

INTELLESCOPE 2021



**TIME TO
VACCINATE**
STOP COVID-19



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INTEL INSTITUTE

Vol : XV

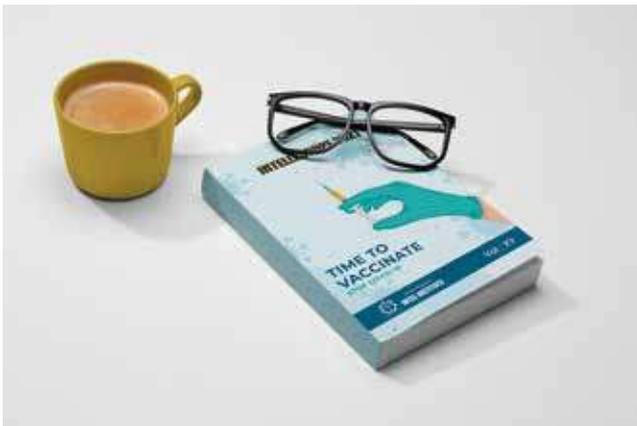
ONLINE INTEL BRIDGE COURSE 2021



Dear All!

It's been great offering our Bridge Course, a well-known annual event, online despite severe **COVID-19** restrictions. We worked hard to set up this effective, enjoyable Zoom-delivered programme for your success in entrance exams. A new managerial venture, this unique teaching-learning system has been a **superb experience!**

INTEL INSTITUTE



For Feedback:
intellescope2021@gmail.com

Publisher

INTEL INSTITUTE PVT. LTD.

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Ph: 42499090, 4243944
email: info@intelinstitute.com
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Publishing Team

Co-ordinator

Gyanendra Mishra

Concept

Asbin Karki

Administration

Tanka Acharya

Special Thanks

Basanta Ghimire
Nischal Lama

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विकराल रूपः विराट स्वरूप

विश्वरूप वा विराट स्वरूप भगवान् विष्णु (श्रीकृष्ण) को असिम स्वरूप हो । विराट स्वरूपको बारेमा धेरै हिन्दू ग्रन्थमा वर्णन गरिएको पाइन्छ । श्रीमद्भगवत् गीताको अध्याय ११ मा 'विश्वरूप' को पूर्ण व्याख्या गरिएको छ । विराट स्वरूपमा पूरा ब्रह्माण्ड समावेश भएको छ ।

अर्जुनले भगवान् श्रीकृष्णबाट जीवात्माको सृष्टि र विनाशका बारेमा पूर्ण ज्ञान प्राप्त गरिसकेपछि अर्जुनले प्रभु श्रीकृष्णलाई उहाँको असमि विश्वरूपको दर्शन गराउन आग्रह गर्छन् । अर्जुन भक्ति सेवामा लागेर कृष्ण भावना भावित भएर पूर्ण रूपमा समर्पित भएका कारण श्रीकृष्ण प्रसन्न भएर यस अघि कसैले नदेखेको विराट स्वरूप यही भौतिक जगत्मा प्रकट गर्न बाध्य हुनुहुन्छ । गम्भीर तपस्या, पूजा, वेदाध्ययन तथा दानबाट देख्न नसकिने श्रीकृष्णको यो रूपमा अर्जुनले चाहेका हरेक कुरा, भूत, भविष्य, चर र अचर वस्तुहरू विराट स्वरूपमा रहेका विभिन्न रंग र आकार का सयौं-हजारौं दिव्य रूपमा हेर्न सकिनेछ । तर भगवान्को यो असीम विराट रूप सामान्य नेत्रले देख्न नसकिने भएका कारण अर्जुनलाई श्रीकृष्णले दिव्य नेत्र प्रदान गर्नु भयो ।

दिव्य आँखा प्राप्त गरिसकेपछि जब अर्जुनले आँखा खोल्छन् तब उनले आफ्नो अघि विशाल तेज प्रकाश देख्छन् । उनले प्रभु श्रीकृष्णको डरलाग्दो विराट रूपमा असङ्ख्य मुख, आँखा र भुजा देख्छन् । उनले समस्त ब्रह्माण्ड आफ्नो सामु देख्छन् । उनले विकराल श्रीकृष्ण अनेक दिव्य हतियारहरूद्वारा सुसज्जित हुनुभएको देख्छन् ।

उनले विराट स्वरूपमा जाज्वल्यमान् प्रकाश भएका कारण प्रभुको रूप स्पष्ट देख्न कठिन भएको बताउँछन् । उनले स्वरूपमै हजारौं भागमा विभाजित भएका ब्रह्माण्डको विस्तारलाई

एकै ठाउँमा देख्छन् । यस्तो विकराल रूप देखेपछि अर्जुन भय, त्रस्त भई मानवीय सन्तुलन गुमाउन पुग्छन् र शिर झुकाएर प्रार्थना गर्न थाल्छन् । उनले विश्व रूपकै शरीरमा अनेक देव, देवता, असुर लगायत कमलका फूलमा विराजमान ब्रह्माजी, शिवजी, सम्पूर्ण ऋषिहरू र दिव्य नागहरू देख्छन् । उनले सूर्य र चन्द्र विश्वरूपको दुई नयनमा देख्छन् । त्यस्तै मुखबाट निस्किएको आगोको तेजले संसारलाई डढाउन लागि रहेको देख्छन् । उनले स्वरूपको दाँतका बीचमा मानिसको टाउकोहरू पिसिएको देख्छन् । यस्तो भयानक दृश्य देखेपछि अर्जुनले

विश्वरूपको रहस्यका बारेमा प्रश्न गर्छन् । विश्वरूपले आफू संसार विध्वंस गर्ने काल भएको र संसारको सबै नाश गर्न आएको भन्नु हुन्छ । त्यसपछि अर्जुनले थरथर काम्दै हात जोडेर डराई डराई विराट स्वरूप प्राचीन आदीदेव हुनुहुन्छ र पहिले कसैले नदेखेको स्वरूप देख्दा हर्षित भएको बताउँछन् । तर उनले यस्तो तेज र शक्ति धान्न नसक्ने भएकाले आफ्नो असली रूपमा आउन आग्रह गर्छन् । त्यसपछि आफ्नो भक्त डराएको देखेर श्रीकृष्णले आफ्नो वास्तविक चतुर्भुजी रूप देखाउनु हुन्छ र डराएका अर्जुनलाई सान्त्वना दिनुहुन्छ ।

अतः जीवन, जगत् र आत्माको रहस्य भनेको नै श्रीकृष्ण हुनुहुन्छ । सृष्टिकर्ता ब्रह्मा पनि विश्वरूपमा समावेश भएकाले विराट रूप नै समस्त ब्रह्माण्ड हो र जीवन जगत् र ब्रह्माण्ड विराट रूपमा अडेका छन् ।

रिजन नेपाल

अक्सफोर्ड प्राक्टिकल इंगलिस स्कूल

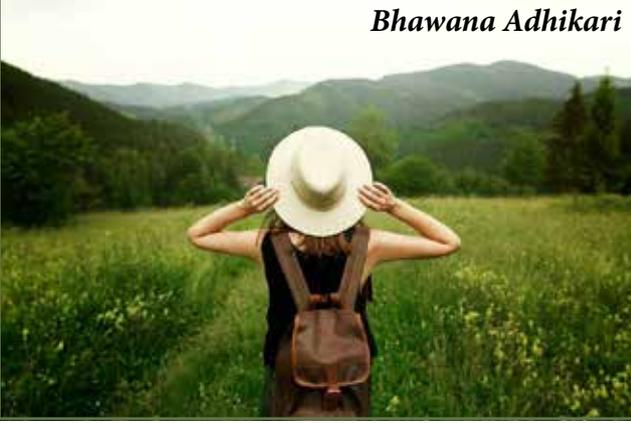


Nature

When I was really sad and depressed
I found something that really made me refresh
Nature is the thing where all my pain melts
And makes my day full of hopes and happiness.

Nature performs a great miracles for us every-
day
Listening the musical sounds of birds really
makes my day
Looking deep into nature
One can obviously understand everything
better!

Bhawana Adhikari



हाम्रो नेपाल

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जे हुन्छ राम्रो नै हुन्छ

कुनै समयको कुरो हो जब एउटा राजा आफ्नो मन्त्रीसँग शिकार खेल जंगल गएका थिए । वनमा शिकार खेल्ने क्रममा राजाको औंला भाङ्गीमा लगेर काटियो । त्यस पश्चात् राजा ब्याकुल भई आफ्नो मन्त्रीतर्फ देख्दा मन्त्रीले भने- 'भगवान् जे गछ्छन् राम्रैका लागि गछ्छन् ।' राजा मन्त्रीका कुरा सुनेर धेरै रिसाए र उसलाई मन्त्री पदबाट हटाएर जेलमा हालि दिए ।

केही दिनपछि जब राजा शिकार खेल्न जंगलमा गए । उनले त बाटो नै विराए । अनि राजा जंगलमा फेरि आफ्नो बाटो खोज्दा उहाँलाई जंगलमा बस्ने आदिवासीहरूले समाते र राजालाई बाँधेर आफ्नो बलिस्थानमा लगे । यस अवस्थामा राजा निकै नै त्रसित भए र भगवानसँग आफ्नो प्राणको रक्षाका लागि प्रार्थना गर्न थाले । त्यही बेला जब आदिवासीहरूका पुजारीले राजाको काटिएको औंला देख्यो तब भन्यो- 'उसको त अंगभंग छ । त्यसैले उसको बलि दिन सकिदैन ।'

अतः उनीहरूले राजालाई छाडी दिए । तब राजालाई मन्त्रीको कुरा याद आयो कि भगवान् जे गछ्छन् राम्रैका लागि गछ्छन् । त्यस पश्चात् राजा आफ्नो महलमा आए र तुरुन्त मन्त्रीलाई जेलबाट मुक्त गराएर आफ्नो दरबारमा बोलाए । राजाले मन्त्रीले भने- 'तिमीले ठीक भनेका थियौ । भगवान्ले जे गछ्छन् राम्रै गछ्छन् ।'

मन्त्रीले भन्यो- 'हो राजा साहब । यो पनि राम्रै भयो कि तपाईंले मलाई जेलमा हालि दिनु ।'

यो कुरा सुनेर राजाले सोध्यो- 'अरु सब त ठीकै छ तर तिमी जेलमा गयौं यो कसरी ठीक भयो ?'

अनि मन्त्रीले हाँस्दै भन्यो- 'महाराज यदि तपाईं मलाई जेलमा नहाली दिनुभएको भए त मलाई पनि तपाईंसँग शिकारको लागि जानु पर्थ्यो र मेरो शरीर त अंगभंग पनि छैन तब उनीहरू त मेरो बलि दिइने हाल्ये ।'

अतः जे भगवान् गछ्छन् भलोको लागि नै गछ्छन् ।

लक्की राम कर्ण

HIM RASHMI HIGH SCHOOL
PROJECT WORK OF ENGLISH
NAME=ROJEE ACHARYA, CLASS=10, GROUP=B

1. Write a letter to one of your favorite ladies.

Firstly, I would like to say to whom I have considered my favorite lady. Everybody in this world have their own favorite person whom they admire, respect and love. They can be their relatives, parents, or anyone with whom they are much motivated. While talking about me my favorite lady in this world is my mom. My mom is everything for me as I am everything for her too. So, I am writing this letter to my dearest mom today.

LETTER TO MY FAVORITE LADY

Tarkeshwor 09, Kathmandu

October 21

Dear mom,

How are your days going on? I am absolutely fine here, nothing to worry about me. I know you might be thinking about me and my health all the time. Although we are far physically but I know your heartbeat feels my soul every second. I too feel secure when I remember your face. Mom today I am writing this letter to make you realize about your importance and presence in my life and how much important is your presence to this world. I am writing this letter to acknowledge your love and you. I know your love is selfless but also you deserve this mom!

Do you know, you are the most beautiful and gorgeous lady for me in this world. You are the most important part of my life. You are a burning candle who burns itself to give light to others. Today I am living a bright

life because of you. Today my life is beautiful, happier, easier because of your presence. I am the luckiest person in this world to get a mom like you. Your love is like an ocean which is endless. You are my idol, my superhero who always protect me, admires me to achieve my goal. You are the own who makes me strong enough to fight against this patriarchal society. Today I can fight for myself, can fight for my happiness because you always stand behind me and gives me strength. Whenever I feel I am in trouble I heard your voice behind me which says that you can do my dear just keep faith on yourself and encourages me. You gave me life and taught me to live a life. I still remember mom when I was just six years old and I felt sick there were no hospitals nearby so you tied me on your back and walked kilometers of way to reach hospital. You are my barrier who protects me from every risks and danger. Whenever I am hurt, tears flow from your eyes. I cannot express your love, care in these words because any mother's love is like the sky, like the sun which is endless. Just I want to say "I LOVE YOU MOM". I want every beautiful moments of this world to happen in your life. I want you to be happy and want to see smiles in your lips forever. I want this society to admire you, to acknowledge you and your effort to make this beautiful world. I want your life to blossom like a flower forever. I want your life to be colorful where there would be only happiness and no tears. I want this world to thank you and you like moms for making this world suitable to live. This world exists in your existence. You sacrifice your happiness to make me happy. I want you to get support from this world and people. So that you could make this world and our lives more beautiful. I want you to become backbone of others women for standing by in this patriarchal society and fight for their rights and for getting gender equality. This world deserves you mom. Infact, you deserve better world than this. This world is beautiful until



you are present. Although, this world does not give you much priority but whenever I watch this world from your eyes it becomes more beautiful and more overwhelming. From your eyes whenever I watch that world, I see that me and my brother have become successful and are independent. We are being respected by people. The society which used to accuse you for giving birth to a daughter is now respecting you and giving honor to your daughter. The society has changed its concept and is giving equal priority to son and daughter. By seeing that tears sparkle like a crystal in your eyes. As you taught me to fly in a horizon of my aim, I also want you to give freedom to your wings, to unlock your wings so that you could see this world which is created by you yourself. I am always with you mom. Now your daughter is strong enough to protect you from any kind of dishonor and disrespect. If you can fight for me, I too can fight for your self-respect.

At last, I want to make you realize that you are the own who created this world and make it suitable and favorable to live. So, you deserve love, support not only from me rather from this whole world. Infact all moms should get equal respect and love that society give to male. Mom, I am very much lucky to get a mom like you. Thank you so much for making me able to stand on my own foot. Thank you for teaching me, for pushing me to achieve my aim. Thank you for encouraging me to move ahead rather than to lag behind. Once again, I would like to thank you for always standing for me and making my life so much beautiful. LOVE YOU MOM.

Yours lovely daughter

Rojee Acharya

गौडाको पीडा

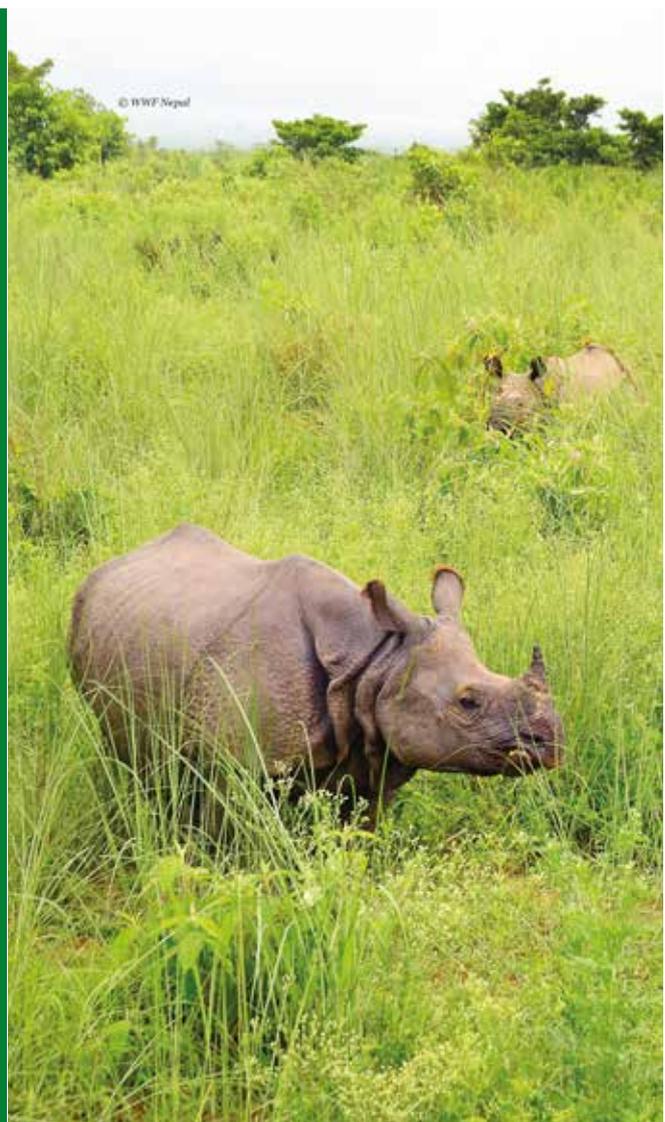
बाँचे मैले सृष्टि थाम्छु, मरे चिनारी मैट्छु
जीवित रहे पाहुना डाक्छु, लासौ डलर दिन्छु
लोप हुँदैछु संसारबाटै कसले बचाइ देला ?
पछुताउँछौ मानव तिमी अब सौच्यौ कति बेला ?

म हुँ है विश्वकै दुर्लभ नेपाली गहना
बचाउ मलाई बढाउ शान बुझ यो भावना
सय टुक्रा पाछौ, काट्छौ, माछौ नगर यो तस्कर
यो देखा लाग्छ हामी है मानव तिमी जनावर ।

हामीलाई मारी पाउँछौ के उल्टै पछौ जेल
पछुताउँछौ मानव सधैँभरि बगाउँछौ आँसुको भेल
केही चिन्छन् नेपाल भनी चिनारी त्यसको हामी
बचाऊ हामीलाई हिँड सधैँ भएर अग्रगामी ।

हाम्रो भन्नु यती मात्र सधैँ राम्रो काम गर
बचाउँछौ हामीलाई, आशा राख्दै परे तिम्रै भर
लोप हुँदैछु संसारबाटै कसले बचाइ देला
पछुताउँछौ मानव भयो अब तिम्रो सौच्यै

सुहासी सुवेदी



Sleep Deprivation

Do you have your test tomorrow? Well I cannot tell you not to worry about them, but I certainly don't advise you to stay up late because that is going to do you no good, both on your tests and to your health.

A research done recently on the students of Imperial College of London shows harmful effects of sleep deprivation, not only on their mental health but also on their physical well-being. The research was done on students who were deprived of their sleep for a day.

The study shows that sleep affects physical reflexes, fine motor skills and judgments. One study showed that participants who were sleep deprived were more likely to think they were right when they were, in fact, wrong. Not only that, sleep deprivation can cause increase in reaction time, which would be disastrous in avoiding a fatal accident while driving.

Deeper study about the effects of sleep deprivation has led me to believe that it can cause disturbance in memory storage. Sleeping for less than six hours a day can cause you to forget small bits and pieces of materials that you want to store in your brain.

And that was the case in my science exam while I were in grade-9. The day before my exam I had stayed up till midnight, but I woke up at 3 am to revise everything. When I got into my exam hall, I was excited to see questions on the theories that I had just studied. But half way through, I was struggling to recall the question. As a result, I made a mess of my science exam, although I passed it.



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To store any material in your brain, it has to go through acquisition (learning or experiencing something new), consolidation and recall are functions that take place when you are awake. However, researchers believe sleep is required for consolidation of a memory, no matter the type. Without adequate sleep, your brain has a harder time absorbing and recalling new information.

Sleep does more than the mind. studies involving memory tests show that after a single night of sleep, or even a nap, people perform better. Whether on a test, in the office, on the athletic field, or in concert hall. So, I encourage students to have a good night sleep of at least six hours before the exam date rather than studying till late night. Getting adequate amount of sleep might help you score better.

HARERAM KUSHWAHA

Shree maisthan vidhyapith ma. vidhyalya
Birgunj, parsa, Nepal



म

म सुन्दर गुलाफ हुँ ढलिसकेको
म आकाशको चन्द्र हुँ बादलले ढाकेको
उठ्न त मन छ तर जरा लाग्दैन
खुल्न त रहर छ बादल फाट्दैन ।

म विशाल नदी हुँ तर पानी बिनाको
म जमिनको भाग हुँ तर माटो बिनाको
बग्न त चाहना छ तर मुहान फाट्दैन
हराभरा हुने इच्छा छ तर माटो लाग्दैन

उम्रनलाई फेरि गुलाफ माली खोज्दैछ
उठ्नलाई बोटले पनि जरा बुन्दैछ
बादल फटाई चन्द्रले शित छर्दैछ
बादलसँग खेल्दै खेल्दै आउन खोज्दैछ

बग्नलाई नदी मुहान फुटाइ देऊ
मुहानको वरिपरि वृक्ष भरिदेऊ
गुम्सिएका बोलीका आवाज बनि देऊ
हजार ती 'म' हरुलाई हामी छौ भनिदेऊ ।

समिर पौडेल

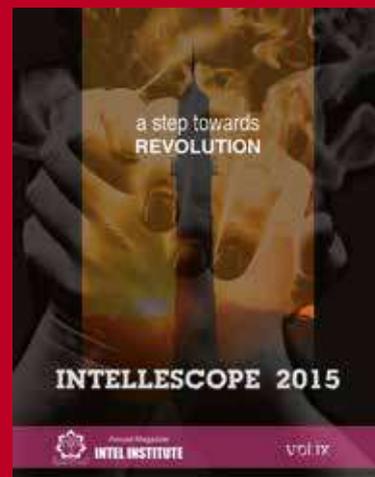
Importance of the School Magazine and its Uses

The school magazine is no more a new thing to us. Now a days many schools have magazines of their own. A school magazine is prepared by the teachers and the students. In many schools, the students are the editors, but they are advised in all matters by the senior teachers. The articles for the magazine are written by both the teachers and the students. The students send their articles to the editor. But each and every article is not published. The articles are selected by the editor and the assistant editor. They are corrected and then published in the magazine.

School magazine are useful in many ways. Many of the students do not read books other than their textbooks. Their knowledge cannot increase if they do not read out books. If we are to write an article for the magazine, we must necessarily read many new books. Thus, it widens our knowledge. A students mind is filled with joy and pride when he sees that his article has appeared in print and it encourages him/her to write more articles for the magazine. If the students practice writing for the school magazine, their style of writing will be much improved. In this way, many of them may be good writes in future. Every school should, therefore, have magazines of its own.

The school magazine is the window to the activities of the school. Proper initiative by the teachers can help in improving the views and expressions of the students which in turn will raise the standard of the magazine. So, every school must consider the importance of the school magazine for the benefit of its students.

Prashant Kumar Jaiswal





Crime in Nation

Crime is the anti-social act. All the works which disobey the social norms, values, laws, rules etc. are considered as crime. In the present context crimes are increasing day by day in the nation. Robbery, rape, kidnapping, murdering, superstition, bullying, cyber-crime etc. are major crimes popular in each and every street of the village and town in the nation. Not only this, child marriage, child labour, polygamy, corruption, politics in public services and so on are growing up with high speed.

There is no peace and violences are increasing day by day. Politics is in practice even in the holy places like schools, institutes, colleges, universities where young child learn the lesson of being success. The psychology of the children is full of negative things rather than positive.

The main reason of being so is poverty. People are facing the problem of unemployment. Without employment the poverty of the nation cannot be eradicate. In order to fulfill basic needs of daily life people engage in crime. There is politics and corruption in public service commission too which emphasize more criminal activities.

Only implementing laws and rules can't control crime. In order to control crime, poverty level must be decreased in the nation. If quality education is mentioned in the right to education, social problems like superstition, caste discrimination, child marriage, child labour etc. will start to disappear automatically.

Om Prakash Budha

I Find Myself

Sometimes I find myself gazing the stars,
Consciously perceiving life is so bizarre.
And then I think why is it so,
May be it's not so,
And I am just not in the flow.

Sometimes I find myself wandering on the streets,
Walking down the lonely dark roads,
In deadpan or in pensive mood,
Wondering am I incomplete?

Sometimes I find myself in storm,
Enduring chaos all around me,
Yet feel a void in my soul.
Searching the spark within myself;
Seeking a reason for this existence.

And then I finally I find myself observing a flower,
Transforming the soil into fragrance,
Blooming aesthetically in the storm,
And then I realized,
It was not loneliness but solitude;
My heart fills with eternal joy,
After perceiving I have been waiting for the storm to pass,
And was forgetting to dance in the rain.

Krish Shah Rauniyar

Amazing Facts

1. Einstein never combed his hair and never polished his shoes.
2. Cockroach can live with its head cut for a week.
3. A spider eats its parents after it becomes big.
4. Crab has teeth in its stomach.
5. A cat closes its eyes while eating.
6. A camel can drink 135 liters of water in a day, 50 liters in a gulp.
7. 10% of human weight is occupied by bacteria
8. A person can see about 15 dreams a night.
9. A mosquito has 47 teeth.
10. Coca-cola was originally green in color

Shinja Sharma

मेरो जीवनको लक्ष्य

मानिस विवेकशील र चेतनशील प्राणी हो । ऊ आफ्नो सानो आँखाको नानीबाट हजारौं सपना देख्छ । सहज रूपमा भन्दा जीवनलाई सार्थक बनाउनु नै हरेक मानिसको लक्ष्य हुन्छ । जीवनको लक्ष्यबारे सबैको आ-आफ्नो दृष्टिकोण हुन्छ । सानैदेखि मैले कयौं सपना देखेँ । राति आकाशमा जून र तारा देख्दा लाग्छ म कुनै दिन त्यहाँ पुग्नेछु । आखिर महाकवि देवकोटाले भनेका छन्- 'उद्देश्य के लिन ? उडी छुनु चन्द्र एक' ।

न्याय नपाएका पीडित देख्दा लाग्छ म वकिल बनूँ । देशलाई लुछ्याचुडी भागबन्डा लगाएर खोक्रा बनाउने नेता देख्दा लाग्छ म एक असल नेता बनेर देशको राष्ट्रिय अखण्डता, स्वाधीनता र स्वाभिमान बचाउँ । तर नियतिले देखाएको मार्ग कसले नै बदल्न सक्छ र ? अन्त्यमा मैले देखेका क्षणिक दृष्टिले मेरो जीवनको लक्ष्य तय भयो ।

म पन्द्र वर्ष पुगिसकदा पनि आफ्नो गाउँठाउँको बारेमा खोजी गरिन । आमा बुबा पढेलेखेका भएर सहरमा बसेपछि मलाई कसरी थाहा हुन्छ त यथार्थ ? एक दिन हामी सबै आफ्नो थाँतथलो जान भनी निस्कियो । त्यहाँको विकटता र मानिसहरूको गरिबी देखेर मर्ला करुणा जागेर आयो । विलासी जीवन बिताएकी मैले गाउँको अवस्था देख्दा आफ्नो मुलुकको रोइरहेको अनुहार को झल्को आयो । गाउँले केटाकेटी र तिनीहरूले बिताइरहेको कष्टपूर्ण जीवन देखेर मलाई केही गर्नुपर्छ भन्ने लाग्यो । तर के गर्ने म निश्चित थिइन् । भोलिपल्ट म गाउँ डुल्दै जाँदा एक महिलालाई झारफूक गरिरहेको दृश्य मेरो आँखाले देख्यो । मेरो आमाबुवाले नजिकैको स्वास्थ्य चौकी जाने सल्ला दिँदा उनी मानिनन् । उनलाई हनहनी ज्वरो आयो र केही दिनमै उनको ज्यान गयो । पछि वरिपरिकालाई सोधीखोजी गर्दा थाहा भयो उनी मुटु विरामी रहिछन् । समयमै अस्पताल पुऱ्याउन सकेको भए उनको जिवन बच्ने थियो । मलाई आफूप्रति धिक्कार लागेको थियो । म पढेलेखेर पनि केही गर्ने सोच र अठोटमा छैन । गाउँले जीवन र परिवेशले मेरो जीवनको मार्ग, भोगाइ, अनुभूति, विचार बदलदियो र देशभक्तिको भावना उजागर गरिदियो । मैले थाहा पाएँ हाम्रो देश कस्तो अवस्थामा छ र अहिलेको प्रथम आवश्यकता के हो ? स्वास्थ्य, शिक्षा र जनतामा जागरण ल्याउन सके त्यो सबैभन्दा ठूलो उपलब्धी हुनेछ । त्यसैले म डाक्टर बनेर स्वास्थ्य क्षेत्रमा केही योगदान दिन चाहन्छु । आफ्नो गाउँ र हाम्रो देशको विकट क्षेत्रहरूको सेवा गर्न चाहन्छु ।

लक्ष्य सम्भव उचित र महान् हुनु पर्छ । अनि त्यसलाई प्राप्त गर्न साहस, धैर्यता र चिन्तन चाहिन्छ । त्यसैले वर्तमान समयमा म आफूलाई सधम र योग्य बनाउन दत्तचित्त भएर अध्ययन कार्यमा लागेको छु । मैले औपचारिक शिक्षा पूरा गरेपछि यस कोलाहलपूर्ण सहरिया जीवनबाट आफ्नै गाउँ र अरु ग्रामीण क्षेत्रहरूमा जानेछु । आफ्नो राष्ट्रलाई विकास गर्न म आफ्नो व्यक्तिगत भावना र इच्छालाई तिलाञ्जली दिएर अधि बढ्नेछु । मेरो देशको समृद्धि र यहाँ बसोबास गर्ने जनताको सुखमय जीवन म देख्न चाहन्छु ।

स्वास्थ्यको महत्वको बारेमा मलाई राम्ररी थाहा छ- स्वास्थ्य नै धन हो । स्वास्थ्य मानिसको प्रथम प्राथमिकतामा पर्नु पर्छ । मेरो गाउँको केही पर स्वास्थ्य चौकी भए पनि मानिसमा चेतना नभएपछि केही नलाग्ने रहेछ । धामीभाँकी र झारफूक जस्ता अन्धविश्वासमा विश्वास गर्ने ती मानिसहरूमा जागरण ल्याउनु पर्छ । उपचार नपाएर कयौं बालबालिका आमाबाबा, दिदी तथा वृद्धवृद्धाहरूको अकालमै मृत्युवरण गर्नु पर्ने बाध्यतालाई म चिर्नेछु । सामान्य झाडापखाला र ज्वरोले मानिसको ज्यान नजाओस् भनेर देशव्यापी स्वास्थ्य अभियान सुरु गर्ने योजना मैले बनाएको छु ।

यी सबै काम गरे पनि म मूलतः मुटु रोगीहरूको सेवा गर्न चाहन्छु । नेपाल जस्तो गरिब मुलुकमा जनताहरूले आफ्नो स्वास्थ्यको अधिकार सुनिश्चित गर्न पाएका छैनन् । हाम्रो देश अल्पविकसित भएका कारण यहाँ मुटु विशेषज्ञ सम्बन्धी कम दक्ष जनशक्ति र स्रोत, साधन छ । जनताको स्वास्थ्यमा पहुँच र सुविधा छैन । त्यही माथि थप अज्ञानता र चेतनाको कमी छ । यहाँको भौगोलिक विखण्डनले मानिसलाई यातायातको सुविधाबाट वञ्चित गरेको छ जसले नेपालमा हरेक वर्ष लगभग ५०,००० मानिसहरूको मुटुरोगबाट मृत्यु हुन्छ । दुर्गम क्षेत्रहरूमा अस्पतालको र दक्ष जनशक्तिको अभाव छ । यहाँका डाक्टर सेवाभनदा बढी पैसा कमाउने ध्याउन्नमा लाग्छन् । जसकारण विकट र दूरदराज ठाउँमा मानिस एउटा सिटामोल पनि खान नपाएर मरिरहेका छन् । तर म एक असल डाक्टरको नाताले भुल्ने छैन ।

मानवको सेवा नै ईश्वरको सेवा हो । त्यसैले म एक कार्डियोलोजिस्ट बनेर ती मुटु रोगीहरूको अनुहारमा खुसी छर्न चाहन्छु । ती अमूल्य जीवनहरूलाई बचाएर ती मानिसहरूलाई सुन्दर उपहार दिन चाहन्छु । यति गर्न सकेमा बल्ल मेरो जीवन सार्थक हुनेछ र मेरो सपना यथार्थमा परिणत हुने छन् । त्यस दिन यस संसारमा म भन्दा खुसी अरु कोही हुने छैन ।

सृष्टि अधिकारी

cfdf

छोडी माइतीको घरको आँगन, अपनाउँदै नयाँ घरबार
सहि हजारौं कष्ट अनि रोदन बनायौ सुखी परिवार
बयान गर्न काफी छैनन् आमा तिम्रा बगेका आँसुका धारा
तीता थिए पल सङ्घर्षका पाइला कहिले बलियो सहारा

नौ महिना गर्भमा राखी पैलापाल थियौ परेकै
मीठा शब्द पाइनी कहिले दिनसात काग थियौ गरेकै
पीडामा पनि तिम्रा यी ओठ मुस्काए सदाबार
दुःखेको घाउमा मल्हम पाइनी पीडा भन् बल्भियौ बारम्बार

रोयौ करायौ एकल संसारमा हात थामिदिने भएन आधार
भोकै सुत्यौ कि कति दिन आमा गरिनौ कहिले हाहाकार
सम्मान पाए सबैले सदा तिम्रा निम्ति थियो तिरस्कार
कसरी सह्यौ मेरी आमा तिमिले अन्याय हजार

छोरी भई जन्मेकी तिमि कर्ममा दुःखै लेखेको तिम्रो
सानै उमेरमा भयो विवाह थिए होलान् हजार सपना तिम्रो
सजाइ सबको ओठमा हाँसो भोग्यौ तिमिले बेदनाको प्रहार
अभै सकिएन नि आमा तिम्रो थाप्लोमा दायित्व हजार

कलिलै थियो जवानी तिम्रो हाँस्ने खेल्ने थियो उमेर
सुन्दर थियो मुस्कान तिम्रो हाँस्न पाइनी कहिले खुलेर
डर र त्रास गढेको मनमा तनमा थियो कि चोटका दाग
लुकायौ पीडा माइतीबाटै घरका थिए हजार माग

बयान गर्न सकिदैन म तिमिसँगै सुरु मेरो बिहानी
अन्धकार थियो जीवन तिम्रो रङ्गायौ मेरो जिन्दगानी
जिद्दी थिएँ सताएँ सायद हरदम मुस्काइ गयौ ढिपी स्वीकार
तिमिसँगै सुरु अनि अन्त्य मेरो मुस्कानको सुन्दर संसार

आमा हौ तिमि म तिम्रो छोरी गल्ती छन् मेरा हजार
मागेर माफी सकिने छैन तिमि प्रतिका मेरा आचार
रोकिँदा अलमल भई यी पाइला बन्यौ अघि बढ्ने आधार
काटिदा बीचैमा मेरा शब्द दर्सायौ तिमिले मेरो विचार

साथैमा रही हरदम तिम्रो बिताउन पाउँ जीवन
पुछि तिम्रा खसेका आँसु मुस्कान छर्न सक्ँ मुहारमा
यहि छ आशा एक मात्रै मेरो पूरा गरुँ तिम्रा चाहना
माया कि खानी आमा तिमिलाई जन्मदिनको शुभकामना

सन्ध्या न्यौपाने

The Feedback Loop From Hell

There is a tricky quirk to your brain that if you let it, can drive you absolutely batty (insane). Let's say you have anger issues. You get pissed off very easily at the stupidest, most inane(silly) stuff, and you don't get the reason why. And the fact that you get pissed off so easily starts to piss you off even more. And then, you realize that being angry makes you shallow and you hate it even more and now you're angry at yourself. This is absolutely what the feedback loop from hell means.

Everytime we are so worried about doing the right thing all the time that we start to worry about it and when we worry we get more worried and here again we do the same thing. Might be right now you're thinking like "yes I do this all the time I should probably stop it" and you are thinking about doing so and you might be anxious so here you might do it again. But believe it or not we human beings have the ability to think about our thoughts. Here in today's day we are experiencing negative experiences like anxiety, fear, guilt etc.

The social media life plays a vital role for these experiences as we go through our facebook, instagram or any other social media's feed and we see people enjoying, having the stuff we wanted being all that we ever wished for And all this stuff. But you

look at yourself doing nothing or just being there with nothing and you can't do anything about it and the thoughts come through and the loop begins. The feedback loop from hell has become a borderline epidemic, making many of us overly stressed ,overly neurotic, and overly self-loathing (self dislike or disgust).

So this loop that makes us feel bad about feeling bad ,guilt about being guilty, and angry about being angry. So the solution is being less concerned about everything and being more concerned about what you likely would want to happen for you. Just as a example "I feel like I am not worthy of anything" and as a feedback to this you can give "but what I can have things my way and I am worthy to me and I don't care about others think" but not the loophole way because it's a loop and loops are not likely to finish they are generated with every click.

George well once said that to see what's in front of one's nose requires constant struggle. Well the solution to our anxiety and stress is right in front of our noses, but we are so trapped with thoughts that we aren't able to see. It takes us a constant vision for us to see. And the solution is calmness and a bit of time. And you are likely to see the solution when there is no distraction.

Anisha Adhikari



SOME INTERESTING FACT

- There are more trees on earth than there are stars in the Milky Way Galaxy. While the Milk Way boasts 100 billion stars, Earth tops that numbers with its 3 trillion trees.
- Dead people can get goose bumps.
- If you were to remove all of the empty space from the atoms that make up every human on earth, the entire world population could fit into an apple.
- Bamboo is the FASTEST growing land plant in the world... some varieties can grow up to 3 feet in a day.
- Left handed people die 3 years earlier than right handed people.
- You produce about 40,000 liters of spit in your lifetime. Or to put it another way, enough spit to fill around five hundred bathtubs – yuck!

Alaka Bhattarai

अक्षरमा प्रस्फुटित भावहरू

काँधमा गह्रौँ भारी,
सेतो सर्तमा रातो टाइ,
कालो पाइन्टमा कालै जुत्ता,
अनि शिरमा ढल्केको भादगाउँले टोपी
मेरो बालपनदेखिको पहिचान बनेको थियो
हजारौँ थिए मेरा पोशाकको अर्थ खोज्नेहरू,
हजारौँ थिए मेरा पाइला पाइलामा अबरोध गर्न खोज्नेहरू,
अनि शिरको टोपी माथि प्रश्न गर्नेहरू
तर,
व्यक्त गर्न सकिदैनथेँ म
टोपी भित्रको राष्ट्रप्रेम,
म व्यक्त गर्न सकिदैनथेँ
मेरा ती आत्मका वाणीहरू
त्यसैले त आज ती
एकाएक अक्षरको आकारमा प्रस्फुटित
हुन थालेछन् ।

राष्ट्रियताको धुनलाई
च्याप र डिस्कोमा मोड्नेहरू,
विदेशीको नक्कल गर्दै
छोटा वस्त्रमा सज्नेहरू,
गुन्डुक ढिँडो घृणा गर्दै
पिज्जा र बर्गरमा रम्नेहरू
म खोज्दै थिएँ
तिम्रा आँखाका पट्टीहरू खोल्न,
सकिदैनथेँ म राष्ट्रभक्तिका कुरा दिल खोलेर बोल्न,
बुभन सक्दैनथ्यौँ तिमी मेरा मनका ती भावहरू
त्यसैले त आज ती
एकाएक अक्षरको आकारमा प्रस्फुटित हुँदैछन्।
मैले बिर्सिने छैन
मेरो दिलको उद्देश्यलाई
“हाहा” गरी हावामा उडाई दिएको,
आशाका किरण माथि
निराशाका बादल छाड् दिएको,
सगरमाथाको शिरमा फहराएको भण्डा भुकाउन खोजेको
अनि
मेरा बालमस्तिष्कमा कोरलिन बसेका फूलहरू
समयअगावै फुटाइदिन खोजेको
त्यसैले त अब म
देखाउने छु

सच्चा राष्ट्रभक्तको रक्तनलीमा बग्ने राष्ट्रियताको वेगलाई,
सच्चा नेपालीको मुटुमा धडिकने नेपाली भावको शक्तिलाई,
अनि आफ्नै देशको रीतिरिवाज संस्कृति प्रतिको भक्तिलाई
तर थाहा छ मलाई,
तिमीले बुझ्न सक्ने छैनौँ
मेरो मनभित्रको भावलाई
तिमीले देख्न सक्ने छैनौँ



मेरा नशा नशामा उम्लिरहेको रगतलाई
र पनि त आज ती
एकाएक अक्षरका रूपमा प्रस्फुटित हुँदैछन्।
राष्ट्रियताको राष्ट्र बेचि
यता मात्र बाँके राख्नेहरू,
राष्ट्र भक्त योद्धा मारी
नेता मात्र बाँकी राख्नेहरू
बुझ यहाँ,
दुश्मनका टाउका केराका थामसरी
काट्ने छु,
राष्ट्रघातीलाई भुँडाउने छु,
राष्ट्रभक्तिलाई बढाउने छु
अनि
राष्ट्रभक्त नेपालीहरूलाई
मनको मालाले सम्मानित गर्ने छु,
अदृश्य दृष्टिले पुष्पवृष्टि गर्नेछु

र

गर्वका साथ भन्ने छु
“हामी नेपाली, हाम्रो नेपाल”
तर
तिम्रा ती देखावटी नेत्रले देख्न सक्ने छैनन्,
तिम्रा ती देखावटी कर्णले सुन्न सक्ने छैनन्
र पनि त आज ती
एकाएक अक्षर रूपमा प्रस्फुटित हुँदै छन् ।

दिग्गज गौतम

गण्डकी आवासीय माध्यमिक विद्यालय
पोखरा-१६, लामाचौर

Reasons for living

Mysterious is what life seems to be and time seems too short for us to enjoy it. Everyone of us knows the importance of living our lives to the fullest but no one knows how. As we grow, we continue to search on how to make our life worth living and why to live?

People have different perspective on why and how is life worth living? and how to live our lives to the fullest? For me, my family, my aim and my dreams are the reason for living. Life offers many challenges but the love that we receive from our family makes us stronger. Happy moments that we share with our loved ones provides us a reason to live. As we explore our potentialities, it's worth living by having an impact on others. It's like knowing that if we leave this world, we'll be remembered by the ones on whom we have left impact on. The days when we feel lonely or when we feel down then we should just remember that not all storms come to destroy our lives some come to clear our paths. We must get motivated to wake up every morning with a new energy remembering that every morning brings a new opportunity to make ourselves better. The days when we fail or the days when we lose against ourselves we mustn't get demotivated because if you never know failure, you will never know success. The days when we get tired of something we mustn't stop but we must know not to stop when you are tired but to stop when you are done. We mustn't end our journey if the path ahead is difficult because difficult paths lead to beautiful destinations.

There are thousands of reasons to live so we should grab one among them and live our life to the fullest and when you feel exhausted just take a deep breath because you have enough strength to cope with all your challenges, enough wisdom to find a solution to every problem and enough courage to do whatever needs to be done. So, make your life worth living.

Biyani Neupane

Siddhartha Model Secondary School
Nepaltar, Kathmandu



आमा

ताते ताते गर्दै हिँड्न सिकायौ,
आमा आमा भन्दै बोल्न सिकायौ,
खित्का छोडि छोडि हाँस सिकायौ,
हाँसी हाँसी जिवन बाँच्न सिकायौ ।

आफ्ना सपना त्यागी तिमिले मेरा सपना साच्च्यौ,
राम्रो लाउने ईच्छा हुँदा छैन भनी ढाँट्यौ,
मिठो खाने चाहानालाई सडक तिरै फ्याक्यौ,
मेरै लागी तिमिले हरेक सुख त्याग्यौ ।

भगवानसँग सधै तिमिले मेरै खुसी माग्यौ,
सपनीमा पनि तिमिले मेरै खुसी चाह्यौ,
विपनीमा उठ्नासाथ मलाई हेरी मुस्कुरायौ,
मलाई सफल बनाउने वचा आफैसँग लियौ।

मेरो अघि सधै तिमि ढाल बनी उभियो,
मेरा हरेक दुःखसँग सधै तिमि भिड्यौ,
मेरो आँखा रसाउदा सँगै तिमि रोयौ,
मैले खेल जित्दा चकलेट किनी खुआयौ।

गल्ती गर्दा कान तानी असल बन्न सिकायौ,
सबैले सराहाना गर्ने संस्कार तिमिले दियौ,
जिन्दगीको दोबाटोमू हिँड्न पनि सिकायौ,
संघर्ष गर्दै आफ्नोलागी जिउन सिकायौ।

वियानी न्यौपाने

सिद्धार्थ मोडल सेकेण्डरी स्कुल
नेपालटार, काठमाडौं

Baby mosquito flying

Baby mosquito came back after first time flying. His mom asked him "how do you feel?" His replied: "It was wonderful, Everyone was clapping for me."



Nishant Bishwakarma
Times school
Karjhana, Siraha

THE TWO SIDES

Some having daughter find her as a blessing,
Others think that a son is missing,
Some earn for her tutoring,
Others earn for her wedding,
Some treat her as their life,
Others treat her as a burden, soon-to-be someone's
bride.

After marriage, some treat her as the queen,
Others treat her not even as a human being,
Some know what know 'no' means and respect
her opinion,
While the others don't hear no, forget about her
perception,
Some give her happiness throughout the end of
her life,
Others hurt her until she is forced to end her life.

Aditi Chapagain

प्रकृति हाम्रो जीवन

प्रकृति हाम्रो जिवन
गरौं है माया,
प्रकृतिको कारणले नै
छौं हामी यहाँ !

हामीलाई जिवन
आमाले दिनुभयो
प्रकृति कसले दिएको
हो भन?

प्रकृति दिन्छ साथ जसरी
खोललाई किनारा,
प्रकृति हाम्रो जिवन साथी
बलियो साहार !

जिवन हाम्रो राम्रो हुन्छ
प्रकृतिलाई बचाउ,
प्रकृति हाम्रो जिवन हो
यसैमा रमाउ !

रमेश कुशवाहा

She



She
She is,
just wild and free
No control
No boundaries
She is, what she wants to be

She doesn't mind
She doesn't care
She is on her own
She is
herself every time

She is the best,
best friend, when you are down
When times are hard
Days are sad
She just says
chill man
bad things don't last

Let her be an her own
She is wild and free
Yes,
that is how she is

Neha Karna
SOS School

What is Feminism?

"Feminism is the radical notion that women are human beings"

- Chris Kramarae

Man-hater. Frantic. Extremist. These are some terms that feminists generally get to hear. It's almost as if being a feminist is synonymous to man-hating and wanting to establish matriarchy. Most people clearly do not understand the idea of feminism, including some who consider themselves 'feminists'.

Quite simply, feminism at its core is about equality of men and women. It is about gaining equal rights and opportunities and allowing people of all the genders having full control over their bodies and lives. At a time where people especially women are sexualized and objectified in so many cultures, feminism is about empowering. Empowering not just women but society as a whole. Feminism takes the gender roles which have been around for many years and tries to deconstruct them.

While there are many branches of feminism, the main aim of most of these strands is equality. For example, Marxist feminists, postmodern feminists and liberal feminists may differ in their approach and domain but their ultimate goal is freedom and

equality for men and women.

Feminism is one of the most stereotyped and negatively viewed ideology. It's mostly due to ignorance and misconception of people. People often accuse feminists of being 'complaining women' with hostile motives. That is completely wrong. Feminism isn't about destroying men but about eliminating patriarchy and sexism. In fact, you can be a man and be a feminist. It is true that the idea of feminism has had live changing impact on many women all over the world but it strives for equality all the sexes, not superiority of women. It is not feminism if any one gender is ignored or degraded. This is what most people do not understand.

Hence, people need to have a clear idea about what feminism actually is and why it is necessary before putting any negative label on it. Today, many people claim that gender equality has been established almost everywhere and that feminism is irrelevant at this point. But inequality still exists in many different forms that goes unnoticed and ignored sometimes. Until our society actually reaches to a point where all humans are treated equally, feminism is very much relevant and important.

Balisha Kamar

Siddhartha Vanasthali Institute
Banasthali, Kathmandu





A Nightmare

The night of horrible dreams,
 started with bicker and screams.
 I was in the world where smoke and
 noise were there
 and I felt dehydrated, suffocated and
 unfair.
 I went to seek water
 but I found a pond like a gutter.
 I wanted my thirst to be quenched
 but I got a bad stench.
 The sun was roasting over my head
 and the jagged road didn't let me go
 ahead.
 Ear piercing sound was disturbing
 the peace
 but no one was concerned as I said
 Please
 The further I went the air became
 thin
 and I felt suffocated and difficulty to
 breathe in.
 I had a grasping throat and felt like
 dying
 but to seek for water I kept on trying.
 Though the time was gone
 I tried jumping out of the state.
 I forced my heart, eyes, nerve and
 sinew
 and I found myself on bed in a day so
 new.
 Then I realized what the dream was
 all about.
 What it indicated and what it meant?
 Now I'll move forward creating world
 scrubbed and green
 by being vigorous together and
 making it clean.

Prince Rajan Magar
 Solidarity Int'l Academy



बाल आवाज

कोही छन भोका कोहि छन नाडगा तिनलाई सुरक्षा खै ?

अन्धकारमा पिछडिएका छन सबैको दासी भै

खाने र लाउने मौलिकहकलाई हामिले पाउनै पर्छ

अत्याचारबाट उब्जेको घाउमा मलम लाउनै पर्छ

दमन शोषण अन्याय हुन्छ, मायाको साटोमा

काँडाको बारले छेकेछ प्रगति, गर्ने बाटोमा

दया र माया मौलिक हकलाई हामीले पाउनै पर्छ

अन्यायबाट उब्जेको घाउमा मलम लाउनै पर्छ

पशुको व्यवहार भएछ हामीलाई, मानव हौं तैपनि

हाम्रा लागीत शान्ति सुरक्षा आएन अभै नि

स्वतन्त्रताको मौलिक हकलाई हामिले पाउनै पर्छ

दुर्व्यवहारबाट उब्जेको घाउमा मलम लाउनै पर्छ

घाँस र पात वन र पाखा, स्कुलको साटोमा

कालो बादलले छेकेछ बरै ज्ञान र शिक्षाको बाटोमा

पढ्ने र लेख्ने मौलिक हकलाई हामीले पाउनै पर्छ

अशिक्षाबाट उब्जेको घाउमा मलम त लाउनै पर्छ

आजका साना कोपिला भएनि भोलिका कर्णधार

खोसिएको छ मेटिएको छ बालकको अधिकार

शान्ति सुरक्षा मौलिक हकलाई हामिले पाउनै पर्छ

शोषणबाट उब्जेका घाउमा मलम लाउनै पर्छ

हामी बालकको मर्म र पिडा कसैले देखेनन्

हाम्रो बारेमा नेताले पनि संविधान लेखेनन्

हास्ने र खेल्ने मौलिक हकलाई हामिले पाउनै पर्छ

जिन्दगीभरी उब्जेको घाउमा मलम लाउनै पर्छ

श्रद्धा रेग्मी

डाइनामिक माध्यमिक विद्यालय

कोहलपुर-११, बाँके ।

Gender Inequality

As a student, I see one overwhelming injustice across the globe; an abuse that is crying out for attention. That is gender inequality and discrimination against women and girls. Everywhere, women are worse off than men, simply because they are women. Migrant and refugee women, those with disabilities, and women members of minorities of all kinds face even greater barriers.

This discrimination harms us all. Just as slavery and sati pratha were a stain on previous centuries, women's inequality should shame us all in the 21st. Because it is not only unacceptable; it is stupid. Only through the equal participation of women can we benefit from the intelligence, experience and insights of all of humanity. Women's equal participation is vital to stability, helps prevent conflict, and promotes sustainable, inclusive development.

Gender equality is the prerequisite for a better world. A hidden layer of inequality is built into the institutions and structures that govern all our lives – but are based on the needs of just half the population. The unquestioned assumption is that men are standard, and women the exception.

This has led to the biggest data gap in the world.

Very often, women are just considered as child bearing machines. From the ridiculing of women as hysterical or hormonal, to

the routine judgment of women based on their looks; from the myths and taboos that surround women's natural body functions, to mansplaining and victim-blaming – discrimination has been everywhere.

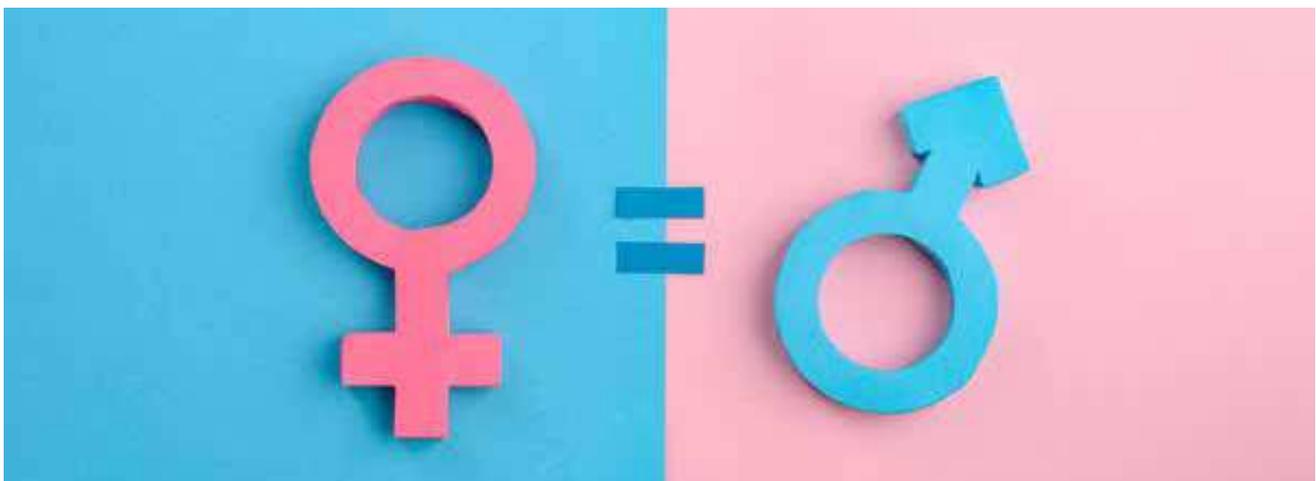
Although Nepal is modernizing and gender roles are changing. The traditionally partial society creates systematic barriers to gender equality. It is time that we all see gender as a spectrum instead of two sets of opposing ideas. Nelson Mandela once said, "Freedom cannot be achieved unless the women have emancipated from all forms of oppression." Gender equality is question of power. Power that has been jealously guarded by men for millennia. It is about the abuse of power that is damaging our communities, our economies, our environment, our relationships and our health.

And why I am a proud feminist? Women have equaled and outperformed men in almost every sphere. It is time to stop trying to change women and start changing the system that prevents them from achieving their potential. The 21st century must be the century of women's equality. Let us all play our part in making it so.

Thank You!!!

Selina Pageni

Triyog High School
Dhapasi-6, Kathmandu



Feminism

Feminism is a word we have heard a lot maybe but many of us have misinterpreted the meaning of the word. In all these years of fighting for feminism, people have often mistaken feminism as man hating, violation of men's rights in order to fulfill women's rights. I may not know many things about this topic but one thing I know for sure is that feminism does not mean violation of men's rights. It is by definition, upliftment of both men and women in political, economic and social levels. It means providing equal rights, duties, facilities and opportunities to both men and women. The hate prevailed for the word does not matter because it is not the word that is important; it's the idea and the ambition behind it. In my own household, my mother had to choose between her career and raising me and my brother. A choice that left her unpaid and underappreciated as a homemaker because there just wasn't support for both the paths. She had to sacrifice her passion to make our lives better, leaving my father as the sole bread winner of the house. Despite all of these, we were an incredibly privileged family as our hardships are the stuffs of other family's dreams. In order to liberate women we need to liberate men. The assumption and common practice that women and girls are only fit for marriage and that they should only look after home and the family is a stubborn and very real stereotype that not only discriminates against women but also limits men's participation and connection within the family and society. These limitations



have broad ranging and significant effects for them and for the children. This is why we should not undervalue fathers and overburden mothers.

Gender equality is men's issue too. Because to date, I have seen my father's role as a parent being less valued by the society. Despite my needing his presence as a child as much as mother's. I have seen men suffering from mental illness, unable to ask for help for fear it would make them

less of a man. Men don't have the benefits of equality either. We

don't often talk about men being imprisoned by gender stereotypes but

I have seen that they are. And that when they are free, things will change for women as a natural consequence. If

men don't have to be aggressive, women won't feel compelled to be submissive. If men

don't have to control, women won't have to be controlled. Both men and

women should feel free to be sensitive.

Both men and women should feel free to be strong. It is time that we all perceived gender on a spectrum instead of two sets of opposing ideals.

Therefore, if we stop defining each other by what we are not and start defining ourselves by who we are, we can all be free-er. We will all benefit by living in a more evolved world with policies not based on gender. We will all benefit from living in a more compassionate time where our needs do not make us weak, they make us fully human.

Arpana Gurung

SUCCESS

In today's world everyone wants to be successful but what is success. The perspective of success varies from person to person. For the record, the people before us have a different view on success and the people after us will have a different view on success.

Moreover, people compare their performance to evaluate their success. But success is not something that you can copy from others. You have to make your own path to achieve success. In modern-day, people are obsessed with success because of the glamour and lifestyle of successful people.

There are many ways to be successful in the world, but most people think of celebrities, artists, politicians, and businessmen, whenever they hear the word success.

Moreover, they think doing what they will make you successful but that is not the case. They forgot the most basic thing that makes a person successful that is their hard work, dedication, and the desire to achieve their dream. More importantly, they want to do what they like to do, not what they feel correct for their business.

If you look in the dictionary for the meaning of the word success, then you will find that it means the achievement of one's goal or aim. So, basically anyone can achieve success by simply achieving their aim or goal.

We all know that we can't achieve something without sacrificing something. Success also demands various things from you. But these sacrifices will not go in vain if you achieve your goal.

Certainly, many people achieve professional success but in doing so they fail in achieving mental, social, and

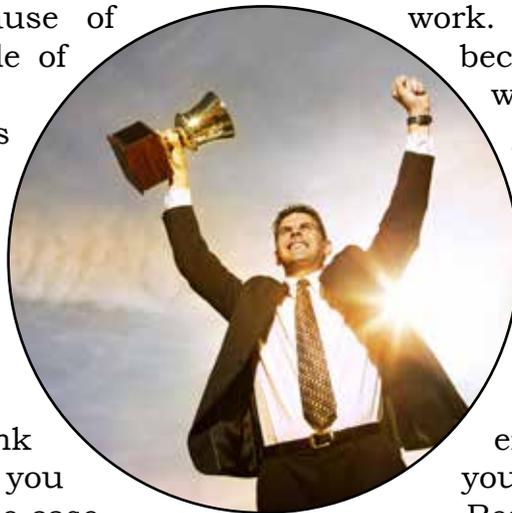
physical success. The tension of lacking behind in other things pulls them apart.

Also, there are cases where people became so obsessed with success that the people around them start to feel uncomfortable around them. In some cases, they have gone mad. Apart from that, people also get depressed if they can't achieve success like others. So, we can say that there is much harm to success.

It may sound unfit to some people but success depends a lot of hard work. Without it, you can't become successful. Hard work does not mean that you do laborious work or the work that makes you sweat. Hard work means a healthy body, strong mind, willpower and positive attitude towards things. And for all those things you need energy. So, be attentive to your body and soul.

Besides, do not just work on your program, push your limits, take charge of other things, improve your skills and most importantly keep learning. Apart from that, be with positive people, develop positive habits, and do exercise not only for the body but also for your mind.

To sum it up, we can say that success is like a seed that needs a balanced proportion of all the elements of life. And no one can achieve success in a day; they have to go through and face different conditions in life for being successful. Above all, success is the feeling of fulfilment that you feel when you achieve your goal.



Sushant Aryal

Gyanodaya English Boarding School
Syangja, Sumrekhola



Taking You Along with Me to my Journey to Thailand

I heard that Thailand was a remarkable place to visit. So, I also wanted to visit Thailand desperately. I asked my parents if they could organize a short trip to Thailand. My joy knew no bounds when they agreed to go there. We planned for a ten-day visit to Thailand.

On the first day, we started our journey from Tribhuvan International Airport and took a 3 hours flight to Bangkok, the capital of Thailand. Then reaching Bangkok, we boarded a micro-bus to Pattaya which was already reserved by my parents. Till we reached our hotel, Mike Beach Resort it was already late around seven and we all went to our rooms and took a rest. The next day we looked around our hotel and when my small brother realized that there was a swimming pool and

hot tub he shouted, “Wow, let’s jump in right now. I’m so excited”. But we had different plans that day that my parents had already planned beforehand. We went to the famous Pattaya Beach and did different adventures including parasailing, surfing, snorkeling, banana boat riding, underwater walking and many more. We tasted different types of seafoods that were actually fresh out of the sea. This day was such an experience! Then the third day we returned to Bangkok and stayed at Marvel Hotel. The next day we decided to do some sightseeing in Bangkok as well. We visited museums, temples including Madame Tussauds Museum, Wat Arun Temple and visited different streets and tried different street foods which were mouth-watering. My family and I experienced the diverse culture,

religion, language of the people. Then the next day we left for Phuket. My cousins and I were more than excited to be there. When we finally reached there, we shouted, “We are finally here in Phuket!”. It was only about an hour flight from Bangkok and all we could see from above in the plane was oceans everywhere. When we finally reached Phuket, we felt very hot. Then my father replied, “It is because of the tropical climate of Phuket, it is always sunny and bright with enough rainfall”. Then we boarded one of the boats and directly went to Phi Phi Island the same day. We could not keep our feet to the ground when we reached there, it was such a beautiful place! We had lunch and swam in the beach all day long and had a lot of fun. Till we got tired and we returned to our hotel, Anda Kira Hotel and took a little bit rest. The next day as soon as we woke up, we dived into the pool because it was so hot out there and after we visited different places there in Patong including the Floating Market. We spent three days in Phuket and those were the best days of

my life. Then, unfortunately we had to leave Phuket and Phi Phi Island sooner or later. We took a flight and reached Bangkok at the Marvel Hotel on the 7th day. The next day we visited Dreamworld which is a very famous tourist site in Bangkok and there were such fun and adventurous rides that probably this day was the most adventurous day of all the days. The last two days were very special to me. We did a lot of shopping and bought gifts and presents for my loved ones in Nepal and ended the tour with a night cruise which was beyond amazing! The last day came just like the wind when we had to leave Thailand.

We boarded a bus to Suvarnabhumi Airport and took a three-hour flight back to Tribhuvan International Airport. These ten days were just like a dream to me and I would suggest everyone to visit Thailand and have an adventurous journey just like me! The journey was amazing and it will always be unforgettable to my family and me.

Bibhuti Chimire





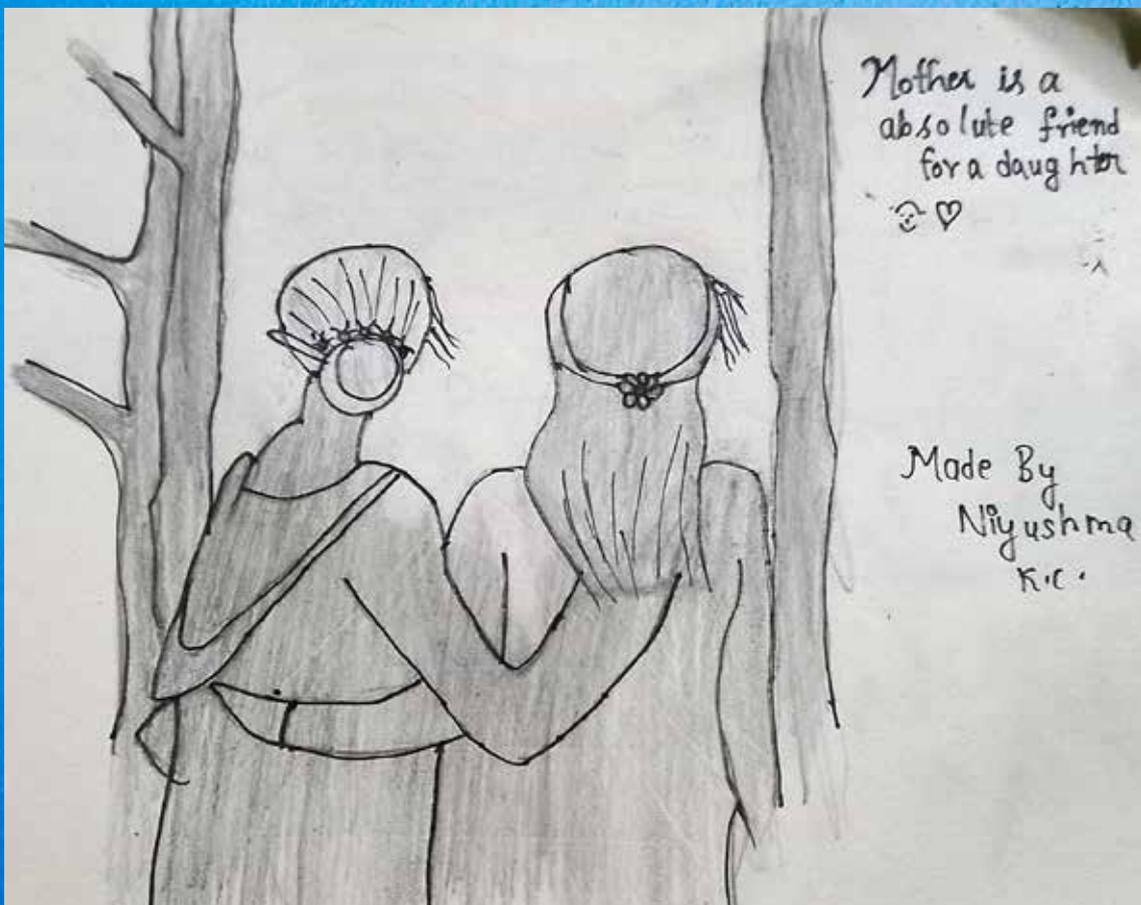


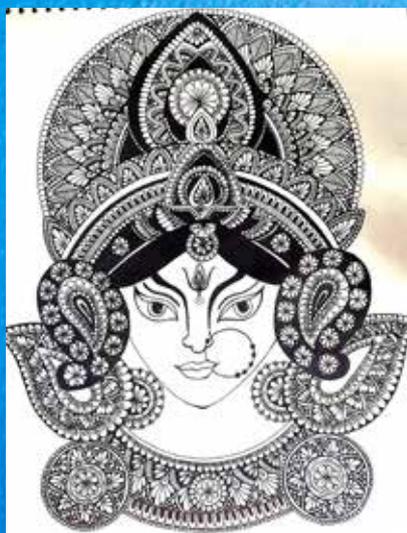
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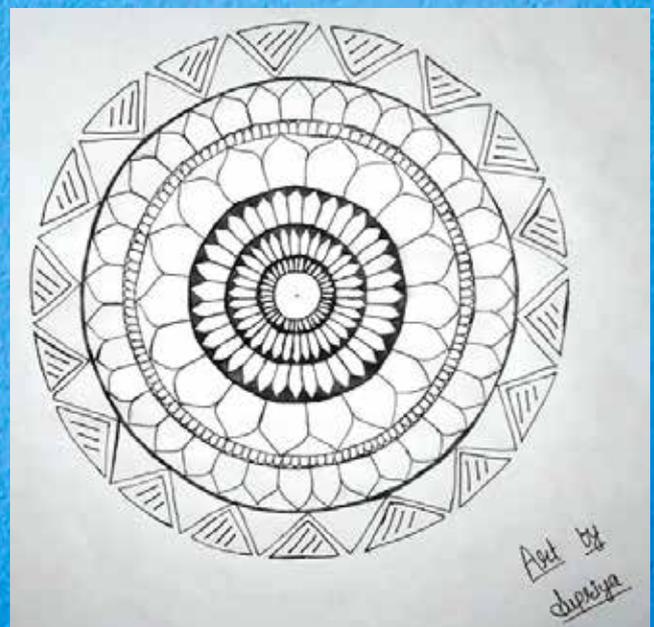


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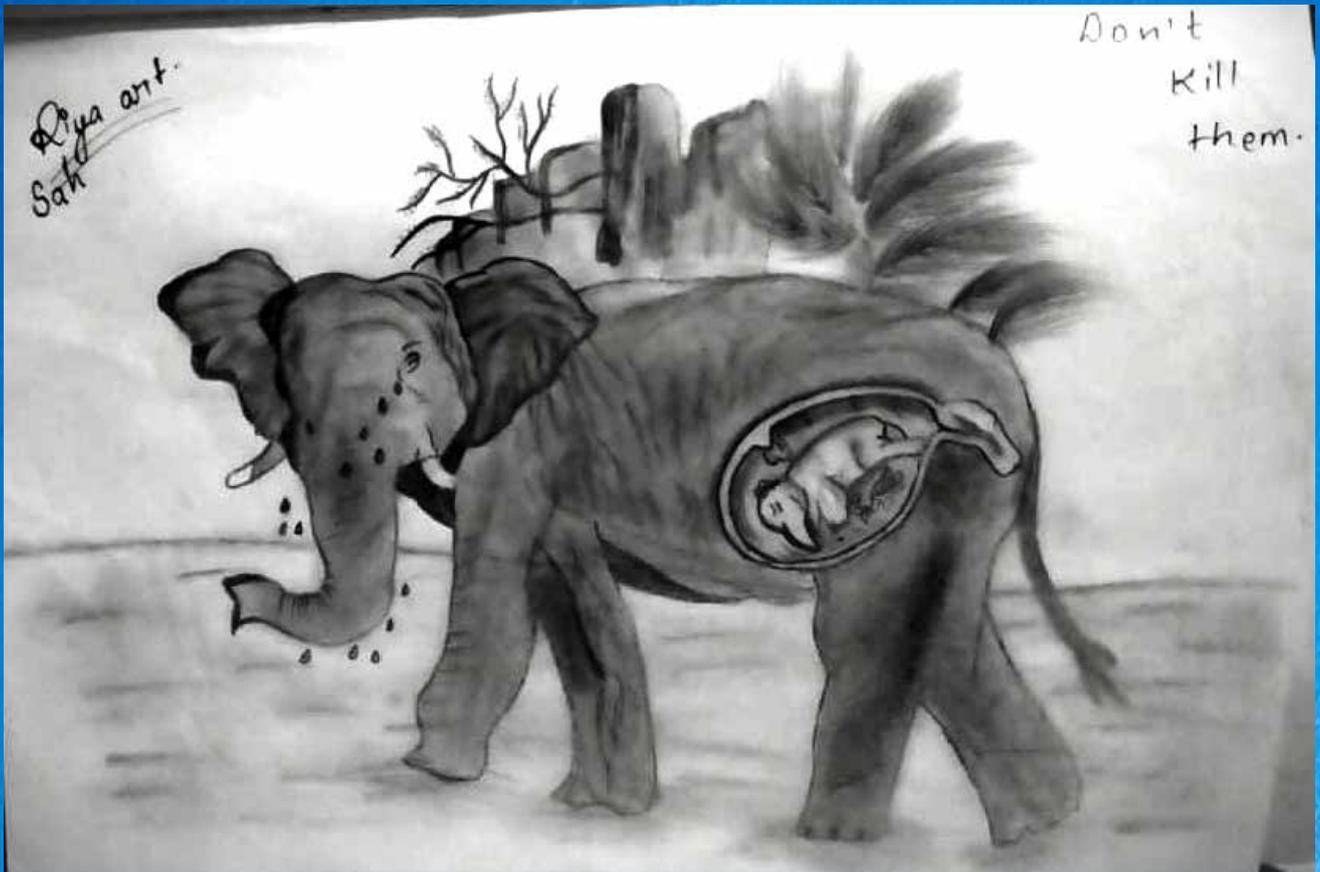
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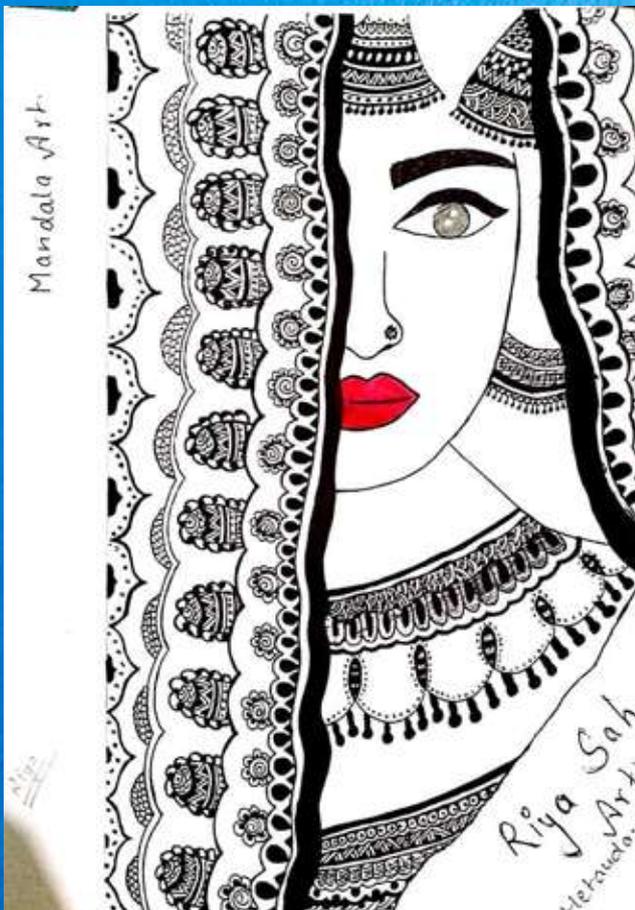
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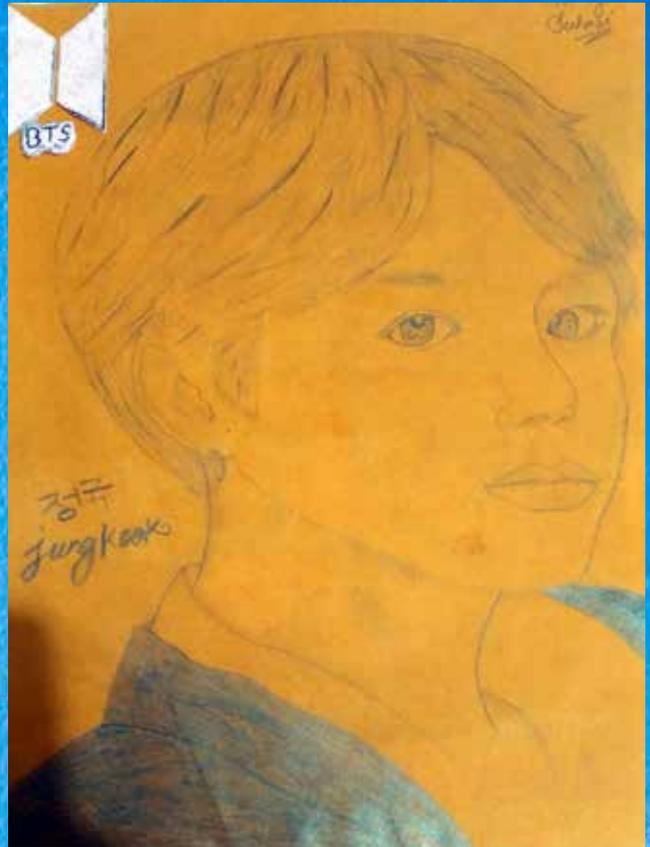


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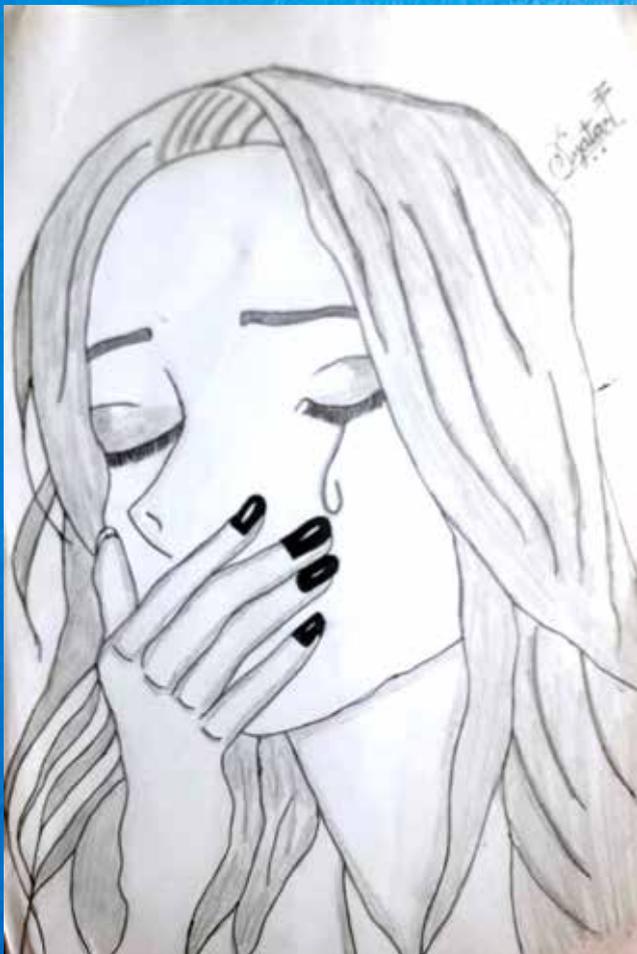


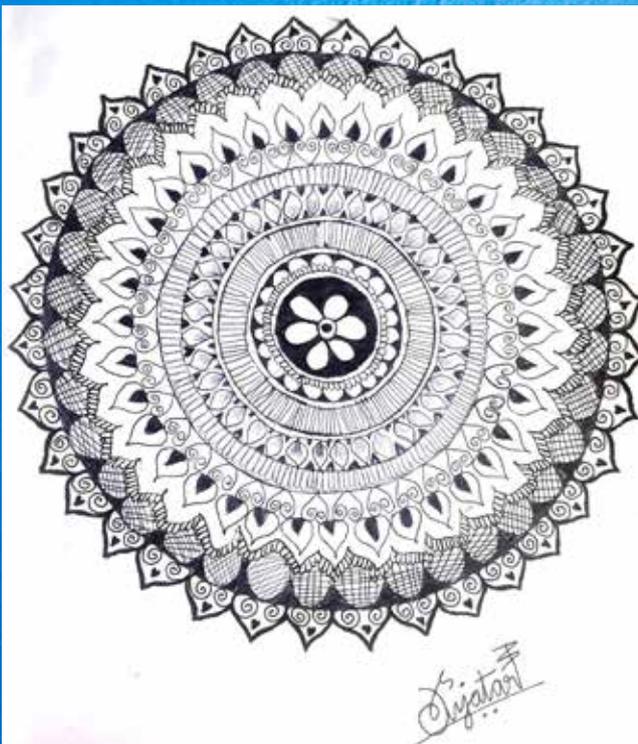
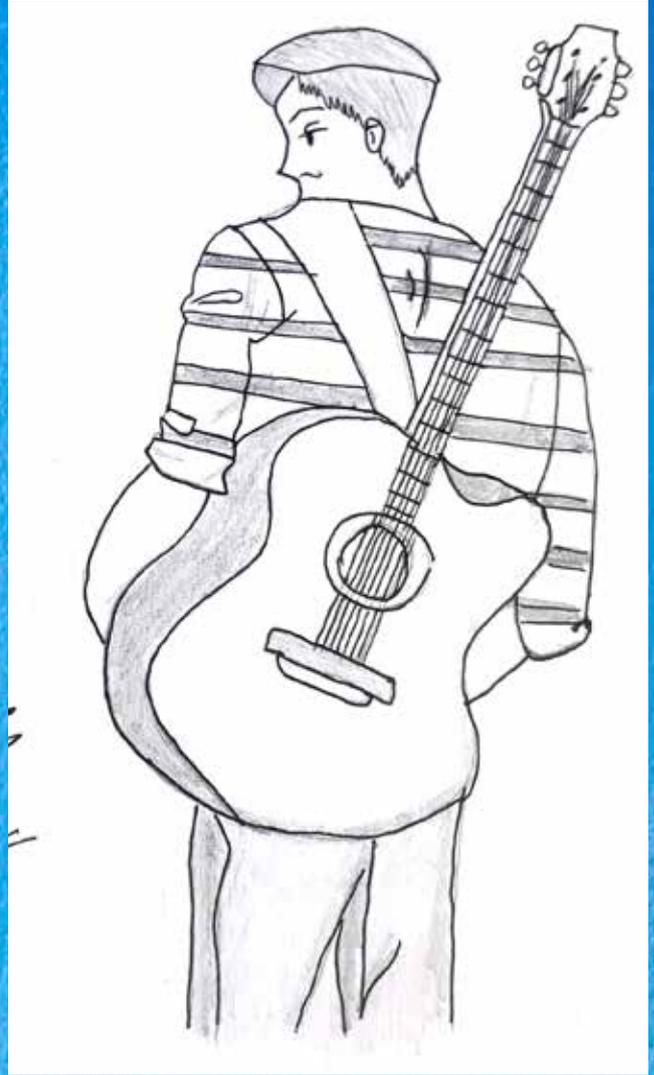
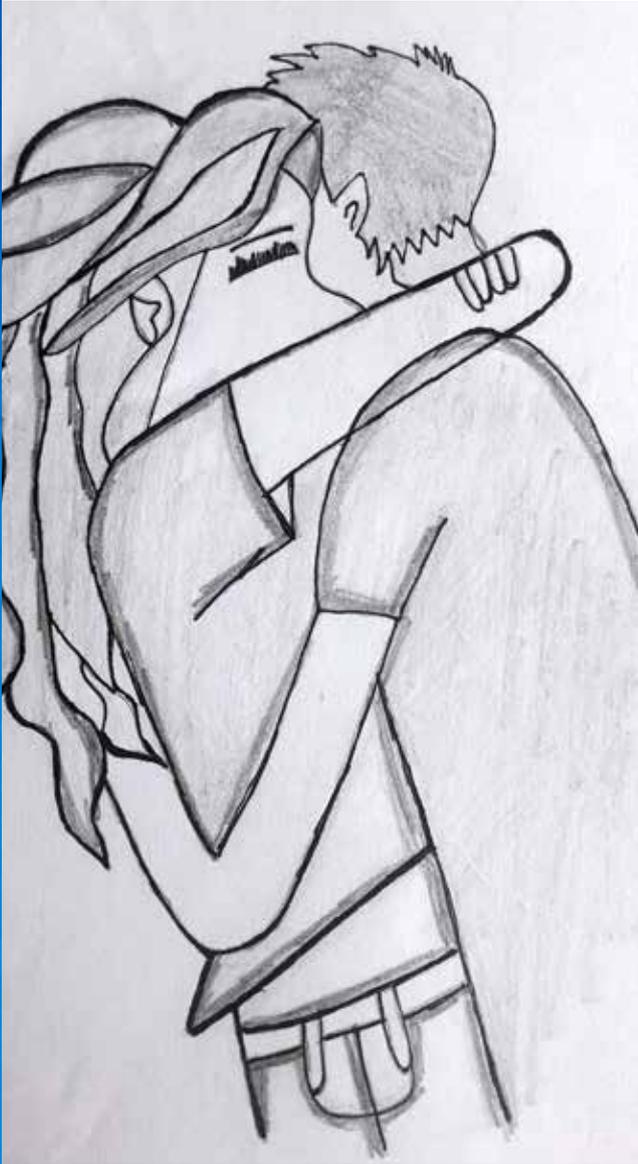
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