

## Principal's Message



Dear Parents and Guardians,

Welcome to the first edition of our school newsletter for this academic year! As we embark on this new journey, I want to extend my heartfelt thanks to you for your support and collaboration. Your involvement and encouragement are invaluable to our school community, and we are deeply grateful for your partnership in your children's education. Our commitment to the newly introduced Model has continued to drive academic achievement across the school. This model's focus on rigorous standards, collaborative learning, and innovative teaching practices has created an environment where students excel.

The consistent implementation of this model ensures that every student receives a high-quality education, preparing them for future success. I am pleased to inform you that we have successfully executed this model across all grade levels this quarter. The positive impact is evident in our students' academic performance and enthusiasm for learning. I believe, the approach not only prepares our students for academic success but also equips them with the skills and knowledge they need for their future endeavors.

Additionally, I want to thank all the parents who participated in the Parent-Teacher Meetings (PTM) held over the past three weeks. Your active involvement and feedback are crucial in supporting our students' progress and strengthening the home-school connection. We appreciate your time and commitment to these meetings, which play a significant role in fostering our students' growth and success.

This year, we have seen the incredible effectiveness of our Block model, WIN (What I Need) time, and exploratory sessions. These initiatives have provided our students with tailored support and enrichment opportunities, allowing them to thrive academically and personally. WIN time has been instrumental in addressing individual learning needs, while exploratory sessions have ignited curiosity and fostered a love for learning in diverse areas.

At IWS, we recognize the paramount importance of nurturing the social and emotional well-being of our students. To comprehensively address these vital aspects of student development, we've established an advisory team dedicated to this purpose. Comprising trained counselors, psychologists, and teachers from our school community, this advisory team collaborates closely to identify and respond to the unique needs of our students.

Through a combination of individual counseling sessions, group activities, workshops, and consistent communication with students and their families, the advisory team endeavors to foster positive mental health, resilience, and

academic support among our students.

Their efforts are aimed at providing guidance, counseling, and support as students navigate various challenges and transitions. By cultivating a supportive environment led by Advisor leaders, we empower our students to thrive academically, socially, and emotionally. Likewise, the exit points for our students have been particularly inspiring. These events allow students to showcase their knowledge, understanding, and the skills they have developed throughout their learning journey.

Seeing our students confidently present their projects and achievements is a testament to the effective teaching and learning happening in our classrooms. Furthermore, we are also proud of our flagship programs that have enriched our students' experiences.

Celebrating Environment Day reminded us of our responsibility to protect our planet. Blood Donation Day was a remarkable success, highlighting the importance of community service. World Music Day and Yoga Day provided our students with opportunities to explore their talents and embrace wellness practices.

As we move into the second quarter, I want to assure you that our commitment to providing a high-quality education remains steadfast. We will continue to support our students' academic growth, personal development, and overall well-being. Together, we will strive to create a nurturing and stimulating environment

where every student can reach their full potential. Thank you once again for your trust and support. I look forward to an exciting and successful year ahead.

- Junita Karki

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## Procrastination: Understanding it and how to stop it.

**Name: Agrata Budhathoki**  
**Grade: 10 (Bhotekoshi)**



**Procrastination**, the tendency to put off things even when one knows they are important, has an impact on a lot of areas of our lives. It is hard to keep focused on long-term goals in today's fast-paced environment with distractions like social media and instant pleasure. Gaining insight into the reasons behind our procrastination and learning practical techniques to combat it can greatly enhance our wellbeing and productivity.

### Why We Put Off Things

The natural tendency of our brain to give priority to short-term gains over long-term advantages is often the root cause of procrastination. This "present bias" makes us prefer rapid fulfillment activities over more significant but uninteresting chores, such as browsing social media.

### Typical Causes of Delay

Procrastination is often caused by perfectionism, overload, fear of failing, and lack of enthusiasm in the activity. Perfectionism creates impossible standards, while fear of failing to live up to expectations or making mistakes can immobilize us.

### How to Modify Our Method

Fortunately, there are easy neuroscientific methods we may use to retrain our brains to overcome procrastination:

### Mindfulness and Meditation:

Practicing mindfulness improves our ability to stay focused and reduces distractions.

Meditation strengthens our concentration and helps us resist the urge to procrastinate.

### Positive Reinforcement:

Celebrating small accomplishments and setting achievable goals builds momentum and boosts confidence. Starting with easier tasks and gradually increasing their complexity sets us up for success.

### Breaking Tasks into Smaller Steps:

Breaking large tasks into smaller, manageable steps makes them less overwhelming. Techniques like the Pomodoro Method, which involves focused work intervals followed by short breaks, enhance productivity and prevent burnout.

### Visualization:

Visualizing the positive outcomes of completing tasks and understanding the consequences of continued procrastination creates motivation and a sense of urgency.

### Practical Tips to Overcome Procrastination

Setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound), creating a distraction-free work environment, establishing a consistent daily routine, and having an accountability partner can all help in overcoming procrastination. Overcoming procrastination requires self-awareness, discipline, and persistence. By understanding the root causes of procrastination and implementing effective strategies, we can enhance our productivity, reduce stress, and achieve our goals more effectively. Remember, every small step counts towards building a habit of proactive action and reclaiming control over our time and tasks.

## Ariana Grande

**Name: Saizmine Basnet**  
**Grade: 6 (Mahakali)**

Ariana Grande has officially claimed her throne as the Queen of Pop, solidifying her status through a career defined by vocal prowess, chart-topping hits, and cultural influence. I love her vocals and it's amazing. Rising from her roots as a child star to global stardom, Grande's journey is marked by undeniable talent and a string of record-breaking achievements.

Her distinctive voice, spanning four octaves, has captivated audiences worldwide, earning her multiple Grammy Awards and billions of streams. Beyond her musical accomplishments, Grande has become a cultural icon, setting trends in fashion and advocating for social justice causes.

Her influence extends far beyond the charts, inspiring millions with messages of empowerment and resilience. With sold-out world tours and a dedicated fanbase, she continues to redefine the pop genre, blending commercial success with artistic innovation. As the Queen of Pop, Ariana Grande's impact on music and culture is unparalleled, shaping the industry and leaving a legacy that will endure for generations.

## Stereotype

**Name: Sarah Kharal**  
**Grade: 5 (Bheri)**

Just because I am smart  
Doesn't mean I'm always right.

I have my ups and down  
But that won't let me frown

Just because I am a girl  
Doesn't mean I drive in swirl

My purpose is not just for  
cooking  
I can go outside working

If you are stereotypical  
For you it will be difficult

## Environment Day

**Name: Angel Sattar**  
**Grade: 9 (Gandaki)**



"Protecting the environment is not a choice, but a responsibility we all share." Environment Day is the day for a perfect opportunity to come together and make a difference on our Mother Earth. Worldwide, Environment Day is celebrated on 5th June. From planting trees to raising awareness about eco-friendly practices and cleaning up our surroundings, we can conduct many activities on this day and be a helping hand to protect the environment. The youth of today are the future generation and it's a must for them to know about the environment and its importance.

On 5th June 2024, the students of Grades 8,9 and 10 from Imperial World School went on a field trip to the Godawari Botanical Garden. The objective of this field trip was for students to have a better understanding of the various species of flora. We were amazed to see myriads of different kinds of plants. We walked for hours observing and studying the plants. This and the guided tour by Mr. Prabesh Dulal, our Science teacher, made learning less complex and more interesting. The botanical garden also included a greenhouse which was fascinating. All of us were provided a worksheet to document our observations.

Getting a chance to explore nature and understanding the importance of environmental conservation was an enlightening experience. We returned with a heightened sense of responsibility to protect nature and preserve the environment for future generations to enjoy.

## Navigating the New Academic Year

**Name: Shreeyasi Gautam**  
**Grade: 9 (Gandaki)**



This academic year Imperial World School has brought in a significant change with the introduction of a revised school routine. Unlike the previous 7-period daily schedule, we now follow an 8-day cycle, with each day labeled from 1 to 8. Each day comprises four subjects that alternate with those of the previous day, creating a dynamic learning environment. One of the most notable changes is the increase in class duration from 45 minutes to 75 minutes, providing enough time for in-depth exploration of subjects.

The day begins with two back-to-back classes, after which we have a 20-minute lunch break. This change ensures that we dive straight into our studies with minimal interruptions, fostering a more immersive learning experience. The extended class time allows teachers to cover more material and engage students in more interactive and comprehensive ways, which has been a welcome change for many of us.

One of the highlights of the new routine is the inclusion of a special period called W.I.N, which stands for "What I Need." This period is specifically designed to address the needs of individual students. Students who require additional help in particular subjects receive focused guidance from their teachers.

For those not selected for the W.I.N period, it provides a valuable opportunity to catch up on assignments and reinforce their learning independently. This tailored approach ensures that all

students receive the support they need to succeed.

Following the W.I.N period, we have another 75-minute class before heading into a 40-minute Extra-Curricular Activities (ECA) period. The ECAs offer a refreshing break from academics and allow us to explore various interests and talents, contributing to our overall development. This balanced approach ensures that we are not only academically proficient but also well-rounded individuals.

As we move towards the end of the day, we have one more 75-minute class followed by a snack break and then dispersal time. The new routine, though initially challenging, has been designed with our improvement in mind. The extended class periods, focused support during W.I.N, and balanced integration of ECAs have been instrumental in enhancing our academic experience. As we continue to adapt, it is evident that this new system is geared towards fostering a more effective and enriching learning environment.

## Nepal Constituent Assembly

**Name: Rochelle Sundas**  
**Grade: 7 (Karnali)**

In April 2014, Nepal faced a pivotal moment with the formation of a new Constituent Assembly, charged with the crucial task of drafting a new constitution amidst persistent political challenges. Concurrently, the nation was struck by tragedy when an avalanche on Mount Everest resulted in the deaths of 16 Sherpas, prompting global attention to the safety and working conditions of mountain guides. These events underscored both Nepal's efforts towards political stability and the ongoing risks associated with its vital tourism industry.

## Mind Over Matter

**Name: Usika Pun**  
**Grade: 10 (Bhotekoshi)**

A mindset is a habitual or characteristic mental attitude that determines how you will interpret and respond to situations. It influences how you think, feel, and behave in any situation. A good mindset is essential for developing healthy self-esteem, influences development, and plays a vital role in overall well-being. A good mindset is essential for developing healthy self-esteem.

When you have a good mindset, you tend to appreciate your strengths, talents, and achievements and trust your potential to grow and improve, which tends to boost self-confidence. A good mindset can help you realize your worth and abilities.

A good mindset influences development. A good mindset allows you to embrace challenges, learn from mistakes, and seek new opportunities to grow. It also helps you cope with setbacks, criticism, and failure as it helps you see them as a part of the learning process. It helps people overcome obstacles and achieve their goals.

A good mindset plays a vital role in overall well-being. A good mindset helps manage stress levels, enhances resilience, and improves immune function. It can also decrease symptoms of anxiety and depression, promoting better mental health and emotional balance. A good mindset also contributes to a longer and healthier life and reduces the impact of chronic stress on the body.

In conclusion, a good mindset evolves self-esteem. It boosts self-confidence. A good mindset impacts development. It helps people grow in a healthy way. Lastly, a good mindset is crucial for a person's overall well-being. It promotes optimism, and coping strategies and can lead to higher levels of well-being. Therefore, a good mindset is vital for everyone's benefit.

## Road Trip to India

**Name: Aaroohee Rijal**  
**Grade: 10 (Bhotekoshi)**



18 hours in a car had exhausted me. Our journey from Jogbani to Varanasi reminded me of the importance of family time. Reaching late at night wasn't the worst part of the trip, the worst part was the tiny maize roads. We stayed in a Nepali Ashram and I flung myself to the bed as I was so tired. The next thing I remember is my mom calling my name. After a cold shower, which I hate, we headed to the Ganga River to take the holy dip. It is believed that the holy dip cleanses us of our sins. Next in our schedule was to visit Kashi Vishwanath Temple. 4 hours in the burning heat and hungry stomach, waiting in line just to see a glimpse of Jyotirlinga of Shiva. Some may find it worth waiting in the line and some may not, but the Jyotirlinga of Shiva was really beautiful. We spent the evening shopping and roaming the streets and of course, we had the famous chai and lassi of Varanasi. In the evening, we witnessed the popular Ganga aarti from a boat, a beautiful sight to behold. The same night, we visited the newly built Ayodhya temple. The temple was incomplete but it was worth the wait. A glimpse of the Statue of Rama was worth the 5-hour car ride and the waiting in line. Just like that our trip ended and we had to return to Biratnagar/Nepal.

To be honest I didn't like Varanasi. It was dirty and the locals were rude. To make matters worse, the traffic and the heat was unbearable. The vegetarian food of paneer roti was killing me. However, I did enjoy spending time with my mom and grandparents. Would I go on a road trip to Varanasi again? Absolutely not! But this experience will last me a lifetime.

## Inside the Principal's Office: An Exclusive Interview

**Name: Sambridhi Sharma**  
**Grade: 10 (Bhotekoshi)**

We were given the exceptional opportunity to speak to the Principal for our IMYC topic Leadership. This encounter was a component of a larger project in which each student had an interview with a local leader to learn more about different facets of leadership. We gained knowledge on subjects like customer service, self-assurance, and dependability during this process all of which are necessary for good leadership.

The Principal stressed on the value of customer management in our conversation, comparing staff, parents, and students to clients with needs and expectations that must be satisfied. The development of trust and respect in the school community depends on effective communication, attentive listening, and a dedication to resolving difficulties. In addition to fostering a happy atmosphere, this strategy makes sure that everyone is heard and respected.

Confidence was yet another important subject covered. According to our Principal, having faith in leadership entails making wise decisions and sticking with them in the face of difficulties. This confidence stems from ongoing self-improvement and a solid grasp of one's own principles and the mission of the institution. A self-assured leader provides guidance and assurance to others while inspiring them.

Another essential quality for leadership is reliance, or the capacity to rely on others. The Principal emphasized the value of establishing a network of peers, mentors, and allies. This network helps leaders handle challenging situations by offering a variety of viewpoints and assistance. An organization can become more robust and cohesive by its leader cultivating a culture of teamwork and mutual support.

All in all, the interview was a worthwhile educational experience that gave us a profound understanding of the challenges associated with leadership. We left having gained more insight into what it takes to be a successful leader and realized how crucial it is to remain composed and flexible in unanticipated circumstances.

## Royalty

**Name: Malia Upadhaya**  
**Grade: 4 (Narayani)**



I'm accepted,  
While respected  
I'm a queen  
I'm a dream.

I go where I wanna go,  
I'm who I wanna be  
Cause I am ME!

## Some Facts About Pisces

**Name: Rayan Adhikari**  
**Grade: 5 (Bheri)**

They have a streamlined body.

They have two-chambered hearts.

They have a well-developed digestive system.

They have a swim bladder.

They use fins for locomotion and gills for respiration.

## Zero Week

**Name: Aarya Bhatta**  
**Grade: 10 (Bhotekoshi)**



At the start of the new session 2081, our school held a zero week. It started on the 16th of Baisakh and ended on the 21st of Baisakh. Being the first week of school, it allowed the students to engage in several activities which helped the students and teachers to interact with each other.

On the first day of zero week, we were allowed to wear mufti. We first learned about the new changes brought into the school. A carnival was held on the first day, and the primary students were elated to play on the bouncy castles, cartoon cosplays, horse riding, etc. Being the students of the highest grade, we had our own games and activities.

First of all, we played a game by writing nice things about each other and sharing some things written to each other. After some time, we went to watch the real story-based movie 'True Spirit' about a girl who sails around the world. Then after lunch, there was a Magic Show held by a true magician who showed some really cool tricks.

The next day, we were back in uniform. There was a musical program hosted on this day. All of the various music teachers of the school had put on a mini-concert for all of the students. They started off with some dhoons and played some songs. Then, there was an open mic for any students to sing. I decided to go up and sing 'Zombie' by The Cranberries. More students went up and showed off their musical talents.

The third day of zero week was an important day. Members of the Red Cross society came to school to teach us first aid and important drills.

We first learned about using a fire extinguisher and even put out a small fire. The CPR class was interesting. The students were excited to perform CPR on dummies. After this, we also learned about different types of bandaging for different types of wounds and accidents. At the end of the day, we were rewarded with certificates.

The fourth day was a holiday due to May Day. The students were called to the football ground to watch a football match between students and teachers. In the end, the students won with two goals. The day ended well with momos for snacks.

On the final day of the zero week, we got to wear mufti again and had a field trip to a government school, Shree Madan Ashrit Adarsha Basic School. Students of grades 9 and 10 were given this moment of exposure. We were involved in different activities such as painting, decorating, planting, and hosting games.

The students there also made us dance and sing with them, and interacting with them was definitely fun and exciting. We got to learn so many new things from them and they definitely did too. Our school also donated study materials to the students and has partnered with the school to help them more in the future. This was also another very important day for us as we got to reflect on just how lucky and privileged we are.

In conclusion, Zero Week was extremely fun, educational, and refreshing. We got to interact with teachers and friends, play lots of games, and learn important new things. It certainly got us ready to start the year with a positive attitude.

## Interview with Mrs. Anita Lama (Deputy Mayor, Budhanilkantha)

Name: Sakchi Bhandari  
Grade: 10 (Bhotekoshi)

I recently got an incredible opportunity to interview Vice Mayor Anita Lama, in Budhanilkantha Municipality with my fellow classmates Agrata, Jasmin, Soyem, Riwaz, and Reeyaz. As part of our IMYC topic - leadership, we had the honor of meeting Mrs. Anita Lama, a courageous woman who is thriving in a field that is heavily dominated by men. She is not hesitant to voice her opinions and stand up for her community.

Vice Mayor Lama gave us important leadership advice and an overview of her duties. She is not bothered by the difficulties that come with being a female leader in a world-dominated scenario. As she spoke, her courage and determination were noticeable, showing her strong commitment to both her work and the people she serves.

What stood out to me the most was her attentiveness to the needs of the community.

Her consideration for the needs of the community was what most impressed me.

She listened to the wishes and worries of the locals who arrived to meet her at the start and the end of our interview. This showed her commitment to inclusive leadership and her belief that it's important to give the community's voices an opportunity to speak.

Vice Mayor Lama has a really motivating way with leadership. She serves as an example of leaders who listen as well as speak. I learned from this experience that good leadership requires determination, bravery, and a genuine commitment to serving the community.

The inspiring story of Vice Mayor Anita Lama serves as a powerful reminder of the positive things that open-minded, daring leadership can achieve. It was an incredible opportunity to meet her and hear her story, and it established the fact that a true leader is someone who listens to his people and fights for their rights.

## Visit to Madan-Ashrit School

Name: Yukta Khadka  
Grade: 10 (Bhotekoshi)

Grades 9 and 10 visited the government-run Madan-Ashrit school on May 3, 2024, in order to assist them and perform some social work. On arrival, we were split into groups and were given tasks to complete, such as painting the walls, tending the gardens, decorating the classrooms, etc. Our primary goal was to improve the facade of the school.

Because the children of the Madan-Ashrit school were so excited, they also participated in these tasks. The students enjoyed playing games hosted by PlayNepal, they were thrilled to receive the stationary supplies. Having finished the assigned tasks we were quite delighted to see the school brighter and cleaner.

We were over the moon to see our hard work pay off. The highlight of the day was the interaction with students there. It was fun dancing with them as well. We departed but I couldn't help feeling the deep realization that these boys and girls find joy in every little thing in life, things that I have stopped noticing!

## Music Day

Name: Parina Gurung  
Grade: 6 (Mahakali)



Music Day, celebrated annually on June 21st, is a global ode to the universal language that transcends borders and cultures. This day honors the power of music to inspire, unite, and heal. It encourages people from all walks of life to participate in musical activities, whether through performances, concerts, or simply enjoying their favorite tunes. Music also helps us relieve our stress. Beyond entertainment, music fosters emotional expression, cultural exchange, and community cohesion, making it a vital part of the human experience worldwide. It serves as a reminder of the profound impact music has on our collective well-being and its ability to create connections that span across time and space. Music has been a lifesaver since it built up my confidence.

## Brahmin Culture

Name: Shasank Bhandari  
Grade: 7 (Karnali)

Brahmin culture is deeply rooted in Hinduism and is characterized by its emphasis on spirituality, knowledge, and ethical living. Here are some key aspects of Brahmin culture:

### Spiritual Focus:

Brahmins traditionally hold religious and spiritual roles within Hindu society, including priests, scholars, and teachers. They are responsible for performing rituals, conducting ceremonies, and preserving sacred knowledge (Vedas, Upanishads).

### Education and Learning:

Education is highly valued in Brahmin culture. Historically, Brahmins have been custodians of knowledge and learning, passing down oral traditions and texts through generations. They have played a crucial role in the intellectual and cultural development of Hindu society.

### Lifestyle and Values:

Brahmins are expected to adhere to principles of dharma (righteousness) and adhere to a disciplined lifestyle that includes adherence to religious practices, observance of rituals, and adherence to ethical guidelines such as truthfulness, non-violence, and humility.

### Social Roles:

Traditionally, Brahmins occupy a respected position in society, serving as advisors to kings and leaders, educators, and upholders of cultural norms. They have historically played a role in promoting social harmony and ethical governance.

### Cultural Practices:

Brahmins often engage in religious ceremonies, such as puja (worship), yajna (fire rituals), and festivals celebrating various deities. They also have dietary practices and customs that are influenced by religious teachings and traditions.

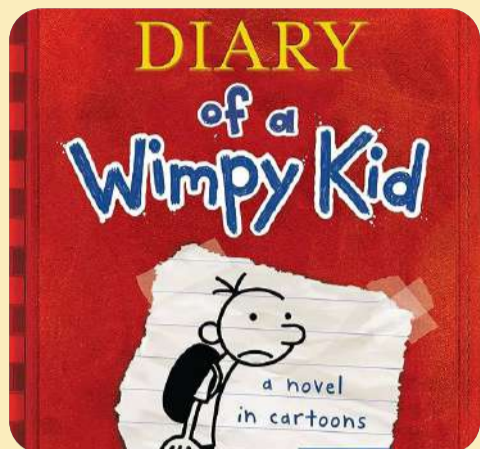
### Diversity:

Brahmin culture varies across different regions of India and among different subgroups. While some aspects are common, there can be variations in rituals, customs, and interpretations of religious texts.

Overall, Brahmin culture is characterized by its emphasis on spirituality, knowledge transmission, and adherence to ethical principles, contributing significantly to the religious and intellectual heritage of Nepal.

## Diary of a Wimpy Kid Captures Hearts and Laughs Worldwide

Name: **Avanish Shrestha**  
Grade: **6 (Mahakali)**



In the realm of children's literature, one series continues to reign supreme, captivating young readers with its humor, relatability, and charming illustrations. "Diary of a Wimpy Kid," penned by author Jeff Kinney, has not only become a household name but also a global phenomenon that transcends borders and languages.

Since its debut in 2007, "Diary of a Wimpy Kid" has spawned a total of 15 books, each

chronicling the humorous misadventures of its protagonist, Greg Heffley. The series takes the form of Greg's personal diary, filled with candid entries, doodles, and observations about navigating middle school life. As Jeff Kinney continues to delight fans with new installments and spin-offs, "Diary of a Wimpy Kid" remains a staple in children's literature, ensuring its place on bookshelves and in the hearts of readers for generations to come.

What sets "Diary of a Wimpy Kid" apart is its ability to resonate deeply with its target audience—children and pre-teens grappling with the challenges of growing up. Greg Heffley's trials and tribulations, from awkward encounters to embarrassing family moments, strike a chord with readers worldwide. The book's humor is lighthearted yet insightful, offering a peek into the mind of a young boy trying to find his place in the world.

Jeff Kinney, the creative force behind the series, originally conceived "Diary of a Wimpy Kid" as a webcomic before it was adapted into a full-fledged book series.

His background in design and storytelling shines through in the series' unique blend of text and illustrations, making it accessible and engaging for reluctant readers as well as avid bookworms.

The success of "Diary of a Wimpy Kid" extends beyond the written page. The series has been adapted into multiple films that further propelled its popularity, with each movie capturing the essence of Greg Heffley's hilarious escapades. Moreover, "Diary of a Wimpy Kid" has sparked a broader cultural impact, inspiring merchandise, spin-off books, and even educational initiatives. Its enduring appeal lies in its ability to address universal themes of friendship, family dynamics, and the trials of adolescence in a way that is both entertaining and thought-provoking.

As Jeff Kinney continues to delight fans with new installments and spin-offs, "Diary of a Wimpy Kid" remains a staple in children's literature, ensuring its place on bookshelves and in the hearts of readers for generations to come.

## A Candid Interview with the Chairman

Name: **Prakriti Gurung**  
Grade: **10 (Bhotekoshi)**



We made our way to the Chairman's office, equipped with our cameras and microphones. Wasting no time, we started to interview Mr. Kumar Karki. After the interview, we exited the room feeling ten different emotions ranging from being delighted, motivated, sad, and what not. The main highlight of the whole interview for me personally, was the knowledge that the school has faced its fair share of trials and tribulations. A fact that not many people tend to notice since our school boasts of elegant and sophisticated ambience.

The main highlights of the interview were the struggles and the victory over them all. At some point, Kumar sir candidly expressed that he had hit rock bottom. "When I think about it, it's really depressing," is how he expressed himself. His father, his hero, having understood the power of education enrolled him in one of the best schools of the time. Kumar sir, like any other young man, had a dream, he wanted to be independent and earn money. Imperial World School is his dream come true - a haven providing students an opportunity, a second home, and countless memories. The school over the years has come from not having enough enrollments, to the grades having sections.

I believe Imperial World School has come a long way. This rise of IWS, transforming into a beacon of excellence, and overcoming countless challenges to create a thriving educational community, is the fruit of Kumar sir's unwavering dedication. Finally, his message for the students, "Show your enthusiasm to learn, and the school will always support you."

## Despair for Nepal as South Africa Remains Unbeaten with Final-ball Triumph

Name: **Neevan Tamang**  
Grade: **6 (Mahakali)**

Heinrich Klaasen pulled off a run out from the final delivery to help South Africa remain unbeaten at the ICC Men's World Cup and knock Nepal out of their hopes to go to the Super 8 with a thrilling one-run triumph on Friday 14th June 2024.

Nepal needed just two runs for victory from the final ball to keep their hopes of reaching the Super Eights.

It was a cruel way to finish for Nepal, who were the better side for much of the thrilling

contest as their spinners dominated with the ball to reduce South Africa to 115/7.

But South Africa's spinner Tabraiz Shamsi (4/19), Anrich Nortje (1/27), and Ottneil Baartman (0/20) held their nerve when bowling the final two overs as South Africa held on to deny Nepal on winning their first international game in the ICC cricket world cup.

Opener Reeza Hendricks (43) was their only player to spend a lengthy time in the middle, while Tristan Stubbs (27\* off 18 balls) was their sole batter to finish with a strike rate in excess of 100 as Nepal's spinners dominated as the Proteas posted a total barely over 100.

Kushal Bhurtel (4/19) and Dipendra Singh Airee (3/21) shared seven wickets between them and Nepal's chase

appeared well in control until Shamsi's late spell left eight runs required from the final over.

### The team players were:

**South Africa:** Quinton de Kock (wk), Reeza Hendricks, Aiden Markram (c), Tristan Stubbs, Heinrich Klaasen, David Miller, Marco Jansen, Tabraiz Shamsi, Kagiso Rabada, Ottneil Baartman, Anrich Nortje

**Nepal:** Kushal Bhurtel, Aasif Sheikh (wk), Anil Sah, Rohit Paudel (c), Kushal Malla, Dipendra Singh Airee, Sompal Kami, Gulshan Jha, Karan KC, Sandeep Lamichhane, Abinash Bohar.

## T20 World Cup

Name: Aarosh Adhikari  
Grade: 6 (Mahakali)

Welcome everyone! Today, we're diving into an exciting journey: "Nepal's Impact in the T20 World Cup."

Let's explore how this dynamic format of cricket has shaped Nepal's sports landscape.

### Cricket in Nepal

Cricket isn't just a game in Nepal; it's a passion that's been growing steadily over the years. From humble beginnings to now having its own cricketering heroes, Nepal's cricket story is one of determination and growth.

### Participation in T20 World Cups

Nepal's journey in T20 World Cups has been remarkable. They've participated in several editions, showcasing their talent on the global stage. Each tournament has been a chance for Nepal to prove themselves among the world's best in this fast-paced format.

### Impact on Nepalese Cricket

Participating in T20 World Cups has had a profound impact back home. It's inspired a new generation of cricketers and boosted interest in the sport. The ripple effect has been felt in communities across Nepal, where cricket has become more than just a game—it's a source of pride and unity.

### Future Prospects

Looking ahead, Nepal is gearing up for future T20 World Cup campaigns with renewed strategies and goals. The dream is to continue progressing, making their mark on the international cricket scene with even greater achievements.

### Conclusion

Nepal's journey in the T20 World Cup is a testament to the power of sport to unite and inspire. It's not just about cricket; it's about the spirit of a nation pushing boundaries and dreaming big.

## Exploring the Impacts of Virtual Reality on Education

Name: Shreyank Shakya  
Grade: 6 (Mahakali)

### A brief introduction on VR technology

Imagine being able to step into a whole new world without leaving your home. That's what virtual reality (VR) can do! VR uses special headsets to create a computer-generated environment that feels real. It's like wearing a pair of magic glasses that send you to different places or times. VR technologies are used for healthcare, education, art, etc. How it enhances the learning experience. VR technologies can be used to enhance the learning experience because they make it more accessible especially for visual learners and people with disabilities.

**Interactive learning:** It allows students to see simulations as if they were really there. Teachers can use VR for training and professional development so that they become very efficient in their jobs.

**Global Collaboration:** VR connects students from different parts of the world for collaborative projects and cultural exchanges.

**VR Classrooms:** The rise of virtual classrooms and remote learning permitted by VR technology.

**Conclusion:** As VR technology continues to improve, it will open up many more possibilities for education. It could help connect students from different countries for group projects or allow you to learn from experts who are from different countries. In the future, VR might be as common in classrooms as textbooks are today. It's an exciting time to be a student because VR is changing the way we learn and discover new things. So get ready to put on your VR headset and explore the amazing world of learning that awaits you!

## Countdown to Graduation

Name: Ashlyn Joshi  
Grade: 10 (Bhotekoshi)

As the new school year begins, it brings a mixture of excitement and nostalgia, especially for us seniors. The final year of high school marks an end to our journey and the start of something new with the anticipation of SEE. Looking back it's evident that it was a time filled with unforgettable moments and bittersweet memories. From the exhilarating sports tournaments, the literature festival, the sleepless nights preparing for exams, and the countless hours spent on projects. Every experience was a stepping stone in preparing us for this coming year.

We created enduring memories with our teachers and classmates last year, forging close relationships among us. It fostered the unity and camaraderie that characterized our time in high school. As we enter our last year, the emphasis now turns to getting ready for SEE. This exam is crucial; it serves as the starting point for all of our future academic pursuits.

All of my classmates are more than willing to put in the necessary time and effort to prepare together, even if it will take persistence, discipline, patience, and plenty of sleepless nights.

Our teachers are also stepping up their efforts, providing us with additional resources and support to ensure we are thoroughly prepared. It's crucial to strike a balance between our academic duties and enjoyment during our final year in high school, even with the pressure of the upcoming exam. This is our last chance to lead groups, take part in school activities, and spend as much time as possible with friends. This year will be tough but rewarding if we embrace both our goals of learning greatness in the classroom and making lifelong experiences.

As we progress through this vital year, let's not forget to help one another and maintain our focus on our goals. SEE is but one achievement in our never-ending pursuit of knowledge. By working together, we can turn this last year of high school into an amazing and unforgettable experience.

## Students Clean Temple for World Environmental Day

Name: Aashna KC  
Grade: 6 (Mahakali)



Students from some grades celebrated World Environment Day by cleaning up Budhanilkantha temple on June 5 - 7.

We wore gloves and used bags, and we worked together to clean the temple grounds. The temple caretakers and locals really appreciated our hard work. I believe this initiative reflects the school's dedication to teaching students about caring for the environment and making a positive impact in their community.

## Euros 2024

**Name:** Ichhuk Bhandari  
**Grade:** 6 (Mahakali)

As the football world comes together in Europe, the excitement for Euro 2024 has reached its highest point. Hosted by Germany in Europe, this tournament promises players skill, passion, and national pride for their nation as Europe's finest nations come for glory and the Euro Cup. From Famous stadiums to supporters, Euro 2024 is set to be the biggest thing that audiences worldwide are watching.

### The Teams That Qualified

The teams that qualified for the Euros 2024 are; Albania, Austria, Belgium, Croatia,

Czechia, Denmark, England, France, Georgia, Germany, Hungary, Italy, Netherlands, Poland, Portugal, Romania, Scotland, Serbia, Slovakia, Slovenia, Spain, Switzerland, Türkiye, Ukraine.

The Top Favorite to Win are: France  
The Least to Win Is: Türkiye

### Key Players to Watch

The Euros showcase football's brightest stars, and Euro 2024 is no exception for that. From Cristiano Ronaldo's goal-scoring abilities. To Kylian Mbappé's amazing speed. fans can expect standout performances from veterans and rising talents alike. The tournament provides a stage for players to make their names in footballing lore and inspire future generations.

## Global Warming

**Name:** Suhashi Sharma Poudel  
**Grade:** 6 (Mahakali)



Global warming refers to the ongoing rise in Earth's average temperature due to human activities, particularly the burning of fossil fuels and deforestation, which release greenhouse gasses into the atmosphere. These gasses trap heat, leading to a range of environmental impacts such as melting ice caps, rising sea levels, and more frequent extreme weather events. Addressing global warming requires collective efforts to reduce emissions and promote sustainable practices to mitigate its far-reaching effects on ecosystems and communities worldwide.

### Threats of it

Global warming poses several significant threats, including rising sea levels that can inundate coastal areas, more intense and frequent extreme weather events like hurricanes and heatwaves, disruption of ecosystems and biodiversity, increased health risks from heat-related illnesses, and

economic impacts due to damage to infrastructure and agriculture. These threats underscore the urgent need for global action to mitigate climate change and adapt to its consequences.

### Conclusion

Global warming represents a critical global challenge driven by human activities such as the burning of fossil fuels and deforestation, which release greenhouse gasses and disrupt Earth's climate. The consequences are already evident in rising global temperatures, melting polar ice caps, and more frequent extreme weather events.

These changes threaten ecosystems, biodiversity, and human societies, exacerbating inequalities and endangering vulnerable communities. Urgent action is imperative, focusing on reducing greenhouse gas emissions through renewable energy adoption, enhancing resilience through adaptive measures, and fostering international cooperation to mitigate the impacts of climate change. Addressing global warming requires collective commitment across governments, businesses, and individuals to safeguard our planet's future sustainability and ensure a habitable environment for future generations.

## Basketball

**Name:** Pratish Karki  
**Grade:** 6 (Mahakali)

Basketball is a fantastic sport loved by millions around the world! Whether you enjoy shooting hoops with friends or watching intense NBA games, there's always something exciting about the fast-paced action and skillful plays. Are you a player or a fan of basketball?

**History:** Basketball was invented by Dr. James Naismith in 1891 in Springfield, Massachusetts, USA. It started as a simple game with a soccer ball and two peach baskets.

**Rules:** The game is played between two teams of five players each, aiming to score points by shooting the ball through the opponent's hoop.

**NBA:** The National Basketball Association (NBA) is the premier professional basketball league in the world, featuring top players from around the globe.

**Skills:** Basketball requires a blend of athleticism, coordination, and strategy. Players must be adept at shooting, dribbling, passing, and defending.

**Global Popularity:** Basketball is hugely popular worldwide, with leagues and tournaments in every continent. The NBA's global reach has helped spread the sport's popularity.

**Famous Players:** Legends like Michael Jordan, LeBron James, Kobe Bryant, and Shaquille O'Neal have left an indelible mark on the sport.

**Culture:** Basketball has influenced music, fashion, and urban culture, particularly in cities like New York, Chicago, and Los Angeles.

**Olympics:** Basketball has been an Olympic sport since 1936, showcasing international talent and fierce competition. Innovation: The sport continues to evolve with advancements in training, technology, and analytics, shaping how teams approach strategy and player development.

**Community Impact:** Basketball serves as a platform for social change and community engagement, promoting teamwork, discipline, and perseverance.

The Lakers are one of the most iconic teams in NBA history. Based in Los Angeles, California, they've won numerous championships and boast a rich legacy. The team was originally founded in 1947 in Minneapolis, Minnesota, where they were known as the Minneapolis Lakers. In 1960, they moved to Los Angeles and became the Los Angeles Lakers.

## World Environment Day

**Name:** Saman Gurung  
**Grade:** 6 (Mahakali)



Every year on June 5, people celebrate World Environment Day. This day serves to remind us of the importance of keeping our environment clean. It provides the opportunity to take a look at the state of our planet and take action to protect the planet for ourselves and for future generations to come. These events range from tree planting and beach clean-up activities to educational workshops and policy advocacy campaigns.

They aim to raise awareness about environmental issues and inspire people to take action to protect the environment. World Environmental Day encourages everyone to take responsibility for the environment. This includes reducing waste, conserving water and energy, supporting sustainable businesses, and advocating for policies that protect natural resources.



## El Gran Robo El Banco Rio (The Great Robbery of Bank Rio)

Name: Yuvani Bogati  
Grade: 6 (Mahakali)

It was Friday, January 13th, 2006 a scorching hot day in Buenos Aires, a group of thieves entered a bank on what looked like a normal robbery, they pulled out their guns and took the workers and everyone inside the bank hostage. The police arrived shortly after they got the news. 2 journalists Maria and Rodolfo were looking for news for their newspaper so they heard about the robbery and thought nothing much about it. But this was big.

There were 23 hostages held inside the bank. The police needed to save the hostages fast, the thieves had let go of one hostage in exchange for their phone, they called the police and negotiation began. It lasted for 4-6 hours and slowly they were releasing hostages one by one. At somewhat near 6:30 pm the thieves called and complained that the hostages were hungry and wanted pizza, so it meant they had to get it or else the next negotiation wouldn't start. While dozens of police, agents e.t.c were left to guard the bank.

The police arrived with the pizza and this time aimed to release all the hostages they called to inform them the pizza was there. No answer again, No answer third time, No answer the police busted into the bank and found that no one was hurt, the guns were toys and none of the top floor's money was gone. They released the staff, the woman, the children, and the men were safe but they were most surprised that the thieves were gone. How did they do it?

Well I'm Yuvani Bogati and this is the case of El gran robo Argentino, a case that almost no one thought could be solved. The police had inspected the building and questioned the hostages to make sure they were not hidden among them.

Remember when I said that they didn't touch the upper cash vaults? Well it turns out that the upper bank was robbed and the public was told that only the underground vaults were touched that's what I believed in for a long time and so did the public, but it turns out the thieves did escape from the underground.

While investigating the police worked tirelessly to uncover any leads. They would start work from eight in the morning to three in the next morning. Maria and Rodolfo were becoming restless for their newspaper as the deadline for news would be soon. The only news they got was that there was a grenade next to the hole they used to escape it was investigated and yet another toy. It was like they were laughing at the police and, more importantly, the rich. Did I mention that the police discovered a hole through which they suspected the thieves escaped?

During the investigation, Maria often took the police out for lunch in the hope of new news. The deadline for the newspaper was slowly crawling closer, she and Rodolfo were more desperate than they had ever been. So one day she took the police out for lunch again and started pestering them. The police officers had a long day so they gave in. They told her that while investigating they found a note on the hole they escaped through it contained this:

"In a neighborhood of rich people, without weapons or grudges, It's just money and not love."  
Yes! Maria had done it she had finally found the scoop from the inside.

Her mind pondered, on the riddle "It's just money not love." looks like the thieves were stealing from the people who had more to spare. A Robin Hood-style heist I like it. Maria and Rodolfo had worked on the article and by Sunday it made the big shots. Around 7:30 pm a witness came to the police, hesitating, the police told them to bring her forward, she was a woman. She said she knew the bank participants and one of them was her husband.

She claimed to have information on how the robbery was pulled and where they were now. It had been a month and a half since the Rio bank was robbed a man Alberto de la Torre was heading out to visit his relatives, in his new SUV or Camioneta. There were some strange cars parked outside his son's house and it looked like they were following him. At 11:00 am la torre was crossing the bridge that connects Buenos aires to its suburbs the weird cars started tailing them then at a traffic jam the cars stopped and men stepped out, threw him to the floor, and made an arrest. He screamed, "NO THIS MUST BE MY WIFE'S FAULT."

You might wonder why is he being arrested. Well take a guess he was one of the robbers, actually the head or the mastermind. they caught him they actually did it. They had a lead and the lead was the man's wife. But why was his own wife telling on him? He was forced to reveal to his companions they had to reveal everything. It turns out that they had escaped by a tunnel under the bank that they dug themselves they parked a van on top of the sewage hole and then cut a hole at the bottom of the van so they would basically be climbing into the van and the call from the thieves were just a distraction so the rest had time to break in. The pizza was just an alibi but while they were planning the heist his wife caught him but encouraged him to do what he wanted.

Now why did she expose him? This is 20 million we're talking about. Well, every story has logic, and sure enough, this did too. Chunks of money were missing and La Torre suspected her of stealing it to buy herself bags, clothes, heck even Chanel. So he confronted her and an argument started. His wife swore she would get revenge and she did, but we know karma is a boomerang and she was suspected of being the second mastermind so she was arrested.

La Torre and his comrades were arrested but due to them answering all the questions they shortened the sentence

by 1 month they served their sentence and left. The robbery to this day is a great plan and the most baffling case to this day. So till next month's article adios or goodbye.

## Taylor Alison Swift

Name: Arshi Khanal  
Grade: 6 (Mahakali)



Taylor Alison Swift is an American singer/songwriter born on the 13th of December 1989. She has a lot of fans all over the world who call themselves Swifties. She began professional songwriting at 14 years old and signed with Big Machine Records. Her original genre was country music but eventually, she started making pop music. Her first album was Taylor Swift which includes the following songs:

Teardrops on My Guitar  
A Place in This World  
Cold as You  
The Outside  
Tied Together with a Smile  
Stay Beautiful  
Should've Said No  
Mary's Song (Oh My My My)  
Our Song  
I'm Only Me When I'm with You (Bonus track on deluxe edition)  
Invisible (Bonus track on deluxe edition)  
A Perfectly Good Heart (Bonus track on the deluxe edition)  
Tim McGraw

She has since released many more albums and won 14 Grammy awards my favorite album is Reputation and her latest album is the tortured poets department which is a double album since her first six albums were sold without her permission she is rerecording them swifties suspect she will release reputation taylors version on friday june 28th. She is one of the best singers and her music is awesome.

## कान्छा साहुजी

नाम: गृष्मा कर्माचार्य  
कक्षा: ९ (गण्डकी)

किराना पसलका व्यापारी कान्छा निकै मेहनती थिए । उनी विहान ४:३० बजे पसल खोलेर व्यवसाय सुरु गर्थे । उनले आफ्नो पसल नजिकै सुत्न एउटा कोठा भाडामा लिएका थिए । उनको पसल सानो थियो तर उनको पसलमा सबै प्रकारका सामान पाइन्थे । उनको मेहनतबाट कोलोनीका सबै प्रभावित भएका थिए । कान्छासँग धेरै कामको अनुभव थियो । फिल्म सुटिङमा स्पटब्याई, घर निर्माणमा मजदुरी, ट्रेकिङ लगायतका क्षेत्रमा काम गरेको अनुभव थियो । यो पसल अघि उनको सानो रेस्टुरेन्ट थियो । उनी पढेलेखेका त थिएनन् । उनलाई हिसाबकिताब गर्न चाहिँ गाह्रो हुन्थ्यो । उनी क्याल्कुलेटरका माध्यमबाट हिसाब गर्थे ।

श्रीमतीले अर्को विवाह गरेपछि कान्छाले एकलो जीवन बिताउनुपरेको थियो । त्यसैले आफ्नो व्यवसाय र खाना पकाउने काम सबै कान्छाले आफैँ गर्नुपर्थ्यो । सजिलो होस् भनी उनले पसलको कुनातिर एउटा सानो भान्साकोठा बनाएका थिए ।

एक दिन उनी शौचालय गएका थिए । त्यति नै बेला चोरले उनको पसलबाट पैसा चोरेछ । चोरी भएको रकम करिब रु.१०,००० थियो ।

यो कुराले कान्छालाई दुःखी बनायो र उनले पसलमा सिस्सी क्यामेरा जडान गरे । यसले गर्दा पसल केही सुरक्षित भयो । त्यसपछि कान्छो आफ्नो व्यवसायबाट सन्तुष्ट भए र उनको जीवनस्तर दिनप्रतिदिन उकालो लाग्यो ।

अब उनी आफ्नो लागि राम्रो खाना र लुगा किन्न सक्ने भए । एकदिन केही प्रहरी उनलाई पक्रन पसलमा आए । उनी छक्क परे । पसल बन्द गरेर प्रहरी चौकी गए । कान्छाले आफू पत्राउ पर्नुको कारण सोधे । उनले बेच्ने चाउचाउ र बिस्कुटको म्याद सकिएको प्रहरीले जनायो ।

यो कुरा थाहा पाएर कान्छा छक्क परे । उनले आफू अशिक्षित र उत्पादनको मिति पढ्न नसक्ने बताए । तर प्रहरीले उनको बहानालाई अस्वीकार गर्‍यो । कान्छाले अब ६ महिना प्रहरी चौकीमा बस्नुपर्ने र कान्छाविरुद्ध उजुरी गर्ने ग्राहकलाई एक लाख तिर्नुपर्ने भयो । कान्छा साह्रै दुःखी भए । सस्तो मूल्यमा चाउचाउ र बिस्कुट आपूर्ति गर्ने आफ्ना नजिकका साथीहरूको विश्वासमा यो सबै भएको उनले महसुस गरे । आफूलाई बढी नाफा कमाउने लोभ लागेको पनि उनले महसुस गरे ।

प्रहरी चौकीमा ६ महिना बसेपछि उनले आफ्नो पसल बेचेर नयाँ व्यवसाय सुरु गर्ने निर्णय गरे । उनले नयाँ कपडाको पसल सुरु गरे जहाँ उनले सामानको मिति हेरिरेहनु पर्दैनथ्यो ।

## गोदावरी वनस्पति उद्यान भ्रमण

नाम: काव्या नाहाटा  
कक्षा: ९ (गण्डकी)



सिमसिम पानी परिरहेको थियो । आज विद्यालयले कक्षा ८,९,१० का विद्यार्थीहरूलाई शैक्षिक भ्रमणको लागि ललितपुरको गोदावरीमा रहेको वनस्पति उद्यान लाने योजना बनाएको थियो । दिनको सुरुवात बिहान ६:३० मा उठेर हात मुख धोएर गए । स्कूल पुगेर हामीसबै साथीहरूले १०:०० बजे तिर खाना खाए । जसले सबैलाई उर्जा र उत्साह भरिदियो । करिब १० : ३० बजे तिर हामी विद्यालयबाट बस चढेर गोदावरीतर्फ लाग्यौं ।

यात्रा भरि हाँसो र रमाइलोका साथ गीत गाउँदै हामी गोदावरी पुग्यौं । शिक्षकहरूले हामीलाई एउटा लाइन लगाएर भित्र प्रवेश गराउनुभयो र हामीलाई त्यहाँको नियमहरू बारेमा बताउनुभयो । भित्र प्रवेश गर्न साथ हरियाली भरिएको सुन्दर बगैँचा र शान्त वातावरणलाई देखेर हामीलाई आनन्द आयो । त्यहाँ हामीले विभिन्न वनस्पति देख्न पाइयौं । धेरै प्रकारका रूख र बिरुवा लोप पनि हुन लागेका छन् भनेर पनि देख्यौं र दुःख पनि लाग्यो । बगैँचामा राम्रो बाटो रहेछ । वनस्पतिको जानकारी दिन व्यवस्थित ढङ्गले बोर्डहरू हरेक वनस्पतिमा राखिएको थियो । बगैँचामा हामीले विभिन्न चरा पुतली जस्ता आकर्षक जन्तु देख्यौं । दिनको अन्त्यतिर, हामीले विद्यालयलेबाट ल्याएको खाजा खाए र समूहिक फोटो पनि खिच्यौं । त्यसपछि हामी बसमा चढ्यौं । एकदमै थाके काले बसमा सबै सुतेछन् । हामी समयमै विद्यालय पुग्यौं । विद्यालयको एक यादगार र मनोरञ्जक शैक्षिक भ्रमणको अन्त्य पनि भयो । यो यात्रा शिक्षा दिने र रमाइलो थियो । यस भ्रमणले हामीलाई हाम्रो कक्षाभित्र र बाहिरका सहपाठीहरूसँग राम्रो मेलमिलाप गर्ने अवसर प्रदान गर्‍यो ।

## साना साना नानी

नाम: युग विक्रम ज्ञवाली  
कक्षा: २ (तिनाउ)

हामी साना नानी सबै छौं ज्ञानी ।  
साना साना नानी जुन जस्तै हामी ॥

गुरुआमाले पढाउने  
सबै नानी रमाउने ।  
भोलि हामी पढ्ने छौं  
देशलाई बनाउने छौं ॥

हामी साना नानी सबै छौं ज्ञानी ।  
साना साना नानी जुन जस्तै हामी ॥

## साराको जीवनमा परिवर्तन

नाम: चाँदिरा पाण्डे  
कक्षा: ७ (कर्णाली)

गाउँको एक परिवारमा खुसीको वर्षा भयो किनभने त्यो परिवारमा सारा भन्ने बालिकाको जन्म भएको थियो । साराको जन्म भएपछि उनका बाबा आमा धेरै खुसी भए । साराले धेरै माया पाएर हुकिएँ गई । सारा कति छिटै एक वर्षकी भई ।

उसको पहिलो जन्म दिन आयो । जन्मदिन धुमधामका साथ मनाइयो । साराले धेरै उपहारहरू पाई । एक दिन अचानक उनका आमा बाबा भगडा गर्न थाले । परिवारमा अशान्ति छायो । त्यसको असर सारामा पनि पर्दै गयो । मन नमिलेपछि उसका बाबा आमाको सम्बन्ध विच्छेद भयो । यो कुराले साराकी आमा धेरै दुःखी हुनुभयो । तनावले गर्दा साराको आमा डिप्रेसनमा जानुभयो । सारालाई हेर्ने मानिस कोही भएनन् ।

त्यसैले उनलाई अनाथ आश्रममा राखियो । दुई वर्षको उमेरमा आफ्नो मायालु आमालाई छोडेर अनाथा आश्रममा बस्नु पर्दा साराको मन भतभती पोल्थ्यो । साराले अनाथ आश्रममा साथी पनि बनाउन सकिनन् । उनलाई सबैले हेला गर्थे । उनले धेरै दुःख पाइन् । सारालाई चार वर्षको उमेरमा विद्यालय भर्ना गरिदिए । सारा विद्यालय जान थालिन् ।

उनलाई विद्यालय पनि विरानो लाग्यो । साराले त्यहाँ पनि साथी बनाउन सकिनन् । अन्तर्मुखी स्वभावकी भएकीले उनलाई सबैले उसलाई हेथे । यसरी नै समय बित्दै गयो । सारा आठ वर्षकी भइन् । उनलाई अश्रममा धेरै छटपटी हुन थाल्यो । एकदिन कसैले थाहा नपाइने छोडेर भागी । उनले बाटामा बसेर मागेर नै पेट भर्न थाली । एक दिन साराको जीवनमा चमत्कार भयो ।

बाटोमा एउटा वृद्ध महिलाले सारालाई देखिन् । साराको कमजोर शरीर तथा मायालु अनुहार देखेर वृद्धलाई माया लाग्यो । उनले घरबाट खानेकुरा ल्याएर सारालाई दिइन् । वृद्ध महिलाले दिनदिनै सारालाई पोषिलो खानेकुरा दिन थालिन् । उसलाई देखिनु माराको लाग्यो उनले आफ्नो दिइन् । पोषिलो खानेकुरा पाएर सारा पनि हृष्टपुष्ट हुँदै गइन् ।

एकदिन ती वृद्धाले सारालाई घर लगेर छोरी बनाउने निर्णय गरिन् । आफ्नो परिवारमा सल्लाह गरेर ती महिलाले सारालाई घर लगेर छोरी बनाएर पाल्न थालिन् । सारा पनि माया पाएर निकै खुसी भइन् । उनी धेरै बोल्ने भइसकेकी थिइन् । त्यसैले उसले उसले धेरै साथी बनाइन् । विद्यालयमा उनको पढाइ पनि राम्रो भयो । सारा रमाएर आमा र परिवारका साथ बस्न थालिन् ।

## पुतलीको यात्रा

नाम: निरुक्त कट्टेल  
कक्षा: ३ (त्रिशुली)



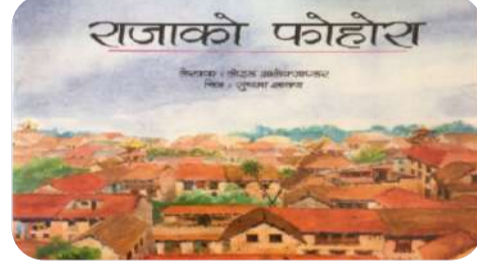
एउटी सानो पुतली चुलबुली थिई । ऊ एउटा विद्यालयको छेउको बगैँचामा बस्थी । एकदिन शिक्षकले पढाउँदा नयाँ ठाउँ घुम्नुपर्छ भन्नुभयो । त्यसपछि पुतलीले सोची हो त नयाँ ठाउँ घुम्नुपर्छ । अनि पुतलीले साथीको घर जाने निधो गरी र यात्राको लागि तयार गरेर घरबाट निस्क्यो ।

बाटोमा विभिन्न प्रकारका फूलहरूको रस खोँदै अगाडि बढी । उसले विभिन्न ठाउँ, जङ्गल र पहाडहरूलाई पार गरी । बाटोमा भेटिएका पुतलीहरूसँग रमाइलो गर्दै आफ्नो यात्रा जारी राखी । भोलिपल्ट ऊ साथीको घर पुगी । साथीले उसलाई स्वागत गरी । साथीले उसलाई एउटा घरमा लगी जहाँ बत्ती बलेको थियो । त्यहाँ बत्ती बलेको ठाउँमा अरु पुतलीहरूसँग उनीहरू पनि नाचे । घरको नजिकैको एउटा पोखरीमा डुङ्गा चढेर रमाइलो गरे ।

हामी बेलाबेलामा घुम्ने गर्नुपर्छ भनेर सल्लाह गरे । फेरि पनि यसरी नै भेट्ने र नयाँ ठाउँमा यात्रा गर्ने भन्दै पुतली आफ्नो साथीसँग बिदावारी भई घर फर्की ।

## पुस्तक समीक्षा

नाम: अभिनस ढकाल  
कक्षा: ५ (सेती)



पुस्तकको नाम : राजाको फोहोरा  
लेखक : लोड्ड एलेकज्यान्डर  
चित्र : शुष्मा शाक्य  
पात्रहरू : किसान, राजा, लोहार, व्यापारी, विद्वान, किसानकी छोरी, सिपाही आदि ।  
मनपर्ने पात्र : किसान

कथाको सुरुवात : कुनै देशका राजाले देशको शोभा र आफ्नो नाम राख्नका लागि दरबारको बगैँचामा फाहोरा बनाउने निर्णय गरे । कथाको समस्या : राजाले फोहोरा बनाएको खण्डमा सहरमा जाने सबै पानी बन्द हुने भएकोले किसानलाई त्यस कुराले चिन्तित तुल्यायो । ऊ यो समस्या राजालाई बताउन सक्ने मानिसको खोजी गर्न थाल्यो तर उसले कोही भेटेन ।

कथाको अन्त्य: गरिब किसानले आफैँ हिम्मत गरेर राजालाई फाहोरा बनाउँदा हुने दुःख कष्टको बारे बतायो र राजाले उसको हिम्मतको प्रशंसा गरे ।

नैतिक शिक्षा : हामीले हामीसँग भएको बुद्धि, विवेक र साहसलाई चाहिएको बेलामा प्रयोग गर्न सक्नुपर्छ ।

## लोप हुँदै मानवीयता

नाम: वैभवी पाण्डे

कक्षा: ९ (गण्डकी)

हामी संसारका मानिस एक मोतीको माला जस्तै हौं। हामी सबैलाई एउटा धागोले बुनेर मालाभन्ने बनाएर राखेको छ। त्यो धागो मानवीयताको धागो हो। मानवीयताले हामी सबैलाई संगै राख्छ र मोतीका गेडाभन्ने जताततै फैलिन दिदैन। छोटकरीमा भन्दा मानवीयता भनेको हामीलाई मानव बनाउने गुणहरू हुन्। चाहेएको बेला आरुलाई मदत गर्ने, आरुको दुःखमा आफू दुःखी हुने, सद् भावना राख्ने, सहानुभूति देखाउने आदि सबै मानवीयता देखाउने आचरण हुन्। मानवीयताले हामी र हाम्रो समाजलाई सभ्य बनाउछ।

आजभोलि हेर्दा संसारमा मानवीयता लोप हुँदै गइरहेको छ। यो हाम्रो समाजको ठूलो समस्या हो। मानवीयता र सम्मान घट्ने क्रममा छन् भने विभेद, जातीय र असमानता, हिंसा र विभिन्न अपराधहरू बढ्ने क्रममा छन्। आधुनिकीकरण र सामाजिक सञ्जालले पनि मानवीयता लोप गराउने कममा नकारात्मक भूमिका खेलेको छ। विभिन्न सामाजिक सञ्जालका स्रोतबाट मानिसले अनुपयुक्त सामग्री हालेका कारण मानवीयता ९०% रुपमा हटिसकेको छ। हाम्रो नेपाली समाजमा त भन्नु आधुनिकीकरणको नाममा हाम्रा परम्परा, चालचलन र रीतिरिवाजको लोप हुँदै आएको छ। सामाजिक सञ्जालबाट बाहिरी र नराम्रा संस्कारबाट प्रभावित भएर हाम्रा आहिलेका पुस्ताले र युवायुवतीले समाज, विद्यालय र अरु ठाउँहरूमा असभ्य व्यवहार देखाउने गरेका छन्। उदाहरणका रूपमा एक युवतीले टिकटकमा अश्लील सामग्री हालेका कारण देशका सम्पूर्ण नागरिकलाई टिकटक चलाउन बन्द गरियो।

हामी मानिस पनि यस्तै सामग्री हेरेर रमाउँछौं जसले गर्दा “समाजमा मानवीयता र सभ्यता छ” भन्ने व्यक्तिको धारणा जलत भयो।

हामी सबै जना स्वार्थी र इर्ष्यालु छौं। कसैले सुनको सिक्की लाएर हिँड्नु हुँदैन, कुरा काट्न सुरु भइसक्यो। कसैले तिलक लगाएर “हरे राम” भन्नु हुँदैन, “उसको त घरपरिवार बिग्रोको रहेछ, अनि पो हरे राम भन्दै हिँड्छ” भनेर चारतिर बाट चारथरी कुरा सुन्न पर्छ। धर्मलाई पनि छेउमा राखेर मानवीयता लोप हुँदैछ। मानवीयता यस्तो तीव्र गतिमा लोप हुँदैछ कि कतै दुर्घटना भयो भने दुर्घटनापीडितलाई सहयोग गर्नको सट्टा मानिसहरू आफ्नो युटुब च्यानलको लागि भनेर भिडियो खिच्न थाल्छन्। देश देशबीच हुने युद्ध र द्वन्दले गर्दा मानवीयताको लोप भइ रहेको छ। यसको कारण निर्दोष बालबालिका मात्र नभई वृद्धवृद्धा र युवायुवतीले पनि नकरात्मक असर भोग्नु परेको छ।

समाजमा भएका मानिसका सोच र विचारमा भिन्नता हुन्छन्। हामीलाई हामीले आरुको विचारलाई पनि सम्मान गर्नु पर्छ भनेर पनि थाहा छ। तर कमले मात्र व्यवहारमा प्रयोग गर्छन्। सम्मान नगरेर नै द्वन्द र युद्धको शुरुवात हुन्छ यसरी नै मानवीयताको लोप हुन्छ। संसारको यस्तो हालत हुँदा पनि कसैले यिनीहरू बिरुद्ध आवाज उठाएको छैन। हाम्रो समाजले वफादारीको र मर्यादाको मूल्य नगरी सिमाबाहिर गएर मानवीयतामा विकृति फैलाउँदै आएको छ। मानवीयताको लोप हुनु भनेको हाम्रो पहिचान, एकता, मित्रता र सभ्यताको लोप हुनु हो। हामी सबैले सकारात्मक काम गर्दै आगाडि बढ्नु पर्छ। त्यसैकारण मानवीयताको संरक्षण गरौं, आवाज उठाऔं र संसारको हरेक ठाउँमा जनचेतना फैलाऔं।

## लैङ्गिक समानता र महिला सशक्तीकरण

नाम: सभिरा बोहोरा

कक्षा: ८ (बबई)

महिला र पुरुषमा कुनै पनि विभेद नगरी समान अधिकार र अवसर दिनु लैङ्गिक समानता हो। महिला नेतृत्वदेखि विभिन्न प्रतिष्ठित तहहरूमा महिलाहरूलाई समावेश गराउनु तथा सबै ठाउँमा विभेद रहित तवरवाट महिलाहरूको सहभागिता गराउनु महिला सशक्तीकरण हो।

आजको युगमा समानता र सशक्तीकरणका लागि सबै भन्दा पहिला समाज र घर घरमा चेतना फैलाउन जरुरी छ। अझै पनि हाम्रो समाजमा महिलालाई दोस्रो दुर्जाको नागरिकका रूपमा हेरिन्छ। हाम्रो देश पुरुषप्रधान देश हो। तर हाल केही परिवर्तन भएको महसुस गर्न सकिन्छ तर धेरै ठाउँहरूमा अझ यो परिवर्तन भएको छैन। लैङ्गिक समानता र महिला सशक्तीकरणका लागि सर्वप्रथम महिला हिंसाको अन्त्य हुनुपर्दछ। सबै प्रकारका विभेदको अन्त्य गर्नुपर्दछ। क्षमता बिना महिलाहरूको सहभागिता लैङ्गिक समानता होइन त्यो लैङ्गिक समता हो। हो यसले गर्दा महिलाको क्षमता विकास हुँदैन। महिला आफैमा पनि क्षमतावान बन्न जरुरी छ। त्यसका लागि प्रत्येक घरघरबाट परिवर्तन को आवश्यक छ। शिक्षाबिना समाज परिवर्तन हुँदैन। शिक्षाबिना व्यक्ति परिवर्तन हुँदैन। अझै पनि हाम्रो समाजमा महिलाहरूलाई पढाउने वा जागिर गराउने विषयमा छोरा छोरी बिच विभेद गर्ने परिपाटी रहेको छ। महिलाका लागि छुट्टयाएको ३३ प्रतिशत कोटा समानताभन्दा पनि सहभागिता बढाउनको लागि हो। यसले केही हदसम्म महिला सशक्तीकरणका लागि ठूलो भूमिका खेलेको छ। शिक्षामा विभेद नगरेर महिलाले क्षमतावान बन्छन् र क्षमतावान महिलाहरूलाई राज्यका हरेक तहमा सम्मान सहभागिताको जरुरत रहन्छ। महिलाहरूको विकासको लागि विभिन्न कार्यक्रमहरू गरेमा उनीहरू स्वावलम्बन वन्न सक्दछन्।

लैङ्गिक समानता दिगो विकासको मुख्य आधार समेत हो। विश्वभर हेर्ने हो भने लैङ्गिक विभेदको विकराल अवस्था छ। विभेद अन्त्यका लागि र महिला सशक्तीकरणका लागि थुप्रै कामहरू भएका छन् र कार्यान्वयन पनि भएका छन्। यी सबैका लागि महिला स्वयम् पनि क्षमतावान बन्न जरुरी छ। महिला शिक्षित अनि क्षमतावान भएमा विभेद अन्त्य हुन्छ र सबै ठाउँमा सक्रिय र प्रभावकारी सहभागिता हुन्छ।

## मेरो घर

नाम: एन्जिला बुढाथोकी

कक्षा: २ (सुनकोसी)

मेरो एउटा चिट्क परेको घर छ, जहाँ मेरो परिवार मिलेर बस्नुहुन्छ। मेरो घर ठूलो छ। मेरो घरको रङ सेतो, कालो, रातो र पहेँलो छ। मलाई मेरो घरको धेरै माया लाग्छ। मेरो घरमा चारवटा झ्यालहरू छन्। मलाई मेरो घर राम्रो लाग्छ, किनभने मेरो घरमा असल मान्छेहरू छन्।

## चित्रकलाको चिकित्सा

नाम: सहिना श्रेष्ठ

कक्षा: १० (भोटेकोशी)

उनको हातमा ब्रस र कलम कलाको खेल जीवनको दर्पण।

प्रत्येक स्ट्रोकमा एउटा कथा लुकाउँछ प्रत्येक रङमा भावनाहरू अटाउँछ।

उनको मस्तिष्क कला र सृष्टिमा जोडी सुन्दर चित्रहरू सङ्गीतको मोहक सोची।

सङ्गीतमा बच्च उनको मन स्वरहरू नाच्छन् आकाशमा भन।

दुःखहरूलाई कलाद्वारा शक्तिमा परिणत गर्न हृदयको टुक्राहरू जोड्नलाई मदत गर्न।

## हाम्रो हिमाल

नाम: निराजन गिरी

कक्षा: ८ (इन्द्रावती)

सेतो हिउँले छपक छोपी शरीरभरि हेर्दामा लाग्छ सबैलाई पृथ्वीको एक सुन्दर परी।

नदी नाला जन्मन्छन् यसैको गर्भबाट जीवनको प्राण बचाएर दिन्छ सबैको साथ।

घामको किरण पर्दा मोतिभन्ने टल्कने अगला अगला हिमालहरूले नेपालको नाम भल्कने।

पहाडसँग मित्रता गाँसी शिर उच्च बनाइ उभिएका हिमाल पर्यटकहरूले नयाँ कीर्तिकान राखी यसलाई बनाउँछन् भलमल।

हेर्दा यिनलाई नमुस्कुराउने को नै छ र नेपाललाई चिनाउँछन् यिनले संसारभर।

## फूल

नाम: श्रितिका बुढाथोकी

कक्षा: ५ (सेती)

जताततै चारैतिर सुगन्ध नै छन् फूलबारी हेर्दा खेरि रमाइलो हुने।

रातासेता रङ्गीचङ्गी पुतलीको बास फूलहरू राम्रा राम्रा रमाइला काख।

धर्तीलाई सुन्दरताले भर्छ सधैंभरि यहाँ छन फूलहरू भिन्न थरीथरी।

फूल हुन् प्रकृतिका सुन्दरताका मूल हामी जस्तै राम्रो हुन्छ हाम्रो राम्रो फूल।

## मेरो देश

नाम: केशव अग्रवाल

कक्षा: ८ (इन्द्रावती)

हिमाल राम्रो पहाड राम्रो मेरो देश राम्रो खुसी हुन्छ मन भन्न पाउँदा यो देश हो हाम्रो।

भेदभाव हुन्न यहाँ भनी जाति र जात सुन्दर देखिन्छ मेरो देश दिन होस् या रात।

हाम्रो व्यवहार नराम्रो भए शत्रुले टेक्छ माथ बस्छौं हामी त्यसैले सबै मिलेर साथ।

पर्यटक आकर्षित हुन्छन् देखेर यहाँको प्रकृति आएर देख्छन् यहाँको नयाँ रीतिरिवाज र संस्कृति।

नेपालीको मन छ भव्य अनि छ सबको बानी सभ्य गरौं देशलाई माया अनि बनौं देशको दायौं।

यहाँ प्रशस्त छ स्वच्छ र सफा पानी देशलाई सफा गर्ने राख्नुपर्छ बानी।

यहाँ बसेर सबैको जीवनमा बाडौं सुख राम्रो वचन हामी कसैलाई नपारौं दुःख।

## आमा

नाम: सत्कृत अर्याल

कक्षा: ४ (नारायणी)



आमा हुन् पृथ्वीमा ईश्वरको अर्को रूप आमा जस्तो छैन यहाँ अर्को कुनै स्वरूप।

नौ नौ महिना कोखमा राखी जन्माउँछिन् हिँडन, बोल्न, लेख्न, पढ्न उनी सिकाउँछिन्।

बिहान उठाई तयार पारी स्कूल उनी पठाउँछिन् कहिले आइपुग्छ भनी बाटो उनी नियाल्दछिन्।

बिसन्चो भयो भने उनी साइँ पिर गर्दछिन् राती आफू खाना नखाएर हामीलाई खुवाउँछिन्

हामी भोकै रह्यौं भने चिन्ता उनी गर्दछिन् भविष्यमा सुख पाई रमोस् उनी भन्दछिन्।

## मरो विद्यालय

नाम: समृद्धजड अधिकारी  
कक्षा: ९ (गण्डकी)



‘विद्यालय भनेको केवल पाठ्यपुस्तक अध्ययन गर्ने स्थल होइन, यो त एउटा विद्यार्थीलाई सपना देख्न, खोज्न र नयाँ उचाइमा पुग्न सिकाउने एउटा पवित्र स्थल हो ।’

म हात्तिगौडा बुढानिलकण्ठ स्थित इम्पेरियल वर्ल्ड स्कुलमा कक्षा ९ मा अध्ययनरत विद्यार्थी हुँ । आज यहाँहरूसामु म मेरो विद्यालय चिनाउँदछु । अन्तर्राष्ट्रिय स्तरको अध्ययन-अध्यापनलाई सर्वसुलभ बनाउने उद्देश्य लिएर सन् २०१० मा स्थापना भएको थियो इम्पेरियल वर्ल्ड स्कुल । बुढानिलकण्ठको सुन्दर, शान्त र स्वच्छ ठाउँमा अवस्थित छ मेरो यो विद्यालय । हाल यहाँ ४०० विद्यार्थीहरू अध्ययन गर्दछन् ।

हामी सबैले पक्कै पनि सुनेकै छौँ कुनै पनि विद्यार्थीको लागि उसको घर पहिलो विद्यालय हो । म यो भनाइलाई अझ परिमार्जित गर्दै

भन्न चाहन्छु कि कुनै पनि विद्यार्थीको लागि उसको घर पहिलो विद्यालय हो भने विद्यालय उसको दोस्रो घर पनि हो । यही मान्यताका साथ मेरो विद्यालय निर्माण अनिसञ्चालन गरिएको छ । हाम्रो विद्यालयमा अध्ययनरत सम्पूर्ण विद्यार्थीहरूको भौतिक सुरक्षा, सु-स्वास्थ्य, सु-संस्कारको विकासका साथै चौतर्फी विकासका लागि विभिन्न कार्यक्रमहरू सञ्चालन गरिएका छन् । मेरो यो भनाइलाई पुष्टि गर्नका निम्ति अब म मेरो विद्यालयले हाल गरिरहेका केही पहलहरूमाथि बुँदागत रूपमा प्रकाश पार्दछु ।

**भुकम्प प्रतिरोधात्मक संरचना :**

हामी विद्यार्थीहरूको भौतिक सुरक्षालाई ध्यानमा राखी भुकम्प प्रतिरोधात्मक संरचना वा भनौँ विद्यालय भवन निर्माण गरिएको छ । विद्यालय भवन वरपर विशाल खुला मैदान छ । यहाँ हामी निर्धक्क भएर अध्ययन गर्न, खेलन र सिक्न सक्छौँ ।

**स्वच्छ र शान्त वातावरण :**

हामी विद्यार्थीहरूको सु-स्वास्थ्यको लागि विद्यालय परिसर सधैं सफा र स्वच्छ राख्ने गरिएको छ । शहरको कोलाहलबाट केही टाढा शान्त वातावरणमा छ मेरो विद्यालय । यसले हाम्रो बौद्धिक विकासमा धेरै ठूलो भूमिका खलेको छ ।

**स्वस्थकर र स्वादिलो खाना :**

हाम्रो सुस्वास्थ्यको लागि पोषणविद्को सल्लाह-सुझाव अनुरूप दैनिक खाना र खानाको यो जना गरिएको छ । हामीले विद्यालयमा खाने खाना पोषणयुक्त हुनुका साथै उत्तिकै स्वादिलो पनि छ ।

**अन्तर्राष्ट्रिय पाठ्यक्रम (IPC/IMYC):**

नेपालको पाठ्यक्रम बिकास केन्द्रबाट जारी गरिएको पाठ्यक्रमका साथसाथै मेरो विद्यालयले अन्तर्राष्ट्रिय पाठ्यक्रम (IPC/IMYC) लाई समेत अनुसरण गरेको छ । यस पाठ्यक्रम अन्तर्गत हामीलाई एकै चोटी धेरैवटा विषयको सतही ज्ञान लिने भन्दा कुनै एउटा विषयको गहिरोसम्म खोज गरेर विद्यार्थीहरूले आफ्नै कुनै निष्कर्ष निकाल्ने अवसर दिइन्छ । यसरी गरिएको खोज र सिकाइ दिर्घकालिन हुने गर्छ ।

**(विश्व नागरिक कार्यक्रम) Global Citizenship Program:**

मेरो विद्यालयले युनेस्को (UNESCO) सँगको सहकार्यमा Global Citizenship Program सञ्चालन गर्दै आएको छ । यस कार्यक्रम मार्फत् विद्यार्थीहरूलाई सामाजिक समावेशिता, आध्यात्मिक संस्कार र शान्तिपूर्ण सम्बन्ध स्थापनाका लागि विश्वव्यापि रूपमा स्वीकार गरिएका आचरणका बारेमा सिकाइन्छ ।

**नेतृत्व विकास कार्यक्रम (Leadership Development Program):**

कल्पना गर्नुहोस त, एउटा यस्तो विद्यालय जहाँ विद्यार्थीहरूलाई केवल किताबी ज्ञान मात्र नभएर सफल जीवनका लागि आवश्यक सम्पूर्ण सिपहरू सिकाइन्छ । हो, त्यही हो मेरो विद्यालय । विद्यार्थीहरूलाई विश्वसामू आत्मविश्वासका साथ आफूलाई प्रस्तुत हुन यस्ता नेतृत्व विकास कार्यक्रममार्फत् सिकाइन्छ ।

**नेपालकै पहिलो र एक मात्र गणित उद्यान (Maths Park) :**

यहाँहरूले इम्पेरियल वर्ल्ड स्कुलमा रहेको गणित उद्यान नेपालकै पहिलो र एक मात्र गणित उद्यान (Maths Park) को बारे मा पक्कै पनि सुन्नु भएको होला । हो, हाम्रो विद्यालयमा गणित उद्यान निर्माण गरिएको छ । हामी यस उद्यानमा खेल्दै, रम्य गणितका धेरै सुत्रहरूको अर्थ बुझ्न र ती सुत्रहरूको हाम्रो जीवनमा हुने उपयोगको बारेमा सजिलै बुझ्न सक्छौँ । यो उद्यान इम्पेरियल वर्ल्ड स्कुलमा अध्ययनरत विद्यार्थीहरूलाई मात्र नभएर सबै विद्यार्थीहरूका लागि खुला गरिएको छ ।

यहाँहरू पनि इच्छुक हुनुहुन्छ भने अवश्य पनि पाल्नु होला भनी म सबैलाई हार्दिक निमन्त्रणा गर्दछु ।

**पुस्तकालय :**

मेरो विद्यालयमा अन्तर्राष्ट्रिय स्तरको पुस्तकालय रहेको छ, जहाँ हामी सजिलै विभिन्न उपयोगी पुस्तकहरू पाउन सक्छौँ । यी सबै सुविधाहरू पाएर निकै स्नेही र सहयोगी गुरुहरूको छत्रछाँयामा पढ्न पाउँदा म आफूलाई अत्यन्तै भाग्यशाली महसुस गर्दछु । विद्यार्थीहरूको किताबी पठनपाठन मात्र नभएर उनीहरूको चौतर्फी विकासलाई लक्षित गरेको मेरो विद्यालय इम्पेरियल वर्ल्ड स्कुल नेपालका उत्कृष्ट विद्यालयहरू मध्येको एक हो भन्दा कुनै अतियुक्ति नहोला ।

## घमण्ड

नाम: उज्वल भक्त श्रेष्ठ  
कक्षा: ६ (वरुण)

कीर्तिपुरको एक ठाउँमा लहरै तीन ओटा ठूलाठूला पोखरीहरू थिए । त्यो ठाउँको नाम खसीबजार रहेको थियो । जुन ठाउँ अहिले पनि रहेको छ । त्यो बजारको एक छेउमा घरहरू लहरै थियो भने अर्को छेउमा पोखरीहरू लहरै थियो । तीन ओटा पोखरीमध्ये बिचको पोखरीमा पौडी खेल्नेहरू धेरै हुन्थे । रमेश र प्रवीण, पनि त्यस पोखरीमा पौडी खेल्न जान्थे । एकदिनको कुरा हो, प्रवीण र रमेशले पौडी खेल्न जाने निधो गरे । प्रवीणले आफू निकै जान्ने सुन्ने सम्झिन्थ्यो । उसलाई आफूलाई पौडी खेल्न आउँछ भन्ने घमण्ड थियो ।

शनिबारको दिन रमेश र प्रवीण खोलामा पौडी खेल्न गएका थिए । रमेशले खोलामा आफूले खेल्न नसक्ने कुरा गरे । तर प्रवीणले रमेशलाई फर्काई फुलाइ लगेको थियो । खोलामा दुवैजना पौडी खेल्न सुरु गरे । पौडी खेल्न सुरु गरेको एकै छिनमा पानी पर्न थाल्यो । खोलामा छाल बढ्न थाल्यो । रमेश डरायो र “प्रवीण बचाउ भनेर कराउन थाल्यो । प्रवीणले हजुर भन्न नपाइ रमेश किनारामा आउन सफल भयो तर प्रवीणलाई कतै देखेन । खोलामा छाल बढ्न थाल्यो र रमेश रुन र कराउन थाल्यो ।



भाग्यवश खोलाको छालले प्रवीणलाई किनारामा पछार्यो र प्रवीण बेहोश अवस्थामा भेटियो । रमेशले प्रवीणलाई स्कुलमा पढेको आधारमा प्राथमिक उपचार गऱ्यो । उसले प्रवीणलाई घोप्टो पारेर पानी ओ कल्ल लगायो र मुखबाट मुखमा सास दियो । प्रवीणले बिस्तारै आँखा खोल्न थाल्यो । भगवानलाई दुई हात जोडी धन्य भन्दै खुशी भयो ।

रमेशले प्रवीणलाई अँगालो हाल्यो, दुवै जनाले खुशीको सास फेरे । रमेशले खोला र पोखरीमा पौडी खेल्ने कुरा फरक हुन्छ भनेर सम्झायो । रमेशले प्रवीणलाई जिस्क्याउदै “आज पौडीबाज लाई भन्डै बगाएन भन्दै जिस्क्यायो । दुवैजना हाँसे । प्रवीणलाई पौडीको घमण्डले लाज लाग्यो ।

## मेरो दिनचर्या

नाम: बाबुराम के.सी  
कक्षा: २ (सुनकोसी)

म बिहान सबेरै उठ्छु र शौचालय जान्छु । त्यसपछि म दाँत माइछु र हातमुख धुन्छु । अनि म दुध र रोटी खान्छु । त्यसपछि म एकछिन किताब पढ्छु र बाँकी रहेको गृहकार्य गर्छु । विद्यालय जानको लागि म खाना खान्छु र विद्यालयको पोशाक लगाइ विद्यालय जान्छु । विद्यालयबाट म ३:३० मा घर आउँछु । विद्यालयको पोशाक फेरी हातमुख धोइ खाजा खान्छु । आफ्नो गृहकार्य सकाएर एकछिन खेल्न जान्छु र बेलुकाको खाना खाएर म सुत्न जान्छु ।

## वातावरण

नाम: बिबेक पन्त  
कक्षा: ३ (त्रिशूली)

स्वच्छ हावा, स्वच्छ पानी, स्वच्छ सबैको मन खोलानाला, भीर-पाखा हाम्रो ठुलो धन ।

प्रकृतिको काखमा बस्दा शितल भयो मन चारैतर्फ हरियाली जंगल र वन ।

चारैतर्फ हरियाली, पानी बग्दछ मुलबाट किताबभन्दा धेरै ज्ञान लिएँ वातावरणबाट ।

## मेरो दुबई भ्रमण

नाम: कृषव पराजुली  
कक्षा: २ (तिनाउ)



मेरो नाम कृषव पराजुली हो । म कक्षा १ मा पढ्छु । म यो जाडो बिदामा दुबई घुम्न गएको थिएँ । यो मेरो पहिलो विदेश भ्रमण हो । मैले दुबईमा धेरै नयाँ कुराहरू देखेँ । तीमध्ये ब्रुज खलिफा सबै भन्दा राम्रो लाग्यो । म ब्रुज खलिफा माथि चढेर सबै दुबई हेरेँ । मलाई मेट्रो ट्रेन, फूल बगैँचा (मिराकल गार्डन) र समुद्र किनार, सानो जहाज सबै राम्रो लाग्यो । म दुबईको राजधानी आबुधाबी पनि गएको थिएँ । त्यहाँ मैले फेरारी वर्ल्ड र सी-वल्ड घुम्ने । फेरारी वर्ल्डमा मैले धेरै रमाइलो गरेँ र सी-वल्ड मा मैले धेरै समुन्द्री जनावरहरू हेरेँ । त्यहाँ पेन्गुइन पनि थियो । मेरो दुबई भ्रमण रमाइलो भयो ।

## गौतम बुद्ध

नाम: अदानी कर्माचार्य

कक्षा: ५ (सेती)

गौतम बुद्ध बौद्ध धर्मका संस्थापक हुन् । गौतम बुद्धको जन्म इशा पूर्व ५६३ मा नेपालको लुम्बिनीमा राजा शुद्धोधन र महारानी मायादेवीको पुत्रको रूपमा भएको थियो । उनी बाल्यकाल देखि नै अति दयालु, गम्भीर र शान्त स्वभावका थिए । उनको विवाह राजकुमारी यशोधरासँग भएको थियो र एक पुत्र राहुलको जन्म भएको थियो ।

एक दिन सिद्धार्थ गौतमले आफ्नो राज महलबाट बाहिर जाँदा मान्छेहरू बुढो भएको, रोगी भएको र मृत्यु भएको देखे। यो देखेर सिद्धार्थ गौतम निकै चिन्तित भए। उनको मनमा अनेक प्रश्नहरू आउन थाले । मान्छे हरू किन जन्मिन्छ, किन रोगी हुन्छ, मृत्यु किन हुन्छ, जस्ता कुराहरूले उनलाई सताइरहन्थ्यो । त्यस पछि एक दिन मानिसहरूको दुःखको कारण र त्यसको समाधानको खोजी गर्न उनी आफ्नो परिवार र राजकिय सुख त्यागी विभिन्न ठाउँहरूमा तपस्या गर्दै हिंड्न थाले । यसरी तपस्या गर्दै जाँदा बोधगया भन्ने ठाउँमा बैशाख पूर्णिमाका दिन उनलाई बुद्धत्व प्राप्त भयो ।

उनले अज्ञानता, लालस र पिडाबाट मुक्तिको मार्ग खोज्न थाले । बुद्धले अज्ञानता, लालस र पिडाबाट मुक्तिका लागि चार आर्य सत्यको कुरा गरेका छन् । बुद्धले पञ्चशीललाई ज्यादै ठुलो महत्व दिइएका छन् । पञ्चशील बौद्ध धर्मको आधारभूत पाँच शीलहरूको संग्रह हो । बुद्धले प्राणीहिंसा नगर्ने, रक्सी वा मद्यपान नगर्ने, चोरी नगर्ने वा नदिएको नलिन, भ्रुठो कुरा नबोल्ने र आफ्नो पति र पत्नी बाहेक अरुसँग नलाग्ने भन्ने उपदेश दिइएका छन् । बुद्धले मानिसको जीवनमा दुःख छ र ति दुःखका कारण छन् भनेका छन्। साथै उनले मान्छेको तृष्णा, इच्छा, र आसक्ति (आफ्नो चाहनाहरू) दुःखका कारण हुन् र दुःखको अन्त्य वा निरोध अष्टाङ्गिक मार्ग द्वारा सम्भव छ भनेका छन् ।

गौतम बुद्धले आफुलाई प्राप्त भएको ज्ञान सबैसँग बाँड्न थाले । उनको शिक्षाले समाजमा गहिरो छाप छोड्न सफल भयो । यसरी बुद्ध जीवनभरि धर्म प्रचार प्रसार गरिरहे र अन्त्यमा ८० वर्षको उमेरमा कुशीनगरमा महनिर्वाणको रूपमा उनलाई मृत्यु प्राप्त भयो । आज उनी संसारभरि एसियाको ज्योति भनेर चिनिन्छन् ।

## मेरो परिवार

नाम: सान्वी अर्याल

कक्षा: ३ (त्रिशूली)

मिलीजुली बसेर  
राम्रो कुरा गरेर  
घरमा हामी सबैजना  
बस्छौं सधैं मिलेर ।

हजुरबुबा हजुरआमा  
कथा कति भनेर  
दङ्ग हामीलाई पारेर  
काम मिली गरेर ।

खुसी मेरो परिवार  
सँगै हुन्छौं शनिबार  
उसले उसलाई सघाउने  
पढ्न लेख्न लगाउने ।

मिलीजुली बसेर  
कुरा राम्रो गरेर  
घरमा हामी सबैजना  
बस्छौं सधैं मिलेर ।

## प्याज र उस्का साथीहरू

नाम: कृष्णा तामाङ्ग

कक्षा: ४ (राप्ती)

धेरै समय पहिलेको कुरा हो । जुन बेला मानिसहरू भर्खर भर्खर समाजमा बस्न थालेको थिए । समाजमा बस्न थालेपछि मानिसहरूले तरकारी खेती गरेर खान थाले । त्यो समयमा तरकारीहरू पनि बोल्न सक्थे । तरकारीहरूमध्ये आलु, प्याज अनि गाजर एकदमै मिल्ने साथी थिए । एकदिन एउटा मानिसले प्याज र गाजरको मिल्ने साथी आलुलाई तरकारी पकाएर खाइदियो । त्यो दिनदेखि प्याज र गाजरले आलुलाई सम्झेर सधैं रुन थाले । केही समय मानिसले गाजर पनि खान थाले । त्यसपछि प्याज एकलो भयो । आलु गाजर र गाजरको यादले प्याजले खान छोडिदियो । ऊ हरपल रोएर बस्न थाल्यो । त्यो देखेर एकदिन भगवान आएर प्याजलाई सोधे, “तिमी किन यति धेरै रोएको, खाना पनि खादैनौं, तिमिले के समस्या छ ? मलाई भन समाधान गरिदिन्छु है।” प्याजले भगवानलाई अचम्मको कुरा सुनायो । आलु र गाजर मर्दा म खुब रोएँ । अब त एकलो भए छिँदै मान्छेले मलाई पनि खानेछन् । म मर्दा त रुने पनि कोही छैन । अब यसको समाधान बताउनुहोस् भगवान भनेर प्याजले भन्यो र भगवानले प्याजलाई जुन मान्छेले काटेर तिमिले मर्ने छ उही मान्छे रुनुपर्ने छ भनेर वरदान दिए । रुने मान्छे पाएकोले प्याज खुसी भयो । त्यही दिनदेखि प्याजलाई काट्ने मान्छेको आँखामा आँसु आउन थाल्यो ।

## मेरो विद्यालयको यात्रा

नाम: आन्धी कश्यप

कक्षा: ६ (वरुण)



मेरो विद्यालयको नाम इम्पेरियल वल्ड स्कुल हो । म कक्षा छ मा पढ्छु । म यस विद्यालयमा कक्षा ६ देखि पढेकी हुँ । म यस विद्यालयमा पढ्न थालेको २ वर्ष भयो । मलाई ती २ वर्षमा एकदमै रमाइलो लाग्यो । मेरो विद्यालय हातीगौडा काठमाडौँमा छ । मेरो विद्यालय शान्त वातावरणमा छ । मेरो विद्यालयको भौतिक संरचना पनि निकै सुन्दर छ । भवनहरू भुकम्प प्रतिरोधात्मक छन् । मेरो विद्यालय तिनओटा खण्डहरू छन् । मेरो विद्यालयमा नेपालको पहिलो गणित पनि छ । यहाँ फराकिलो खेलकुद मैदान छ । शिक्षक शिक्षिकाहरूमा मित्रताको भावना छ । मेरो विद्यालयमा अन्तराष्ट्रिय पाठ्यक्रम पनि पढाइ हुन्छ ।

मैले ती २ वर्षमा नयाँ साथीहरू धेरै बनाएँ । नयाँ नयाँ शिक्षक, शिक्षिकाहरू भेटेँ । त्यसकासाथै हरेक वर्षमा नयाँ नया कार्यक्रमाहरूले गर्दा भन्न रमाइलो भयो । यी कार्यक्रमहरूबाट नयाँ नयाँ कुराहरू सिक्न एकदमै सहयोग भयो । मलाई मेरो अहिले सम्मको यात्रा एकदमै रमाइलो लागेको छ । अब यो भन्दा धेरै रमाइलो हुनेछ भन्ने आशा राख्छु ।

## मेरो पुर्खा

नाम: अन्वेषा श्रेष्ठ

कक्षा: ३ (मर्स्याङ्दी)

मेरो नाम अन्वेषा श्रेष्ठ हो । म सात वर्षकी भएँ । मेरो परिवारमा छ जना सदस्य हुनुहुन्छ । मेरो हजुरबुबाको नाम बल्लभ कुमार श्रेष्ठ हो । मेरी हजुरआमाको नाम कमला श्रेष्ठ हो । मेरो बुबाको नाम विनोद श्रेष्ठ हो र मेरी आमाको नाम अबिता श्रेष्ठ हो । मेरी एउटी बहिनी पनि छिन् । उनको नाम अश्लेषा श्रेष्ठ हो । मैले मेरो पुर्खाहरूको बारेमा भन्नुपर्दा मेरो बुढो हजुरबुबाको नाम टेकबहादुर श्रेष्ठ हो । उहाँ ताप्लेजुङ जिल्लाको मित्लुङ गाउँपालिकामा बस्नुहुन्थ्यो रे । त्यहाँबाट मेरो हजुरबुबा मोरङ जिल्लाको विराटनगरमा आएर बस्नुभएछ मेरो बुबाको जन्म त्यहीं विराटनगरमा भएको रहेछ । पछि पढाइ र जागिरको सिलसिलामा बुबा काठमाडौँमा बसाई सराई गर्नुभएको रहेछ ।

## कपाल बाट्ने मेसिन

नाम: आरभी शाह

कक्षा: ३ (त्रिशूली)

कपाल बाट्ने मेसिनले हाम्रो कपाल बाट्ने काम गर्छ र यो मेसिनले कपाललाई फुलको आकारमा परिवर्तन गर्छ । यो मेसिन बिजुलीबाट चल्छ । यो कपाल बाट्ने मेसिन चलाउन सजिलो र रमाइलो हुन्छ । यसले कपाल राम्रो पारेर बाट्छ । यो मेसिन आएपछि मानिसलाई कपाल बाट्न निकै सहज भएको छ । यो कपाल बाट्ने मेसिन जुनसुकै उमेरका मानसिले चलाउन मिल्छ ।

## वातावरण दिवस

नाम: सारा खरल

कक्षा: ५ (भेरी)



वातावरण भनेको हाम्रो वरिपरि भएको माटो, हावा, पानी, माटो, वनजङ्गल आदि हुन् । हामीले सास फेर्ने हावा, हामीले पानी आदि सबै कुरालाई एउटै शब्दले चिनाउँदा त्यसलाई वातावरण भन्ने गरिन्छ । हरेक वर्ष विश्व वातावरण दिवस अङ्ग्रेजी मिति अनुसार जुन ५ मा मनाइन्छ । हाम्रो वातावरणको संरक्षण गर्नु हाम्रो दायित्व हो । मेरो विद्यालयमा वातावरण दिवस मनाइएको थियो । सबै कक्षाहरू विभिन्न कार्यक्रममा सहभागी भएका थिए । हामी कक्षा पाँच पनि विभिन्न कार्यक्रममा सहभागी भएका थियौं ।

पहिलो दिन हामीले वातावरणसँग सम्बन्धित कथा लेखन प्रतियोगितामा भाग लियौं । दोस्रो दिन हाम्रो विद्यालयमा वातावरण विशेषण आउनुभएको थियो उहाँले हामीलाई वातावरण प्रदूषणको रोकथामको बारेमा जानकारी दिनुभयो । तेस्रो दिन हामीले बुढानीलकण्ठ नजिकैको डाँडामा गएर वृक्षारोपन गर्‍यौं । शिक्षकशिक्षिकाले हामीलाई विरुवा रोप्न सहयोग गर्नुभयो। यी क्रियाकलापहरूमा कक्षा चार पनि हामीसँगै सहभागी भएका थिए । यस्ता खालका क्रियाकलापहरूमा हामी सहभागी हुनुपर्छ । हाम्रो पृथ्वी फोहार हुँदैछ, प्रदूषित हुँदै छ । यस्ता खालका क्रियाकलाप गरेर हामीले जनचेतना फैलाएर वातावरण जगाउनुपर्छ ।

## ड्रेको र एमीको सपना

नाम: पालिजा श्रेष्ठ

कक्षा: ५ (भेरी)

एउटा घरमा ड्रेको, एमी र उनीहरूका आमा बुबा बस्थे। ड्रेको र एमीका आमाबुबा पशु शिकारी थिए । ज्ञ ड्रेको र एमी आमाबुबाले जस्तै शिकारी बन्न चाहँदैनन् । उनीहरूका आमाबुबाले उनीहरूलाई पनि पशु शिकारी बन्न आग्रह गरे । एक दिन बुबा शिकारबाट फर्किँदा एउटा मृगको बच्चा लिएर आउनुभयो । घरमा सल्लाहपछि त्यो बच्चालाई घरमै पाल्ने निधो भयो ।

समय बित्दै गयो र त्यो मृगको बच्चा बिस्तारै परिवारको सदस्य बन्यो । आमाबुबाले पनि त्यो मृगलाई आफ्नै परिवार जस्तै माया गर्न थाले। आमाबुबाले ड्रेको र एमीलाई पशु पढिको डाक्टर बनाउने निधो गरे । साथसाथै उनीहरूले शिकार नगर्ने निधो गरे र वन्यजन्तु संरक्षणमा काम गर्ने निधो गरे । उनीहरू हरेक दिन रुख रोप्ने र पशुपन्छीलाई सहयोग गर्न थाले। समय बित्दै गयो र ड्रेको र एमी पशुपन्छीका डाक्टर भएर फर्के । उनीहरू संयुक्त राष्ट्र संघको वन्यजन्तु संरक्षण विभागमा काम गर्ने थाले । उनीहरूले धेरै जनावरहरूलाई बचाए । जंगलमा जनावरहरू धेरै भएपछि बिस्तारै पर्यटकहरू आउन थाले। त्यसपछि ड्रेको र एमीको गाँउँका मानिसहरू सुखी र सम्पन्न भए । सबैजना मिलेर वनजन्तु संरक्षणमा लाग्दा वातावरण पनि राम्रो हुँदै गयो र गाउँमा विकास भयो ।

## कथा समीक्षा

नाम: कुञ्ज पाण्डे  
कक्षा: ४ (नारायणी)

कथाको शीर्षक: भ्रुटको परिणाम  
लेखक: रमेश विकल  
पात्रहरू चतुरे, श्याम, ठिटा

मुख्य घटना: चतुरे गफी स्वभावको थियो । गफी चतुरेलाई चेताउनका लागि ठिटाहरूले सुन्दरीजल जाने योजना बनाए । चतुरेले पौडी खेलन आउँछ भनेर भ्रुटो बोल्थो । ऊ आफैँ पौडी खेलन जाँदा भ्रुटै डुबेको थियो र श्याम भन्ने केटोले उसलाई डुब्बाट बचायो ।

असल पात्र: श्याम  
खराब पात्र: चतुरे

कथामा मनपरेको भाग: मलाई श्यामले चतुरेलाई डुब्बाट बचाएको भाग मन पर्‍यो किनभने श्याम सहयोगी र असल मान्छे थियो ।

## पश्चात्ताप

नाम: आशना श्रेष्ठ  
कक्षा: ६ (वरुण)

एकदेशमा एकजना सारब भन्ने केटा थियो । ऊ उसको आमा, बुबा, दाइ र बहिनीसँगै बस्थ्यो । उसको परिवार एकदमै धनी वर्गको थियो । त्यसैले उसको बाल्यकाल सुखमय बितिरहेको थियो । परिवारमा उसलाई सबै ले धेरै माया गर्दथे । त्यसैले ऊ अलि पुत्पुलिइएको थियो र पढाईमा धेरै ध्यान दिँदैनथ्यो । ऊ धेरै समय फोन ल्यापटप, कम्प्युटर आदि चलाएर बस्थ्यो । समय बित्दै गएसँगै उसले आफ्ना अभिभावकहरूले भने को पनि मान्न छोड्यो । साथै आफ्नै दाइ बहिनीसँग पनि अनावश्यक कुरामा झै-झगडा गर्थ्यो । उसको दाइ बहिनी भने धेरै ज्ञानी थिए । उनीहरू लगनशील भएर पढ्थे र घर टासी कामहरूमा पनि आफ्ना बुबाआमालाई सघाउँथे ।

एक दिन सारबको कक्षा ६ को दोस्रो परीक्षा सकिएपछि उसको गर्मीको बिदा सुरु भयो । त्यस बिदामा उसको स्वभाव अझ अशान्त हुँदै गयो । यसै क्रममा उसको परिक्षाको नतिजा प्रकाशन भयो । परीक्षामा ऊ अनुत्तीर्ण भयो । त्यसपछि उसलाई धेरै नरमाइलो लाग्यो र उसले यो कुरा उसको बुबासँग व्यक्त गर्‍यो । उसका बुबाले उसलाई सान्त्वना दिँदै सम्झाउनुभयो । उसलाई आफ्नो स्वभावमा परिवर्तन गर्न र खेलका साथै पढाइमा पनि ध्यान दिन सल्लाह दिनुभयो ।

त्यसपछि उसलाई आफ्नो गल्तीको महसुस भयो र आफ्नो अल्छी बानी, झगडा गर्ने बानी आदिलाई सुधारन थाल्यो । त्यसपछि सारबले खेलने, ल्यापटप हेर्ने आदिसँगै आफ्नो अध्ययनमा पनि ध्यान दिन थाल्यो र मिलनसार हुँदै गयो । सारबको सकारात्मक स्वभावले गर्दा उसले उसको अन्तिम परीक्षामा राम्रो नतिजा ल्याएर पास भयो । जसले गर्दा उसलाई आफ्नो गल्तीको महसुस भयो । सफलता प्राप्त गर्नका लागि अल्छीपना त्याग गरेर मेहनत र परिश्रम गर्नुपर्ने रहेछ भन्ने थाहा भयो ।

## धार्मिक स्थल सरसफाई कार्यक्रम

नाम: ऋतम दाहाल  
कक्षा: ७ (मेची)



हामी कक्षा सातका विद्यार्थीहरू विश्व वातावरण दिवस मनाउने क्रममा प्रसिद्ध धार्मिकस्थल बुढानीलकण्ठ मन्दिर सर-सफाई गर्न गएका थियौं । हामी मन्दिर सफा गर्न विद्यालयबाट बिहान १२ बजे गएका थियौं । त्यहाँ पुग्दा हामीले धेरै फोहोर देखेका थियौं । त्यहाँ हामीलाई पाँच समूहमा बाँडिएको थियो । लगाएर काम हिएको थियो । काम गर्नु अगाडी हामिले मास्क र पन्जाहरू लगायौं । तीनओटा समूहले घन्टी, दियो र अरु कुरालाई सफो गरे । दुईवटा समूहले मन्दिर परिसर सफा गरे । कोही फोहोर टिपिरहेका थिए ।

हामीले धेरै फोहोर सफा गर्‍यो र घन्टी र दीयोलाई चम्किने गरी सफा बनायौं । हामीले सफा गरेपछि फोटो पनि खिच्यौं । हामीले बुढानीलकण्ठ मन्दिरका प्रमुख मान्छे पनि भेट्यौं । हामी फर्कदा दुई बजेको थियो । हामीले नारायण भगवानको यस पवित्र स्थल सफा गरेको पल निकै अविष्मरणीय भयो ।

## मेरो कुकुर

नाम: उज्जस शर्मा  
कक्षा: ३ (त्रिशूली)



मेरो सानो कुकुर लुरुलुरु हिँड्छ । उठ भने उठ्छ बस भने बस्छ ।

राति चोर आयो भने डराएर भाग्छ । राति निन्द्रा लाग्यो भने आफैँ भुसुक्क सुत्छ ।

मलाई भने मेरो कुकुर धेरै माया गर्छ । मैले पनि उसैलाई माया गर्ने पर्छ ।

मेरो सानो कुकुर लुरुलुरु हिँड्छ । उठ भने उठ्छ बस भने बस्छ ।

## अनौठो मित्रता

नाम: देन बज्राचार्य  
कक्षा: ६ (वरुण)

एकदिनको कुरा हो अर्जुन सधैँजस्तै होटलको रिसेप्सनमा काम गर्दै थिए । अर्जेन्टिनाबाट आएको लियो नामको पर्यटक भारी सुटकेस लिएर आइपुग्यो । उसले कोठा नं २०२ अनलाईनबाट बुकिङ गरेको रहेछ । अर्जुनले कोठाको चाबी दिन खोज्दा त्यो कोठामा अर्को पर्यटक आएर बसिसकेको थाहा पायो । खास कुरा के भने लियोले अनलाईनबाट बुकिङ गरेको कम्प्युटरमा रेकर्ड नहुँदा स्टाफहरूले अरु कसैलाई त्यो कोठा दिइएका रहेछन् ।

अर्जुनले लियोसंग माफी माग्दै अरु खाली कोठाहरू खोज्न थाले तर त्यो होटलको कुनै पनि कोठा खाली थिएनन् । लियो असाध्यै थाकेको र अनुहारभरि पसिना खलखली आइरहेको थियो । अर्जुनलाई लियोको अवस्था देखेर धेरै दया लाग्यो । अर्जुनले नजिकैको अरु होटलमा फोन गरेर कोठा खोज्न थाल्यो तर दुर्भाग्यबस कतै पनि कोठा पाउन सकेन । उसले आज निकै ढिला भैसक्यो बास बस्न मेरो घरमा जाओ भनेर अनुरोध गर्‍यो ।

## मेरो पुरख्यौली सोलुखुम्बु

नाम: निमा ड्रोल्मा शेर्पा  
कक्षा: ३ (मर्स्याङ्दी)

मेरो पुरख्यौली घर सोलुखुम्बु हो । मेरो हजुरबुबा र हजुरआमा सोलुखुम्बुमा जन्मिनु भएको हो । मेरो हजुरबुबाले खेती गर्नुहुन्थ्यो । अहिले मेरो हजुरबुबा र हजुरआमा हामीसँगै काठमाण्डौंमा बस्नुहुन्छ । मेरो परिवारमा जम्मा हामी १२ जना छौं । हामी हजुरबुबा, हजुरआमा, बुबा, आमा, काका, काकी, फुपू, दाइ, दिदी, म र मेरा दुई कुकुरहरू मिलेर एउटै घरमा बस्छौं ।

## मेरो दैनिकी

नाम: योहान शेर्पा  
कक्षा: ४ (राप्ती)

मिति: २०८०।०९।१५

आज बिदाको पहिलो दिन हाम्रो कालिन्चोक घुम्न जाने योजना थियो त्यसैले म बिहान ६ बजे उठे र मुख धोएँ । मेरा आमा र बुबाले पनि झोला प्याकिङ्ग गर्दै हुनुहुन्थ्यो । बाबाले ट्याक्सी बोलाउनुभयो । ट्याक्सी चढेर हामी बस स्टपमा पुग्यौं । घुम्न जाने भएर होला बस चढ्न छुट्टै आतुर थियो । बस चढेर हामी विभिन्न दृष्य हेर्दै चरिकोट पुग्यौं । त्यहाँबाट हामी कालिन्चोक गयौं ।

हामी सोनाम होटलमा बस्यौं । कालिन्चोकमा हिउँ परेको रहेछ । त्यसपछि हामी बाहिर हिउँ खेलन गयौं । हामीले हिउँ मज्जाले खेल्यौं । अनि हामीले क्याम्पफायर गर्‍यो र यात्रा लामो भएको कारण हामीलाई एकदमै थकाइ लागेको थियो त्यसैले राति सुत्‍यो ।

लियोले पनि हुन्छ भन्यो र सँगै अर्जुनको घर गए । अर्जुनले आफ्नो कोठा लियोलाई प्रयोग गर्न दियो र खानाको व्यवस्था गर्नको लागि भान्सामा गयो । खाना लिएर कोठामा पुग्दा लियो जुत्ता पनि नफुकाली भुईंमा त्यसै पल्टिराखेको देख्यो । उसले हात समातेर उठाउन खोज्दा लियोको शरीर आगो जस्तै तातो थियो ।

जोरोले गर्दा अचेत अवस्थामा थियो । अर्जुनले हलपत्त डाक्टर बोलाएर उपचार गरायो । भोलिपल्ट लियोलाई सन्धो भयो । अर्जुनले लियोलाई अर्जेन्टिनाको फुटबलको बारमो सो ध्यो । दुवैलाई मनपर्ने खेलाडी मेसी नै रहेछ । लियोको परिवारले उनको नाम मेसीको नामबाट राखेका रहेछन् । लियो नेपालमा सिक्न आएको थियो । संयोगले अर्जुनको दिदी योगाको शिक्षक रहिछन् । यसरी धेरै कुराहरू एक आपसमा मिलेकोले उनीहरूको मित्रता छोटो समयमा निकै गाढा भयो ।

## शनिबारको दिन

नाम: आर्शीया कार्की  
कक्षा: ५ (भेरी)



मिति- २०८१-०२-१२

आज जेठ १२ गते शनिबारको दिन म बिहान सात बजेतिर उठेँ । जेठ महिनाको मध्य भएको ले बिहानै झलझल धाम लागिरहेको थियो । बिहानको नित्य कार्य सकाएर मैले बिहानको नास्ता खाएँ । नास्तामा मैले मेरो मनपर्ने फल पनि खाएँ ।

आज बिदाको दिन भएकोले मैले मेरा आमाबुवासँग समय बिताउने मौका पाएँ । म आमाबुवासँग रानीवन घुम्न गएँ । एक घन्टाको हिँडाइको साथै मन्दिर दर्शन गरेर हामी घर फर्कियौं । घर आएपछि एकछिन आराम गरेर मैले मेरो गृहकार्य गरेँ अनि सबै परिवारसँग बसेर दिउँसाँको खाना खाएँ । आज म र मेरो परिवार बसन्तपुरमा पनि घुम्न गयौं । त्यहाँ मैले पुरानो दरवार, भैरवको मन्दिर, म्युजियम, साना बजारहरू र धेरै पर्यटकहरू देखेँ । त्यहाँ हामीले विभिन्न प्रकारका नेवारी खाजा खाएँ । त्यहाँको रमणीय वातावरणमा नेपाली कला र संस्कृतिको अवलोकन गर्दा खाजा खाँदा समय बितेको पत्तै भएनछ । निकै ढिला भएकोले हामी त्यसपछि घर फर्कियौं ।

यसरी आजको दिन मेरो लागि विशेष रहुयो किनकि आज मैले मेरो आमाबुवासँग घुम्न जाने मौका पाएँ साथै वसन्तपुर दरबार कला र त्यहाँको ऐतिहासिक महत्त्वलाई बुझ्ने अवसर पाएँ ।

# Student's Art



Aarya Tara Shrestha, III Marshyangdi, Pointilism, Postercolor on Paper



Arnab R Bastola, VII Karnali, Exquisite Corpse, Mixed Media on Paper



Baibhavi and Grishma, IX Gandaki, Mithila Style\_ Plantation, Mixed Media on Paper.



Eilish Bajracharya, II Sunkoshi, Vehicle, Coloured Pencils on Paper



Kavya and Parul, IX Gandaki, Mithila Style\_ Environmental Awareness, Mixed Media on Paper



Kavya and Parul, IX Gandaki, Mithila Style\_ Plantation, Mixed Media on Paper



Kushal and Aayush, IX Gandaki, Mithila Style\_ Environmental Awareness, Mixed Media on Paper.



Prashant Upadhyay, VII Karnali, Exquisite Corpse, Mixed media on Paper



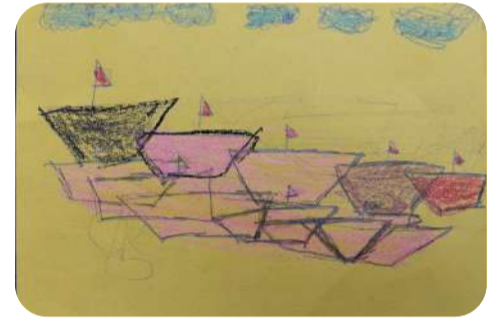
Prathika Rana, VII Karnali, Exquisite Corpse, Mixed Media on Paper



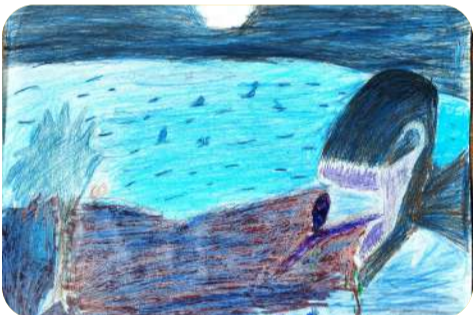
Riona Shrestha, V Bheri, Girl with the Pearl Earrings, Mixed Media on Paper



Rochelle Sundas, VII Karnali, Exquisite Corpse, Mixed Media on Paper



Saavi Dangol, II Tinu, Futurism Art, Crayon on Paper



Shuban Shrestha, V Bheri, Inspired by Tragedy, Mixed Media on Paper



Smera Adhikary, III Marshyangdi, Pointilism, Postercolor on Paper



Students fo VI Barun, Interstellar Art\_ Nebula, Postercolor on Paper



Students of I, Arun/ Tamor, Cubism Art, Collage on Paper



Students of II Sunkoshi, Futurism Art, Crayon on Paper



Students of IV Narayani, Rapti, IPC :Treasure, Pottery, Acrylic on Clay



Students of IX & VIII, Exploratory: Pottery, Clay



Students of IX Gandaki, Enviromental Awareness, Recycleable Materials on Cardboard



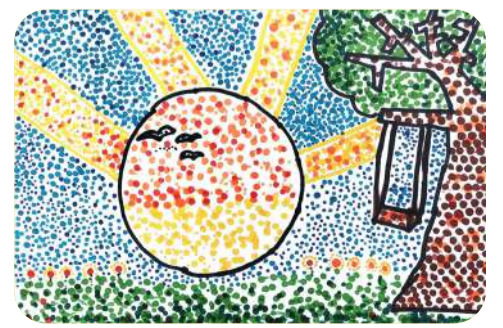
Students of VIII Babai, Cubist Portrait, Collage on Paper



Students of VIII Babai, Cubist Portrait, Collage on Paper



Students of VIII Indrawati, Babai, Zine: Our Identity, Collage on Paper



Sudeshna Gauchan, III Marshyangdi, Pointilism, Postercolor on Paper

# Activities



Empowering Minds, Igniting Futures: Over a 6-day Teachers Orientation, our educators enhanced their skills in TPD, project development, assessment, and curriculum integration. With fresh perspectives, we're ready for a successful 2081 academic session.



Charting the Course Together: Our Parents Orientation Program at Imperial World School unveiled our vision and methods to guide students towards our core values and learner profiles in the upcoming session.



During Zero Week, Imperial World School partnered with the Red Cross for immersive training on earthquake preparedness, fire safety, CPR, and first aid. This collaboration empowers our community to navigate emergencies confidently and prioritize well-being.



Celebrating our 14th Foundation Day with gratitude to our staff and a toast to continued success at Imperial World School!



Imperial World School's Mock Election 2081 saw grades 1-10 actively participate, electing school and house captains. This hands-on experience in democracy and leadership prepares our students for the future.



On Friday, May 24th, we welcomed 50 Deaf youth, educators, and students to our auditorium to celebrate Deaf Culture and Deaf Art. This inspiring event was a first-of-its-kind experience for many participants, who eagerly requested more.



Swimming lessons for Grades 1 to 10 have kicked off! We're excited to see all our students learning this essential life skill. Swimming started a few weeks ago, and the progress has been amazing. Let's keep making a splash!



We hosted an orientation for parents about the Duke of Edinburgh's Award Program. This prestigious program, successfully implemented in schools worldwide, encourages personal development and community involvement among students through a series of challenging yet rewarding activities.



Celebrating "Dhan Ropai" with full energy. Our Grade 1 to 3 students planted rice paddies in the school fie, learning the significance of the day. Grade 8 students extended their experience by visiting the nearby school field at Paiskot to plant rice paddies.



In these stressful times, yoga is more important than ever. Celebration of World Yoga Day, parents and staff participated in a special yoga and sound healing session led by our esteemed instructor, Ms. Sashi Gautam. With her years of expertise, Ms. Gautam guided participants through a deeply engaging and relaxing experience, rejuvenating both body and soul.



Empowering Minds, Igniting Futures: Over a 6-day Teachers Orientation, our educators enhanced their skills in TPD, project development, assessment, and curriculum integration. With fresh perspectives, we're ready for a successful 2081 academic session.



In celebration of World Music Day, we were honored to have Hercules Basnyet, a renowned singer, songwriter, and music composer, perform his best compositions. Students also showcased their musical talents with various performances and shared their knowledge through presentations. The day was filled with energy and excitement as we discovered new talents among our students.



Grade 4 had an incredible day exploring the rich history and stunning artifacts at Basantapur Durbar Square! This excursion provided a wonderful opportunity for students to learn about and appreciate the heritage of their home/host country.



Students from multiple grades participated in the Taekwondo upgradation ceremony. Their dedication and hard work were rewarded as they advanced to the next level in Taekwondo. Congratulations to all the students for their achievements!



On the occasion of World Environment Day and in collaboration with Budhanikantha Municipality, Grade 8 students planted, cleaned, observed, and raised awareness about environmental protection at Dhobikhola Corridor.



Grade 3 artists immerse themselves in the vibrant world of graffiti art! From spray cans to stencils, their creativity knows no bounds as they explore bold colors, dynamic shapes, and meaningful messages. With each stroke, they uncover the power of self-expression and master the art of storytelling through urban murals.



Donate blood, save lives! On the occasion of World Blood Donor Day, Imperial World School, in collaboration with the Red Cross Society, hosted a significant blood donation event. Our Chief Guest, Kumar Prasad Dahal, Chief of Public Health Division at Budhanikantha Municipality, inaugurated the event. In-house staff, parents, and members of the general public generously donated their valuable blood to help save lives. Together, we made a difference!



Our advisor Sarah Giri Yonzan led an excellent session for our Grade 8 and 9 students, explaining our school's core values. She discussed Responsibility, Excellence, Integrity, Compassion, Adaptability, and Respect with real-life examples and guided students on how to embody these values throughout their lives.



Grade 3 learners proudly showcased their IPC (International Primary Curriculum) knowledge in a vibrant exhibition. The event featured lively dance performances, engaging presentations, and an array of creative art experiments. Each activity highlighted their understanding of various subjects, demonstrating their learning journey through expressive and innovative mediums.



Parents from Grade 1 and 2 attended the SEL session on "Strengthening Your Child's Emotional Intelligence" at Imperial World School. Conducted by Mr. Purusottam Thapa, Head of Operations and Trainer from Sambhavya Group, the session highlighted the emotional dynamics between children and parents in today's context.