षणका समस्या र समाधान' विषयक १ दिने कार्यशाला गोष्ठीको आयोजना गर्‍यो। विद्या संस्कार स्कूलसहित उपत्यकाका १० विद्यालयका नेपाली विषयका विषय शिक्षक शिक्षिकाहरू सहभागी भएको उक्त कार्यशाला गोष्ठीमा 'राम्रो नेपाली' साहित्य र व्याकरण पाठ्य पुस्तकका लेखकद्वय श्री बेगेन्द्र सुब्बा र श्री रामचन्द्र खनाल सहजकर्ताका रूपमा उपस्थित हुनुहुन्थ्यो। उक्त गोष्ठीमा नेपाली भाषा शिक्षणमा देखा परेका समस्या, मानक नेपाली वर्णविन्यासका अन्योलता कक्षा कोठा भित्र बाल मनोविज्ञान एवम् राम्रो नेपाली पाठ्यपुस्तक भित्रका विविध विषयवस्तुमा चर्चा, परिचर्चा एवम् तिनका समस्याका समाधान विषयमा छलफल तथा अन्तरक्रिया गरियो। गोष्ठीको अन्तमा सहभागीहरूले धेरै सहजता एवम् लाभान्वित भएको अनुभव व्यक्त गरे।

NEPAL-BANGLA BANDHU LIBRARY

Chelsea International Academy heartily extends gratitude to Her Excellency, the Ambassador of Bangladesh for Nepal, Mashfee Binte Shams for her warm visit and opening the Nepal-Bangla Bandhu Library in our institution on January 15, 2018. Her highness had donated books and highlighted on the cordial relationship between Nepal and Bangladesh.

Mr. Din Dayal Rijal, the chair of Nepal-Bangladesh friendship Association had welcomed the guests focusing



on the need of cooperation of the two countries. Dr. Jagdish Sharma had chaired the program. He highlighted on the meaning of the library and importance of reading history. Rajesh Adhikari, board of directors had addressed the meeting. He had shared about the existing academic programs of Chelsea International Academy and Vidhya Sanskar School with the activities and importance of library for the students and thanked the donors.

TEACHERS' WORKSHOP ON ICT



A workshop on Information Communication Technology (ICT) in Education was organized for the teachers of Vidhya Sanskar School on 30th December, 2017. The workshop was conducted by the faculty members of Kathmandu University School of Education viz. Mr. Bal Chandra Luitel, PhD [Associate Dean / Professor], Mr. Laxman Gyawali, PhD [Associate Professor] and Mr. Binod Prasad Pant

[Assistant Professor].

The workshop brought awareness about the importance and the benefits of involving ICT [Information Communication Technology] in teaching and learning. The workshop also focused on the different operating paradigms of ICT - Pedagogy integration. It also included the strategies for better teacher professional development.

11TH COAS INTER SCHOOL CRICKET TOURNAMENT



Our school senior boys' cricket team participated in the 11th COAS Inter School Cricket Tournament 2074. The event was organized by Sainik Awashiya Mahabidhyalaya, Sallagari, Bhaktapur on 28th Magh. In the preliminary round, our boys won the 1st match against Sainik School Team "B". Master Subham Bista was adjudged the Man of the Match. Our boys' couldn't proceed to the 2nd round in spite of our boys' heroic display in batting and fielding. They lost the match against Gyan Niketan School.

VISIT TO ICIMOD



Students of Grade X visited ICIMOD knowledge park at Godavari, Lalitpur. The main objective of the field trip was to study and observe the biodiversity. The students had the opportunity to learn more about agricultural technologies, soil and water management, renewable energy, technologies, income generation activities like fish farming, fruits and flower cultivation, etc.

WELCOME TO THE FUTURE

Arogya Banepali, AS Level

It was the last day before term examinations, when Jon suddenly saw a topic he forgot to revise. Going through the pages, he found it extremely difficult to understand the topic. If it weren't for the new innovations in the field of education he might as well have lost valuable marks in the examination due to the topic. However, he simply opened google scholar in his mobile, and quora in his laptop, and within the next two hours, all his queries were answered, and everything he needed to understand were

easily understood. The difference innovation has made in everyday life of enthusiastic learners is too many list, and too difficult to describe in words.

I remember a story told by my grandfather, regarding how difficult it was for him to study efficiently during his time, and how heavily dependent on teachers the students were in the past for education, and the only alternative was to buy big bulky books, which were also really expensive. Looking at the innovations now, it

can easily be said that learning has been made more efficient, easy and enjoyable activity. Students no longer need to buy and read bulky books, which are not the first interests of many students. They can simply take quizzes, watch videos in the countless repositories found in the web, ask help from the thousands of teachers they can contact to on different websites, and enhance their knowledge by embracing the various resources they can find on the web. Adopting innovative teaching-learning



method in classrooms not only fills the void of self-study but also introduces the learners to countless opportunities and possibilities, and ignites their passion for learning providing them with whatever tool they might need for quenching their thirst of knowledge.

Innovation is not limited to only students, but has also helped many teachers facilitate the process of teaching. They no longer have to be dependent on their speech and few books, and now, can properly exploit the various resources such as projector, printers to make learning more reliable, interesting and enjoyable. They can utilize innovations in the field of communication, so that the students can contact them when the student needs them the most. They can also

Innovation is not limited to only students, but has also helped many teachers facilitate the process of teaching. They no longer have to be dependent on their speech and few books. They can utilize innovations in the field of communication

conduct classes remotely via some programs, if they are unable to be present in the class itself. Term papers of the past can be accessed via the web, to prepare students and to provide them with the idea of how the papers of term examinations will look like, and help prepare them accordingly. Various researches has shown that after the application of innovation in the schools and colleges, results and productivity have increased steadily and is still on the path of increment. Thus it is almost a certainty that since the innovations in education took a steep uphill, the results brought by it has also improved convincingly.

ARTICLE



Dignity of Labour

Suyog Rajbhandari, 10 'C'

Dignity of labour also known as dignity of work is the philosophy that all types of jobs are respected fully and equally and no occupation is considered superior. Though one's occupation for his/her livelihood involves physical work or mental labour, it is held that every occupation has its own benefit but is to be treated equally. Social reformers 'mostly' were advocates of dignity of labour. Every job that is dutifully done with honesty and sincerity deserves appreciation.

The dignity of labour is one of the major themes in the Christian ethics, and as such it is upheld by the international association of autonomous churches. Every person has the right to choose his/her profession of his/her choice. A person should never be discriminated on the basis of his occupation. Labour is of two types, i.e. intellectual labour and manual labour. Both labours have their own dignities. Some think manual labour is an inferior affair. But manual labour is as dignified as the highest intellectual labour. The people who work with their hands are as much useful as those who work with their brains.

There are various importances of labour, in fact

manual labour is the roof of all process. Many of our life's daily necessities would not have been produced without manual labour. It is very essential for human society. Cultivation would not be possible without manual labour. Moreover, labour saves man from going to the wrong path. It also gives us self-satisfaction. There is a sense of honor in all honest work.

Many people wrongfully shy away from helping others merely because they consider the job below their dignity. There is no disgrace in helping a teacher to carry books or lifting a load for a labour or helping a blind person to cross the road. No work is inferior or superior. Having helpers at home should not prevent us from performing simple tasks or treating them with dignity.

At last, we must all respect labours. They are the reason of our survival. All labours are regarded as dignified in the present age in every progressive country of the world. So, we must also start treating them with honor and respect. All labours must be treated equally for the development of all of us. Each and every profession has its own dignity and we must preserve it.

SCIENCE AND TECHNOLOGY

Sabhayata Bhattarai, 9 'D'

The 19th and 20th centuries were marked by great scientific and technological developments in different fields. The developments were made in the fields such as transportation, communication, manufacturing, education, trade, health and others. The life of people has become quite comfortable with these scientific innovations as various types of machine have begun to perform even more complex tasks for them. There was a time when people used to walk long distances to reach other places for trade and other works. The invention of wheel enabled them to make hand- driven and animal-driven carts to transport goods to different destinations. But today, air travel is perhaps the most important means of travel due to its speed and comfort. Also, the latest technological development in this area now is metro railways.

The invention of computers has been another major development in the history of mankind. Computers are the machines that convert data into information. But with regular updates and upgrades of computer technology, these machines have started to perform the most complex functions. All the fields which are concerned with services including banking, insurance, booking, education, diagnostics, developing, designing, etc. are working with

the help of computers. This doesn't only provide speed but also attractiveness.

The new technologies in the diagnosis of various diseases have enabled us to detect diseases precisely and at an early stage. The treatments have also become easy and effective despite being expensive. Some diseases like plague, polio, smallpox, etc. have been eradicated. There are medicines even for most dangerous diseases. Serious diseases such as cancer, diabetes, high blood pressure, etc. can be kept under control with the use of regular medications.

In the field of information technology, the innovation of mobile phones has greatly helped the society. The cell phones can be used to call, send messages, listen to music, set alarms, store telephone numbers, addresses, etc. The TV programmes that run 24 hours a day and 365 days a year bring latest news from all over the world. With serials, films, live telecast and game shows, TV has become the biggest source of information and entertainment to us.

In spite of all these advantages, there are disadvantages of scientific developments as well. Scientists have made weapons of mass destruction and other warheads which are used in wars.

With such dangerous weapons, today's wars have become highly dangerous. If there is a third World War, only God knows what will happen to the world. The terrorists are using dangerous weapons like mines, explosives, machine guns and rocket launchers to terrorize civil societies.

Another fall out of scientific development is the pollution of air and water which has reached alarming levels. The factories and industries are emitting lots of smoke which is polluting air and water, which are our main sources of life.

Scientific and technological developments and innovations are for the benefit of mankind. It is for us to use them to bring progress and happiness in society. We need to enforce strict rules to bring a stop to illegal usage of technologies. Strict laws should be made against cyber crimes. We also have to ensure that scientific development does not become environmentally destructive. Sustainable practices must be adopted to protect habitats and natural ecosystems. At international levels, the UNO and other leading world bodies should assume the responsibility of ensuring that science and technologies are not misused.





Donate blood : Donate life

To save a life, you don't need to work hard or move a muscle. By donating just one unit of blood you can save up to three lives. It is one of the major contributions one can make for the better society as well as the whole country.

First of all, many people in our country still believe in misconception that donating blood is harmful for one's body as it affects the metabolic system. But making this thing clear, the donated blood can be regenerated easily by human body and this doesn't affect the metabolic system at all for an adult body. People from age group 18-60 are eligible for donating their blood.

An ailing body needs blood for various reasons. There are four types of blood

groups : A, B, AB and O. The blood has to be of same group while transplanting otherwise, it might even cause the death of the patient. Also, blood can be stored for only a limited period of time. Thus, blood banks need to pay special attention and they need steady and constant collection.

World Blood Donation Day is observed on 14th June every year. Many clubs, colleges, societies along with many other organizations organize blood donation camps and help blood banks to enrich their capacity. Also in this day, many awareness campaigns are raised to make people aware about the importance of blood donation.

You don't need to be a doctor to save a life; you can do it just by donating blood.

For example:

James Harrison is an average guy of 78 who has been donating his blood since last 60 years. He has already been able to save life of more than 1000 unborn babies. He has also become an example to the society of how we can save the life of people without any hardship.

As blood donation doesn't create any harm, people should be made aware about this fact. They should be encouraged to donate blood. We must take a step forward to donate blood as it can make sure the return of a dying man into the light of fire.

Prashant Acharya, AS Level

CULTURE OF BLAMING: OTHERS OR SELF

Prakriti Sitoula, A2 Level

Dalai Lama rightly quoted "When you think everything is someone else's fault, you will suffer a lot; when you realize that everything springs only from yourself you will learn both peace and joy". With reference to Dalai Lama, we Nepalese were and to some extent are those cultured with the skill of taking the responsibility of own deeds leading self to jubilation. We are proud as the descendants of brave Gurkhas. We are proud that kindness, humanity –(Atithi Devo Vawa) i.e. guests are god's symbol, are our cultures. We, Nepalese are cherishing the brightness of our accomplishment and values inherited from our past. We are proud as we salute our history, preserve our unity and adore our diversity. In spite of all this, we too have some of the darker sides in our cultures invading the good sides. Some of which are namely procrastination,

division and corruption. One of such fatal cultures that is being viral among the Nepalese from decades is the culture of blaming, mostly others and sometimes self, resulting in improper handling of responsibilities.

Culture of blaming acts like a harmful acid making social bond weaker and creating range of complications between people and their relationships. Generally, an individual, a family, society or a nation can progress when everyone takes responsibility of their own good and bad deeds and try to improve in a positive manner. The act of being responsible comes with socialization in which family plays the key role. The bitter truth is that the socializing agents e.g. parents, are already hijacked by the culture of accusing others and putting work and blames in other's head. The relation of husband

and wife who are parents too, is degrading as both assume each other as problem in their lives. This can be brought into light by the fact that the number of divorces have doubled from 2009 to 2013 to 1,824 per annum. In 2017, only in Kathmandu valley 5 divorce appeals were filed at court per day. Love marriages which are at highest popularity are now at peak threats, as couples make various promises to each other before marriage but in reality can hardly abide by few and this is how blame game starts and rules many generations.

As this trait is amplifying, it is affecting the various systems of nation such as education system, political system and social systems. At school, university or college, triangular law of blaming can be most occasionally proved. Suppose, Ram fails an examination then teacher blames



Ram and his parents blame the administration where they had entrusted their child's future, and the administration finally puts blame in the head of teacher. No one is willing enough to take their respective responsibilities which as a result gives birth to many such Rams. The most familiar case is in Nepalese political system where one party goes forward to run the government with enthusiasm, but the so called opposition is always there to play multiplayer game of blaming who acts as promoter in the reaction and let the people and government be the reactors where best is done to throw the party out of government which gave Nepal ten different governments in the span of ten years from 2008 to 2017. This party again blames the opposition that they couldn't carry out the problems and head towards the expected development. The final condition of nation is in the view of all. The dangerous attack of the disease together in education and politics makes the society automatically paralyzed.

Social and cultural crisis had already begun due to the culture of blaming others that resulted society being pushed in the chasm of barbarianism and on the contrary there is similar but different problem of accusing self in own mistakes but even in those of others. Some people are so differently programmed that they take the burden of other's mistakes. These people when fortunately turn out to

“Culture of blaming acts like a harmful acid making social bond weaker.”

become some responsible leaders, they cannot focus on the effective leadership due to lack of enough confidence. This is mostly a psychological problem but eventually turns to be a social one when so called better known personalities also suffer from it. One of such historical examples of blaming self is in the case of Bhimsen Thapa where he couldn't collect enough courage to live as he felt that he had committed a big crime whereas all was conspiracy against his fame. Due to this, Nepal had to lose a great patriot and a leader.

Hence, as a human, everyone should possess a quality of taking responsibility of their actions which will certainly help in improvement contributing to groom better character and culture. From individual to society, workers to leaders, naïve to sophisticate each of us should have the knowledge in proper handling of responsibilities instead of blaming others or self. This will lead to proper actions, thus proffering optimum development of individual, society and nation as a whole.

VISIT TO 3100AD

Aarogya Banepali, AS Level

I cheered as the project I had been working for decades had finally been completed. This project had driven me bankrupt, but it was finally over. Now, I have stood with my chest high, in the basement of my home, with a big time travel machine in front of me. I entered the machine and looked around to do some final checks. Only one thing remained, that was to set the year which I would like to travel to. Without thinking too much, I rotated the marker, until 3100 showed and pulled the lever.

As soon as I pulled the lever, everything around me vanished. I could see nothing, but a weak white light far ahead of me. The dials on the machine started to rise from 2023 rapidly and I could see the white light closing in. Afraid and excited at the same time, I held the safety bars with all my might, afraid I would fall into the darkness. The next thing I saw was a bright sky and a plain field on which I had landed.

I looked at the dials in my machine which showed 3100AD and time 11pm. I got confused as the sky

looked bright as a day, while my dials were conforming it was a night. Afraid I had broken the machine; I got out and started to look around. The first thing I saw was a city with its light brighter than the sun. I gazed up and saw the moon as dim as stars were before I went forward in time. I had landed near the outskirts of the city, in plain fields.

Suddenly, I started to suffocate, and I ran back towards the machine. I had brought an oxygen tank for emergency purposes, though I never predicted I would have to use it. As I strapped the oxygen mask round my head, I started to wonder if I had reached not earth but some other planet with civilization. I started to ponder over the thoughts of never being able to return back to my previous world.

Everything went black, and I heard voices in my head, which said “Return back to your time and no harm will come to you”. Suddenly the machine started to vibrate, and the dials flashed, reducing rapidly from 3100, and continued until it reached 2022.

' However difficult life may seem, there is always something that you can do and succeed at '

Rhishav Poudel - A Level, Batch of 2014 - 16



My name is Rhishav Poudel. After my birth, I suffered from jaundice but it wasn't diagnosed on time and as a result of jaundice, I developed a neurological disorder called cerebral palsy. According to the definition provided by National Institute of Neurological disorder, cerebral palsy which appears in early childhood restricts body movement, muscle coordination and balance. Thus, this disorder influenced my life, and accordingly the lives of my family members because I have difficulties performing various physical activities such as walking, writing, speaking and so on. After learning that I have developed Cerebral Palsy, at an age of three, my parents admitted me to an informal school Cerebral Palsy (CP) Center. At CP Centre, I would do physical exercises, take therapies and participate in some basic alphabet tutorials. However, the opportunities to learn and read about new things were very limited. Being a kid filled of curiosity about learning new things, I

used to make excuses because I didn't want to go to that place. Fortunately, Mr. Suresh Kafle, who worked at the CP Center, was the only person at that place who recognized that I was different. He was the one to convince my parents that I should go to a normal school.

Which school? Now this was the most important question! Unlike other children, it was not an easy task to find a school for me. As a result of continuous research and help received from a Canadian lady, Mrs. Ellen, I got admission to Montessori House School, Khumaltar. I studied in the school from Class 2 to 6. In those days, it was impossible for me to even write with my hands. I used to complete my assignments using computer. But the frequent load-shedding and my eagerness to write pushed me to use my hands and slowly I was able to write using my hands. Unfortunately, being an unconventional school, Montessori House School didn't offer statewide qualification exam "SLC" for higher

level classes. So, my parents wanted to admit me to another school which offered those exams.

Once again, I faced the same problem of finding a school that would fit my needs. For my better education, my parents searched many good schools but none of them accepted me. One of those schools said that if they accepted me, then parents of other kids would complain that this isn't the place for me and upsetting other parents would lead to a decrease in the number of students. I used to think that other students had more options to choose their school but in my case, the school had to choose me. Fortunately, one of the book-sellers, who had heard this conversation, gave reference of Mr. Diwas Pokharel and Mrs. Sita Pokharel who are Founder Principal and Principal of The Acme Academy. Ultimately, I got admitted to The Acme Academy.

I studied from class 7 to 10 in Acme Academy. I used to cry after every examination for not being able to complete answers known to me. Class 10 was the most difficult and different experience in my life. In Send Up, I had even scored zero in one of the subjects because the examiner couldn't understand my handwriting. At that time, I had lost all my hopes to pass SLC. Even though I was so depressed, my family never gave up on me. I used to ask my mother how I would be able to pass the exam and she would say- "Give your honest effort and leave the rest to the God". Her faith in me and God really motivated me and I could actually see it happening. I gave my best and could secure a first division in the SLC.

After SLC, I thought that joining A-Level would be more appropriate

STORY

The Scarf

Avijya Shrestha, 8 'A'



for me. A-Level studies facilitated concise-concept based exams and vast study and this was what I wanted. Fortunately, this time, I didn't have to face the same problem of searching schools for my admittance. Chelsea International Academy accepted me with open hands. I was also eager to join Chelsea International Academy because on one hand it had a good academic reputation and on the other hand it was easily accessible from my home.

Since my first day at Chelsea International Academy until the end, I had various remarkable experiences. I have felt CIA's continuous support in various things in my school life, whether it was an easy admission of my vehicle into the school's boundary, which isn't allowed for other normal students, or the readiness reflected in my friends and teachers when they come to receive me at the gate. CIA has gone out of its way to suit the class and community according to my needs. For instance, I couldn't have been more grateful when I was told that I wouldn't need to change my class for different courses and was allowed to stay in the same class for all of my classes.

Whenever I had to take exams, I felt more comfortable taking exams at a space where the desk space was large and I was able to concentrate, the college would make arrangements for me such that I could take my exam in the room of chief officer. I used to have lunch in that room. I used to feel very comfortable to share my stuffs with my teachers than friends. I am very grateful to CIA where everyone tried to make sure I was included in the school and great teachers who would try to include me in the class discussion so that I felt I was included in the college community. In my final exam, my physics teacher also came to my home to make sure that I was feeling fine before the exam and gave me some preparation books.

I am fortunate enough to meet everyone associated with CIA and so proud to be a part of the CIA family. CIA indeed has encouraged and motivated me to be myself. I have never had this experience in my entire schooling years. I could express myself and I even feel if I am different than other students, I am still one of them. The space that CIA has provided me with was beyond my expression and I am very obliged and thankful to the entire CIA family.

The air was heavy with the stench of blood. Alexander Volgasot, 29 years old, was crawling through the mud track, shaken with fear from the oncoming rain of bullets. He had been shot in his right arm, and it was bleeding heavily. Too weary to move further, he lied down on the soggy mud.

A few metres away, he saw a child, obviously scared of the soldiers, hiding behind a rundown wall. As he watched, the small child, who was wearing tattered clothes and a bright red scarf, came over to him and covered his wound with the scarf. He also, gave him some water, which was in a thermos flask. The child heard the other soldiers coming and ran away.

Feeling better, Alexander moved forward, unnoticed by the soldiers. Finally, he reached his base camp and his comrades-in-arms took care of him.

After the war ended, Alexander went back to his village, got married and lived happily on his

army pension. He never forgot the child who helped him and kept his scarf. He told the story to his children and as time went on, he passed away.

In his will, he left the scarf to his youngest son, Edward. He had been inspired by his father's story and was working as a doctor in war-torn areas. When he received the scarf, he wore it everywhere. One day, he left the scarf on an armchair and went to sleep. That very night, a badly wounded beggar came at his doorstep, requiring immediate medical attention.

Edward took care of the beggar and the next day, he gave the beggar his scarf and bid him goodbye.

The beggar inspired by the doctor's humanity, worked hard and became a rich businessman. He lived a happy life and always donated a large amount of his income to the poor.

Moral: A random act of kindness can improve the lives of people for generations to come.

DREAMS AND DRUGS

Kamana Adhikari, A2 Level

My world scattered in pieces when my brother was arrested in case of drug trafficking. Being a poor is always being the suspect of crime. When dad left me alone, I didn't even know that my dad was dead. One day, I had no words when I saw the dead body of my beloved brother.

Due to some financial problem, my brother got influenced in dealing with drugs unknowingly. My brother's friends were the 'Richey rats'; they used to give tips (money) to my bro when he used to do their homework, assignment and project work. His aim was to improve the

quality of living of my family, to become successful engineer but his honesty had created complications in his life. They asked my bro to parcel the books to next hostel but there was drug. When my bro got to know about it, he informed to the police. The police arrested everybody along with my bro. After the drug test, the police concluded that everyone including my brother was having the drugs. Actually, his friends had mixed drugs in his food. They had bribed the judge and all blame was on my brother. I tried to justify that my brother was not involved in the crime but nobody was there to listen the truth of my words. At last, he couldn't

face this all and committed suicide. The sudden death of my brother led my mom to depression and our expectations were devastated. Running away from that place was only the option for us; everyone was blaming us for destroying the future of thousand students.

The world of happiness was ravage by the tornado of drugs. The Richey Rats scars of darkness took my brother's life and I am impotent, a loser, a weeper also a warrior that fights with the harsh reality of my life.

Salute



'In Loving Memory'

Lt. Jeetu Gurung (C.A.A.O.)

Vidhya Sanskar School and Chelsea International Academy pays its tribute to a loving and caring soul that has departed, but the memories shall never fade. Your loss is huge, and we can only share your pain. May the soul that has gone, rest in peace.

"Life itself is but the shadow of death, and souls departed but the shadows of the living." - Thomas Browne

"Death is not the greatest loss in life. The greatest loss is what dies inside us while we live" - Norman Cousins

"A great soul serves everyone all the time. A great soul never dies. It brings us together again and again."- Maya Angelou

SECRET TO HAPPY LIFE.

Ansuda Paudel, AS Level

All the people after getting their breathe and being conscious about their existence in this world get into the marathon of obtaining happy life. Immediately after understanding the meaning of life they believe that the ultimate destination of their life is happiness. So, they start running after the abstract happiness which they believe is hiding somewhere in this greater existence. But alas they fail to gain the happiness they were craving for so long and die sad and with their meaning of life unfulfilled.

Actually the reason behind this sad legacy is that the people are searching their happiness in the wrong place. The happiness the people hanker a lot is not actually in the outer surrounding but actually lie within them in their mind and in their thinking. People fail to acquire the happiness because they fail to realize the very fact.

While we definitely use our mind each and every day, very few of us have taken time to cultivate a deep understanding of its nature and function. Chances are, unless we have studied and trained in Buddha's teachings, we probably know very little about the different types of mind, how they are generated and what impact they have on our lives.

It is quite difficult for most people to recognize states of mind as they arise, and especially to distinguish between those that are virtuous and those that are non-virtuous. Moreover, we are often at a complete loss as to how we might cultivate the former and abandon the latter. What does understanding the mind have to do with creating a happy life? Happiness and suffering are both merely states of mind. Therefore to truly be free from suffering and enjoy happiness in every moment, it is imperative that we possess a thorough and profound understanding of the mind and how to maintain control over it. This is the best, most reliable way by which we can greatly improve our quality of life both now and in the future.

Sometimes things don't go the way we want them to. Sometimes we feel inundated with challenges and difficulties. Out of habit, our normal reaction to these events is to regard the situation itself as the problem. In reality, however, all of our problems arise from our own mind. To those unfamiliar with their mind, this sounds counter-intuitive or completely false, but if we take the time to investigate deeply we will discover this truth for ourselves. When we can respond to life's difficulties with a positive and peaceful mind, they suddenly seem

to melt away into nothing right before our eyes. Indeed, we may even come to view them as exciting challenges for personal and spiritual growth. Problems only really arise when we adopt a negative state of mind in response to a difficult or unexpected situation. Because of this, if we want to free ourselves from all our problems, we must gain control of our mind.

It is true that this modern world continues to discover new knowledge and develop new ways to influence our surroundings. Recent years have especially born fruit to extraordinary developments. Progress marches on! But if we look carefully, we will find that suffering around the world has not decreased, and there are no fewer problems to be found. One could say, in fact, that even greater and more varied problems exist today than ever before. Clearly, true happiness cannot be attained by ever increasing control over our external world. Happiness and suffering only exist within the mind, and so their origins cannot to be found outside the mind. In order to really achieve permanent happiness and freedom from all suffering, we must first achieve a thorough understanding of the mind.



THE GOD

ARTICLE

JANAK PAUDEL, AS Level

Irespective of the fact that we are Hindus, Christian, Sikhs, Buddhists, etc. We all have one common concept of "Following a God". But what or who is god actually? Does god even exist?

God is regarded as a supreme being, beyond explanation and above all the limitations but does not go against any of them. No one knows that the god even exist or not. No one has ever seen the god. By the normal human vision, to expect a god to be seen is just a fable. But the truth is God is everywhere! God seems to be nothing as the god cannot be seen, but the god is everything! God is beyond the universe and the universe is The God itself. God is the supreme soul and God is eternal.

God is held to be incorporeal (immaterial) but every material exists due to God. Everything happens within the god and The God is within each and every of the happenings and doings. Anything exists or happens by God's will. God is limitless. The God is present everywhere (omnipresence) with infinite knowledge (omniscience) and infinite power (omnipotence). The God is perfectly good (omnibenevolent). The God is shapeless but God is only the one with a perfect shape. God is genderless. God cannot be defined

with any particular gender. To actually understand and present about god is nearly impossible. Many theologians argue that the existence of God is not a question that can be answered in a scientific way.

Everything in this world is energy. Energy fulfills each and every process taking place in the universe. And the effects of these processes result in the form of energy only. And the source of all these energies is The God, The Almighty. They can't be destroyed, instead they transform from one form to the other. The God and the energy both can't be understood and explained in a certain way. They are not visible but are within us each and every moment. The God has various denominations and even though the external world might show you the various denominations of The God that they believe in, eternally it's just that one spiritual strength that binds us together. That's what brings the essence of us being human being and believing in The Almighty's strength. The reach of God is beyond the reach of one's imaginations but The God lies in each and every creation. God is present in every matter. Each and every wave and ray are within The God. God is time. God is the past,

the present and the future but The God is beyond time. God is the darkness of negativity and the path towards brightness of positivity is also The God. God is motion, God is rest.

It's just the fiction of people to see The God. The God is not to be seen or found by searching. God lies in each of our footsteps and breathe. Each and every start has an end and an end has the other start. God is the end of a start and the new start from an end is The God. The God has no start and no end either. God lies within us and we lie within The God. So God is to be felt and recognized rather than searching. We are the inner soul not the external body. The moment we recognize ourselves and our inner soul, the moment we realize being ourselves instead of the outer body, our soul will be connected to The Almighty and we can see a God within ourselves. In the present world, 'YOGA' would be a perfect path to guide us towards ourselves. It is believed that Lord Shiva himself taught all the processes of Yoga in the form of "Adiyogi".

Lastly, God exists. God has different forms but God is there with us, constantly guiding us.



RENDEZVOUS WITH DR. SANDUK RUIT

Time passes by but memory never fades away. Sir, please tell us about your childhood. What was your favourite subject in school?

I was born in 1954 in a small village at the foothill of Mt. Kanchenjunga. I grew up in a village where there was not any school. My dad and mom were very ordinary traders. Until the age of about 6 or 7 had no formal education at all as there were no modern schools. There

was a custom office. The custom officer used to teach me a bit of English and Nepali. That is how I started my learning. My father knew the importance of formal education. So, he decided to send me to a school in Darjeeling rather than Kathmandu as it was more accessible. I had to walk for about 14 to 15 days to reach Darjeeling at that time. I got enrolled in Saint Robert School there. My favourite subject in school was history. History is very interesting as you can learn so much from it, get inspiration and lesson as well.

Sir, you have become a lighthouse (an inspiration) to the general public of Nepal as well as to the people all around the world. Actually, who inspired you to opt for this profession?

I was not pretty sure about what I was going to become during my school days. Due to India-China war at that time, we had to evacuate our school. So, my dad sent me to Kathmandu to join

Siddhartha Vanasthali School. There I used to live in a very small, rented room with my younger sister. I had great attachment to her. Suddenly, we found out that my sister had tuberculosis. During treatment, she became resistant to drugs and she passed away. After her demise, I started thinking about the light of similar patients like my sister all over Nepal who were dying unnecessarily because of lack of proper medicine and treatment. I thought may be this was the profession I had to go for. So, that was my inspiration.

What were the hardships that you had to face in life?

During the course of life, there had been several ups and downs. To pursue my formal education, I had to walk for 15 days to reach the nearest school. But I reached there and worked for the dream but in the half way of my studies, China - India war broke out. I had to leave my studies and return back home. My father sent me to



Kathmandu for my further studies. It was really far from my village but due to the lack of infrastructures, I came here. Later, I lost my sister and that became the defining moment of my life. I felt really saddened after that then, I decided to be a doctor. In the beginning of my career also, I had to labour hard. There were many many times when negotiations, headhunting, discussions were done.

Tilganga Eye Hospital is one of the renowned hospitals right now. Sir, who supported you in this profound venture ?

In the beginning, we had a little support from few businessmen of Nepal and we had to really do a lot of advocacies. The person who really supported me in the beginning was the Australian Ambassador in Nepal. He supported us in order to accomplish our goal. He helped us by funding also. I think if you have your focus and your hardship, you need a bit of luck also. I've been continuously blessed with meeting right people at right time. Later, I met Dr. Fred Hollows who is my mentor, teacher and friend. He helped me to bring in a lot of support. So, this is how the support system started.

Sir, you have received many awards till date. But, how was your experience when you received 'Ramon Magsaysay Award'?

Sometime in the middle of 2006, I got an international call. It was early in the morning, someone asked me, "Dr. Ruit, I'm speaking from Ramon Magsaysay Foundation. We have decided that you'll be awarded the Ramon Magsaysay Award for peace and international understanding. Are you willing to accept this?" I told them that it was my pleasure to be selected for such prestigious award. After the conversation was over, I was so excited that I couldn't believe it for a while, I shared it with my wife and close friends. It was a moment of joy and excitement. It's just incredible. I can't explain to you how happy I was.

What drives you to do better than before in your field?

If we talk about the past, it was the time when only hundreds or thousands of patients were helped but now millions of people get supported due to the support system of Tilganga. The promising success of our Tilganga Eye Hospital and its support system has always spread a smile on our faces



which make us work more efficiently than before. The invention of efficient technology and success line that we are achieving has always been a source of inspiration.

To conclude, the promising support system of Tilganga Eye Hospital, its response and the success diaries which we have been writing for so long, drives me to do better than before in this field.

Sir, we know that you are very busy in the service of humanity. Yet, whenever you get time, how do you spend your holidays??

I like to visit different parts of Nepal to observe its beauty and know them in depth. It makes me happy and refreshed. Whenever I get time, I go for a short trip with my wife and children. I love trekking too. Whenever possible, I enjoy listening to music.

What are your future plans?

We are researching on the possibility of establishing sustainable community eye hospitals in different parts of Africa. We are also researching about the major diseases and their impact on eye.

Tilganga Eye Hospital is not just known for treatment but also the technology it has been implementing to cure eye patients. Please tell us about the technology that you have developed to cure the patients.

The technology that we have developed in Nepal is a simple but a

very efficient form of surgical treatment of cataract. Surgery of cataract is one of the common surgeries done in the world. But if you can make it efficient, sustainable, you are able to help billions of people and that is what people from outside have come to learn here. We have also shown that quality eye care can be provided in developing countries in social enterprise set up.

What is your message for youngsters like us?

The foremost thing that I'd like to suggest the youngsters is to never have any misunderstanding or confusion in life. Our country is one of the most beautiful countries in the world. Love your nation. Secondly, respect your parents, talk to them because a stable family life is very important. If you have a stable family, a bolt in your future plan is fixed already. In my context, I reached this place due to my parents. Now, because of the support of my wife and children, I feel that I'm really blessed. This kind of support is very important in life to concentrate on our goals and get success. Next thing that the youngsters must have, are willpower, hard work and focus. If you have willpower to do anything and you work hard to achieve it, nobody, nothing can stop you in your undertakings. Will power is a very powerful weapon.

Interviewed by:

Chiraj G.C, 10 'A'
Animesh Baral, 10 'A'
Aryashree Sethi, 9 'B'
Sriha Parajuli, 8 'F'

Maradona

Adish Shakya, 6 'D'

Diego Armando Maradona was born on 30th Oct, 1960. He is an Argentine retired footballer. Maradona is an advanced play marker who operated in the classic number 10 position. Maradona is the first player in football history to set the world record transfer fee twice, first when he transferred to Barcelona for a then world record \$5 million, and second when he transferred to Napoli for another record fee \$6.9 million. He played for Argentina Juniors, Boca Juniors, Barcelona, Napoli, Sevilla and Newell's Old Boys during his club career and is the most famous for his time at Napoli, where he won numerous accolades. In his international career with Argentina, he earned 91 caps and scored 34 goals.

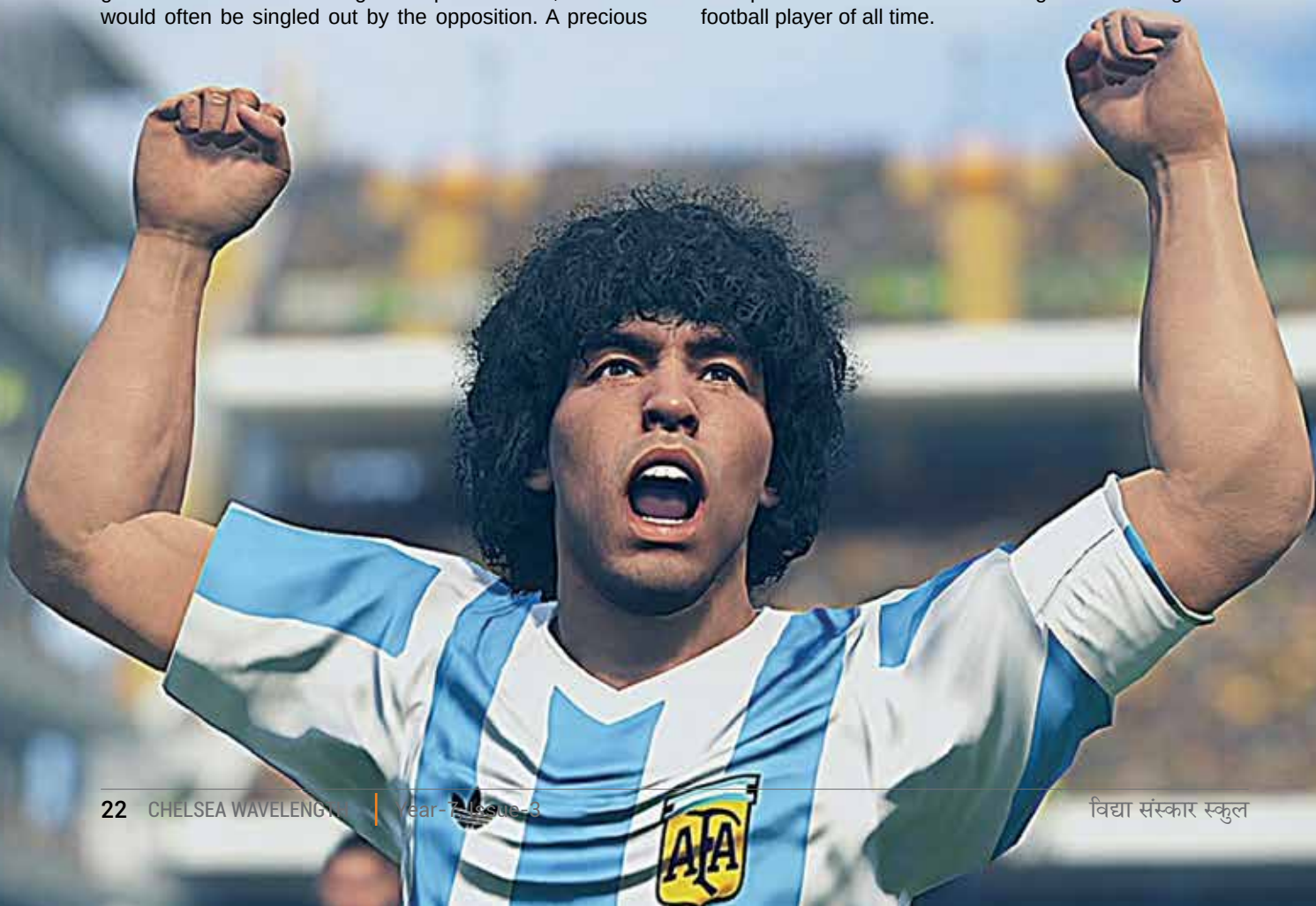
Maradona's vision, passing, ball control, dribbling skills, speed, reflexes and reaction time was combined with his small size (1.65m or 5ft 5 inch tall) giving him a low center of gravity which allowed him to maneuver better than most other football players; he would often dribble past multiple opposing players on a run. His presence on a pitch had a great effect on his team's general performance, while he would often be singled out by the opposition. A precious



talent, Maradona was given the nickname "El Pibe de Oro" (The Golden Boy), a name that stuck with him throughout his career.

Maradona played in four FIFA World Cups, including the 1980 World Cup in Mexico where he captained Argentina and led them to victory over West Germany in the final. He scored both goals in a 2-1 victory over England that entered football history for two different reasons. The first goal was an unpenalized handling foul known as the "Hand of God", while the second goal followed a 60m (66 yd) dribble past five England players, voted "The Goal of the Century" by FIFA.com voters in 2002.

Maradona became the coach of Argentina in November 2008. He was in charge of the team at the 2010 World Cup in South Africa before leaving at the end of the tournament. He coached Dubai-based club Al Wasl in the UAE Pro-League for 2011-12 season. In August 2013, Maradona joined Argentine Primera D Club Deportivo Restra's staff as "Spiritual coach". Maradona is regarded as the greatest football player of all time.



POEM



Life of a Beggar

Aashutosh Lohani, 10 'B'

In the morning, he is begging in
the cold
His body is shivering yet he is bold
He struggles very hard although
he is old
He feels that his earning is
equivalent to gold.

He works very hard so that he can
buy food
He faces various struggles but he
has the same mood
He thinks the people are very good
Because they give him the feeling
of brotherhood.

He has faced many problems in life
If he had wanted money he could
have used a knife
He has to take care of his children
and his wife
He has to live more for he just is
forty- five.



My Desire

Akshyata Pradhan, 9 'A'

I want to sing a song,
A song of happiness and joy,
Not of despair and gloom,
That's what I want to do.

I want to learn to fly,
From the colorful butterflies,
And the high flying birds,
That's what I want to do.

I want to light my own path,
Just like those fireflies,
And the twinkling stars do,
That's what I want to do.

I want to write my own story,
Of peace, prosperity and happiness,
Of brotherhood, unity and love,
That's what I want to do.

ARTICLE



Astronomers Spot an Orbiting Supermassive Black Hole

Source: - Astronomy magazine
Sachin Timalisina, A2 Level

The discovery, which appears in the Astrophysical Journal, utilized radio information to determine that the two supermassive black holes are mere 24 light years apart and have a combined mass of about 15 billion times the mass of the Sun. It takes them about 30,000 years to complete a single orbit.

The pair of supermassive black holes is located in a giant elliptical galaxy called (0402t379), which was first observed to have two 'core' regions in data taken in 2003 and 2005 with VLBA. VLBA is a part of the long Baseline Observatory.

New observation of (0402t379) were taken in 2009 and 2015; when this information was combined with the previous information, astronomers were finally able to identify the motion of two distinct supermassive blackholes.

Merges are how galaxies grow over cosmic time, morphing from young, active spiral galaxies into old, quiescent ellipticals. But the discovery of a pair of supermassive black holes in (0402t379) isn't the end of astronomers' interest in this galaxy. This pair of black holes gives us our first chance to study how such systems interact.

Beyond the Mountains...

Aayam Basnet , 10 "B"

The streets of the lakeside Pokhara was filled with tourists, general laughter and the smell of roasted meat. It was beautiful. But we, that is, me and my family, were filled with dismay. Dismay due to the fact that our planned trip to Solukhumbu was cancelled due to harsh weather conditions. The month long holiday seemed to have but one purpose: revisiting the places in Pokhara and check the accuracies of the memories residing in my mind, all covered with dust, dirt and grime due to the monotonousness of everyday life. I had been hoping to cleanse it by travelling to new places, but that was quite out of hand or so I thought.

My father suddenly had a brilliant idea: Why not go to the Upper Mustang? We were in Pokhara and it was relatively quite convenient. Everyone agreed and my father called some friends of his and arranged for a Scorpio to Upper Mustang.

The next day, as we started our

long climb on the wheels to the district beyond the Himalayas and I watched the landscape and the forest change with each and every twist and turn, I didn't get the thrill of going to a new place. I thought Upper Mustang was similar to Jomsom and Muktinath, the places I had already been to. In my 15 years of life, I have never been more wrong. Slowly, as we got to Jomsom, the coolness grew, and so did my excitement: Apples! Cold water! Fresh air! Blue skies! Dark nights! I was finally starting to actually enjoy the trip.

The sunrise the next day found us taking off to Upper Mustang; a 9 hour long drive from Jomsom, with breakfast packed into paper wrappers. After hardly an hour into the road, I suddenly realized one thing: Gone were the pristine pines, the fertile soil and abundant rivulets. It seemed as if a wave of air had blown away everything, leaving dry, desolate and barren land consisting a few trees and shrubs behind. The harsh beauty of the place is such that one becomes blinded with the naked

realist impressionism of the place. Rock formations seemed to grow out of the dry cracked soil, just like trees do down in the south. The sky was a forget-me-not blue and the contrast between the dull brown gray ground illuminated by sunlight and the sky was unforgettable. Most of all, I was satisfied. "If ever a piece of paradise has fallen on earth, it surely is Upper Mustang."

Crossing dangerous fast flowing rivers, narrow dangerous roads a car can barely fit across and unnavigable plateaus of size not comprehensible, we finally reached the ancient walled kingdom of Lo, currently known as Lo Munthan. The village was one not connected to the global network, and had a wall made in the 12th century AD surrounding it. Bright eyed people with thick clothes, rugged and rough hair and general kindliness and happiness greeted us everywhere. The old monasteries, tapestries and other buildings still stand there, and are really wonders; they've lasted for so long.

"Just stop. No books, no movies, no photos, no talking. Just stop and see and take in the sights". My heart was filled with an enormous pleasure as I started taking in the views, the surreal sights and the impressive cliffs. It was my first time in a place, with such a lack of trees, forests and life in general. I never thought such a place could be beautiful. But it is! It is devastatingly beautiful. It really makes you think of how tiny you and your world consuming problems are.

We went to Kovala border after our stay in Lo Munthan. As we approached the boarder, the height being more than 4600m, the cliffs and the bumps in the ground disappeared, and then a plain, desolate and barren land as far as the eye can see, appeared. I then realized why people call Tibet the roof of the world. It is a cherishable memory: walking in those plateaus. On the boarder itself sat people with soulless eyes and big guns, so we quickly came back.

I remember a detour we had in the way to the border in a tiny sleepy, but a cautious village called "Chhosar". We went into a cave system called the Sija Jhong Caves, in that very place. Though there were many other caves all over the way carved into cliffs and hills, they were highly inaccessible except for professionals with ropes and hooks and a strong heart. Frankly, the place is creepy; it reeks of ancient blood. In the top floors, once you see out of the openings and indents made in the walls, your heart creeps to your throat, both due to fear and the will to see for itself

the beauty Kings would trade their kingdoms for. Now, Sija Jhong is a commercialized system of artificial and natural caves, which were most probably used by the ancient kings as a type of safe heaven or a fort against enemies. Now, it is the breeding ground for birds and blue sheep.

“A beauty that never ends
The dream of Dali, Monet and Corbet,
The untainted paints of nature
Sowing the seeds of joy and sorrow.”

The words formed in my mind as we raced away from the place one must visit at least once in a lifetime. The place is so unique and untouched by rest of the modern civilization that there actually existed a King and Queen in Lo Munthan. But, unfortunately, the King got heaven bound a year or so ago. The people there still don't eat the meat of chicken as a tribute to their God, the King. I don't know whether that is a lack of implementation of Nepalese law and policies, or if it is a reflection and the culture of religious diversity in our country. Maybe both.

We went through the long drive back to Jomsom, the sights

pleasant as ever. There was a group of cliffs, all of varying colors; red, pink, blue, orange, etc. I don't know how it formed, but it was sure beautiful. Suddenly, I was jolted back into the real world from my fantasy world filled of all the words describing the views, there seemed to be a dry landslide blocking the way due to the extreme wind. The wind, well don't talk about it; it was enough to cause an airplane to crash, and it created sandstorm of huge magnitudes. We eventually visited Kagbeni and Muktinath but, I frankly cannot compare the beauty of the highly commercialized and common lower Mustang to the relatively unique, beautiful and uncommercialized Upper Mustang. Upper Mustang just plainly tops off the list. But still, being autumn season, the falling of yellow leaves down to still ponds was quite a sight to behold. It did a good job of brightening everyday's mood.

Our trip actually ended, technically in Kathmandu. But, from my perspective, it actually ended in the lake nearby Jomsom; Dhumba Lake. We had reached there at about 4 o'clock, the time for sunset. As I stood there in front of the lake and saw the elegant wave caused by a deafening breeze, I smiled, in spite of my cracked lips, dry and rough yak-like hair, exhausted body and moistureless skin. As the sun fell down the dark turquoise body of water, a sudden but subtle blow of cold air raised goosebumps all over my body.

My mind and soul has been cleansed.

I sighed. "I am content".



Ezeep Rana Magar, A2 Level

Now that the new season of NBA has started and everyone in your circle has started talking about a game that you have no idea about, feeling left behind and out of place? You want to be a part of the conversation but have no clue at all. Don't you worry because this article will give you a heads up about what the NBA actually is? You won't be an expert overnight in the topic but this will certainly get you started and translate your friend's gibberish into something engaging and fun. Let's get started!

League setup

The National Basketball Association is a professional basketball league

that comprises of 30 teams, 29 from USA and 1 from Canada which is divided into 2 conferences: The eastern conference and the Western conference. Furthermore, each conference is divided into 3 divisions with 5 teams in each.

- Western conference is divided into Northwest, Pacific and Southwest divisions.
- Eastern conference confines Atlantic, Southeast and Central divisions.

A team plays a total of 82 games per season. 2 games against each team from opposing conference (home and away). 4 games against teams in the same division (twice at home and twice away). And, 3 or 4 games against teams

in other divisions at the same conference. A season is divided into regular and playoffs.

NBA Playoffs

8 top teams out of 15 from each conference make it into the playoffs. Teams are seeded from 1-8 based on the number of their wins. A team with the highest number of wins is seeded no. 1. In the playoffs, every match is a best of 7 series. The team that packs first 4 wins proceeds to the next round. In the first round of playoffs seed 1 team plays against 8, 2 against 7, 3 against 6 and 4 against 5. Eventually we are left

with conference winners who later compete on the NBA finals.

Basic Basketball Rules

A team consists of 5 players positioned as point guard (PG), shooting guard (SG), small forward (SF), power forward (PF) and center (C).

Basically, the team that puts the ball more into the basket wins. A team is rewarded 1, 2 or 3 points for one basket. A point is rewarded when a player makes a basket during free throw from the foul line (which is granted during a foul play). A team gets two points if a player baskets from inside the 3 point line and 3 point is given when the ball is scored from outside the 3 point line.

One NBA game has 4 quarters divided into 12 minutes each with a half time of 15 minutes after 2 quarters. If the score is leveled even after the end of the 4th quarter, 5 minutes extra time is added until a winner emerges. Unlike football, there are no draws.

To enjoy a basketball match, one needs to be aware of some other things too such as

Travelling: A travelling is a violation of the game rule where a player takes too many steps without dribbling the ball or moves his pivotal feet when he's stationary and holding the ball.

Fast breaks: Almost like a counterattack where a team speeds up its play before the opposition gets a chance to set up.

Technical foul: A foul resulted from inappropriate behavior or words towards opponent in the court.

24 second rule: In professional basketball, a team has to attempt a shoot within 24 second after they have the ball. If unable, the ball will be turned over to the opponents.

3 second rule: A player cannot remain idle in a restricted area on the opponent's court for more than 3 consecutive seconds while his team has the ball.

NBA ALL-STAR GAME

NBA all star game is a basketball exhibition game hosted every February by the National Basketball Association. The two teams consist of 12 players each from eastern and western conference who are selected by a combination of fans, players and media voting. The vote

leaders are assigned as captains so that they choose all – star players to form their team. The head coach of the team with the best record in each conference will be responsible to guide the new all -star team for their respective conference.

Where do I watch NBA games?

NBA games are broadcasted in television over 200 countries by many channels like ESPN, ABC, and SONY SIX. Also, you can watch it live or on-demand on the NBA LEAGUE PASS.



Chelsea FC

A rising empire in England?

Samyam Aryal, AS Level

June 2003: Chelsea football club is to be bought by Russian billionaire Roman Abramovich in a deal worth £140m (\$233m) (BBC)

Back then, there were a lot of people who were skeptical about this move. Mr. Bates, the then "Mr. Chelsea" as fans called him, had saved the club in 1983 from a debt worth millions, and this team was rising to their summit. Nobody wanted Chelsea to be sold, never mind thinking about selling it to a Russian millionaire, who was unknown before. His first season, Chelsea finished second in the league and reached the semi-finals of the Champions League. 14 years since, Chelsea have won more titles than any other English team.

POEM



My Mother

Niti Kharel, 7 'B'

You are the one who carried me in your womb and protected me long before I ever took a breathe.

Thank you for sacrificing your body for me and being my home.

You are the one who helped me take my first steps.

Thank you for showing me how to stand on my own.

You are the one who cared for me when I was unwell.

Thank you for teaching me compassion.

You are the one who made sure I went to school.

Thank you for teaching me how important it is to always keep learning.

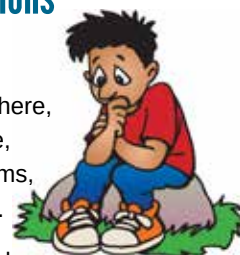
You are the one who showed me not to ever judge a book by its cover.

Thank you for teaching me tolerance.

Problems and Solutions

Sadhavi Mahat, 5 'C'

There is problem everywhere,
But no solution anywhere,
We people create problems,
But they create solutions.



I want to live with no problems,
But what should I do I love solutions,
Life is boring without problems,
Life is crazy with problems.

Everyone says no problem,
I know there is a problem,
But I say no problem,
Cause there is a solution.

Without problem, Solution is impossible,
Without solution problem is impossible.

Activities



ACHIEVEMENT

My Experience..

Mr. Pankaj Singh Thakuri, Science Teacher



Winner (Mr. Teen World Nepal, 2017)

First runner up (Mr. Teen Grand International, 2017)

It was my honor to represent Nepal in Mr. Teen Grand International, 2017 which was held in Porto Alegre, Brazil. This competition helped me a lot to learn and exchange the culture and tradition with the candidates from 20 different countries. I made many friends who were completely different in thinking process, language, culture and life style. Initially, it was difficult for me to adjust in that environment but later on I adapted. I learned and shared many things

with them. Since, most of the candidates were completely unaware about our country, Nepal, I felt proud introducing me and my country by wearing our national costume. With my hard work and dedication, I got the position of first runner up. It was the best moment of my life while holding the trophy along with our national flag. Nevertheless, I would like to sincerely thank and appreciate Vidhya Sanskar School family for supporting me.

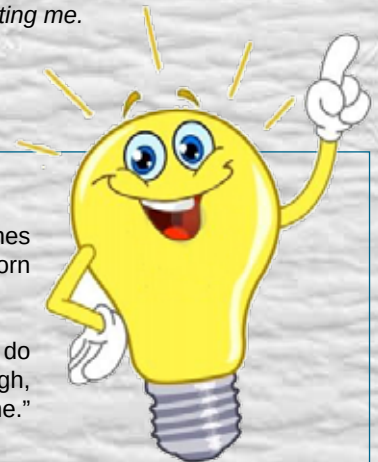
INSPIRATION QUOTES

"The glow of one warm thought is to me worth more than money."
-Thomas Jefferson

"Let your life lightly dance on the edges of time like dew on the tip of a leaf."
-Rabindranath Tagore

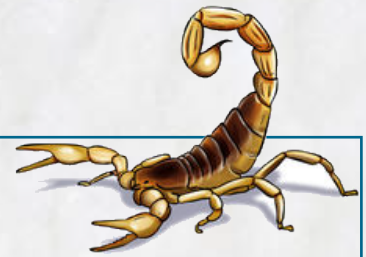
"We can complain because rose bushes have thorns or rejoice because thorn bushes have roses". -Abraham Lincoln

"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome."
- Wilma Rudolph



FACTS

- In Los Angeles, there are fewer people than automobiles.
- Nightmares are mostly caused by sleeping in an extremely cold room temperature.
- Listening to music while working creates a positive mood and makes you more productive.
 - Yawning and stretching at the same time is called pandiculating.
 - Crocodiles can climb trees.
 - The fox is the first animal to use the Earth's magnetic field to judge distance and hunt.
 - Vegetables grown in Alaska become gigantic because they receive up to 20 hours of sunlight per day.
 - Scorpions can hold their breath for up



to 6 days.

- You can survive without eating for weeks but you can only live 11 days without sleeping.
- Charles Darwin ate almost every animal which he had discovered.
- Alligators have no definite lifespan. They will live forever until a disease or injury kills them.
- Potatoes absorb Wi-Fi signal and are used to test or improve internal signals on airplanes.

Shila Pandit, Grade-XII (SC)



FACTS

Dakshyata Rayamajhi, 7 'C'

1. Human hair and finger nails keep on growing even after death.
2. Elephant is only the animal that cannot jump.
3. When you sneeze, all body functions stop..... even your heart.
4. Penguins have an organ above their eyes that turns salt water into fresh water.
5. Letter 'a', 'b', 'c' and 'd' do not appear anywhere in the spelling of 1- 99.
6. Each day the average person sheds 60- 100 strands of hair.
7. The nose can remember 50,000 different scents.
8. An average person laughs 13 times a day.
9. Music has the ability to repair brain damage and return loss of memory.
10. Only 2% of Earth population naturally has green eyes.

POEM



I still Remember

Nirjala Mainali, Grade- XII (SC)

I still remember the day we met
The entrance and the depart, from the
school gate
Your speech and words of mine
Really that was a wonderful time

I moved further and found you
In my every steps and way
We were like the decorative cups
Placed in the tray

Finally the quarrels and the wars came to
an end
The stem of our friendship lead to a new
begin
Although you are absent, I find you in my
memories
Wish I could go to those days and recollect
those mysteries again

Never I say but my words express few
I don't know why but I'm crazy for you
It's like those days were traveling fast
I still remember your and my days of past.

POEM

Upashana Chand, Grade-XII (SC)

Falling few drops from those
undefined casualties
Awakening emotion and
realities
Those shimmering drops of
attire
Stretches out my informality
and distress
I said up the high emotions
And realize the depth of my
pain
I look at those complications
And remember those days of

sun and rain
I look at those complications
Tears make an unknown
accomplishment
May be, it resembles an
informal etiquette
It's the part of a complex
phenomenon
Where all the triumph ceases
I get a relief from that burden
And, I realize the truth of my
tears

Actasia 2017

Milan Raj Paswan, A2 Level



Actasia 2017, hosted in Kathmandu is the 4th of its kind seminar where Interactors from all around the globe gather together to create international fellowship and avenues for partnerships. The event was hosted from December 8-11 and I can't seem to remember any series of 4 days better than those in my 17 years of life. The event was organized under interact district council- 3292 and by coalition of member of interact clubs all around Nepal. With more than 200+ participants from different South Asian nations and from Germany the event was destined to be a grand success.

The very first day of the event we reached at the asked venue, our respective hotels at around 4pm. Then we were drove to DAV school where the program officially inaugurated. With the presence of the respected mayor of Lalitpur the "panas" was lighted and the doorway to fun and excitement began. For starters, the "lakhe dance" was a spectacle not to be missed. Along with it came performances reflecting the deeply rooted newari culture. It was fascinating to see the acts, yet more fascinating to see the awestruck faces of the international delegates. Then after knowledge-filled speeches by reputed guests

the event wrapped up for the day.

A new day, new beginning. The second day everybody gathered around Patan Dhoka at around 8 in the morning. Now personally I have been a frequent visitor of the great Patan city, but walking down each nooks and chowks of the area with people who actually know about the craft, culture and history was totally different. It was a mind opening experience learning about how even small details in the wooden carved doors hold a vast importance. After the patan area tour, we were escorted to St. Xaviers, Jawalakhel where we would be having different type of fun. Rope climbing and archery, stick walk and twin football, the event was packed with such excitement filled games. After a tiring session of games, came soothing time for music with band performances and campfire. At the end of the day, everyone had realized this was an event not to be missed.

The third day started with a short polio parade that aimed to raise awareness against it. Seeing the event itinerary, everyone had a gloomy face as the third day was all speeches. Everyone assumed speeches would be boring. But the speakers, the committee had invited were on a new height on

their respective fields and it was life changing to hear them speak. Talent shows too kept the heat alive in the buzzing hall. Saunak Bhatta, my personal favorite motivational speaker told us things beyond our realization that made us question our very existence. After life changing speeches came time for cross country performances. The fire spitting acts of Srilankans, melodious German couldn't be missed under any circumstances. And then another good day came to an end.

The fourth and a final day, we were escorted to the luxurious Hyatt regency where we attended the closing ceremony of the event. We were blessed to be under the presence of Australian Rotarians and RRFC, Vijay Jalan. The final day started with "project sarangi" aimed to revive our traditional instrument back to life. Later we would be hearing vote of thanks and appreciations to end the program officially.

I believe, this program was able to make the intended impact on all of the participants. From all the mind opening speeches to the campfire and games, I've had a blast attending the program. All the communications with people from different nations has given me a more broad idea about this vast.

ACHIEVEMENT



INTER SCHOOL SPELLING CONTEST



Our students of Class VI and VII had participated in the Inter School Spelling Contest organized by EPS School, Minbhawan. The event was held on 29th Kartik, 2074. Our students proceeded to the finals as group topper in the preliminary and achieved the 1st runners up trophy. Congratulations... The final standing in the contest was as :

- 1st : Everest School
- 2nd : Vidhya Sanskar School
- 3rd : Ideal Model School
- 4th : V.S. Niketan

SEE FELICITATION CEREMONY

The program was organized by National PABSAN, Kathmandu on 30th Bhadra, 2074 to felicitate students, teachers and schools for their best performances in SEE- 2073 exam. Students who obtained GPA 3.9 or above was felicitated by NPABSON, Kathmandu. Similarly, twelve teachers from different schools of Kathmandu were also felicitated. It is a matter of great pleasure to share



that our very own Mr. Sanjiv Kumar Mishra, Head of Department of Computer, was felicitated for his great effort to achieve highest grade point average (GPA) 4.00 in the SEE Grade 10 held in the year 2073 among the member schools of National PABSAN, Kathmandu. All the students, teachers and schools were felicitated by Hon. minister of state for education Mr. Sheshnath Adhikar. Vidhya Sanskar School was also felicitated for their best performances in computer science. Mr. Pranai Moktan, Chief Academic and Administrative Officer received the honor from Minister of State for Education. The program was attended by Mr. Prakash Sapkota, District Education Officer, Kathmandu, Founder/ Principal from various schools, teachers and students.

N.K.SINGH SMRITI GOLDEN JUBILEE INTER SCHOOL ATHLETICS MEET 2074



N.K. Singh Memorial (EPS) School, Minbhawan had organized an Inter School Athletics Meet on 19th Magh, 2074 (2nd Feb. 2018) for Under 14 boys and girls. Our students participated in the 100 m 200 m and 4 × 100 m relay. The event was conducted at DMPS Ground, Sano Thimi. The following students from Vidhya Sanskar School had participated in the following events:

Boys	Class	Girls	Class
100 m : Yogesh K. Gupta	7	100 m : Nayan B.K.	7
200 m : Nitesh K. Gupta	7	200 m : Krishna Adhikari	7

Relay

Boys' Team	Class	Girls' Team	Class
Suhan Roka	8	Suphin Tamang	7
Aviskar Joshi	8	Pragati Upriti	7
Reeyansh Bajracharya	8	Yorika Kunwar	6
Reshav Acharya	8	Samariya Barahona	6

Our school boys' relay team secured the 2nd position. In U14 boys category, Nitesh Kumar Gupta and Yogesh Kumar Gupta stood 3rd in 200 m and 100 m race respectively. In girls' category, Krishna Adhikari stood 3rd in 200 m race. Congratulations....

ACHIEVEMENT



DATE : 29TH KARTIK, 2074 (15TH NOV, 2017)

Nestle Milo had organized an Intra Class Quiz contest on 8th Ashwin 2074 in our school. Students of Grade 6 to 8 had participated.

The topic for the Quiz contest was sports. The lists of winners are as follows:

Class-6

- 1st Abiral Ghimire and Siddhartha Pandey
- 2nd Prasiddhi Poudel and Aditya Krishna Ghimire
- 3rd Shreyansh Pokharel and Yashaswi Shrestha

Class-7

- 1st Suphin Tamang and Nikesh Kumar Gupta
- 2nd Niti Kharel and Shounak Pokharel
- 3rd Manushree Mahat and Shakti Basnet

Class-8

- 1st Suhan Roka and Anvesh Sapkota
- 2nd Samyam Bista and Piyush Karn
- 3rd Evan Shrestha and Drishya Shrestha



11TH COAS INTER SCHOOL CRICKET TOURNAMENT

Congratulations to Master Subham Bista on receiving the Man of the Match Award in the 1st match against Sainik School in the 11th COAS Inter School Cricket Tournament 2074.



MR. TEEN WORLD NEPAL

The school fraternity congratulates Mr. Pankaj Singh, our Science teacher being awarded with the Title of Mr. Teen World Nepal 2017, which was organized by SN International events in association with Pris media. He was also been awarded with the subtitles of Mr. Photogenic, Best Personality and Best walk. He was selected for representing Nepal in Brazil for Mr. Teen Grand International which was held from 15th to 20th November. He received the title of first runner up.



ANUP SHARMA

A-Level, Batch of 2015-17

Did you expect to gain the highest marks in the country for Business?

Every student attempting the A-levels has always had a dream to receive an award at the Outstanding Cambridge Learner Awards. Like most other students, I too had prepared my level best for all of my tests. By the papers that I had written on my tests, I was pretty confident that I had performed well. I had an expectation to get at least an A, but didn't have the expectations to gain the highest marks as I was going against many brilliant learners. Turns out my efforts were enough for me to achieve the highest rank in Nepal for Business.

What was the first thought that you had when you received the news?

I remember that moment exceptionally clearly. I was in the library with my friends enjoying my daily A-levels life. One of our teachers walked up to us and released the news, after which I had a flow of excitement and happiness. I felt blessed to be a part of all the joyous as well as challenging times I had experienced with the ever supporting Chelsea family. I felt proud to have received this distinction, as it was an award not only for myself, but for the entire Chelsea family.

How important do you consider such a distinctive scholarly award?

A scholarly award of this level is certainly one of the greatest achievements of my life, and definitely it is a milestone. But I feel like its sheer importance would only be the recognition. I regard the knowledge and human skill we learn from our course

more rewarding than achieving a distinctive scholarly award. Definitely, the award is a motivator for us to work hard. But, I feel that we should be more focused towards building our strength in the core subject matter and keeping a positive attitude towards healthy competition.

What are your methods while studying Business?

You should not underestimate the value of books and you should take it as your fundamental resource. Simultaneously, you need outside, aka practical knowledge, which definitely helps with application and having a deeper and better understanding of many topics. Past papers, I can say, are the best resources for exams. Doing as many questions as possible will not only help in understanding examination procedure, but will also develop writing skills and format awareness which will make the exam a lot easier. Past papers will also help you focus more on important topics as, although questions itself aren't repeated, the question format remains somewhat similar.

What advice to you have to your juniors?

A-levels is a practical knowledge based course where only studying from the stipulated course books won't suffice. As for me, I always had priorities for each moment of every

day. As we learn in Economics, it's always the choice we have to make amongst various choices to maximize our satisfaction.

For the times I thought my studies were important, heading towards library or the computer lab was the option, but for times I thought spending my time with friends was important, my friends were my priority. I can understand how tough it can be at times to go through all those new and complex ideas and processes which we need to learn for which we always have a tendency to think that it wouldn't be important or useful in our life. But that is not the attitude we must have towards all of our subjects, no matter how easy or tough they are. We must all have a positive learning attitude towards our subject matter and learn its practical importance. I always adjusted to any changes required instead of being reluctant towards the change and would suggest all of us to do the same as it has always been the rule of nature to keep the fittest alive in a dynamic environment.



FUTSAL

5th Vidhya Sanskar Inter-School Teachers' Futsal Tournament 2024

A Glimpse.....



AN INTERVIEW WITH OUR SENIOR TEACHER & H.O.D.

MR. SANJIV K. MISHRA

COMPUTER DEPARTMENT

What made you choose this profession?

I belong to a family where most of the members are in teaching profession. My family encouraged me to pursue this profession. Some are lecturers while some are engaged in schools. I also used to teach my brothers and sisters which also made me interested to be a teacher. So, I can say that my interest dragged me to join this profession.

How long have you been working in Vidhya Sanskar ? What sort of experiences did you have here ?

I have been working here since 2005. So, this is the tenth year running . When I had joined here, it was Chelsea

International Academy, which was in the growing phase. The school had limited number of students and the class was till six . In the course of time, the school has changed to Vidhya Sanskar School and has grown vastly as we have large number of students and has A levels and + 2 . So, with the changes seen throughout the year, I had great experiences out here. I feel like this place is home away from home.

What is the difference you find working here then and now ?

It was very limited in size back then with limited number of students. As the number of students have grown tremendously, the size of the school

has also grown now. So, I can say each and every department has become more systematic and more effective . Each and every aspect has changed regarding the learning process. New technologies have been introduced such as smart classes, computer lab with various equipments are available. So, with change in time, there have been various positive changes in infrastructure, technologies, techniques, etc.

So, I can say that working back then, it was easy while working now it has become more easier.

Did you face any challenges regarding your profession ?



So, far my journey is very pleasant, but now I see many challenges. Initially, being a teacher, we would go to the class and explain the content in the class. Nowadays, teachers have to entertain in the class in order to maintain the class and control the class which in a way is a challenge for me. The teachers have to be a motivator, inspirer as well as the good entertainer to maintain the environment inside the classroom.

How do you push yourself through hard times ?

I have always been an optimistic person. There are always good times and bad times. It is upto an individual how he/ she tackles or overcomes difficult times. Definitely, we have to keep ourselves cool and try to overcome. I try to be strong enough to handle any sort of difficult situations with positive attitude.

What motivates you to keep going on with this enthusiasm ?

The main factors are the students who are always motivating me. Each and every year, the students are encouraging me to do something new. I would also like to appreciate our Principal Sir, Mr. Sudhir Kumar Jha who always inspires us to develop new hobbies.

So, my love for my profession and my students motivate me to keep going on.

What are the things you have gained or achieved in your profession as far ?

I joined in 2065 B.S. It's been ten long years. I have gained a lot since then. I remember it was Annual Day when I was suddenly awarded with the 'Best Teacher Award'. I was pretty shocked as it was my first year. It was very motivating as I hadn't anticipated for the award. Recently, in Asoj, two months back, I received the Best Teacher Award by NPABSON in Kathmandu district for the best result in Computer Science which was one of the most encouraging achievements of my life.

I have gained many good memories, wonderful colleagues and motivating experiences.

What message would you like to convey to novice teachers and the upcoming SEE students ?

I would suggest them to have a good planning with proper homework at home (the novice teachers). The teacher should also be a motivator, inspirer and an entertainer as it is a great challenge in teaching profession.

For the SEE students, I would suggest them to read the history or make the history.

Interviewed by :

Aditi Ranjitkar, 8 'D'

Namrata Humagain, 8 'F'

Krish Aryal, 9 'A'

Sangam Babu Baral, 9 'A'

POEM

EMBER

Grivi Lamichhane, 9 'B'



I was an Ember, a bit short of dying out
Put out instantly, couldn't stand out of the crowd.

Was objected, rejected, for everything I tried to do.

Being different was a sin, forever embracing solitude

Books were jaws that crushed my soul.

Letters drove me insane

Couldn't take that a lot, weeping near the window pane

My practice, applauded by none, their words would stab my chest

Dreadful world full of sinners couldn't accept

What I do as my best

Tarnished brains put me through this hell,

Thinking books would make me wise

But it kills me and strangles my talent, but it's not the only choice.

Why do you force me into something I don't know, and makes no sense at all

It hurts me deeply from within and makes my esteem fall

I want to soar high with the wings of art, that's what I want to do

My art is my life and my faith, I could trade my soul for it.

I told them I can't do it now, they told I was a lazy liar

But little do they know, united embers of arts, can set the world on fire



Dr. Ritesh Thapa

MBBS, MD

Director and Consultant Neuropsychiatrist

Rhythm Neuropsychiatry Hospital and
Research Center Pvt. Ltd

Ekantakuna, Lalitpur

According to you, with what type of major problems do the youths visit you with their parents? Do teenagers visit you alone with their problems?

Nowadays, teenagers and adolescents come to our opd frequently. They have many emotional and social problems. They have problems regarding substance use like cannabis, cigarette, alcohol and drugs. I have even encountered youths who even take heroin and brown sugar and inject drugs. School refusal depression, anxiety, difficulty controlling anger are very common nowadays. There are many children who face bullying in school. Usually children are brought by their parents. They do not come for consultation by themselves. But there are also few youths who come

by themselves trying to share their problems about their parent's conflict, academic problems, relationship problems and career problems.

How do negative events in the family impact a child?

It has a huge impact on child rearing and child brought up. What we have to understand is that many psychosocial, emotional, and psychiatric problems they start from home environment. According to many researches, the family conflicts even during the pregnancy time also has impacts on to be born child. If the children encounter parental conflict, conflict with the neighbour and if they have financial problems and alcohol or substance

problems in their own family, beating children, separation/divorce of parents, the death of a family member or loved ones during childhood, all these impacts a child in his later life. So when we encounter a teenager with alcohol problems or drug-abuse, they often have a history of family member being alcoholic, frequent conflict in the family some of which are regarding financial issues and soon. So these kinds of problems create a path for development of negative attitude toward life, society, colleagues and family. For example, a student who bullies other in schools often has that same problem in a family. Either he has been bullied by other people or beaten up, either his parents are very strict or problems like that. So family

environment has a great impact on child development.

Most of today's parents want their kids to be responsible and, especially during the teen years, resistant to peer pressure. Nepal say that many of the things we say and do to the teenagers make them even more vulnerable to pleasing their peers? What do you mean by that?

I think in Nepal, like in our neighbouring countries the expectation from the children is increasing day by day right from the beginning of academics, when we are in school. Every parent wants their child to be good in school but it is not possible. Sometimes you have to consider the intellectual capacity of the child. Still, in Nepal we want our children to be doctor, engineer or something which is highly regarded in the society which is not possible. Every child can't be doctors or engineers or toppers but the expectations are huge. Parents often forget that good marks in academics is not only the factor to determine whether a person is going to be successful in life or not. Another, they are not able to understand the psychology of the teenager. Under protection and overprotection, under involvement and over involvement with child both have the bad impact on the child. Some parents are overprotective and they don't let their child go out with their friends and visit around or do whatever they have done in their own childhood life. Our society is still very conservative in many aspects. Recently few days back, I counselled a teenager, a 19-year-old girl who wanted to go outside for trekking and to have fun with her friends even, use mobile phone and Facebook but her parents did not allow her. Her parents even spoke bad words about her friends and stopped her to meet them and make many friends. So, gradually and gradually she went into depression. Now a days, it's a simple thing going for trekking, hiking, going for picnics, parties, doing fun which is normal thing for that age group. As parents we have to be very vigilant and guide our children but we can't control our children and interfere with their freedom. She wasn't provided with mobile because they thought that she would spoil her life because of mobile and Facebook. We can't do that to these generations. So, overprotection is becoming a problem in building a relationship between parents and

HUMAN PSYCHOLOGY STUDIES ABOUT THE BEHAVIOURS OF A NORMAL HUMAN BEING -THEIR PERSONALITY

children. They don't feel comfortable sharing their problems or emotions with parents so they look out for friends who at least listen to them. Sometimes what happens is that, those children and adolescents whose parents are strict and overprotective indulge in smoking, alcohol and drugs. Their friends also suggest, "Don't worry. Have fun. Have this". The peer pressure increases and the relationship with the friend become stronger than with parents. That is the problem we have been encountering nowadays.

It sounds like people have to start being a little more conscious of what they say when they talk to their kids. What do you recommend? What do you tell parents who have severely damaged relationships with their kids especially when they are into their teens? What about parents whose kids are in a great deal of trouble? Is there hope?

Conflict or the parent's language and behaviour directly hampers the relationship between the child and the parent. The children who have observed conflict in their parents are most likely to develop the negative personality within themselves. And a great deal of care should be taken while speaking before their children. Quarrelling and using vulgar harsh words should be brought to halt when the case is before speaking of their children. Mostly the uneducated parents are habituated of speaking slang, foul language and even drinking

before their children which is most likely to attach negativity to the child. The parent should be more of an ally to their children and provide them with many positive options in regards to their career, rather than restricting them to a single option and dictate them. It is the trend to discuss the adolescent matter by the parent with their children but in context of Nepal, they have not adopted such measures and expressing to the parents by children is not seen. In modern times like these, parents don't have much time with their children as they are heavily focused on their works and busy in their own life. A parent should always be ready when a child wants to express or share their feelings to the parent and even encourage them to do so.

What gives psychology the credibility to answer questions related to problems that are faced by people?

Human psychology studies everything about the behaviours of a normal human being -their personality, attitude, thinking, moods and behaviours. There are many factors affecting the psychology of the children- the relationship with their family, colleagues and also their teachers, which plays a crucial role in developing their personality. Personally I think, psychology helps a lot to the students and should be included in the curriculum too. We have now started teaching sex education in school and I suggest we should start teaching psychology in schools too. It helps to understand what a student is going through in his/her teen years which may be normal or abnormal. Sometimes students get confused, whatever they are feeling or whatever they are expressing and experiencing may be normal or not. So if education is given to the students they can differentiate the ideas and become relieved rather than wondering about the abnormality. So I definitely recommend schools to involve psychology in their curriculum as it helps the students understand themselves. In addition to this, there should a school counsellor in every school to look after issues in children.

Interviewed by :
Nirmal Prasad Panta
Saurav Ghimire
Praveen Kumar Thapa
(A2 Level)

ANNUAL SPORTS MEET 2074

The Annual Sports Meet 2074 was held on Poush 29, 2074 at Army Recreation and Physical Training Center, Lagankhel. The event was attended by parents and guardians, and dignitaries from various organizations. The event was inaugurated by the District Education Officer (DEO) of Kathmandu District - Mr. Prakash Sapkota. All the guests were greeted with an opening mass choreography dance

as well as mass drill followed by the march past. Various track and field events were conducted and the winners were provided with medals and certificates, the best athlete trophy, award for the best march past and finally the House championship trophy. Students from both the school and college had competed in the event. A glimpse



Inspirational Quotes



'If you can dream it, you can do it'. - **Walt Disney**

'Darkness cannot drive out darkness; only light can do that; Hate cannot drive out hate; only love can do that.' - **Martin Luther King Jr.**

'Science is not only a disciple of reason but, also, one of romance and passion'- **Stephen Hawking**

'Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize, you wait. Before you pray,

forgive. Before you quit, you try. - **Ernest Hemingway**

'Some of the brightest mind in the country can be found on the last benches of the classroom'. - **Dr. APJ Abdul Kalam**

"Keep your face always toward the sunshine and shadows will fall behind you." - **Walt Whitman**

"The world is full of magical things patiently waiting for our wits to grow sharper." - **Bertrand Russell**

कविता

ओई बैरी

सन्तोष भट्ट, ए-लेभल

तान्दै गर् तँ मेरा खुट्टाहरु
म चैं सफलताको शिखर चढेर देखाइदिन्छु
दिंदै गर् तँ मलाई रुवाउने पीडाहरु
म चैं मुसुक्क मुस्काएर देखाइदिन्छु
अनि रोकिन्छ तेरो सास, बन्द हुन्छ बोली
हिजो नभए आज, आज नभए भोलि ।

बदनाम गर्दै जा तँ मेरो सबैका अगाडि
म चैं प्रत्येकका मनमा सजिएर देखाइदिन्छु
दिंदै गर् तँ मलाई अनेकौं दुःख कष्टहरु
म चैं खुशीलाई अङ्गालेर देखाइदिन्छु
अनि रोकिन्छ तेरो दुस्प्रयास बन्द हुन्छ बोली
हिजो नभए आज, आज नभए भोलि ।

रोप् तँ धारिलो छुरा मेरो ढाडमा
म चैं मित्रताको हात बढाएर देखाइदिन्छु
घृणा, रिस र धोकाले तँ मलाई जित्न खोज्
म माया स्नेहले संसार नै जितेर देखाइदिन्छु
अनि रोकिन्छ तेरो चाल, बन्द हुन्छ बोली
हिजो नभए आज, आज नभए भोलि ।



विद्यार्थीको कर्तव्य

सक्षम पोखरेल, ७ 'घ'

राखौं हामी स्वतन्त्र विचार,
बनौं हामी विकासको आधार ।
हामी बन्नेछौं भोलिका कर्णधार,
पढ्न पाउनु नै हो हाम्रो अधिकार ।

आर्थिक समस्या हो हाम्रो
मानसिक तनाव होला हाम्रो ।
तर सपनाहरु ठुला छन् हाम्रा ,
पढ्नु, लेख्नु कर्तव्य हो हाम्रो ।

समयको सदुपयोग गर्नुपर्छ,
ठुलो भएपछि केही बन्नुपर्छ ।
सपना साकार गर्न सक्नुपर्छ,
परिवर्तनको आधार बन्न सक्नुपर्छ ।

शान्ति नै हो हाम्रो चाहना,
गरौं हामी शान्तिको कामना ।
राखौं हामी स्वच्छ भाव ,
नगरौं केही तराम्रो काम ।

विद्यार्थी हौं हामी , भोलिका भविष्य ,
उद्देश्य पूरा गरौं , त्यही नै हो हाम्रो कर्तव्य ।



A JOURNEY TO BE TREASURED:

MISS TEEN 2017

Ojaswini Shah, A2 Level

Being brought up as no less than a boy, my parents never stopped me from dreaming. I was very young when media influenced me but before than that like a normal kid, academics was more influence for me too. Media's influence was somewhere there every time, sometimes on its peak and sometimes embedded deep within me. With steady high grades and eagerness to achieve more, my early childhood ended up being more towards academics and no-where towards where I quietly wanted to be and that was of course on the media, especially on a beauty pageant but I also knew that it was too early.

I still remember me as a kid when I used to walk in front of the mirror with the modish walk not the instructed and perfect one but the aspirational one, with the invisible crown on my head and my hands waving gently towards the invisible crowd. At my later childhood I used to search for Miss Worlds and the round they go through in the pageant. Question-Answers round and the crowning moment used to be my favorite part to look at. Later only I came to know that for being part of the world's most prestigious pageant, Miss World, you first have to be crowned as Miss Nepal world. Silly me. I also used to tell my parents that they are never going to stop me if I decide to take part in any one of the pageants.

Miss Teen was never on my list but my longingness to build a base for my future plans and to evaluate what I

've got and to explore what I don't, I planned to take part in the pageant and that was it, with the support of my parents, friends and of course my institution, Chelsea, I was there to represent each one of them. Miss Teen 2017 was a great learning experience where I got to meet and interact with the beautiful and talented young ladies who were more or less of my age and were from different parts of Nepal. The diversity we had made me feel that I had so much to learn and understand.

With the hard work and dedication from the very beginning, I was able to be crowned as 1st runner up of the Miss Teen 2017 and I was also titled as Miss Personality. Ended up so close to the winner's crown but lost it, I was a bit unsatisfied but never the less important thing I learned that day was "Winning is not everything, but the will power to win is and this has brought me so far and will take me further way."

Beauty pageants and glamour world are not scary monsters that gobbles you up, they themselves are not bad, in fact bad itself is not bad until it doesn't get recognized as bad and until there is enough goodness in you. If these are your dreams, then don't be in hurry, don't just leave the academics and run into it but don't be slow too. When you think it's the correct time, when you think that you are now mature to balance the new things with the old ones, then just go and grab your dreams. Living the dreams, trust me, is the happiest moment.





निकिता चन्दक

रेसिका अधिकारी, ६ 'क'

विश्वभरि नारीहरूले आफ्नो लगायत देशको नाम उज्ज्वल गरेको देखेर नेपालमा पनि वि.सं. १९९४ मा नेपाल सुन्दरी प्रतियोगिता सुरु भयो । पहिलो पटक सन्. १९९४मा रुबी राणा नेपाल सुन्दरी उपाधि हासिल गर्न सफल भइन् । त्यसैले यसको मोह बिस्तारै बढ्न थाल्यो । यसैगरी सन्. १९९५ मा सुमी खड्का नेपाल सुन्दरी भइन् र त्यसपछि हरेक वर्ष नेपालमा नेपाल सुन्दरी प्रतियोगिता हुन थाल्यो ।

आफू र आफ्नो देशलाई चिनाउन र विभिन्न देशहरूमा विश्वसुन्दरी प्रतियोगितामा भाग लिएर आफ्नो देशको संस्कृति, कला, भेषभूषाको पहिचान दिलाउन कैयौं सक्षम भए । यसै कममा सन् २०१७ सालमा नेपाल सुन्दरी उपाधि हासिल गर्न सफल भएकी नारी निकिता चन्दक हुन् । उनीले नेपाललाई विश्वभरि चिनाउन सहयोग पुऱ्याउने गरिमामय उपाधि हासिल गर्न सफल भइन् । यस्ती नारीको जन्म वि.सं. २०५२ साल भदौ २४ गते नेपालमा मोरङ जिल्लाको उर्लाबारी भन्ने ठाउँमा भएको थियो । उनको बुबाको नाम अनिल चन्दक र आमाको नाम सुषमा चन्दक हो । उनी सानैदेखि नै लगनशील, अनुशासित,

मिहिनेती र आज्ञाकारी छोरी थिइन् । उनले आफ्नो पढाइ उर्लावारीको पशुपति उच्च माध्यमिक विद्यालयमा हासिल गरिन् । त्यसपछि उनी आफ्नो भविष्य उज्ज्वल बनाउनको लागि भारतको केरला भन्ने ठाउँमा गइन् । उनलाई फेसन सोको क्षेत्रमा जान मन थियो । तर उनको परिवारको इच्छा चाहिँ उनलाई डाक्टर बनाउनु थियो ।

बिस्तारै समय बित्दै जाँदा उनको परिवारले आफ्नी छोरीको इच्छा बुझ्दै गए र उनलाई फेसन सोको क्षेत्रमा अगाडि बढ्न धेरै सहयोग गरे । उनले पनि धेरै मिहिनेत गरिन् र विभिन्न फेसन सोमा आफ्नो प्रतिभा देखाउन थालिन् । बिस्तारै उनको सपना र इच्छा बढ्दै गएकोले उनलाई मोडलिङ गर्ने इच्छा जाग्यो । नेपाल आइन् र हिडन ट्रेजरले हरेक वर्ष आयोजना गर्ने नेपाल सुन्दरी प्रतियोगितामा निकिताले सक्रिय रूपले भाग लिइन् । उनले आफ्नो तालिममा विभिन्न कुराहरू सिक्नेकी छिन् । उनले जे पनि काम गर्दा आफूमा आत्मविश्वास हुनुपर्छ भन्ने कुरा बुझेकी छिन् ।

आफूमा भएको प्रतिभा र अरुमा भएको प्रतिभालाई तुलना गरेर राम्राराम्रा कुराहरू सिक्न सक्ने क्षमता उनमा थियो । उनलाई गीत गाउँन, नाच्न र नयाँनयाँ ठाउँहरू घुम्न मन पर्छ । जब उनले मिस नेपाल टाइटल जितिन्, उनको विचारमा नेपाल सुन्दरी जितेभन्दा पनि अब आफूमा विभिन्न जिम्मेवारी थपिँदै गएको महसुस भयो । उनले आफूले जितेको आधा रकम माइती नेपाल संस्थालाई दिइन् । उनी समाजसेवामा निष्पक्ष रूपले लागिन् र नयाँ युवा पिँढीलाई प्रेरणा दिँदै अगाडि बढिन् । १९जना सहभागीहरूलाई पछाडि पार्नु निकै गाह्रो काम भए तापनि आफ्नो आत्मविश्वास र आत्मनिर्भरताले गर्दा आज उनी नेपालकी एक सफल नारीको रूपमा परिचित छिन् । उनले यस प्रतियोगितालाई भन् अगाडि बढाउने र नेपाललाई विश्वभरि चिनाउने सुनौलो अवसर पाइन् । धेरै मिहेनत, परिश्रम गरी नेपाल सुन्दरी उपाधि हासिल गर्नुका साथै विश्व सुन्दरी प्रतियोगितामा पनि चालिसौं स्थानभित्र पर्न सफल भइन् । यसलाई हामी नेपालीले एउटा ठुलो उपलब्धिका रूपमा लिनुपर्छ ।

मिति: २०७४।०७।२४
नयाँ बानेश्वर, काठमाडौं ।

श्रीमान् नगर प्रमुख,

नमस्कार



म नयाँ बानेश्वरमा अवस्थित विद्या संस्कार स्कूलमा कक्षा ७ मा पढ्ने छात्रा हूँ । मलाई आफ्नो महानगरपालिकाको दयनीय अवस्था देखेर नगर प्रमुखलाई एउटा पत्र लेख्न मन लाग्यो । म राजनीतिक कुरा त धेरै बुझ्दिनँ तर देशको दयनीय स्थिति देखेर मेरो मन तडपिरहन्छ । काठमाडौं महानगरपालिकाको दुरवस्था, जताततै हत्या हिंसा, लुटपाट दिनानुदिन भइरहेको कुरा रेडियो, टेलिभिजनमा सुनिन्छन् । त्यसैले म आज हजुरलाई यो चिठी लेख्दै छु, जुन चिठीमार्फत यस्ता समस्याहरूलाई समाधान गरिदिनु हुनेछ भन्ने कुरामा समेत विश्वस्त रहन्छु ।

नगर प्रमुखज्यू, हजुरले महानगर प्रमुख जस्तो गरिमामय पद सम्हालेको पनि भन्डै एक वर्ष बितिसक्यो । हजुरले चुनावको बेला गर्नु भएका वाचाहरू खै त पूरा भएका ? के हामी जस्ता स-साना बालबालिकाले सुरक्षा नपाउने ? समयमा विद्यालय पनि पुग्न नसकिने, विद्यालयबाट घर फर्कन पनि गाह्रो हुने हामीलाई खै त सुरक्षा ? विद्यालयबाट घर फर्कने क्रममा एक जना बालिकाले सडकमा खनेको खाल्टोमा परेर अकालमा ज्यान गुमाउनु परेको कुरा त हजुरले थाहा पाइसक्नु नै भएको होला । आजको जल्दो बल्दो समस्या भनेकै बिगिएको सडक र धुँवा धुलो नै प्रमुख समस्या रहेको छ । त्यसकारण यसप्रति हजुरको ध्यानाकर्षण होस् भन्ने म चाहन्छु । यो त एउटा उदाहरण मात्र भयो । यस्ता कैयौं घटनाहरू दिनानुदिन बढिरहेकै छन् । जताततै गाडी दुर्घटना भएका समाचार सुनिन्छन् । सवारी साधनको बढ्दो चापले सडकमा हिँड्ने यात्रीहरूलाई सास फेर्न गाह्रो भइरहेको हुन्छ ।

त्यति मात्र कहाँ हो र, वि. सं. २०७२ सालको महाभूकम्पले भत्काएका घरहरू, मठ, मन्दिरहरू अझै पनि निर्माण हुन सकेका छैनन् भने भूकम्प पीडितले पालमा नै जीवन बिताइरहेका छन् । कहिलेकाहीँ रेडियो टेलिभिजन र पत्र पत्रिकामा समाचार हेर्दा र पढ्दा सुनिन्छ, अन्य राष्ट्रहरूले सहयोग गर्छन् रे, अनुदान दिन्छन् रे । त्यो अनुदान कहाँ जान्छ प्रमुखज्यू ? हजुरले यस विषयमा चासो दिनु भएको छैन ? बुढा बुढी र बालबच्चाको हेर विचार गर्ने उद्देश्यले विभिन्न संघसंस्था खोलिएका छन् । के ती नाम मात्रका हुन ? यदि सबै जनताको हित चाहने हो भने उचित तरिकाले व्यवस्थापन गर्दा राम्रो हुने थियो । सबै जनताहरूले शान्तिपूर्वक जीवन बिताउन पाउने दिन कहिले आउला ?

नगर प्रमुखज्यू, यस नगरमा जताततै डरलाग्दो वातावरण छ । विद्यालय जाँदा आउँदा पनि धेरै असुरक्षित महसुस हुन्छ । अपहरण, चोरी, दुर्यवहार तथा बलात्कार जस्ता जघन्य अपराधहरू बढेका बढ्दै छन् । बालबालिकाहरू श्रम गर्न बाध्य छन् । कोही भोकभोकेका छन्, कोही नाङ्गै छन् त कोहीको सडकमै बास छ । भोला बोकेर विद्यालय जानु पर्ने उमेरमा बोरा बोकेर थोत्रा सामान बटुल्दै हिँडेका छन् । के हामी जस्ता सानासाना केटाकेटीले खाने, बस्ने, पढ्ने जस्ता आधारभूत कुराको सरकारले व्यवस्था गर्न सक्दैन ?

फोहोर मैलाको उचित व्यवस्थापन नहुँदा नगरबासीले आयु छोट्याउन परेको जस्तो मलाई लाग्छ । हामी जस्ता कलिला बालबालिकाले कहिलेसम्म मुख छोपेर हिँड्ने ? खानेकुरामा बिषादी मिसिएको हुन्छ, महङ्गीले आकाश छोड्न सक्थ्यो । मेलम्चीको पानी आउने कुरा सपना जस्तै भइसक्यो, बिरामी पर्दा समयमा उपचार गर्ने ठाउँमा पुग्न सकिँदैन, सडक जाम त्यत्तिकै हुन्छ । बल्लतल्ल अस्पताल पुग्यो, अस्पतालमा पनि डाक्टरको हड्ताल ! के हाम्रो देशमा कानुन नै छैन ? यदि कानुन छ भने किन पालना हुँदैन प्रमुखज्यू ?

नगर प्रमुखज्यू, यी मेरा मात्र मनका गुनासाहरू होइनन्, म जस्ता लाखौं विद्यार्थीका गुनासा पनि यस्तै छन् । बरु एकदिन हामी जस्ता विद्यार्थीहरूलाई भेट्ने मौका मिलाई दिनुहोस् । हामी आफ्ना गुनासा सुनाउने छौं । हामीलाई उचित शिक्षाको लागि राम्रो व्यवस्था भइदिए हामी भविष्यमा राम्रा हुनेछौं । चुनावको बेला हजुरले गर्नु भएका वाचाहरू पूरा गरी नगरको मुहार फेरियोस् भन्ने हामी चाहन्छौं । हजुरसँग छिट्टै भेट्न पाउने आशा राख्दै यो चिठी समाप्त गर्दछु ।

राष्ट्रप्रेमी विद्यार्थी
स्वस्तिका अधिकारी
कक्षा : ७ 'ड'

मेरो सिक्लेस भ्रमण

स्वप्नील लम्साल, ९ 'क'

हामी मानिस चेतनशील प्राणी हौं । त्यही चेतना र ज्ञानका कारण हामी समाजमा बाँचेका छौं । हाम्रो समाज भिन्न छ । हामीलाई घुम्न मन लाग्छ । यसै कारणले गर्दा म र मेरो परिवार दसैं बिदाको बेला सिक्लेस घुम्न गएका थियौं । त्यसका लागि हामी काठमाडौँबाट ४ दिनको छुट्टीमा पोखरा गएका थियौं । त्यहीँबाट मेरो परिवारको सिक्लेसतर्फको यात्रा सुरु भयो । हामी बिहान सबै उठ्यौं र एकछिनपछि सिक्लेस जान तयार भयौं । सिक्लेस पहाडी क्षेत्रमा रहेको एउटा गुरुङ गाउँ रहेछ । यो ठाउँ पोखराबाट १७.१ किलोमिटर टाढा छ । यो तानतिड गाउँको पूर्वपट्टि पर्दो रहेछ । हामी ९ बजेतिर हिँड्यौं । हाम्रो समूहमा आन्टी, मामा माइजू, दिदीहरू हुनुहुन्थ्यो । हामी सिक्लेस जान गाडीमा चढ्यौं । त्यहाँ जाने बाटो एकदमै खराब रहेछ । हामीले बाटोमा एउटा खोला तय्यौं । बाटो ठाउँठाउँमा घुमाउरो र पहिरो पनि गएको रहेछ । त्यहाँको बाटो ढुङ्गाले छोपेको जस्तो थियो । गाडी गुड्दा पनि ढुङ्गाको भन्ज्याङ्ग उक्ले जस्तै लाग्थ्यो । बाटोमा हामीले ४ वटा ठुलाठुला भरना देख्यौं । जम्मा १७ किलोमिटर दुरीमा रहेको यो ठाउँ जाँदा घुमाउरो र खराब बाटो ले गर्दा यात्रा एकदमै लामो भएको थियो । हामी थाक भन्ने ठाउँमा रोकियौं, खाजा खायौं र हिँड्यौं । त्यही

दिन बाटोमा एउटा बस पनि पल्टिएको रहेछ भन्ने कुरा हामीले थाहा पायौं । खाजा खाने ठाउँ पछि बाटो पुरै हिलो थियो । गाडीको पछाडिको पाङ्ग्रा यताउता हल्लिराखेको थियो । बाटोमा एउटा ठुलो जङ्गल पनि रहेछ । त्यहाँ पुग्दा अँध्यारो भएको थियो । हामी बाटो मा रमाइलो गर्दै गयौं । बाटो एकदमै डरलाग्दो थियो । बाटो कहिले उकालो, कहिले ओरालो र कहिले चिप्लो थियो । हामी चिल्ली भन्ने ठाउँमा ७ बजेतिर पुग्यौं । त्यो गाँउमा असाध्यै राम्रा घरहरू थिए । त्यो ठाउँबाट १ घण्टा उता सिक्लेस रहेछ । हामी ८ बजे तिर् सिक्लेस पुग्यौं र गुरुङ कटेजमा बास बस्यौं । त्यहाँ हामीले खाजा मगायौं । आफ्नो कोठामा गएर एकछिन थकाडि मान्यौं र खाजा खायौं । म र भाइले खाजा खाएर गेम खेल्यौं । केही समय पछि नाचगान सुरु भयो । हामी ९ बजेतिर मुनि चौरमा भर्रेर नाच्न थाल्यौं । हामीले असाध्यै रमाइलो गर्नुभयो । १० बजेतिर खाना खायौं र थाकेको हुनाले हामी छिट्टै सुत्नुभयो । बिहान पाँच बजे उठेर हामी सूर्योदय र हिमाल हेर्न गयौं । बाटो मा रहेको गुरुङ गाउँ पनि घुम्नुभयो । त्यहाँबाट अन्नपूर्ण हिमाल एकदमै नजिकै देखिने रहेछ । हामीले त्यहाँ फोटोहरू खिच्यौं । त्यस गाउँबाट ७ घण्टा उता एउटा हिमताल पनि रहेछ । समय नभएको हुनाले हामी त्यस ठाउँमा

घुम्न जान पाएनौं । हामी बास बसेको ठाउँमा फर्कियौं र खाजा खायौं त्यसपछि त्यहाँ रहेको गुरुङ सङ्ग्रहालयमा पस्यौं । त्यहाँका सबै कुराहरू हेर्नुभयो, तस्बिरहरू खिच्यौं । अनि गाउँ घुम्नुभयो । केही समयपछि खाना खान गयौं । समग्रमा भ्रमण अत्यन्त रोमाञ्चक बन्यो ।

त्यसपछि २ दिनको लामो घुमाइपछि हामी भोलिपल्ट बिहानै पोखरा फर्किँदै छौं भन्ने कुरा बुवा, ममीले भनेपछि मेरो मन त्यस ठाउँबाट छुट्टिनु पर्दा दुःखित भयो । तर के गर्नु, सबै कुरा आफैले सोचेर पनि हुँदो रहेनछ । जीवनमा फेरि समय मिलाएर आउने वाचा गर्दै हामी भोलिपल्ट फर्कियौं । एकपटक हिँडिसकेको बाटो भएको हुनाले फर्कदा त्यति डर लागेन । फर्कदा भरना भएको ठाउँमा रोक्यौं र फोटो खिच्यौं, केही समय खेल्यौं र ६ घण्टाको यात्रापछि पोखरा पुग्यौं ।

सिक्लेस एकदमै रमाइलो ठाउँ रहेछ । यस ठाउँले मलाई जीवनमा सङ्घर्षको बाटो हिँड्न सिकायो । काठमाडौँको धुलो, मैलो र फोहोरी वातावरणभन्दा त्यहाँको वातावरण र जनजीवन निकै सन्तुष्ट र सुखी रहेको देखें । यो यात्रा मेरो जीवनको अविस्मरणीय यात्रा हो ।

पृष्ठभूमि

१. आजका आधुनिक विद्यालयहरू र विभिन्न शिक्षा प्रणालीहरू सम्भव हुनुमा दुईओटा मोडेलले काम गरेका छन् । एउटा "Community (communal) model" अर्को "Nation (State) model"। अहिले विश्वका विकसित मुलुकहरूमा दुवै खाले नमुनाको प्रचलन छ, भने गरिब र पिछडिएका मुलुकमा केन्द्रित राज्य नियन्त्रित शिक्षा प्रणाली विद्यमान छ । स्थानीय समुदायसँगको साभेदारीमा चर्चहरूले विद्यालय चलाएको उदाहरण वेलायत र नेदरल्यान्डमा देख्न सकिन्छ । नगरपालिकाहरूको विकास सँगसँगै उत्तरी यूरोप र इटाली अनि फ्रान्समा समेत प्रमुख सहरहरूमा उनीहरूले विद्यालय स्थापना गरी संचालन गरेको इतिहास भेट्न सकिन्छ । यो प्रचलन अमेरिकामा विद्यालय स्थापना गर्ने र विस्तार गर्ने कार्यमा भन्ने प्रष्ट रूपमा देख्न सकिन्छ । अहम अमेरिकाका Charter schools हस्त पूर्ण रूपमा स्वायत्त विद्यालयहरू हुन् । आधुनिक शब्दावलीमा यसैलाई bottom-up approach भनेर सम्बोधन गरिन्छ ।

२. "Nation (State) model" चाहिँ top down approach हो । "Community (communal) model" मा निर्णय गर्ने प्रक्रियाले बढी भूमिका खेलेको हुन्छ । जुन micro-political संस्थाको अवधारणा भित्र पर्दछ । यसमा विद्यालयले एउटा micro-political institution को रूपमा के र कसरी पढाउने भन्ने निर्णय आफैले गर्न पाउँछ । पाठ्यक्रमको छनौट, निर्माण र विकास प्रक्रियामा सरकारी निकायको नियन्त्रण हुँदैन । तर यस्तो निर्णय गर्ने अधिकार उनीहरूले राज्यबाटै पाएका हुन्छन् भन्नुमा अत्युक्त हुँदैन । यस्तो model मा विस्तारै समुदायले एउटा बलियो नागरिक समाज तयार पार्छ र विभिन्न खाले अन्तरक्रियात्मक (Exchange, dialogue र debate जस्ता) प्रक्रिया अपनाएर आफ्नो पकडलाई मजबुत बनाउँछ ।

३. यस्तो model को विकासबाट अभिप्रेरित भएर तथा "Nation (state) model" को नियन्त्रणबाट शिक्षकको शैक्षणिक स्वतन्त्रता हनन भएको महशुस गरेर सन्

१९८० र ९० को दशकमा विद्यालयको शैक्षिक समस्या समाधानमा विद्यालय स्वायत्ततालाई बलियो बनाइनु पर्ने विचारले एउटा बाढीकै रूप लिएको पाइन्छ । यो दुई दशकको अनुभवबाट विद्यालय विकासको विकल्पको रूपमा एउटा प्रमुख पाठ के सिकिएको छ भने "bottom-up" model र "top-down" model को मिश्रणमा अर्थात् विद्यालय स्वायत्तता - (शैक्षणिक प्रक्रियामा) र केन्द्रित नियन्त्रण (स्तर निर्धारणमा) कायम गर्न सकिने विद्यालयबाट समाजले खोजेको गुणस्तरीय प्रतिफल पाउन कठिन हुँदैन ।

४. स्वायत्तताले काम गर्ने र नगर्ने भन्ने कुरा त्यसको context मा भर पर्दछ । यस्ता context को आधारमा धेरै प्रकारका स्वायत्तताको बहस हुने गरेको पाइन्छ । यी सबैको मूल मुद्दा भनेको आफैमा निहीत अधिकारहरू लाई कसरी कार्यान्वयनमा ल्याउने, प्रतिविम्बित गर्ने र उचित निर्णय गर्ने भन्ने व्यक्ति को क्षमतासँग स्वायत्तता प्रत्यक्ष रूपले गाँसिएको हुन्छ । अरुको नियन्त्रण विना आफ्नो छनौट र क्रियान्वयन तथा आफैले आफूमाथि गर्ने शासन स्वायत्तताको प्रमुख कडी हो ।

स्वायत्त विद्यालयको अवधारणा

५. गुणस्तरीय शिक्षाको अभियानमा स्वायत्तताको ठूलो भूमिका रहन्छ । कुनै पनि मुलुकको आ-आफ्नै नियम कानून हुन्छन् र ती नियम पालना गर्ने गराउने क्रममा कुन तहको निकायलाई कति स्वतन्त्रता दिने भन्ने कुरा स्वायत्तताको विषयवस्तु भित्र पर्ने एउटा उदाहरण हो । स्वयत्त संस्था र नियन्त्रित संरचनाबीचको दूरी शिक्षामा गुणस्तर वा विद्यालयको प्रभावकारितासँग गाँसिएको विषय भएको छ । केन्द्रीय संरचनामा जर्कडिएको नेपालको शिक्षा व्यवस्थालाई राज्य राज्यमा विभाजन भएका मुलुकहरूको र राज्य स्वायत्ततासँग मात्र गाँसेर हेर्ने हो भने पनि गुणस्तरमा आकाश जमिनको फरक पाइन्छ । विद्यालयलाई स्वायत्त गरिने अभियानको रूपमा २०५८ सालमा आएको शिक्षा ऐन २०२८ को सातौँ संशोधनले परिकल्पना गरेको समुदायमा विद्यालय व्यवस्थापनको हस्तान्तरण समुदायको तयारी तथा शिक्षक संगठनहरूको विरोधका कारण अगाडि बढ्न सकेन । शिक्षा विधेयक २०६३ ले समुदायले व्यवस्थापन जिम्मा लिएको विद्यालयका शिक्षकको हक हित र सुरक्षा अन्य शिक्षक सरह हुने ग्यारेन्टी लिएपछि विद्यालय स्वायत्तताको समस्या समाधान हुन्छ कि भन्ने आशा पलाएको छ । तर पनि समुदायलाई कसरी तयार गराउने भन्ने विषयमा अबै चारो देखिएको छैन ।

६. स्वायत्तताको प्रश्न आफैले गर्न पाउने निर्णयमा आधारित हुन्छ । त्यस्तो निर्णयमा विद्यालयले के के गर्न पाउने र के के माथिल्लो निकायबाट निर्णय कुनै पने भन्ने सवाल आफैमा गम्भीर छ । शिक्षामा स्वायत्तताको कुरा गर्दा पाठ्यक्रम निर्धारण, शिक्षक व्यवस्थापन, शुल्क व्यवस्थापन, विद्यार्थी मूल्याङ्कन,

अनुगमन र निरीक्षण, प्रवेश परीक्षा जस्ता अति महत्वपूर्ण पक्षहरू गाँसिएको पाइन्छ । प्रत्येक विद्यालय एकाईले यी सबै अधिकार उपभोग गर्न नपाउन्जेल विद्यालय स्वायत्त भएको मानिदैन ।

७. शिक्षा बजारबाट नियन्त्रित छ की राजनीतिबाट ? शिक्षामा विद्यालयले पाउने स्वायत्तता यसैमा निर्भर रहन्छ । यदि शिक्षा बजारको आवश्यकताले डोच्याएको छ भने त्यस्तो शिक्षा संचालन गर्ने संस्थाहरू बढी स्वायत्त हुन्छन् । राजनीतिबाट नियन्त्रित शिक्षा प्रणालीमा विद्यालय स्वायत्तता एकदमै कम हुन्छ । यसो भन्दैमा शिक्षा राजनीतिबाट अलग छ भन्ने मनशाय भन्ने पटककै होइन किनभने कुनै पनि राष्ट्रमा शिक्षा राजनीतिको एउटा प्रमुख काम भित्र पर्ने आउँछ । शिक्षामा गरिने लगानी, समता र समानता, सबैका लागि शिक्षाका नीति, शिक्षाका लागि गरिने योजनाहरू सबै राजनैतिक निर्णय हुन्छन् । त्यसैले सम्पूर्ण स्वायत्त विद्यालय पाउन दुर्लभ नै हुन्छ तर पनि परिमाणात्मक रूपमा विद्यालयले कति बढी अधिकार उपयोग गर्न पाउने हो र शिक्षामा गुणस्तर कायम गर्न कति हदसम्म आफै निर्णय गरेर अगाडि बढ्न पाउने हो भन्ने कुरालाई गौण मान्न सकिन्न ।

अध्ययन र अनुसन्धान

८. संयुक्त राज्य अमेरिकामा १९८० को दशकमा विद्यालय प्रभावकारितालाई लिएर निकै अनुसन्धान भए । अमेरिकी शिक्षा खासगरी विद्यालय शिक्षामा सुधार गर्ने उद्देश्यले गरिएको यो अध्ययन विश्वमै एउटा प्रभाव पार्ने सफल भयो । अमेरिकी व्यापारी समुदायको मागमा थालिएको यो बजारमुखी शिक्षा सुधारका अभियानले निक्कै गरेका उपायकै आधारमा आज अमेरिकी शिक्षा पद्धति अगाडि बढेको छ । १०१५ हाइस्कूलका ६०००० विद्यार्थीमा गरिएको यस अध्ययनले खासगरी कक्षा ९-१२ लाई आफ्नो केन्द्रीबन्द बनाएको थियो । सन् १९८२, ८४ र ८६ मा सोही विद्यार्थी समूहको अनुगमन (Follow up) गरिएको यस अध्ययनमा सन् १९८४ मा अर्को अध्ययन पनि समावेश गरियो । त्यो थियो विद्यालयमा काम गर्ने शिक्षक र प्रशासकहरूको सर्वेक्षण । यी सबै अध्ययनको निचोड सन् १९९० मा आएर एउटा प्रतिवेदनमाफत सार्वजनिक गरियो । यस अध्ययनमा दुइवटा प्रमुख चर (Variable) थिए ।

- उही विद्यार्थीको विभिन्न समय अन्तरालमा देखिएको उपलब्धि (Dependent variable)
- विद्यालय व्यवस्थापन (Independent variable)

९. विद्यालय प्रभावकारिताका ३ प्रमुख कारणहरू औल्याइए :

- विद्यार्थी क्षमता
- विद्यालय संगठन
- पारिवारिक पृष्ठभूमि

यी मध्ये शिक्षा नीतिको सन्दर्भमा विद्यालय संगठन एउटा प्रमुख कारक तत्वको रूपमा लिइएको छ । विद्यालयको संगठनात्मक सुधारबाट मात्र विद्यार्थी उपलब्धिमा वृद्धि गर्न सकिन्छ भन्ने यसको निचोड हो । यस अध्ययनले स्वायत्तता सम्बन्धमा प्रमुख ४ वटा निष्कर्ष निकाल्यो:

- स्वायत्तता : विद्यालय संगठनको गुणस्तरमा सबभन्दा बढी प्रभाव पार्ने तत्व
- कर्मचारीतन्त्र : विद्यालय संगठनमा सबभन्दा नकारात्मक असर पार्ने तत्व

प्रो. डा. मनप्रसाद वाग्ले

- नीजि क्षेत्र व्यवस्थापन : बजारबाट निर्देशित र बढी स्वायत्त संस्था
- सरकारी क्षेत्र व्यवस्थापन : राजनीतिबाट निर्देशित र कम स्वायत्त संस्था

१०. यो अध्ययनले अर्को एउटा महत्वपूर्ण पक्ष पनि औल्याएको छ । त्यो के भने स्वायत्तता प्राप्त विद्यालयले गल्ती गर्‍यो भने त्यो अझै खतरनाक हुन सक्छ । गल्ती भएपछि केन्द्रीय निकायले स्वायत्तता खोस्न सक्छ र पहिले भन्दा अझ बढी नियन्त्रणमा विद्यालय रहन सक्छ । त्यस्तै स्वायत्त विद्यालय आफैले नियुक्त गरेका शिक्षकहरू सबै यो ग्य नै हुन्छन् भन्न सकिन्छ र कामका उपलब्धिका आधारमा गरिने तलब भुक्तानी (Merit pay) फेरि विद्यालय भित्रैको कर्मचारीतन्त्रमा अल्झिन सक्छ ।

११. ब्राजिलको एउटा अध्ययनले के देखाएको छ भने जुन विद्यालय रहेको समुदाय आर्थिक रूपले सम्पन्न छ, त्यो विद्यालय स्वायत्ततामा सफल हुन्छ ।

अध्ययनको उपयोग

१२. यी अध्ययनहरूलाई यहाँ किन ल्याउन खोजिएको हो भने यसका धेरै निचोडहरू विद्यालय शिक्षाका सन्दर्भमा नै पालमा पनि उपयोग गर्न सकिन्छ । एउटा सन्देश त यसले के दियो भने शिक्षामा सुधार टालटुले नीतिबाट सम्भव छैन, यसमा राज्य नै सम्पूर्ण रूपमा लाग्नु पर्छ । हुन त गतवर्ष मात्र सार्वजनिक भएको एस.एल.सी. अध्ययनको प्रतिवेदन र राष्ट्रिय रुपमै गरिएको अध्ययन हो तर यसका सुझावहरू लागू गर्न सरकार तयार भएको संकेत मिलेको छैन । सन् १९९७ र २००१ मा कक्षा ३ को र सन् १९९९ र २००३ मा कक्षा ५ को राष्ट्रिय अध्ययन भएको थियो । तर विडम्बना के भयो भने अमेरिकाको अध्ययन त्यहाँको राष्ट्रपतिले आफ्नो चासो मा राख्ने र प्रतिवेदनलाई कार्यान्वयन गर्ने प्रतिबद्धता समेत जनाएकाले राष्ट्रिय नीतिमा रुपान्तरित गरे । हाम्रो देशमा भएको महत्वपूर्ण राष्ट्रिय अध्ययनको दस्तावेजलाई यहाँका राज्य प्रमुखले चासै लिएनन्, त्यतिखेरका सरकार प्रमुखले वास्तै गरेनन् फलतः यो प्रतिवेदनमा मात्र सिमित हुन पुग्यो । यसबाट के बुझ्नु पर्छ भने शिक्षा राष्ट्रको स्वार्थ हुनु पर्छ र राष्ट्रले शिक्षा विकासमा नै आफ्नो अनुहार देख्छ भन्ने कुरा लाई बुझ्नु पर्छ । अष्ट्रेलियाका राष्ट्रप्रमुखले सन् १९९८ मा अमेरिकाको प्रतिवेदन पढिसकेपछि यसो भनेका थिए "The foundation of a clever country is its education system." त्यसै अध्ययनबाट प्रभावित भएर अष्ट्रेलियाले आफ्नो शिक्षा प्रणालीमा सुधारको सूत्रपात गर्‍यो ।

अन्य उदाहरणहरू

१३. अष्ट्रेलियाले शिक्षामा गुणस्तरीय सुधार गर्न दुईवटा प्रमुख तत्वलाई प्राथमिकता दिएको छ : स्वायत्तता र प्रतिस्पर्धा । त्यहाँ विद्यालय बन्नको लागि सरकारले ठोस सूचकहरूको निर्माण गर्छ । सूचक अनुसार योग्यता पुगेका संस्था वा समूहले विद्यालय दर्ता गर्न पाउँछन् । प्रत्येक बालकको लागि राज्यको लगानी सुनिश्चित छ । प्रत्येक अभिभावकलाई विद्यालय छनौटको अवसर छ । निजी क्षेत्रमा सरकारले गर्ने लगानीको मात्रालाई बढाउन प्रतिबद्धताका साथ विद्यालय विद्यालयबीच प्रतिस्पर्धा गराइन्छ । लगानीको २५ प्रतिशतसम्म सरकारले सहयोग गर्छ । प्रतिस्पर्धामा उत्कृष्ट ठहरेर अझ बढी लगानी गर्न सरकार तयार छ । प्रत्येक विद्यालय राज्यले दिएको शिक्षा नीतिको अधिनमा रही के पढाउने, कसरी पढाउने, कस्तो शिक्षक नियुक्त गर्ने, मूल्याङ्कन मापदण्ड के तोक्नेमा स्वायत्त छन् । अष्ट्रेलियाको व्यापारिक क्षेत्रको आम्दानीमा शिक्षा सातौं प्रमुख स्थानमा पर्दछ । विद्यालय शिक्षादेखि नै स्वायत्ततालाई प्रश्रय दिएकाले त्यहाँको शिक्षा प्रणालि गुणस्तरयुक्त मानिन्छ ।

१४. जापानमा त प्रतिस्पर्धात्मक शिक्षा प्रणालीको विकासमा सरकारको लगानी प्रशस्त छ । त्यहाँका नीजि विद्यालयहरूले लगानीको ४० प्रतिशत सम्म सरकारबाट रकम प्राप्त गर्छन् । सरकारी विद्यालयमा समेत शुल्क लिने प्रचलन सन् २००१ सम्म पनि रहेकै पाइन्छ । त्यसभन्दा पछाडिको तथ्य फेला पार्न नसकिएकोले भन्न सकिन्छ । जापानको शिक्षा प्रणाली पनि बजारोन्मुख भएकाले स्वायत्तता र प्रतिस्पर्धामा आधारित देखिन्छ । जापानको विद्यार्थीहरू शुल्क निर्धारणमा स्वायत्त छन् । उनीहरू आफू आफूमा मात्र प्रतिस्पर्धी छैनन् आफ्नो विद्यालयमा आएका विद्यार्थी अन्यत्र नजान्ने भन्ने ध्येयले थप

संघर्ष गर्दछन् । निःशुल्क र अनिवार्य शिक्षा नभने पनि संसार का कुनै पनि मुलुक भन्दा माध्यमिक शिक्षा उत्तीर्ण गर्नेको संख्या जापानमा बढी छ । १५ देखि १८ वर्ष उमेरका ९४ प्रतिशतले माध्यमिक शिक्षा उत्तीर्ण गर्छन् । सबै विद्यालय उत्तिकै गुणस्तरका देखिन्छन् । स्वायत्तता अभ्यास गर्न पाएकाले उनीहरूको गुणस्तर बढेको कुरामा दुइमत छैन ।

१५. जर्मनीको शिक्षाको कथा अझ रोचक छ । औपचारिक शिक्षा र कार्यथलोको शिक्षा दुवै महत्वपूर्ण मानिन्छन् । विद्यालय शिक्षा पुरा गर्न नसकेको समूहको ७५ प्रतिशत कार्यथलोमा दिइने शिक्षामा सहभागी हुन्छन् । त्यहाँ ३ वर्षसम्म सिकारु कामदार र शिक्षार्थी दुवै भूमिका निर्भाउँछन् । ३ वर्षे कार्यथलोमा कार्यमुखी शिक्षा आर्जन गरेपछि एउटा आकर्षक नोकरी पाउँछन् । सैद्धान्तिक र व्यावहारिक दुवै परीक्षामा उनीहरूलाई खरो उत्रन लगाइन्छ । शुरुमा प्रवेश गर्दा नियमित कामदार भन्दा एक चौथाईमात्र तलब पाउने यी युवाहरू त्यसैबाट शिक्षामा लगानी गरी निपूर्ण बन्न उत्साही देखिन्छन् । जुन कार्य थलोमा तालीम र शिक्षा प्राप्त गरे त्यही काममा उनीहरूको भविष्य अडेकोले उत्प्रेरणामा कमी पाइन्छ । बजारले यस्तो शिक्षालाई मान्यता दिएको छ । राजनितिक हस्तक्षेप छैन । यस्ता सीपमुखी शिक्षा उद्योग, कारखाना, संस्थान जताततै भेट्न सकिन्छ । सबै शिक्षाप्रदायक संस्था स्वायत्त छन् । पाठ्यक्रम निर्माणदेखि प्रमाणपत्रदिने काम सम्मका लागि । यही स्वायत्तता त्यहाँका उद्योग व्यवसायमा गुणस्तरयुक्त जनशक्ति उत्पादनमा सक्षम छ । प्रायः यूरोपेली मुलुकहरूमा यस्तो व्यवस्था देख्न सकिन्छ ।

नेपालको स्थिति

१६. हामी बेलाबेलामा विकेन्द्रीकरणको कुरा गर्छौं तर पाठ्यक्रम केन्द्रमा नै बनाउँछौं, शिक्षक केन्द्रबाटै भर्ना गर्छौं, कति शुल्क उठाउने वा नउठाउने केन्द्रमै निर्णय गर्छौं, कहिले परीक्षा लिने त्यो पनि केन्द्रकृत नै हो । कुन कुन पुस्तक पढाउनु पर्ने र नपढाए कारवाही गर्ने केन्द्रीय नियम नै छ । विद्यालयमा कति शिक्षक हुनुपर्ने, विद्यार्थी अनुपात घटे पनि बढे पनि शिक्षक संख्या उत्तिकै हुँदा अहिले शिक्षक व्यवस्थापनको निकै गाह्रो समस्या परेको छ । यस अर्थमा निजी विद्यालयहरू बढी स्वायत्त छन् । पाठ्यक्रम राज्यकै लागू गरे पनि पाठ्यपुस्तक छनौटमा उनीहरू स्वायत्तता उपयोग गर्छन् । शिक्षक छनौट गुणस्तरीय शिक्षाको आधार भएकाले उनीहरू यसमा स्वायत्तताको भरपुर उपयोग गर्दछन् । शुल्क निर्धारण, शिक्षकको निगरानी, विद्यार्थी मूल्याङ्कनका प्रक्रिया, शिक्षक तालिम जस्ता कुरामा मागमा आधारित (Demand based) बनाउँछन् र विद्यालय व्यवस्थापन चुस्त राख्छन् । यही स्वायत्तता गुणस्तरमा रुपान्तरित भएको हो भन्ने कुरा मा शङ्का गर्ने ठाउँ छैन । निजी विद्यालयका सम्बन्धमा उठे का अन्य विरोधका आवाजहरू आफ्नै ठाउँमा छँदैछन् । अहिले निजी विद्यालयभित्र आफ्नै खाले कर्मचारीतन्त्रको विकास भएको छ जुन गुणस्तरीय शिक्षाको बाधक बन्न सक्छ ।

१७. सरकारी विद्यालयहरू केन्द्रीय राजनीतिबाट निर्देशित छ । शिक्षकहरू भण्डा भण्डामा विभक्त छन् । अनुगमनको प्रणाली छैन । शिक्षक र प्रधानाध्यापकलाई जवाफदेही बनाउने संयन्त्र छैन । विद्यालयको कक्षाको तालिका वनाउने वाहे क (त्यो पनि जिल्ला शिक्षा कार्यालयले पठाएको तालिका अनुसार) अरु स्वायत्तता छैन । समस्या समाधानका लागि पहल गर्ने मात्र हो समाधानका उपाय लागू गर्ने आर्थिक र प्राज्ञिक हैसियत छैन । विषय मिले पनि नमिले पनि केन्द्रले पठाएको शिक्षकलाई कक्षामा पठाउने वाध्यता छ । आवश्यक संख्यामा शिक्षक नभए पनि सबै कक्षा (१०-४) चलाउने परे को छ । कुनै पनि कुरामा आफ्नै निर्णय लागू गर्ने हैसियत प्रधानाध्यापकमा छैन । यस्तो स्वायत्तताविहीन अवस्था नै सरकारी विद्यालयको गुणस्तर खस्नुको प्रमुख कारण हो भन्ने कुरामा पनि विमर्त जनाउन गाह्रो पर्दछ ।

१८. २०५१ सालमा स्थानीय स्वायत्त शासन ऐन र २०५८ मा शिक्षामा सामुदायीकी कारणका प्रयास भए पनि दुवै सक्रिय हुन सकेनन् । फलतः शिक्षाका समस्या घट्नुको साटो भन्नु भन्नु बढ्दै जान थाल्यो । यही केन्द्रीकरणको चपेटामा अहिलेको शिक्षा विधेयक २०६० विवादमा अल्झिएको छ । तालाबन्दी, नारा, जुलुस, विद्यालय बन्द जस्ता कुराहरू नियमित हुँदै गएको छ । यसलाई किनारा लगाउन र विश्व परिवेशमा प्रतिस्पर्धा गर्न पनि विद्यालय स्वायत्तता एकदमै

सैद्धान्तिक र व्यावहारिक दुवै परीक्षामा उनीहरूलाई खरो उत्रन लगाइन्छ । शुरुमा प्रवेश गर्दा नियमित कामदार भन्दा एक चौथाईमात्र तलब पाउने यी युवाहरू त्यसैबाट शिक्षामा लगानी गरी निपूर्ण बन्न उत्साही देखिन्छन् ।

आवश्यक देखिएको छ ।

हामीले के गर्नु पर्ला ?

१९. विद्यालय विद्यालयबीच प्रतिस्पर्धा गराई गुणस्तरीय शिक्षाको परिकल्पना गर्ने हो भने राज्यले शिक्षामा केन्द्रको नियन्त्रण छोड्नु पर्छ । अब बन्ने नयाँ नेपालको संरचनासँगै संघीय वा प्रान्तीय शिक्षा स्वायत्तताको अवधारणा अगाडि सार्नु पर्दछ । केन्द्रले शिक्षाको राष्ट्रिय उद्देश्य मात्र निर्धारण गर्ने र ती उद्देश्य पूरा हुने गरी पाठ्यक्रम निर्माण, पाठ्यपुस्तक विकास, शिक्षक नियुक्ति, शुल्क निर्धारण, विद्यार्थी मूल्याङ्कन, शिक्षक तालिम, जस्ता महत्वपूर्ण कार्यहरू संघीय वा प्रान्तीय संरचना हुँदै विद्यालयको पकडमा पुर्‍याउनु पर्दछ । राज्यले विद्यालयका लागि गर्ने लगानीका आधारहरू स्पष्ट पार्नु पर्दछ र विद्यालयको लागि जाने रकम सोभौ विद्यालयको खातामा पुग्ने प्रणाली बनाइनु पर्दछ । प्रत्येक संघ वा प्रान्तले निश्चित मापदण्ड बनाई विद्यालयको निगरानी गर्नु पर्दछ । केन्द्रले प्राविधिक र विज्ञको सेवा उपलब्ध गराउने काममा मात्र आफूलाई सिमित राख्नु पर्दछ । केन्द्रीय कार्यहरू मापदण्डको विकास गरी प्रत्येक विद्यालयको न्यूनतमस्तर र जवाफदेहीता किटान गरिनु पर्दछ र त्यसैका आधारमा प्रत्येक संघ वा प्रान्तमा आधारित शिक्षा प्रणालीको मूल्याङ्कन गर्ने र राष्ट्रिय उद्देश्य परिपूर्तिमा उनीहरूलाई प्रोत्साहित गर्ने काम गर्नु पर्दछ । प्रतिस्पर्धाका आधारमा संघ वा प्रान्तमा जाने शिक्षाका बजेट तर्जुमा गरिनु पर्दछ र गुणस्तरमा वृद्धि गर्न राम्रो काम गर्ने संघ, प्रान्त वा विद्यालय एकाइमा गरिने लगानीमा क्रमशः थप गर्दै लगिनु पर्दछ । यसो भएमा प्रत्येक संघ वा प्रान्त र प्रत्येक विद्यालयले स्वायत्तता उपभोग गर्ने अवसर पाउँछन्, अनावश्यक राजनैतिक दबावबाट मुक्त हुनेछन् र शिक्षाको विकासमा योगदान गर्न पाउनेछन् ।

अन्तमा,

२०. सिद्धान्त र विश्वमा भएका अनुसन्धानहरूले के देखाएका छन् भने यदि स्वायत्ततालाई क विद्यालयको नेतृत्व ख) परि वार र समुदायको संलग्नता ग) अनुसन्धानमा आधारित शैक्षणिक कार्यक्रम घ) पेशागत विकास र ङ) सन्तुलित सूचना प्रणालीसंग आबद्ध गर्न सकिन्छ भने यसको प्रयोग नियन्त्रित शिक्षा प्रणाली भन्दा महँगो पर्छ । त्यस्तै स्वायत्तता दिनु पूर्व विद्यालयको सामाजिक स्रोतमा विशेष ध्यान पुर्‍याउनु पर्दछ । सामाजिक पूँजी र मानव पूँजीको आधारमा मात्र स्वायत्तता सफल हुन्छ । त्यसैले विद्यालयमा कुशल नेतृत्व र पेशासंग प्रतिबद्ध र योग्य शिक्षक छैन भने स्वायत्तताले मात्र विद्यालय शिक्षा सुधार हुन सक्दैन । अर्को विचारणीय पक्ष के छ भने शिक्षा राजनैतिक प्रक्रिया भएको हुनाले शिक्षाको माध्यमबाट आफ्नो अभिष्ट पुरा गराउन प्रयास सतामा रहेको शक्तिले सधै गरिरहन्छ कहिले पाठ्यक्रम सुधारको नाममा, कहिले आयोग बनाएर शिक्षा सुधार गर्ने नाममा, कहिले शिक्षा ऐन तथा नियमावली परिमार्जन गर्ने नाममा आदि । त्यसैले कुनै पनि मुलुकमा गरिने विद्यालय स्वायत्तताको प्रयास सफल हुनु वा नहुनुमा त्यस देशको राजनीति प्रमुख कारक हुन्छ न कि प्राविधिक पक्षको । यस्ता कुराहरूमा विचार पुर्‍याएर पूर्वतयार िका साथ स्वायत्तता दिने हो भने यसका माध्यमबाट शिक्षा सुधार अवश्यम्भावी हुन्छ ।

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भरोसा.....

आयुषा खनाल, ८ 'क'

पहाडतिरको गाउँमा कृष्णकुमारको परिवार बस्थ्यो । उनको घरमा २ छोरी र २ छोरा थिए । कृष्णकुमारकी श्रीमतीको नाम बिमला थियो । जेठी छोरीको नेहा र कान्छी छोरीको नाम नेहारिका थियो । छोराको नाम विक्रम र विक्रान्त थियो । उनीहरूको जीवन राम्रो सँग बितिरहेको थियो । कृष्णकुमारले छोरीहरूलाई विद्यालयमा भर्ना गरिदिएका थिए । छोराहरू साना भएकाले विद्यालय जाँदैनथे । कृष्णकुमारको विचारमा छोरीहरू पनि शिक्षित हुनुपर्छ र समाजमा राम्रो काम गरेर नाम कमाउनुपर्छ भन्ने थियो । नेहा कक्षा ६ मा र नेहारिका कक्षा ५ मा पढ्थे ।

समय यस्तै गरि बित्दै थियो । २ वर्षपछि सहरबाट कृष्णकुमारको मिल्ने साथीको चिठी आयो । चिठीमा कृष्णकुमारका साथी रमेश चाँडै गाउँ फर्कने भनेर लेखिएको थियो । त्यति बेला नेहा कक्षा ८ र नेहारिका कक्षा ७ मा पढ्दै थिए । चिठी पढेपछि कृष्णकुमार साह्रै खुसी भए । २ महिनापछि रमेश गाउँ फर्के । उनी कृष्णकुमारको घरमा बसे । रमाइलो गफगफ गरे र खाना खाएपछि कृष्णकुमारका छोरीहरूले गृहकार्य सकेर राम्रोसँग घरको काम गरिरहेको देखे । उनको दिमागमा एउटा विचार आयो । के विचार आयो कसैलाई थाहा भएन । ५-६ दिनपछि रमेशले छोरीहरूलाई राम्रो शिक्षा दिनका लागि सहर लगेर पठाउँछु भने । कृष्णकुमार केही बोलेनन् । त्यसपछि रमेशले फेरि “गाउँमा राम्रो शिक्षा पाइँदैन । सहरमा राम्रो शिक्षा पाइन्छ । राम्रो जागिर पाइन्छ र छोरीहरू पढेलेखेर जागिर खाने भएपछि परिवारलाई सहर बोलाउँछु, भाइहरूले पनि राम्रो शिक्षा पाउँछु” भनेर सम्झाए । केही बेर सोचेपछि कृष्णकुमारले छोरीहरूलाई सहरमा पठाउने निधो गरे ।

सामान बाँधियो र ५ दिनपछि कृष्णकुमारले छोरीहरूलाई सहर पठाए । सहर गएपछि १-२ महिना उनीहरू राम्रोसँग विद्यालय गए र पढे पनि । त्यसपछि एकदिन रमेशले उनीहरूलाई एउटा नौलो घरमा लिएर गयो । त्यहाँ धेरै केटा र केटीहरू थिए । त्यहाँ रातो र पहेँलो रङ्गको साडी लगाएकी एउटी अधबैसे आइमाई थिई । रमेशले उसलाई कृष्णकुमारको छोरीहरू देखाउँदै कुरा गर्‍यो र अर्को दिन रमेशले

उनीहरूलाई “आजदेखि तिमीहरूले पनि जागिर गर्नुपर्छ, पैसा कमाउनुपर्छ” भन्यो । नेहा र नेहारिका छक्क परेर सुनिरहेका थिए । रमेशले उनीहरूलाई एउटा होटेलमा काम लगाइदियो । उनीहरू बिहान ६ बजेदेखि दिउँसो ५ बजेसम्म काम गर्थे र त्यसपछि घरमा आउँथे । घर आउँदा रमेशले आफ्ना साथीहरू बोलाएको हुन्थ्यो । उनीहरूको अनुहार नौलो र डरलाग्दो देखिन्थ्यो । नेहा र नेहारिका साह्रै डराए ।

उनीहरू त्यहाँबाट भान्न खोजे तर भान्न सकेनन् । उनीहरूलाई कोठामा थुनियो । रमेश केही दिनका लागि बाहिर गएको मौका पारेर उनीहरू त्यहाँबाट भागे । उनीहरूसँग भएको पैसाले उनीहरू दुवै जना गाउँ जाने गाडीमा चढे । लगभग ८-९ घण्टाको यात्रापछि उनीहरू आफ्नो गाउँ पुगे । उनीहरूले घर गएर सबै कुरा भने । त्यसपछि कृष्णकुमार आफ्नी श्रीमती र छोरीहरूसँग सहर गए र पुलिस स्टेशन गएर सबै कुरा भने । पुलिस रमेशको घर जाँदा त्यहाँ रमेश थिएन, तर उसका साथीहरू त्यहाँ थिए । पुलिसले उसका साथीहरूलाई समात्‍यो । धेरै खोजेपछि रमेश तराईतिरको एउटा गाउँमा फेला प‍यो । उसलाई पुलिसले थानामा थुन्यो ।

धेरै अनुसन्धान गर्दा रमेशले त नेपाली चेलीहरू विदेशमा लगेर बेच्ने पो रहेछ भन्ने कुरा पत्ता लाग्यो । सरकारले रमेशलाई नेपाली चेलीबेटी बेचबिखनको आरोपमा र नेहा र नेहारिकालाई गलत काम गर्न लगाएको आरोपमा २० वर्ष जेल सजाय र नेपाली चेलीहरू बेच सहयोग गरेको भन्दै रमेशका साथीहरूलाई १८ वर्ष जेल सजाय सुनाइयो । सरकारले नेहा र नेहारिकालाई चाहेसम्मको शिक्षा प्रदान गर्ने व्यवस्था मिलाइदियो ।

यसरी नै कृष्णकुमारले आफूले चिनेको मानिसलाई पनि हतपत भरोसा गर्नु हुँदैन, छोराछोरीलाई कतै टाढा एक्लै पठाउनु हुँदैन भन्ने कुरा बुझे । त्यस घटनापछि उनीहरूको जीवनमा केही बाधा आएन । छोरीहरू पढेर जागिर खान थालिसकेका थिए । उनीहरूको बिहे भयो । भाइहरूले पनि राम्रो शिक्षा पाए । त्यसपछि उनीहरूको जीवन सुखसँग बित्यो ।

अभिभावक



आयुषा भट्टराई, ७ 'ख'

सानो छँदा धेरै माया गर्छु,
ठुलो भएपछि माया पाउने आशा गर्छु ।

शिशुलाई सुताउन आफ्नो निद्रा त्याग्छु,
पठनपाठन नगरे बालकको निद्रा भगाउँछु ।

आफ्नो बच्चाहरूलाई प्राणप्यारो ठान्छु,
बालक आफ्नो संसारको राजा मान्छु ।

चिन्ता गर्ने धेरै छन्, तर छैनन् सुधाने,
छैनन् अरु अभिभावक बाहेक,
बालकलाई नियाल्ने ।

जीवन यस्तै हो, जन्मेपछि बिदा हुने पर्छ,
जाने बेला अभिभावकबिना जानै पर्छ ।

मेरो देश

अदिती बस्नेत, १० 'क'

के छैन मेरो देशमा यहाँ
सेतो हिमाल, अग्लो पहाड, हरियो तराई,
कज्जन भरना, चिसो पानी खहरे बग्छु यहाँ,
छैन अरुको जस्तो मरुभूमि र बरफ मात्र यहाँ ।

जे खोज्छौ, जस्तो चाहन्छौ,
त्यस्तै प्रकृति भेट्छौ यहाँ

गाली खान अपमान सहन
हामी पुछौ कहाँ कहाँ ।

गरेर त हेर सबैथोक भेट्छौ यहाँ

के छैन मेरो देशमा यहाँ

के खोज्छौ ? के चाहन्छौ ? र डुली हिँड्छौ
कहाँ कहाँ

पसिना बगाएर, परिश्रम गरेर त हेर
स्वर्गको भैं सुख मिल्छ यहाँ ।



अतीतलाई फर्की हेर्दा (संस्मरण)

आभाष बुढाथोकी, १० 'ख'

“सानु” भन्दै ममीले पहिलोपल्ट स्कुल जानका लागि तयार गरेको हिजो जस्तो लाग्छ । मैले विद्या संस्कारमा कक्षा तीनदेखि पढ्न थालेको हो । साँच्चै, समय गजबको छ, त्यस बखतदेखि नै भ्याप्त भुँडी हालेको म यस वर्ष स्कुलको १० वर्षको यात्रा पूरा गर्दै छु । आज आएर स्मरण गर्दा गोलो, रातो अनुहार भएको मलाई कसरी “सानु” भन्न सुहाउँथ्यो होला भन्ने कुराले अनुहारमा छुट्टै तर्कना र उज्यालोपन ल्याउने गर्छ ।

म सुरुमा पढेको स्कुल घर नजिकै थियो । ममीको हात थाम्दै स्कुल जाने र आउने बानी लागेको थियो । खाना घरमै खाएर विद्यालयमा खाजा मात्र लानुपर्थ्यो । त्यसैले पनि विद्या संस्कार स्कुलको पहिलो दिन मेरो लागि असाध्यै नौलो र विशेष थियो, जुन कुरा अहिले पनि मानसपटलमा ताजै छ । ०६६ सालको वैशाखको करिब अन्त्यदेखि स्कुल सुरु भएको थियो ।

मलाई आफ्नै लुगा र जुता पनि राम्ररी लगाउन आउँदैनथ्यो । ममीले तयार पारिदिई सकेपछि म ममीको हात थाम्दै घर अगाडिको बाटोमा उभिन गर्छु । बाबा पनि आउनुभएको थियो । अलि अबेर गरेर स्कुलको गाडी पनि आइपुग्यो । गाडी चढेर स्कुल जानु नै मेरो लागि भिन्न अनुभव थियो । नयाँ खालको जीवनको आरम्भ थियो । मन कस्तो कस्तो भएको थियो । अलि सानो भएको भए त्यहीँ रोएर बस्न पनि बेर लगाउँदैन थिए होला, तर कक्षा ३ मा पढ्ने मान्छे अलि बुझ्ने नै भइसकेको थिएँ । गाडीमा म्यामले दसाँ चोटिसम्म गाडीको रुट नम्बरबारे गला सुकाउँदै हुनुहुन्थ्यो । मैले ध्यान दिएको थिइनँ । नयाँनयाँ साथीहरूको अनुहार हेर्नैमा म मस्त थिएँ । गाडीबाट ओर्लनुभन्दा केही क्षण अघि मात्र ड्राइभर दाइको सिट माथिको बोर्ड देखेँ । बोर्डमा ‘वानु ए’ लेखेको थियो । हरेक विद्यार्थीका लागि स्कुलको पहिलो दिनको अनुभव अन्य दिनहरूभन्दा भिन्न र अविस्मरणीय हुन्छ । त्यसैले बाल्यकालका धेरैजसो दिनहरू याद नभए पनि यस दिनबारे चाहिँ मलाई छलङ्गै याद छ ।

विद्या संस्कारको नाम त्यतिबेला चेल्सी थियो र यहाँको वातावरण पूर्ण रूपले फरक थियो । स्कुलमा पहिलोपल्ट खाना खाँदा हातमा ठुलो गाँस पारी खाएको कुराबारे सुनाउँदा मलाई आफैँ हाँसो उठ्छ । मेरो पहिलो साथी नर्गेस थियो । ऊ अहिले पनि यहाँ नै पढिरहेको छ । त्यसबेला म मिहिनेती तर चाँडै रिसाउने स्वभावको थिएँ ।

ए साँच्चै, त्यस दिन घर फर्कँदाको घटनाबारे बताउँदै बसेको ! गेटनिर उभिनु भएको दाइले ‘सिक्स सि’ भन्दै कराउनु भइरहेको थियो तर मेरो मनमा चाहिँ ‘वान ए’ देखेको कुरा मात्र याद थियो । विहान म्यामले भनेको कुरा राम्ररी ध्यान नदिएकोले आधा बाटो पुगिसकेको गाडी मेरो लागि भनेर फर्किनुपर्छ । म चाहिँ मलाई गलत गाडीमा हाल्यो भनेर चिन्ता लिइरहेको थिएँ तर गाडीभित्र त उही दाजुविदी, साथीहरू थिए । अहिलेसम्म पनि पहिलो दिनमा विद्यार्थीहरूले गाडी छुटाउने गर्छन् कि भन्ने सोच मेरो दिमागमा आइरहेको हुन्छ ।

पहिले म जाँगरिलो र मिहिनेती थिएँ । घरमा सबैले यही भन्छन् । आफूबारे विचार गर्दा नि यो सत्य नै लाग्छ । पहिले भने भैँ मलाई प्रथम हुने ठुलो रहर थियो । पहिलो परीक्षामा त दसाँ पनि हुन सकिनँ । तर मैले निरन्तर परिश्रम गरें रे । मलाई त याद छैन । त्यस वर्ष यो वर्ष जस्तै गरी स्पोर्ट्स डेको आयोजना गरिएको थियो । मलाई ‘मार्च पास’ गर्न पनि आउँदैनथ्यो । कुद्दा त मलाई गाह्रो परिहाल्थ्यो । तर बोरामा खुट्टा हालेर कुद्ने खेलमा चाहिँ सहभागी भएँ ।

दशरथ रङ्गशालामा आयोजना गरिएको खेलकुद प्रतियोगितामा मैदानको एक चक्कर लगाउँदा मेरो टाउकोले नै चक्कर खायो । त्यसपछिको स्पोर्ट्स डेहरूमा मैले भाग लिइनँ । लगत्तै अर्को वर्ष चेल्सी डेको पनि आयोजना भएको थियो । भर्खरै ब्रतवन्ध गरेकाले मैले टोपी लगाएको थिएँ । भोकले मलाई गाह्रो भएको थियो । यही कुरा याद गर्दै त्यसपछिका

चेल्सी डेहरूमा पनि म सहभागी भइनँ । उमेर बढ्दै जाँदा मेरो जाँगर र भुँडी भने घट्दै थियो । गाली पनि खाइयो तर पछि त बानी नै बस्यो । नराम्रो उदाहरण दिन खोजेको चाहिँ मैले पक्कै होइन । अहिले आएर “भाग लिनुपर्छ्यो” भन्ने सोच आइराख्छ । त्यसैले यस वर्षको स्पोर्ट्स डेमा म हर्षका साथ सहभागी भएँ ।

कक्षा ३ को अन्तिम परीक्षामा प्रथम पनि भएँ । असाध्यै खुसी पनि लागेको थियो । त्यसपछिका केही वर्षहरूका परीक्षाहरू बिर्छिँदा रोएको पनि स्मरण छ तर वार्षिक परीक्षामा कहिल्यै पनि दोस्रो भएको छैन । यस वर्ष के कस्तो हुने हो मलाई धेरै थाहा छैन तर स्कुलमा बिताएको समय मेरो लागि पक्कै नै अविस्मरणीय हुनेछ । आज स्कुल जीवनको टिप्पणी गर्दा आएको हाँसो पनि यसैको उदाहरण होला ।

विद्यालय जीवन हाम्रो जीवनको महत्वपूर्ण पाटो हो । यस समयमा हरेक विद्यार्थीले जीवन जिउने सिद्धान्त सिक्ने गर्दछन् । व्यवहारमा सुधार ल्याई समाजको एक जिम्मेवार नागरिक बनाउन विद्यालयले अति महत्वपूर्ण भूमिका खेलेको हुन्छ । विभिन्न विषय पढाई विद्यार्थीको चेतनी विकासमा मद्दत गर्ने हुँदा विद्यार्थी जीवन निकै महत्वपूर्ण हुन्छ । स्कुल विभिन्न सिप, धर्म, जाति, कला, भाषा आदि भएका शिक्षक र विद्यार्थीहरूको सङ्गम स्थल हो । स्कुलमा सामाजिकीकरणद्वारा विद्यार्थीले मिजासिलो र विवेकशील बन्न सिक्छ । जीवनको गोरेटोलाई पक्का र चिल्लो बाटोमा परिवर्तन गर्न शिक्षकहरूले अविस्मरणीय एवम् प्रशंसनीय भूमिका निर्वाह गरेका हुन्छन् ।

समग्रमा स्कुलको आजसम्मको यात्रा सम्भन्न योग्य भएको छ । यस समय कालमा मैले विभिन्न अविस्मरणीय अनुभव बटुलें, साथीहरू बनाएँ । अहिले शरीरको चौडाइ र लम्बाइ दुबै बढेकाले नै होला आजभोलि ममीले स्कुल जाँदा “सानु” नभनी “आभाष” भन्दै बोलाउनुहुन्छ ।

सौर्यमण्डलः सामान्य परिचय

युबिका मैनाली, ९ 'ग'

यसैगरी पृथ्वी चाहिँ जीवन भएको एक मात्र ग्रह हो । यसको एउटा उपग्रह चन्द्रमा हो ।

सूर्यको वरपर रहेको विशाल क्षेत्रलाई ब्रह्माण्ड भनिन्छ । पृथ्वी आकाश गङ्गा (Milkyway Galaxy) मा पर्दछ । सूर्य लगायत ग्रह, उपग्रह, उल्का, पुच्छ्रेतारा आदिको परिवारलाई सौर्यमण्डल भनिन्छ । सौर्यमण्डलको केन्द्रमा रहेको मभौला आकारको तारालाई सूर्य भनिन्छ ।

सूर्य मभौला आकारको तातो तारा हो । त्यसको सतहको तापक्रम ५७०००अ जति रहेको अनुमान गरिन्छ । यसको भित्री तापक्रम ५०,००,००००अ छ भने सूर्य र पृथ्वीको दुरी ५,००,००,०००फ रहेको अनुमान गरिन्छ । सूर्यमा ७०५ हाइड्रोजन ग्याँस पाइन्छ । यही हाइड्रोजनको मात्राको आधारमा सूर्यको आयु निर्भर छ । सूर्यको वरिपरि घुम्ने पिण्डलाई ग्रह भनिन्छ ।

दुरीको हिसाबले सौर्यमण्डलमा रहेका ग्रहहरूको नाम निम्न छन् : बुध, शुक्र, पृथ्वी, मंगल, बृहस्पति, शनि, अरुण र वरुण । बुध, सौर्यमण्डलको सबैभन्दा नजिक र सबैभन्दा सानो ग्रह हो । यसको कुनै उपग्रह छैन र यसले आफ्नो कक्षमा घुम्न ५९ दिन लगाउँछ । शुक्र सबैभन्दा चम्किलो ग्रह हो । यसलाई पृथ्वीको जुम्ल्याहा ग्रह पनि भनिन्छ । यसले आफ्नो कक्षमा घुम्न २४३ दिन लगाउँछ । यसको कक्ष भ्रमण उल्टो छ ।

यसैगरी पृथ्वी चाहिँ जीवन भएको एक मात्र ग्रह हो । यसको एउटा उपग्रह चन्द्रमा हो । यसलाई अक्षमा घुम्नका लागि सरदर २४ घण्टा लाग्छ भने कक्षमा घुम्नका लागि चाहिँ ३६५ दिन लाग्छ । मङ्गल ग्रहलाई रातो ग्रह पनि भनिन्छ ।

यसमा लिमोनाइट नामक खनिज पाउने भएकाले रातो देखिन्छ । यसले अक्षमा घुम्न २४ घण्टा ३७ मिनेट लगाउँछ र कक्षमा घुम्न भने ६८७ दिन लगाउँछ ।

बृहस्पति सबैभन्दा ठुलो ग्रह हो । यसका ६७ ओटा उपग्रहहरू छन् । यसले सूर्यलाई परिक्रमा गर्न लगभग १२ वर्ष लगाउँछ भने अक्षमा परिभ्रमण गर्न ९ घण्टा ५५ मिनेट लगाउँछ । शनिलाई चाहिँ ३ वटा वरफको चक्काले घेरेको हुन्छ । यो सौर्यमण्डलको दोस्रो ठुलो ग्रह पनि हो । यसका पनि ६२ वटा उपग्रहहरू छन् ।

अरुण सबैभन्दा पहिले पत्ता लगाइएको ग्रह हो । यसका २७ वटा उपग्रहहरू छन् । यो ग्रह ग्याँस र तरल पदार्थले बनेको छ । वरुण ग्रह चाहिँ सबैभन्दा टाढाको ग्रह हो । यसका १४ वटा उपग्रहहरू छन् र यसको सतहमा ठोस पदार्थ छ ।

सूर्यको चारैतिर अण्डाकार कक्षमा घुमिरहने ग्याँसीय

वरफका डल्लाहरूलाई नै पुच्छ्रे ताराहरू भनिन्छ । जस्तै : हेलिपुच्छ्रे तारा, टेम्पल, बनेट आदि पुच्छ्रेतारा सूर्यको नजिक आउँदा यसका बरफ पल्लिएर पानी बन्छ र सूर्य बतासले उडाउँदा पुच्छ्र जस्तो देखिन्छ ।

निश्चित आकार भएका ताराहरूको समूहलाई तारामण्डल भनिन्छ । आज सम्मको वैज्ञानिक अध्ययनले ८८ ओटा सौर्यमण्डल पत्ता लगाएको छ । जसमध्ये १२ वटालाई राशी भनिन्छ । जस्तै : उर्सा, उर्सा मेजर, उर्सामाइनर, ओरियन आदि । ब्रह्माण्डमा रहेका अरबौं ताराहरूको विशाल समूहलाई तारापुञ्ज भनिन्छ । तारापुञ्ज ३ प्रकारका छन् :

- १) स्पाइरल तारापुञ्ज
- २) इलिप्टिकल तारापुञ्ज
- ३) रेगुलर तारापुञ्ज

हाम्रो सौर्यमण्डल भनेको 'आकाश गङ्गा' तारापुञ्ज हो । यसमा लगभग $१०^{१२}$ (दश खरब भन्दा बढी) ताराहरू रहेका छन् । यसको पिण्ड सूर्यभन्दा १.३३×१०^{११} (एक खरब भन्दा बढी) गुणाले ठुलो छ ।



अविस्मरणीय गुरुआमा

आयुषा योगी, ७ 'ख'

जीवन यात्रा मानिसले एकलै पूरा गर्नुपर्छ । जीवनको गारेटोमा मानिस एकलै युद्धमा होमिनुपर्छ । जीवन बिताउने क्रममा हामीले धेरै मानिसलाई भेटिरहेका हुन्छौं । यसरी भेटिनेमा कुनै हाम्रा साथी हुन्छन्, कुनै हाम्रा परिवारका सदस्य त कुनै हाम्रा गुरु । हाम्रो सफलताको हरेक पाइलामा कुनै न कुनै मानिसको हात रहेको हुन्छ । घडीको पलासँगै हामीले धेरै काम, कर्तव्य गर्नुपर्छ । त्यही बेला हामीले धेरै मानिसलाई भेट्छौं र आफ्नो प्रेरणाको स्रोत बनाउँछौं । यो नै हरेक व्यक्तिको वास्तविक कथा हो । भन्नुपर्दा यो प्राकृतिक नियम पनि हो ।

विद्यार्थी भनेका सुन्दर कोपिला हुन् । उनीहरू भोलिका देशका कर्णधार हुन् । देशलाई सही बाटोमा लम्ने काम भोलि विद्यार्थीले गर्ने हो । विद्यार्थीको जिवनमा सबभन्दा ठुलो भूमिका गुरुले खेल्छन् । हाम्रो जीवनको सफलतामा मद्दत गर्ने हाम्रा बुबाआमा मात्र नभई हाम्रा शिक्षक पनि हुन्छन् । वास्तवमा मैले अहिलेसम्मको मेरो जीवनमा पनि थुप्रै शिक्षकहरूसँग ज्ञान प्राप्त गर्ने मौका पाएँ । शिक्षा लिने क्रममा मैले धेरै गुरुहरूलाई भेटेँ । सबै गुरुको विचार उच्च र आदर्शले भरिएको पाएँ ।

मेरो अहिलेसम्मको यो जीवन यात्राको अविस्मरणीय गुरुआमा

“अस्विनी

पहारी” गुरुआमा हुनुहुन्छ ।

मैले उहाँलाई पहिलो पटक कक्षा पाँचमा भेटेकी थिएँ । तर अहिले उहाँ यस विद्यालयमा हुनुहुन । उहाँ आधुनिक सोच र उच्च विचार भएकी शिक्षिका हुनुहुन्थ्यो । उहाँको पाठ पढाउने तरिका पनि बेग्लै थियो । उहाँले पढाएको सबै कुरा म राम्ररी बुझ्थेँ । उहाँ कक्षा रमाइलो बनाइँदा बन्थ्यो । हामीलाई अल्छी लागेको बेला उहाँ चुट्किला, कथा

सुनाएर मनोरञ्जन पनि गराउनु हुन्थ्यो, जसले गर्दा हामी पढाइमा अझ बढी रुचि राख्दथ्यौं । हामीले भनेका साना साना कुरा ध्यान दिएर सुन्नुहुन्थ्यो र हामीलाई बोल्ने तरिकाहरू पनि सिकाउनुहुन्थ्यो । हामीलाई भविष्यमा नैतिकवान् र आदर्श व्यक्ति बन्नुपर्छ भनी पटकपटक सम्झाउनु हुन्थ्यो ।

उहाँ विद्यार्थी माझ अत्यन्तै लोकप्रिय हुनुहुन्थ्यो । उहाँलाई सबैले मन पराउँथे । उहाँ हरेक विद्यार्थीको लागि प्रेरणाको स्रोत बन्नुभएको छ । उहाँ समय अनुसार परिवर्तन हुन सिकाउने नयाँ सोच विचार र परिवर्तनलाई आत्मसात् गर्ने व्यक्तित्व हुनुहुन्थ्यो । उहाँबाट हामी हाम्रा विचार र व्यवहारलाई यस परिवर्तनशील समाजमा घुलामिल गराउँदै अगाडि बढ्ने प्रेरणा लिन सक्दछौं ।

उहाँ जस्तै अहिले पनि हाम्रो विद्यालयमा धेरै गुरुहरू हुनुहुन्छ, जसले हामी विद्यार्थीको उज्ज्वल भविष्यको लागि धेरै मेहनत गरिरहनुभएको छ । उहाँहरूकै कारण हाम्रो विद्यालय पनि नेपालको एक उत्कृष्ट विद्यालयको रूपमा परिचित भइरहेको छ । तसर्थ मलाई पनि यस विद्यालयको विद्यार्थी हुनुमा गर्व छ ।



आमा

स्वयम् सुबेदी, ७ 'ख'

मलाई प्यारी मेरी आमा ।

मलाई राम्री मेरी आमा ॥

बोल्न र हिँड्न सिकाउने मेरी आमा ।

मेरो प्रथम पाठशाला मेरी आमा ॥

म रोए रुन्छु मेरी आमा ।

म हाँसे हाँस्छु मेरी आमा ॥

मलाई संसार देखाउने मेरी आमा ।

मलाई राम्रो नराम्रो छुट्याउने मेरी आमा ॥

आफू अभावमा रहेर मलाई पूर्ण बनाउने मेरी आमा ।

मेरो मार्गमा काँडा हटाएर फूल बिछ्याउने मेरी आमा ॥

म पनि ठुलो भएर दिनहुँ दिन्छु खुसी मेरी आमालाई ।

छोरो हुनुको कर्तव्य पूरा गरेर देखाउनेछु मेरी आमालाई ॥



के राम्रो हुन्छ ?

स्वीकृति तिमिसिना, ७ 'ड'

कसैको चित्त दुखाएर आफू हाँस्नुभन्दा अरुलाई खुसी बनाउनु नै राम्रो हुन्छ छलकपटले पैसाको महल बनाउनुभन्दा आफ्नै परिश्रमको फुफ्रो राम्रो हुन्छ ।

गल्ती गरेर बाँच्नुभन्दा पछुताउको जलन नै राम्रो हुन्छ हजारौं कपूत छोराहरू हुनुभन्दा एउटै सपूत राम्रो हुन्छ ।

चोरेर करोडपति बन्नुभन्दा मगन्तेको जीवन नै राम्रो हुन्छ फुटो बोलेर केही पाउनुभन्दा सत्य बोली गुमाउनु नै राम्रो हुन्छ ।

कन्सोल गेमिङ

रेजिशा चौलागाईं, १० 'ख'

अहिलेको दुनिया विज्ञान र प्रविधिको दुनिया हो । मानिसले आफ्नो जीवनलाई सहज र आनन्ददायी बनाउन विभिन्न आविष्कारहरू गरेको छ । दैनिक कार्यबाट थकित भएको मानिसले आफ्नो अतिरिक्त समयलाई रमणीय बनाउनका निम्ति गेमिङको सिर्जना गरेको हो । गेम खेल्ने प्रक्रियालाई नै गेमिङ भन्ने गरिन्छ ।

मानिसले गेमिङको दुनियामा निकै उन्नति गर्न सफल भएको छ । साधनको प्रयोगका आधारमा गेमिङलाई तीन वर्गमा विभाजन गर्न सकिन्छ : कन्सोल , कम्प्युटर र मोबाइल गेमिङ । कन्सोल भनेको गेमिङका निम्ति आविष्कार गरिएको विशेष साधन हो । कन्सोल बनाउने मुख्य त दुईवटा संस्था

प्रख्यात रहेका छन् । ती हुन्: बिल गेटसको माइक्रोसफ्ट र सोनी इन्टरटेन्मेन्ट । माइक्रोसफ्टले एक्स बक्सको विकास गरेको छ भने सोनीले प्ले स्टेशनको निर्माण गरेको छ । यी दुईटा कन्सोलबीच वर्षौंदेखि प्रतिस्पर्धा चलिरहेको छ । नेपालमा पनि केही वर्ष यता कन्सोल गेमिङ प्रचलित एवम् प्रसिद्ध भएको छ ।

कन्सोलका लागि विभिन्न प्रकारका गेमको विकास भएको छ । ग्रन्ड थेफ्ट अटो ५, फिफा १८, कल अफ ड्युटी, डबल्यु डबल्यु टुके आदि अहिलेका प्रसिद्ध गेमहरू मध्ये पर्दछन् । यी कन्सोलहरूको मूल्य भने अलि बढी नै रहेको छ । त्यसैले धेरै मानिसलाई कन्सोल किन्न निकै समय पर्खनु पर्छ ।



हामी सबै नेपाली

प्रतिश सापकोटा, १० 'घ'

ठुलो सानो जातै छैन हामी सबै नेपाली,
देश बनाउनु सबैको हो जिम्मेवारी ।

हिमाल, पहाड, तराई जहाँको भए पनि
जस्तो भेष लाए पनि, जस्तो भाषा बोले पनि
जुन धर्म माने पनि, जुनै चाड मनाए पनि
वीरका सन्तान हौं हामी सबै नेपाली ।

मेचीदेखि महाकाली सबै हो हाम्रो माटो,
ज्यान दिन तयार छौं यही माटोको साटो ।

देशभक्त बनेर गछौं राम्रा काम
विश्वमा फैलाउँछौं हाम्रो देशको नाम ।

वीरका सन्तान हामी , जिउँछौं शिर उचाली
जस्ता भए पनि हामी सबै नेपाली ।

प्रकृतिको खेल



आशुतोष लोहनी, १० 'ख'

वसन्त आयो, हरियाली छायो
नेपाली भूमि , खुसीले रमायो ।
उमङ्ग नौलो , सबतिर छायो
भन्दै नेपाली सब मन रमायो ॥

प्रकृति तिम्रो , अनुपम छ खेल
सारा खुसी भो, क्षणभरमा भेल ।
वैशाख बाह्र, सुनको बिहानी
बदल्यो तिमीले, सबको कहानी ॥

जमिन सारा थरथर भएर
प्राणीहरू सबैको, बेघर भएर ।
सुन्दर भूमि यो , पलभरमा लौ
भो जीवन्त धान्न, अतिशय धौ धौ ॥

विनाशकारी, भुइँचालो आयो
प्राणी सबैको , खुसी लौ भगायो ।
निर्माण नौलो, अब गर्न देऊ
बिन्ती छ हाम्रो , अधि सर्न देऊ ॥

कान्तिपुरी यो, कसरी जोगाउँ
इतिहास ज्यूँदो , अब के देखाउँ ।
सिन्धु र काभ्रे अनि दोलखाको
सबको हरायो गुण सम्पदा त्यो ॥

जय सङ्गीत

आयाम बस्नेत, १० 'ख'

व्यास बाजेले अठार पुराण लेखे । भैरव अर्यालले चाहिँ एउटा लेख रचना गरेर त्यो लेख (जय भुँडी) लाई उन्नाइसौँ पुराण बनाउने आशा देखाए । “यस्ता मान्छेहरूले के चाहिँ लेख्न बिसँका हुन्छन् होला” भनेर सोच्दा सोच्दै मेरो मोबाइलको रिङटोनमा एउटा गीत बज्यो । त्यसपछि मेरो दिमागको बत्ती जलेर मैले गीतसङ्गीत पुराण त लेखिएकै छैन भन्ने कुरा महसुस गरें । यो सङ्गीत पुराण लेखेर वेदव्यासको अठार र भैरव अर्यालको उन्नाइसौँ पुराणमा आफ्नो बिसौँ पुराण समर्पित गर्ने मेरो भोक जाग्यो । व्यास बाजेले “शारदायै नमः” भने भैं मेरो पुराणको सुरुमा म भन्छु “रिङटोनायै नमः” ।

आदिम युगमा ढुङ्गाहरू हिकाउँदै आधुनिक युगमा ड्रमसम्म पुगेर निर्मित यो सङ्गीत भन्ने जुन वस्तु छ, एकदमै अनौठो छ । नेपाली होस् या विदेशी, मोजार्ट होस् या बाक, लेनन होस् या कोहेन, नारायण गोपाल होस् या बब माली । मारुनी होस् या ब्यूज, पञ्चे बाजा होस् या भायोलिन, सितार होस् या गितार, मुर्चुङगा होस् या किबोर्ड, हरेकबाट भएको सङ्गीत रचना र आएको सुरले मान्छेलाई आकर्षित बनाएर गाँजा खाएभन्दा पनि बढी आनन्द दिलाउँछ । ग्रामोफोनबाट क्यासेट, क्यासेटबाट सिडी र सिडीबाट डिजिटल युगमा आएको सङ्गीतको यात्रा लामो रहेको छ । तर यो विचित्रको कुरा के लिभिजन जस्तो पहिला कालो सेतो र अहिले रङ्गी विरङ्गी नभएर पहिलेदेखि त्यस्तै रङ्गीविरङ्गी र भावपूर्ण रहेको छ ।

“सा, रे, ग, म, प, ध, नि, सा” अन्तर्गत पर्ने स्वरहरूबाट एउटा साधारण सङ्गीतको धुन बन्छ । यी आठ स्वर र अरु ध्वनि अन्तर्गत रहेको सङ्गीतभित्र फेरि छुट्टै विश्व हुन्छ । अहिलेको जमानामा यो भावपूर्ण र गहन सङ्गीतलाई प्रायः मान्छेहरूले मनोरञ्जनको रूपमा लिने गर्छन् । तर यसको फाइदा मनोरञ्जनमा मात्र सीमित रहेको छैन । विश्व र मानव इतिहासमा हेर्दा विभिन्न समयमा सङ्गीतले ठुलठुला परिवर्तन ल्याएको देखिन्छ । खुला विचारधारा र युद्ध विरुद्ध जोन लेननका गीतले कैयौँ मान्छेहरू युद्धको विरुद्ध लागे र विश्वभरिका धेरै देशहरूमा सबैले समान अधिकार पाए । त्यसैगरी मोजार्टले रचेको असाधारण र विशेष सङ्गीतले त्यति बेलाका मानिसहरूमा क्रान्ति ल्याउन सफल भयो । साइमन र गारफडकलले गाएका गीत, र ग्लुमी सन्डेबाट लीन भएर धेरै मान्छेहरूले आत्महत्या पनि गरे । बब मालीले काला जातिको पक्षमा गाएका गीतहरूले विश्वमा काला जातिलाई पनि मान्छे गनिन थालियो । अमेरिकामा गोरो र कालोको भेदभाव हटाउन पीटि सिजरको “वी सयाल ओभरकम” (हामी जित्ने छौँ) गीतले एकदमै ठुलो भूमिका खेलेको छ । त्यसैगरी कालाले पनि गीत गाउन र विकास गर्न सक्छन् भन्दै माइकल ज्याक्सन अगाडि बढे । अफ्रिकाका बालबालिकाहरूको सहयोगार्थ विश्वका प्रमुख ८ वटा देशहरूबाट एकै समयमा “लाइभ एट” (Live 8) पनि सम्पन्न भएको थियो । त्यहाँबाट उठेको पैसा अफ्रिकाको भोकमरीलाई हटाउन प्रयोग गरियो । नेपालमा पनि रामेश, मन्जुल, रायन, जीवन शर्मा आदिले क्रान्ति र अधिकारको जागरण ल्याउन गीतसङ्गीतको प्रयोग गरे ।

समग्रमा, मान्छेको दिमागलाई अधीनमा गर्न सक्ने क्षमता गीतसङ्गीतसँग छ । यसले पीडा कम गर्नुका साथसाथै ठूलो समूहलाई एकै पल्ट सतर्कता प्रदान गर्न सक्छ । विभिन्न सच्चाइको युद्ध तथा मान्छेको भलाइको लागि गरिने नागरिक सम्बन्धी युद्धहरूमा आगोलाई निम्न नदिने भनेको सङ्गीत नै हो । “अकथनीयलाई व्यक्त गर्न सक्ने दुई कुरा मात्र छन् : मौनता र सङ्गीत” । सबै मान्छेले मौनतामा बस्न नसक्लान्, तर सबैले पक्कै सङ्गीतको सूर र भावमा डुबेर त्यसको सत्तालाई सोसेर, व्यक्त गर्न नसक्ने कुरा व्यक्त भएको पाउँछन् ।

तपाईँले अहिलेसम्म पढ्नुभएको अवस्थामा मैले युद्धको मात्र कुरा गरेर वाक्कै भइसक्नु भयो होला । शान्त रहेर पढ्दै गर्नुहोस्, युद्ध सकिइसक्यो । मान्छे मा रहेको प्रेम व्यक्त गर्न त अहिले गानै नसकिने गीतसङ्गीत रचना गरिएको छ । सबैलाई यो विश्वबाट अरु लोकमा जाने चाहना रहेको हुन्छ । सङ्गीत मात्र एक यस्तो कुरो हो, जसले हामीलाई यो विश्वबाट लगेर आध्यात्मिक परलोकमा लान सक्छ । मानिसहरूको कठिन, तनावपूर्ण र जतातै दबाव भएको जिन्दगीमा सङ्गीतबाट मात्र उनीहरूले एकाग्रताको भाव र शान्ति पाउन सक्छन् । उसरी नै यसले विश्व भातृत्व पनि ल्याउँछ । गीतसङ्गीतले खुला विचारधारा र विवेकशीलपूर्ण सोच मानिसमा प्रवाह गर्छ । सङ्गीतले कुलत र विसङ्गतिबाट मान्छेलाई टाढै राख्न ठूलो सहयोग दिएको छ । त्यसैगरी, विभिन्न वैज्ञानिक खोजले मानिसको मनोविज्ञान उनीहरूले सुन्ने गीतसङ्गीतको प्रकारमा आधारित भएको पत्ता लागेको छ । यसले विभिन्न संस्कृति र परम्परालाई जीवित राख्ने काम गर्छ । विभिन्न मान्छेहरूले आफ्नो सङ्गीत लेख्ने प्रतिभाले जीविकोपार्जन पनि चलाउने गर्छन् । फाइदा मैले धेरै लेखें । तपाईँलाई त आलस्यले खाइ नै सक्यो होला । “कति गन्थन गरेको होला यसले” भन्दै मलाई सराउँ हुनुहोला । तपाईँको अमूल्य समयलाई खर्च गरेकोमा म माफी माग्दछु तर पुराण भनेपछि पुराणै लेख्नु पर्छ । त्यसकारण अब सङ्गीतको विशेषतातिर हामी जाऔँ, र यो लेखलाई छिटो पढेर टुङ्ग्याऔँ ।

सङ्गीतलाई अहिलेसम्म केहीले पनि रोक्न सकेको छैन । यसको सीमाना भन्ने त कुरै हुँदैन । जसरी कुनै नाचलाई भाषा, संस्कृति, धर्म, जातपात, आदिले रोकेको हुन्छ, त्यस्तो सङ्गीतमा हुँदैन । सङ्गीत भनेको विश्वव्यापी हो । यसलाई केहीले रोक्न सक्दैन । शान्त वातावरणमा तपाईँले एउटा नेपाली गीत सुन्नुस्, त्यसपछि अङ्ग्रेजी र त्यसपछि हङ्गेरियन । तपाईँले शब्द बुझ्न नसके पनि त्यसबाट उत्पत्ति भएको कम्पन, भाव र मर्म तपाईँ सोचविचार गर्दै बस्नुभयो भने चिन्नुहुनेछ ।

सङ्गीतका पनि धेरै प्रकारहरू हुन्छन् : शास्त्रीय, ब्लूज, क्लासिकल, कन्ट्री, लोक, आधुनिक, ऐतिहासिक आदि । कसैलाई ब्लूज मन परेर कन्ट्री मन नपर्ला, र कसैलाई मेटल मन परेर ब्लूज मन नपर्ला । हामीले यसको आधारमा भगडा गर्नु हुँदैन । यस्तो विचार र राय सबैको फरक हुन्छ, र राजनीतिक पार्टीहरू भैं त्यसमाथि हल्ला र मपाईँत्व गर्नु नैतिक र सामाजिक रूपले राम्रो हैन । तपाईँ यहाँसम्म टिक्नुभयो भने मेरो एउटा सल्लाह छ, “अवलो कितेश्वरको मन्त्र” सुन्नु होस्, र यो लोकलाई छाडेर ध्यान गर्दै आफ्नो आत्मालाई परलोक घुम्न दिनुहोस् ।

येनकेन प्रकारेण, सङ्गीत सुन्नु भएन : जीवन जिउनु भएन ।

“नमो देव्यै, गीत देव्यै, सर्व देव्यै तथैव च ।

बाजाबाजी समेतायै सङ्गीत देव्यै नमो नमः ॥

अब म भन्छु, तपाईँहरू “जय!” भन्नुहोस्

शास्त्रीय सङ्गीतको “जय !”

आधुनिक सङ्गीतको “जय !”

मोजार्टको “जय !”

नारायण गोपालको “जय ऊ”

समस्त सङ्गीत प्रेमीहरूको

“जय !” “जय !!” “जय !!!”

(भैरव अर्यालको जय भुँडीबाट प्रभावित मेरो रचना)

विद्यालय, विद्यार्थी र शिक्षक

रमेश खड्का (अभिभावक), आदित्य खड्का, (ए.एस.लेबल)

केही साता अगाडि काठमाडौंमा आयोजित एउटा कार्यक्रममा त्रिभुवन विश्वविद्यालयका पूर्व उपकुलपति केदारभक्त माथेमाले विद्यालय, विद्यार्थी र शिक्षकको बारेमा सोच्नेपनि केही सवालहरू उठाउनुभयो। नेपालको शिक्षा क्षेत्रमा देखिएका बग्ल्ती समस्याहरूको सन्दर्भमा माथेमाले उठाएका सवालहरू त्यति नयाँ थिएनन्, तर ती गम्भीर र सोच्न लायक भन्ने पक्कै थिए। वहाँले उठाएको एउटा नयाँ सवाल भन्ने विद्यालयहरूबाट सामाजिक विषयको पठनपाठनमा रहेको कमजोरीको बारेमा थियो। समयको बहावसँगै हिजोआज शिक्षक-विद्यार्थी, आमाबुबा (अभिभावक) र बालबच्चाको सम्बन्धमा पनि फरकपन आउन थालेको छ। खासगरी पछिल्लो दशकमा फैलिएको ईन्टरनेट संजालको विकास र विस्तारले यो सम्बन्धलाई भन टाढा पुर्‍याएको अनुभव गरिँदछ।

एउटा अभिभावकको हिसाबमा हामी कस्तो विद्यालय, कस्तो शिक्षक र कस्तो विद्यार्थी देख्न खोजिरहेका छौं ? विद्यालयहरूले अभिभावकका सपना पूरा गर्न के गरिरहेका होलान् र अभिभावक स्वयंको यसमा के कस्तो भूमिका हुन सक्छ भन्ने कुरा सोच्नुपर्ने सवालको रुपमा देखिएको छ।

एउटा आदर्श स्कुल:

विद्यालयहरू सामान्यतया शिक्षा दिने ठाउँ हुन् र तिनले राम्रो पढाउनुपर्छ भन्ने कुरा सबैले भन्दै आएको कुरा हो। विद्यालयमा गएपछि उनीहरूले राम्रो सिक्नुपर्छ।

उनीहरूको उमेरअनुसारको सिकाइ र ज्ञानका तहहरू विद्यालयले प्रदान गर्ने शिक्षाको चुरो कुरा हो। कक्षागत पाठ्यक्रमहरूले यिनै कुराहरू निर्दिष्ट गरेका हुन्छन्। एउटा राम्रो विद्यालयले आफ्ना विद्यार्थीलाई गुणस्तरीय शिक्षाका अलावा संसार चिनाउने कला, संसारमा विचरण गर्ने कला र उन्नत संस्कार पनि दिन सक्नुपर्दछ। विद्यालय असल नागरिक बनाउने कारखानाहरू हुन्, तिनबाट विद्यार्थीहरूले सिर्जनात्मक सीप सिक्नुपर्दछ। विद्यालयहरूले विद्यार्थीलाई संस्कारयुक्त शिक्षा प्रदान गर्न सकेनन् भने त्यसले उनीहरूलाई सामाजिकीकरण गर्ने बाटोमा लैजान सक्दैन। शिक्षाको मूल उद्देश्य परिवार, समाज र देशका लागि योग्य नागरिक तयार गर्नु पनि हो भन्ने कुरा हामीले भुल्नु हुँदैन। यसका लागि विद्यालयहरूको ठूलो भूमिका रहन्छ। यसबाट नै उनीहरूले शिक्षा र संस्कारका कुराहरू सँगसँगै सिक्न सक्छन्।

एउटा हाईस्कूल पढ्दै गरेको, पुरा गर्न लागेको विद्यार्थीले हाम्रो समाज, देश, राजनीतिक व्यवस्था, सामाजिक संरचनाका बारेमा कति जान्नु पर्ने हो ? तर अहिलेको विद्यालय शिक्षामा रहेको कमजोरी नै विद्यार्थी वा बालबालिकाहरूलाई समाजबाट अलग्याउनु हो। हाम्रो वर्तमान शिक्षामा रहेको कमजोरी नै विद्यार्थीहरूलाई सामाजिक परिवेश र अवस्थाबाट अलग गराउनु हो। सामाजिक शिक्षाको उपर्युक्त शिक्षण र गृहकार्यबाट विद्यार्थीहरूले धेरै सामाजिक कुराहरू पाउन सक्छन्। जानेर वा नजानेर हामी यो गल्ती गरिरहेका छौं। जुन

कुरालाई अब हामीले सच्याउन ढिला भइसकेको छ।

सार्वजनिक विद्यालयहरूको शैक्षिक स्तरीयताका बारेमा जसरी देशमा छलफल भइरहेको छ, निजी विद्यालयहरूले पनि शिक्षाका साथमा संस्कार वा मूल्य मान्यता सहितको शिक्षा दिन नसकेको आलोचना समाजमा छ। यो आलोचनालाई सही ढंगले सम्बोधन गर्न सक्नु नै विद्यालयहरूको सामु रहेको गम्भीर चुनौति हो। यसलाई छिटोभन्दा छिटो हामीले सम्बोधन गर्ने पर्दछ।

सामाजिक र नैतिक शिक्षाका माध्यमबाट हामी विद्यार्थीहरूलाई संस्कारसहितको शिक्षा दिन सक्छौं। यसैलाई हिजोआज पश्चिमा समाजमा समेत मूल्यमा आधारित शिक्षाको रुपमा परिभाषित गर्ने गरिएको छ। के गर्ने, के नगर्ने ? एउटा विद्यार्थीको रुपमा उसको आफ्नै प्रति, परिवारप्रति र समाजप्रति के कस्ता दायित्वहरू छन् ? र, त्यसका लागि उनीहरूले के गर्नुपर्छ ? कसरी हामीले उनीहरूमा सामाजिक मूल्य मान्यताहरूको विकास गर्न सक्छौं ? सामाजिक विज्ञानको शिक्षालाई प्रभावकारी बनाउनु नै हालको चुनौति रहेको छ।

शिक्षाले दिने नैतिक ज्ञान र अवधारणा नै मूल्यमा आधारित शिक्षा दिने एउटा तौरतरिका हो। यसले उनीहरूलाई सामाजिकीकरण गराउने दिशामा महत्वपूर्ण भूमिका खेल्नसकेको हुन्छ। अहिलेको विद्यालय पुस्ता हाम्रो समाजको कैयन कुराहरूबाट अलग भइसकेको छ। खासगरी सहरी समाजमा हुर्केका, पढेका



बालबच्चाहरूको सामू सामाजिक शिक्षाको शिक्षण र सिकाइ महत्वपूर्ण हुन आउँछ । विद्यार्थीहरूमा सामाजिक चेत र जागृति विस्तार गर्ने कुरा नै सामाजिक, इतिहास र नैतिक शिक्षाको शिक्षण हो । यसले नै विद्यार्थी, शिक्षक र अभिभावक सम्बन्धलाई उन्नत बनाउँदै लैजान्छ । यसो भनेर हामीले विद्यार्थीको शिक्षण र सिकाइको लागि विद्यालयको मात्र भूमिका छ भनेर कुनै पनि हालतमा बुझ्नु हुँदैन । यसमा अभिभावक चेत र जागृतिको पनि उत्तिकै जरूरी छ । घरमा अभिभावकको चासो र सरोकार जति बढ्यो, विद्यालयमा बालबच्चाहरूले सिकने कुरा पनि फरक पर्दै जान्छ ।

अभिभावक कदम:

जेन डी हुल नामक दार्शनिकले भनेका छन्- “एउटा बच्चाको सफलताको लागि उसको अभिभावकको संलग्नता मुख्य कुरा हुन आउँछ ।” हुन पनि अभिभावकको सकारात्मक सोच र व्यवहारले बच्चाहरूले उन्नतिमा ठूलो प्रभाव पार्दछ । विद्यालय शिक्षामा नै अभिभावकले आफ्नो भूमिका खोज्नुपर्दछ । विद्यालय र आफ्ना बच्चाहरूको सम्बन्ध स्थापित गर्न अभिभावकहरू पनि उत्तिकै जिम्मेवार हुन्छन् । विद्यालय भर्ना, त्यसका लागि लाने शुल्क र अरु बन्दोबस्त मिलाइदिएपछि सबै कुरा विद्यालयले गर्नुपर्छ भन्ने अवधारणा पनि कति अभिभावकहरूमा पाइन्छ । कति अभिभावकहरूले महँगो विद्यालयमा राम्रो शिक्षा पाइन्छ भन्ने पनि सोच्दछन् । शिक्षामा लगानी गर्ने कुरामा हालका दिनहरूमा गरीव अभिभावकहरूको समेत सहभागिता बढ्दैछ । आफ्नो आर्थिक अवस्थाले भ्याएसम्म शिक्षामा लगानी गर्न नेपाली अभिभावकहरू पछिल्ला दशकमा धेरै उदार देखिएका छन् ।

छोराछोरीको उज्ज्वल भविष्य निर्माणको लागि शिक्षा माध्यम होस् भन्ने अभिभावक चेतले नै शिक्षामा लगानी बढिरहेको हो । तर छोराछोरीको शिक्षामा लगानी गरेर मात्र छोराछोरीहरूको भविष्य सुनिश्चित हुँदैन । बरु उनीहरूको नियमित सम्बन्ध, संचार र पारिवारिक छलफल अभिभावक र छोराछोरीबीच जरूरी छ । किताब कापीको ठूलो भारी विद्यालयमा बोकेर गएर मात्र उनीहरूले सबै कुराहरू सिकिरहेका छन् भनेर बुझ्नु गल्ती हुनेछ ।

आफ्ना बालबच्चाहरूलाई ठूलो हैन असल, संस्कारयुक्त निर्माण गर्ने कुरामा अभिभावकहरूको पनि त्यतिकै दायित्व छ । खासमा विद्यालयभन्दा धेरै गुणा बढी समय बालबच्चाहरूले घरमै बिताउँछन् । विभिन्न अध्ययनहरूले घरपरिवारमा अभिभावकले शिक्षामा चासो राखेका बालबालिकाहरूको शिक्षण सिकाइ र संस्कारमा धेरै फरक पर्ने गरेको

देखाएका छन् । आफ्नो बच्चाको के पढिरहेको छ ? आज उसले के पढ्यो ? विद्यालयमा के नयाँ कुरा भयो ? को शिक्षकले के गरे ? भन्ने सानासाना कुराहरूमा छोराछोरीप्रति कुरा गरिरहँदा यसले विद्यालयसँगको सम्बन्धलाई जोड्दछ । घरमा भएका हजुरबा हजुरआमाका अनुभवहरू, नातागोताको घरमा गएर पुराना कुरा सुन्ने, उनीहरूको अनुभव सुन्ने र सुनाउने प्रक्रियाले पनि पारिवारिक सम्बन्ध बढाउन भूमिका खेल्दछन् ।

अभिभावकले चासो राखेका र नराखेका बालबालिकाहरूको सिकाइ स्तरमा ठूलो भिन्नता देखिएको छ । अभिभावकको चासो र सरोकार शैक्षिक समुन्नतिको मुख्य आधार हो भन्ने कुरा धेरै तथ्य र अनुभवहरूले बताएका छन् । अभिभावकको चासो र सरोकारले नै बालबालिकाको शिक्षाको जगमा महत्वपूर्ण उपलब्धीहरू हाता लाग्न सक्छन् । त्यसैले आफ्ना बच्चाहरू के गर्दछन् ? के सिक्दैछन् ? उनीहरूको विकसित हुँदै गरेको मान्यता र धारणाहरू के छन् ? उनीहरूको कुरा सुन्नु र आवश्यक फीडब्याकहरू दिनु पनि उनीहरूलाई सामाजिकीकरण गराउने दिशामा महत्वपूर्ण हुन आउँछ ।

त्रिकोणात्मक सम्बन्ध :

खासमा विद्यालय, विद्यार्थी र अभिभावक विद्यालय शिक्षाका मुख्य सरोकारवालाहरू हुन् । यी तिनैवटा पक्षहरू एकअर्कासँग जोडिएका छन् । कुनै एउटा एजेन्सी वा सरोकारवालाको सहभागिता पनि कमी भयो भने त्यसले विद्यार्थीको उन्नतिमा असर गर्दछ । यी तिनैवटा एजेन्सीहरूको सहभागिता र राम्रो सम्बन्धले नै शिक्षाको समग्र अवस्था सुधार गर्न मद्दत गर्दछ । यसले नै हाम्रा बालबच्चाहरूलाई जिम्मेवार र सक्षम नागरिक तयार गर्न मद्दत गर्दछ ।

यो त्रिकोणात्मक सम्बन्धको विद्यालय भनेको मूलतः शिक्षकहरू नै हुन् । विद्यालयको कम्पाउण्ड र कक्षाकोठा त निर्जीव कुरा हुन् । यसले सिकाइ शिक्षणमा पक्कै पनि फरक पार्दछ । तर शिक्षकहरू नै विद्यालयका मुख्य सरोकारवाला वा प्रतिनिधि हुन् । उत्साह, उत्प्रेरणा, जागरण, सकारात्मक सोच, भविष्यको खोज र सपना देखाउन शिक्षकहरूको ठूलो भूमिका हुन्छ । शिक्षक र विद्यार्थीबीचको सम्बन्ध जति राम्रो बन्न सक्त्यो, त्यसले उसको शैक्षिक उन्नति र सामाजिक सोचविचारहरूमा फरक ल्याउँछ । औपचारिक शिक्षाले चाहना र सोच जागृत गराएर मात्र त्यसले एउटा विद्यार्थीको जीवनमा प्रभाव पार्न सक्दछ । शिक्षाले सामाजिक चेत र सामाजिकीकरणमा योगदान गर्न सकेन भने त्यसले देशको उन्नयनमा खासै योगदान गर्न सक्दैन ।

लेख

मनको कुरा

सन्तोष भट्ट, ए-टु-लेभल

दिक्क लाग्छ बिहान उठ्न, राति सुत्दा दिक्क । बिहान अनुहारमा पानीको स्पर्श परेपछि मनमनै आजको दिन मेरो दिन हो भनेर आफैलाई सान्त्वना दिन्छु । मनले सान्त्वना पाए तापनि दिमागले त्यो भावनाको विरोध गर्छ ।

अर्को चिन्ताजनक विषय, ‘भाग्य’ पाखुरीमा दम छ, दिमाग तेजिलो छ, मनमा भरिपूर्ण जोस छ, आत्मबल बलियो छ, तर तत्वज्ञान पाउँदा भाग्य त्यो सबै भन्दा धेरै रहेछ भन्ने कुराको आभाष भयो । जतिसुकै बलियो भए तापनि भाग्य पल्टिँदा जिन्दगीले कमजोर बनाएर घुँडा टेक्न लगाउँदो रहेछ । जीवन चुरोट जस्तो हुँदो रहेछ, जति तान्यो त्यति छोटो हुँदै जाँदो रहेछ । बाँचेर कसैले केही नाफो रहेनछ । हाँसी खुशी जीवन बाँच्नुपर्ने रहेछ । संघर्षले होइन, सन्तुष्टिले बाँच्नुपर्ने रहेछ । बुढापाकाले भन्ने गर्थे, ‘जिन्दगी एकपल्ट आउँछ तर छोटो हुन्छ । रमाइलो मात्र गरेर समय खेर नफाल’ । सुन्दा कुरा ठिक लाग्छ तर मनले मान्दैन र भन्छ, मनले रमाइलो गरेर खेर फालेको समय खेर गएको होइन भनेर विरोध गर्न पुग्छ । सायद मनको कुरा सुन्ने भएर होला, सबैले ‘फटाहा’ भन्छन्, ‘बिग्रीस्’ भन्छन् । फटाहा बिग्रीस् भनेको के हो र ! कसरी हुन्छ भन्ने कुरा मैले आजसम्म बुझ्न सकेको छैन ।

कविता

आमा

शुभेच्छा निरौला, ९ ‘क’

हे जननी, तिम्रै महिमाले यो धर्ती जगमगाउँछ,
तिम्रा यिनै मुलायम हातले हुँदा मेरो मन भरेर आउँछ,
तिम्रो कोखबाट जन्म लिँदा मलाई धन्य लाग्दछ,
तिम्रो ममता र मायाले सबैको मनलाई छुन्छ ।

तिम्रा काखमा खेल्दा, मलाई के को डर छ र !
तिम्रै मुटुमा टाँसेर राख, बनाई देऊ मलाई त्यहीँ घर ।

आफू रित्तिएर पनि मलाई खाली हुन दिन्नौ,
मलाई यति बाचा गर कि तिमी मलाई छोडेर जाँदिनौ ।
तिम्रो याद आइराख्छ जब तिमी साथमा हुँदिनौ,
मलाई यति बाचा गर कि तिमी लुकिलुकी कहिले रुँदिनौ ।

तिम्रा हातले थपथपाउँदा मलाई आनन्द आउँछ,
आमाको काखमा खेल्न पाउँदा सबै शिशु रमाउँछन् ।

यस्ता रसिला आँखाले नहेर मलाई,
जसरी मभित्र नै छ, तिम्रो सम्पूर्ण संसार समाई ।
तिम्रो यो महिमा किनेर किन्न मिल्दैन,
तर तिमी त छौ दानी, अरुभन्दा धेरै भिन्न ।

तिम्रो यो निः स्वार्थपना नै तिम्रो पहिचान रहेछ,
तिमी सधैं मसँगै रहनू मेरो मित्र बनेर ।
आफ्नो शिशुका लागि आफ्नो सम्पूर्ण जीवन त्याग्छ्यौ,
तर फिर्तामा भने तिमी केही माग्दिनौ ।



MY SNAPS

Anush Maharjan, AS level



Mrs. Rima KC



Anup Bikram Bista, A2 Level



Anush Maharjan, AS level



Bhaibhav Bhattarai, AS Level

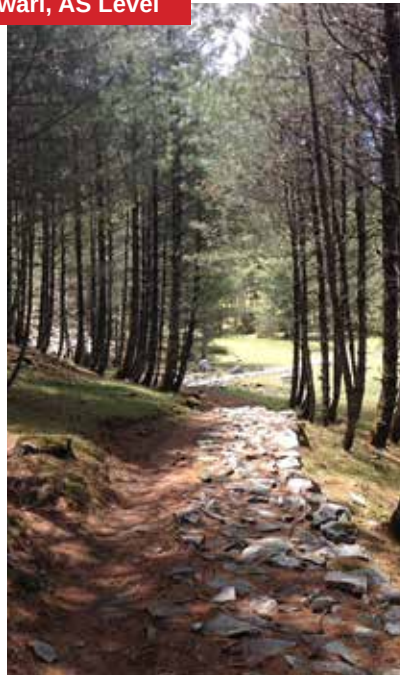


MY SNAPS

Prasun Thapa, 8'C'



Prarup Babu Tiwari, AS Level



Soniya Shrestha, AS Level



Soniya Shrestha, AS Level



STUDENTS' ARTWORK



Addya Dhungel, 3 'A'



Aashmi Adhikari, 6'A'



Sugam Chaulagain, 6 'E'



Bhushan Kumar Rana, A2 Level



Bhushan Kumar Rana, A2 Level



Dikshyant Thapa 10 'A'



Bhushan Kumar Rana, A2 Level



Tashi Sherpa, Grade 12



Agreema Shrestha, 3 'B'



Aditi Jha, 6 'E'



Anushka Shah, U.K.G 'A'

STUDENTS' ARTWORK



Hrit Poudyal, 3 'D'



Khushi Uprety, U.K.G 'A'



Kritika Chaudhary, 7 'C'



Manya Pokharel, 1 'F'



Nayan Karki, 2 'B'



Swayam Subedi, 7 'B'



Mohit Manandhar, 8 'F'



Ishita Karki, 1 'F'



Pranju Dhungana, 3 'A'



Nikita Sharma, 3 'D'



Pranab Shrestha, 5'D'



Pratistha Maharjan, 3 'D'



Rounak Gurung, 7'C'



Upahar Khadka, 2 'D'



Suhan Shankar, 7 'D'



Shivatmika Dahal, 2 'D'



Shiratmika Dahal, 2 'D'

MACBETH ACT



Macbeth

A Spectacular Play...



Chelsea International Academy has been trying to set this legacy of performing annual plays. Last year carrying out the play "SHAKUNTALA" in a very promising way set the expectations of our spectators even higher. Thus, the management this time decided to perform the play "MACBETH" which has been Shakespeare's shortest and bloodiest tragedy. Macbeth was written by William Shakespeare around 1606 and being able to perform out the play successfully is no more than bliss. The play took place in Army Officer's club which embraced more than 50 invited schools and also the parents and guardians of our students. The place was lit up with spectacular lights which perfectly blended with the theme and background of our play. The large curtains on either side of the podium were completely impeccable and embellished the platform. The event began with a beautiful

speech delivered by my peers, one in English and the other in Nepali explaining the play. After honoring the chief guests, we finally started the play. The play went very smoothly with every actor and actress giving their best shot. Scene after scene, we were able to provide the audience a feel of tragedy, romance, conspiracy, violence, drama at the same time. The first shift of the play was conducted for the students of various schools, as well as our very own Vidhya Sanskar School. Despite glitches, the students were able to perform the play admirably, adapting to the changes that might have hindered their performances. At the end of the play, they were lauded by the audience. The second shift of the play began with remarkably improved lighting and sound system. A few problems did show up and it was handled perfectly with every one's effort. The second show was a blockbuster

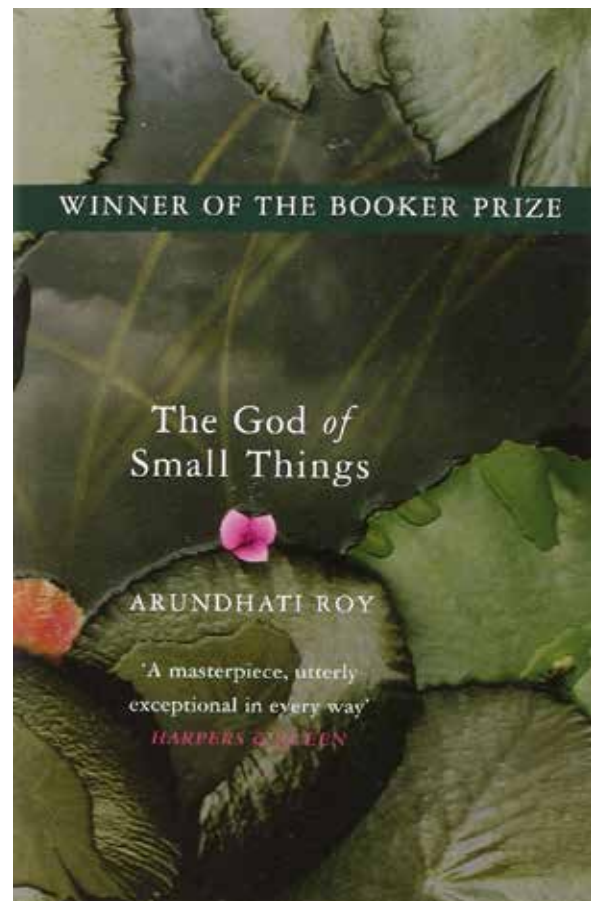
and we got great admiration from audience and excellent comments from chief guests.

The compliments from our chief guests about the play "MACBETH" eventually showed us that the play turned out to be a big success. Furthermore, the parents left the hall with a smile on their faces which further suggested that the play was good. So, cheers to the director, the producer, the cast, the crew, the volunteers and to each and every member who has been directly or indirectly involved behind the grand success of this play and congratulations Chelsea for again setting a legacy. The play couldn't have been a success without significant efforts from our directors Shyam Sir, Rajesh Sir and choreographer Kripa ma'am. The play gave a new exposure to each and every one involved where we could showcase our hidden abilities.

Book Review: GOST

Bijaya Chandra Luitel, A2 Level

*"They all crossed into forbidden territory.
They all tampered with the laws that
lay down who should be loved and how. And how much."*



The God Of Small Things is quite a clever book, but what makes it unsurpassed is that it is both beautiful and crafty, a rare combination. This book has structure. Lots of it. She effectively creates a language of her own, a juvenile lucid language which complements the wistful mood of the book beautifully. The plot moves around in space and time with masterful ease and one can't help but experience a vague sense of foreboding, a prickly fear in the back of your neck. Set in Ayemenem in Kerala, the story sheds light on the deep rooted prejudices about caste nurtured by people. It shows the extent to which people swear on their beliefs and punish those violating the norms laid by society. The family's Syrian Christian origins and their condescending perceptions of other castes, considered backward, are emphasized. A glimpse of the influence of communism in Kerala is also shown in the book. From what could have been just another tragic incident, Arundhati Roy weaves a poignant story about the loss of innocence and the far-

reaching devastation caused in the aftermath of one tragic event. She examines every character with a genuine warmth, their motivations, insecurities and most importantly, their unfulfilled dreams, the definitive universal human tragedy.

'The secret of being a bore is to tell everything.' Voltaire said. This book is an appropriate example of how true that adage is. Like a loving mother with only one piece of pie, she withholds information and doles it out at the most opportune moments, yet never does the plot become incomprehensible. In fact, we lap it all up and can't wait for the next serving. To even attempt to summarize the plot would be to take everything away from it because, well, surprise!, the book really is about the Small Things. And the Really Big Things. On one level the book is about freespirted Ammu, our very own Madame Bovary. It's about Rahel and Estha, Ammu's twin children, their innocent childhood infringements and the soarings and stiflings of their little hearts, their complex entwined lives

which are governed by the Love Laws, that lay down who should be loved. And how. And how much. And how long.

On another level, it's about the idea of men being social constructs. About our lives not really being in our hands. About our lives really being governed by the forces of the invisible big bad things, a sadistic child holding a horseshoe magnet to the disparate iron filings of our small, insignificant lives. In short, a History lesson. A lesson in Indian caste dynamics and the communist movement of Kerala. About how the Really Big Things often seep into the Small Things, like tea from a teabag.

What hurts the most is not the intensity of the characters' suffering, but the fact that it is extremely commonplace, their suffering, like labour pains, like the food chain. An Indian food chain tragedy, based on caste and other offerings History left behind in it's wake. It demonstrates how all caste-based violence is ecological, based on fear, the strange fear the powerful have for the powerless. Us and them.

LEGACY CONTINUES...

WORLD AND NEPAL TOPPERS FROM CHELSEA

YEAR	NAME OF STUDENTS	AWARD RECEIVED FOR	ZVV
OCTOBER - NOVEMBER 2016	Prajwal Bhattarai	Top in Nepal	Physics (AS) /General Paper (AS)/ Computer Science (AS)
	Avash Byanjankar	Top in Nepal	Sociology (A)
	Anup Sharma	Top in Nepal	Business (AS)
	Bishrut Bhattarai	Top in Nepal	Mathematics ((AS)
	Prajwal Bhattarai	Best Across 4 AS in Nepal	Science
MAY – JUNE 2016	Shrija Pokharel	High Achievement	Sociology (AS)
OCTOBER - NOVEMBER 2015	Roshan Poudel	Top in Nepal	Physics (A)
	Sanskriti Timseena	World Top	Sociology (A)
	Ruchit Shrestha	Top in Nepal	Computing Science (A)
OCTOBER - NOVEMBER 2014	Roshan Poudel	Top in Nepal	Computing (AS) / Physics (AS)
	Sanskriti Timseena	Top in Nepal	Economics (AS) / Sociology (AS)
	Roshan Poudel	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2014	Sandesh Chapagain	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (A)
	Angela Sharma	Top in Nepal	Sociology (A)
	Himal Shrestha	Best Across 3 in A Levels in Nepal	Science (A)
MAY – JUNE 2013	Sandesh Bhandari	Top in Nepal	Computing (A)
	Himal Shrestha	Top in Nepal	Physics (AS)
	Saurav Bishwokarma	Top in Nepal	Accounting (AS)
	Samriddha M Shrestha	Top in Nepal	Chemistry (AS)
	Sandesh Chapagain	Top in Nepal	Computing (AS)
	Angela Sharma	Top in Nepal	Sociology (AS)
	Kanoon Giri	Top in Nepal	Economics (AS)
	Sandesh Chapagain	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2012	Sandesh Bhandari	Top in Nepal	Mathematics (AS)
	Sandesh Bhandari	Best Across 4 in AS Levels in Nepal	Science
OCTOBER - NOVEMBER 2011	Bardan Bazgain	Top in Nepal	Accounting (AS)
	Krishna Shah	Top in Nepal	Biology (AS)
	Sitamsh Rijal	Top in Nepal	Computing (AS)
	Nisha Suwal	Top in Nepal	Sociology (AS)
	Samip Neupane	Best Across 3 AS Levels in Nepal	Science
	Krishna Shah	Best Across 4 in AS Levels in Nepal	Science
MAY – JUNE 2011	Ujjwol Paudel	Top in Nepal	Accounting (A) / Mathematics (A)
	Utkrist Adhikari	Top in Nepal	Computing (A)
	Ujjwol Paudel	Best Across 3 A Levels in Nepal	Non- Science
OCTOBER - NOVEMBER 2010	Utkrist Adhikari	Top in Nepal	Computing (AS)
	Ujjwol Paudel	Top in Nepal	Economics (AS) /Accounting (AS) / Mathematics(AS)
	Mukesh Ghimire	Best across 3 AS Level in Nepal	Science
	Ujjwol Paudel	Best across 3 AS Level in Nepal	Non- Science
OCTOBER - NOVEMBER 2008	Manish Jung Thapa	Top in Nepal	Biology (AS)
MAY - JUNE 2008	Abhimanyu Chhetri	World Topper	General Paper
OCTOBER – NOVEMBER 2007	Shobha Limbu	First Place in Nepal	General Paper



FOR MORE INFORMATION:

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