

# Reflection

Year 18 Vol : 09



**NIRVANA ACADEMY**  
( An English Medium School )



**Every moment with you we shared of Life  
Is a lovely treasure to give us the drive,  
To share and care the feeling of 'Love'  
Passing a smile like a flying 'Dove'**

**PHOTO**

**17th November 1963A.D. – 14th February 2018 A.D.**

**In Loving memory of our  
beloved Founder Principal  
Neera Singh Tuladhar**

**May the departed soul  
rest in peace  
The Nirvanian Family**

# DIRECTOR'S MESSAGE



**It is a matter of great pleasure to meet you all through Reflection.**

Life isn't always easy. There are difficulties to encounter. At the same time, there are delicacies to relish. So if we look at the bright side of things we get the back up to deal with odds more

effectively.

Nirvana Academy is a community with a strong bond of togetherness.

Togetherness in continuance gives progress. Working together is sharing.

Sharing the good and the bad gives success.

I think the entire Nirvana family is steady on the path to success.

To impart rightful education and make our students dutiful citizens is our objective. We have undergone through changes in the academic structure updating ourselves with the changing time. Our hard work and dedication is strengthening us to do better. Our dear parents & guardians have always stood with us making our partnership bond an unbreakable contract. We long to see a joyous world awaiting.

In the ECA as well, we have been working to bring progress. We have coaching programs for Sports, Music & Dance in the anvil. We are also longing to see the day when we shift to our new premises at Sitapaila which is our own. It's a bigger space and there is enough room to facilitate a cozier ambience for education.

We have high hopes from Education and that's why we say:

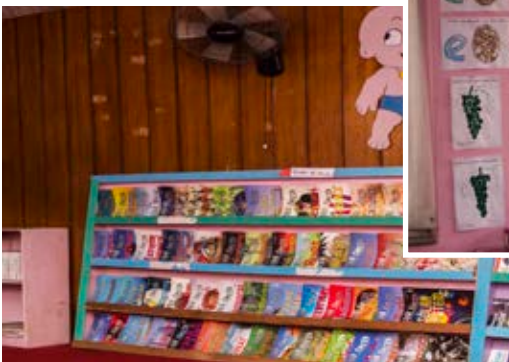
*Education is the Wealth  
Empowers us with Knowledge  
The more we get  
The better our Health  
Education is a Privilege  
Let's avail and enjoy  
Build our nation  
Into a blue eyed boy*

I would like to express my gratitude for your articles, write ups, poems, jokes, artwork and such other materials contributing to Reflection. We expect more and more in the years to come.

With heartfelt gratitude to all our well wishers, I would say, "Oh Nirvanians! Keep the spirit intact!"

**Thank You**  
**Gyanu Ratna Tuladhar**  
*Director*

## SCHOOL







Dear Nirvana Academy Community,

I am deeply honoured to be appointed to the board of directors of Nirvana Academy and to serve as an interim principal of this school.

Earlier this month, I had the opportunity to meet many of our parents, get their comments and feedback and future expectations. In the last few weeks, I had one on one meetings with all our teachers, staffs and had interactions with many of our students. I had a wonderful time, visiting classes, learning along with students and sharing some of my old techniques to learn. It all reminded me of my student days - some 30 years ago!

I am very pleased by the dedication of our teachers and staffs, and the proactiveness and energy of our students. Nirvana is a very special school and am very thrilled and excited to be part of this vibrant and active community. This academic year has been quite a challenge for all of us. Life teaches us all sort of lessons, and it is imperative that we face both the beauty and harsh realities of life with dignity and humility. We must learn and grow wiser from our experiences.

Our founder principal Mrs. Neera Singh Tuladhar sadly passed away early this year. Though she is not with us, the vision, framework and structures she had so diligently put together and built since its inception is still very much intact and alive. As your new principal, I will do everything in my capacity to withhold her vision focusing on academic excellence and personal development.

Apart from our focus on excellent academic achievement, we will also emphasise on the personal development of our students. It is my firm belief that academic excellence alone is not a complete recipe for a successful future. Hence for the coming session, significant focus will also be placed on equipping our students with all the necessary skills required for their latter stages of the university, personal/professional life and be successful globally.

We plan to promote our academic and extracurricular activities and trainings that ensure all our students to be Nirvanian with qualities such as

- Promote respect for others, encouraging integrity of characters.
- Promote high expectations; encouraging individual excellence.
- Promote continually learning, encouraging

perseverance.

Through scientific teachings and focused selection of extracurricular activities based on the individual needs, our students will acquire skills and characters such as (i) Good discipline and manners, (ii) Respect for the environment, community and nation, (iii) Can Do Attitude, (iv) Confidence and the ability to effectively express opinions, (v) Leadership and teamwork, (vi) Decision making skills based on sound analysis and judgement and (vii) Effective time management and multi-tasking.

My professional experience both here and abroad in academic and industrial world, tells me that students who possess high academic achievement along with above skills go on to make a difference, make an impact and be successful in every stage of their life.

It is also equally vital that our teachers and staff are well equipped and trained to instil such skills and values in our students. We will bring world experts in these fields to train our teachers and all our teachers will be also undergoing relevant training throughout the years.

Finally, I look forward with great enthusiasm to be part of the Nirvana community and wish you all the best and success in the coming years.

**Best wishes,**

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**Dr. Tri Tuladhar**  
*Principal*

## VICE PRINCIPAL MESSAGE

It is my great honor to serve as the Vice Principal of Nirvana Academy. I've worn many hats throughout my career, all of which have helped prepare me to lead this wonderful school. I am humbled to serve such a stellar community and love developing strong relationships with the families and staff associated with Nirvana Academy.



Every child is a promise to the future. We are living in an era where everything is rapidly changing. The pace in which the technology is advancing is much difficult for the world to keep up. It is same happening with the education system also. New technologies and systems are introduced all the time. It is challenge for the teachers and the management of every school to interpret the need of a society after ten years. The ability or skills required for the future population is far more of a guess now. The education system of today might not be enough to prepare the students of tomorrow. It is becoming difficult day by day. It can only be possible when the teachers of today are every day learners. The important skills to be developed and integrated among students should be their ability to withstand the present day's competition and forecast the future competitive requirement for sustainability.

Most crucial in life would be the quality and adaptability needed for a peaceful co-existence in profession and society. To meet these challenges of preparing our young children for the world of future, the parents and educators will need to join hands and work together. We are sure to make a success of our endeavors.

As someone rightly mentioned, "A dream becomes a goal when action is taken towards its achievement" and we are committed in pursuing constructive and dedicated actions to produce intellectual, disciplined, compassionate leaders who will bring glory to themselves and to the nation. We will make them successful and also a person of better value.

**Vishnu A. Kumar**  
*Vice-Principal*

## ACHIEVERS



# What's more Valuable? Time or Money

## 1. You Can't Make More Time

You can always find a way to make more money. We have the option to sell possessions, work an extra shift, pick up some freelance work, or maybe even win a few on a scratch ticket. But there are no chances for you to create more time. You can't add an extra hour to the day. You can't give yourself 20 extra years on this planet by investing in the "time market."



## 2. You Can Do More With a Day Off Than With a Day's Pay

Everyone earns different amounts, but a day's pay to a rich person or a poor person is still the same, relative to his or her situation. Whether it can buy you a new Xbox or a new Ferrari, the point is that a day's pay is finite. But with a day off work, the world is your oyster. Maybe you take that time to paint that picture you've always wanted to, or begin writing a new book. At the end of the day, a "thing" that costs money will never compete with an experience that broadens the mind, or simply makes you happy.

## 3. Time Creates More Memories than Money

Think back to the best moments in your life so far. How many of them are based on money, and how many are based on time spent with friends and family? Our most treasured memories come from time spent with the people we love, and in places we adore. Time gives us those memories we can look back on and laugh, or cry. And while money may help, it's never the main focus.

## 4. You Need Time to Spend Money

You may have all the money in the world, but you only have a certain amount of time in which to spend it. Billionaires around the globe have enough money to last 100 lifetimes, and yet they only have a set number of years on this planet. Even then, the last 10-20 years are not exactly the best. Money can buy you a lot, but it cannot buy you more time, which is why time is the most valuable resource we all have.

## 5. People Close to Death Wish for More Time, Not Money

How often have you heard the story of people saying, "It went by so fast" or "If only I'd had more time" as they were living out their final days? It's something said by so many people, so often, and with good reason. Money may provide us with some luxuries, but time gives us so much more. Ask someone with a few months to live if they'd like \$10 million or 10 more years on the planet, and you know the answer you'd get back.

## 6. Time Is Priceless, Money Is Not

Money is money. The value of it fluctuates from day to day, and differs across currencies and investments. But time... you cannot put a price on that. For instance, what kind of price tag would you attach to spending one hour with someone you love? How about spending the day with a friend or family member you haven't seen in 15 years? What is the cost of spending a few hours on a beach thinking of nothing but the sand between your toes? No worries. No stresses. Just that moment. What's more, time is free.

## 8. Time, Not Money, Is a Great Healer

It takes time to gain perspective. It cannot be bought. It takes time to realize your strengths and weaknesses. It takes time to figure out who you really are, and who you want to become.

When you put time against money, it's no contest. Money helps you live your life over that time, but it's time itself that gives you the greatest benefit.

**Shilpi Gupta**

*Front Office Executive*





## You Inspired Us .....

*Life & Death are bitter truths*

*You were with us was so sweet  
You aren't with us tis still so sweet  
Your memory files within us dwell  
Sometimes give pain, other times we smile  
And say, "So what Neera Mam.....  
your Treasure of Love, Care & Lesson  
are never-ending fruits"  
We pledge to live up to your wish  
But one corner of our heart drops the tears  
drops after drops no tool to measure.*

Our friend, philosopher, guide, custodian and a motherly figure is no more with us doesn't mean that we should plunge ourselves in the deep sea of melancholy & just be passive. In fact, our passiveness and sadness will make her soul even sad. She is watching us. So we should work for the better. Work is a thrill but only if we get involved into it. On the contrary, it becomes a boring spell if we just do it for the sake of doing.

So our first priority is to join hands, workout plans and implement them with utmost sincerity. To our students, I should say that the path of life is undulating so let's take each step with prior preparation. If you don't get prepared and organized then at sudden bends you might get a sprain which could hinder you from walking further.

At school you are taught lessons on different subjects like Science, Maths, Social Studies etc. Your responsibility is to bring those lessons closer to your heart. Make a love deal and be sure that there is no breach of contract from your side. I think you can work wonders if you take the route as I have said. The only reason behind this is.....truth can't be hidden. When one gets involved into a certain task or a relationship – it is 100% truth. So one day, the truth itself will speak and that is called success.

I look forward to a great future for all of us.

**Kundan Shasankar**  
Co-ordinator

## “उहाँ हामी माफ हुनु हुन्छ”

जाडोको बिदामा यस पल्ट पनि घुम्न जाने निर्णय लिएर हामी दुबई (Dubai) पुगेका थियौं । आफ्नो परिवारसँगै र माइलो अनुभव बटुल्दै थिए । पहिलो पटक नधुमेकाठाउँहरू हामी यस पटक घुम्दै थियौं । त्यस्तै गएको १३ दिन पछि साथीहरूबाट समाचार पाए “निरा म्याम अब हामी माफ हुनु हुन्न ।” मलाई साँहै नरमाइलो लाग्यो कताकता आँखा अगाडि उहाँको अनुहार आइ रहयो र मेरो मुखबाट अनायाश शब्द निकले, “हे भगवान तिमीले किन निरा म्यामलाई लग्यौ ? यस निर्भाणा एकेडेमीलाई अझै उहाँको खाचो थियो ।”

जीवन र मृत्युको दोसाँधमा रोगसँग संघर्ष गर्दा निरा म्यामले जीवनलाई जित्न सक्नु भएन तर मृत्युले जितेर उहाँलाई हामीबाट छुटाएर धेरै टाढा लग्यो । सायद, गुनिला व्यक्तिहरूको पनि माथि भगवानको दरबारमा खाँचो रहेछ क्यारे । आज उहाँ हामीबाट सदाको लागि बिदालिएर जानु भएको छ तर पनि लाग्छ उहाँ यस निर्भाणा एकेडेमी प्राङ्गणमा बसेर सबैलाई हात हल्लाएर “वाइवाइ” गर्दै हामीबाट टाढा जानुभयो हामीलाई एकलो र निर्भाणालाई मातृत्व विहिन बनाएर ।

निराम्यामको त्यो सरलता, आत्मविश्वास, कामको लगनशिलता, मृदुभाषी, विद्यार्थीहरूलाई आफ्नै छोराछोरी ठान्ने कसैलाई कहिल्यै चित्त नदुखाउने व्यवहार यो । उहाँको यही विशेष गुणले गर्दा नै निर्भाणा एकेडेमी आज यो स्थितिसम्म पुग्न सफल भएको हो । उहाँको सपना र इच्छा यही निर्भाणा एकेडेमीको सफलता हो ।

जबसम्म यो निर्भाणा एकेडेमी रहन्छ तब सम्म निरा म्याम सधैं हामी माफ रहनु हुन्छ । यसै शब्द सुमनका साथ निरा म्याम प्रति भावपूर्ण श्रद्धान्जली अर्पण गर्न चाहान्छु ।

गोपा शर्मा  
कक्षा शिक्षिका : ९

## पश्चाताप

कुनै एउटा गाउँमा आमा, बुबा र छोरा बस्थे । त्यो परिवार साँहै सुखी र रमाइलो थियो । तर अचानक एकदिन बाबुको मृत्यु भयो । बाबुको मृत्यु हुँदा छोरो पाँच वर्षको मात्र थियो । बाबुको मृत्युपछि आमा र छोराको जिविका धान्न पनि आमालाई साँहै गाह्रो भयो । यति हुँदाहुँदै पनि आफ्नो छोराको भविष्यको चिन्ता गर्दै आमाले अनेक दुःख कष्ट सहँदै छोरालाई कुनै पनि अभाव हुन दिएकी थिएनन् । राम्रो स्कुलमा पढाएकी थिइन् । उनलाई छोरो नराम्रो संगतमा लाग्ला भन्ने साँहै चिन्ता थियो । तर छोरो आमालाई सोचाइको विपरित भएर निकलियो । उसले नराम्रो साथीहरूको संगत गर्न थाल्यो । पढाइ पनि छोड्यो । आमाले भनेको केही पनि नमान्ने भयो । छोराको यस्तो चाला देखेर आमालाई धेरै चिन्ता पयो, त्यही चिन्ताको कारणले एक वर्ष बिट्दा नबित्दै आमालाई मृत्यु भयो । आमालाई मृत्यु भएपछि उसलाई धेरै नराम्रो लाग्यो । अब साथीहरूको संगतले गर्दा ऊ धेरै बिगिसकेको थियो । एकदिन साथीहरूसँग ऊ बैङ्क लुट्नको लागि गयो, त्यही समयमा पुलिसले भेट्यो र जेलमा लगेर थुन्यो । बल्ल उसलाई आफ्नी आमालाई एक - एक शब्दको याद आउन थाल्यो । विगतका दिनहरू सम्भेर पश्चाताप गर्न थाल्यो र अब राम्रो मान्छे बन्ने संकल्प गर्‍यो । तर समय निकै अगाडि बढिसकेको थियो । समयले कसैलाई पस्वदैन । सबैले समयको महत्व बुझेर काम गर्नुपर्ने रहेछ भन्ने कुरा उसले बुझ्यो र विगतको दिनहरू सम्भेर पश्चाताप गर्दै जेलमा दिनहरू काट्न थाल्यो ।

रमा खनाल  
कक्षा शिक्षिका : ४“क”

## Attention Deficit Hyperactive Disorder

Psychiatrists have advised parents to listen to their children's problems. Children are suffering from various kinds of mental health problems. They are found to be suffering from stress, anxiety, depression. Everyday four to five children visit the Neuropsychiatry hospital at Lalitpur.



Early detection of mental health problems will help children cope better with disorders. Parents can find out if their children are suffering from mental health problems by watching their behaviour. Children suffering from mental health problems refuse to go to school, quarrel with friends, tear papers and copies, stay alone, show repetitive behaviour, do not get along with friends and draw pictures using dark colors among others things.

Children are restive when they suffer from mental health problems. They suffer from attention deficit & hyperactive disorder. It is a condition in which a person has trouble paying attention and focusing on tasks, tends to act without thinking, and has trouble sitting still. It may begin in early childhood and can continue into adulthood. Small children are likely to suffer from intellectual disability and need assistance in toileting, reading and their every day activities. If the children show such kind of behaviour then make sure that it is time for child to take to the psychiatrists and counselors.

Pressure from parents to perform better in studies and peer pressure are some of the causes of mental health problems. Relationships and love affairs among adolescents also cause mental problems. Parents are to blame as they are unable to give time for their children. Hence, the children these days are more stressed.

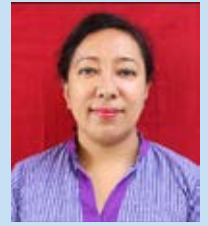
Parents shouldn't vent out their frustrations on children. They should listen to the problems of their children. Since 'Attention Deficit Hyperactive Disorder' discussed above is a mental health problem, it brings in poor scoring. Teachers must watch and distinguish such children by reporting to the school administration and furnishing notice to parents on time. Care must be taken while blaming for students failure.

(Source: *The Himalayan Times*)

**Lal Babu Karna**  
Maths Teacher  
Secondary Level

## MOTHER

'Mother' itself is a word which includes the whole world. We all are here in this fantastic world because of her commitment to give birth to us. We work, we play and we do lot of activities in our daily life. Can you say for how many times we call out 'ma', 'mummy' or 'aama'? We do and there our heart get's melted. We are bounded with her unconditional love.



A small baby calls out 'mama' and the mother touches baby with her tender love. The love that is full of life is crystal clear. She furnishes the baby with full affection to make him/her become a good citizen. From there the baby knows the value of love. Now I've already crossed four decades of my life. Still the love and tenderness of my mother is fresh in my memory even though she is not with me. I have her pathway of life which has made me stable in my work. And luckily now I am a mother of two lovely daughters and I hope one day they will also do the same. It's the process of life cycle I guess.

**Junu Manandhar**  
Class Teacher: II

## SOLAR ENERGY

Solar means 'Sun'. Today, solar power is popular in our country and all around the world.

The heat of the sun is free for everyone. Now, we make use of sun's heat to produce electricity. This is called 'Solar Energy'. This kind of electricity can be used at homes, offices, factories and streets. The solar panels absorbs heat of the sun. The energy is transferred as electricity with the help of battery. An inverter is also attached for the device to work smoothly.

Many machines can work by solar energy, like; water pumps, television, refrigerator, rice cookers, bulbs, computers and many machines. In other countries, we also hear about solar farms, for big solar power. It is an alternative to electricity. Now, inventions have been made like solar cars and trains that run on sun's energy.



**Akshyata Tuladhar**  
Grade: II



Hello! Students, here are some good study habits for you.



- Set aside a regular time and place to study.
- Concentrate! Cut out distractions. Take a short break now and then.
- In Maths and Science the first step to understand the problem. - What is given? What is wanted?
- While reading textbooks, look for the main thoughts in each paragraph and chapter.
- Get additional information from outside sources- other books, magazines, people, etc.
- Rewrite important ideas in your own words.

**Karuna Maharjan**  
Class Teacher  
Grade: VIII

निर्मल मनको निरा म्याम,  
थिईन निर्भाणाको तारा,  
सानो ठूलो, गरीब दुःखीको,  
थिईन तिनी सहारा,  
हँसिलो मुहार, मिठो बोल्ने  
थियो तिनको बानी ।  
उफ न न न न  
विद्याताको कस्तो खेल,  
थाह - नदिई लाने  
कुन देश कुन ठाउँ,  
कहाँ होला लाने ?  
कहाँ होला लाने ?  
उफ न न न न  
कहाँ होला लाने ?  
मिलन सिं

संगीत शिक्षक

## सम्झनामा नीरा म्याम

स्कूलको लागि सबथोक गर्थ्यौं रातदिन खटेर  
स्कूल उच्च बनाउन लाग्थ्यौं, हरदम डटेर  
मीठो बोली, असलकर्म, आदर्श व्यवहार  
सिकायौं सबलाई असल कर्म, बनायौं कर्णधार !

सद्भाव राख्ने चौतर्फी तिमी देख्दथ्यौं समता  
तिमीमा थियो अपूर्व गुण, अदभूत क्षमता  
छाडेर गयौं, लाग्दै छ यहाँ, संसार नै रिक्तता  
कसरी होला यो हाम्रो स्कूल, तिमी बिना पूर्णता !!

जन्म र मरण प्राकृतिक नियम, टर्देन टारेर  
गर्नेछौं पूरा सपना तिम्रा सबजना मिलेर  
हुनेछौं तिमी सन्तुष्ट तब, यी सब देखेर  
बन्ने छौं खुशी, पाउने छौं सुख, यी सब हेरेर !!!

असल थियो आदर्श शिक्षक, सहयोगी साथीभाइ  
हर दिन गर्थ्यौं परोपकार, सम्पूर्ण प्राणीलाई  
भगवानले पनि चाँहदो रहेछ चाँडै नै गणीलाई  
हरदम हामी सम्भरहने छौं, भुल्दैने तिमीलाई !!!

देबुराई

कक्षा शिक्षिका : १०

1. A mansion is on fire. There are three rooms. A room full of money, a room full of expensive paintings and a room of gold and precious jewels. Which room do the policemen put out at first?

- None, they are policeman.

2. What has a tongue but does not eat or speak?

- A Shoe



**Bidushee Rajopadhyay**  
Grade I

## JOKES

**Wife:** Did you have your lunch?

**Husband:** Did you have your lunch?

**Wife:** I am asking you.

**Husband:** I am asking you.

**Wife:** You are copying me.

**Husband:** You are copying me?

**Wife:** Let's go for shopping.

**Husband:** Yes, I had my lunch.



**Liya Singh Suwal**  
Grade: VII

## THE MAGIC COW

Once a rag- picker named Julie found a magical cow. Whenever she had to go out she entered one of the cow's ears. When she came out from the other ear, she was well dressed and well-fed. On returning home, Julie entered one ear and on coming out from the other she was again dressed in her rags. One day, an old woman saw all this. She wanted to become young again. Thus she stole the cow and entered its ear. Sadly she took a wrong turn and she turned into a calf! That is how God punished her for stealing.

**Moral: Do not steal or you will suffer.**

**Pratistha Pradhan**  
Grade III 'A'

## कविता

सानु सानु पुतली  
भुरू उडेर आकास छुदैछ  
कसो गरुम् के गरुम्  
फूल भेट्न आउदै छ



**मेरिसा धिताल**  
कक्षा : यू. के.जी.

## ENVIRONMENT

Green grass, green leaves  
Greenery everywhere,  
Living and non-living things  
Main components of environment;  
All around is greenery  
Full of joy and happiness

The environment with its treasure  
All so countless to measure  
Includes artificial and natural things  
Like soil, air, water, school,  
Society, bread & butter.

Dust, smoke and sound  
All relatives of environment  
Cause pollution the day round  
In the dark nights cries environment  
There isn't a place for merry go round.



**Suvashish Shrestha**  
Grade VI

### Did you know.... Spinach

- Spinach belongs to the goose foot family along with beets and swiss chart
- Fresh spinach is available year-round
- Spinach grows quickly. It can be harvested and eaten after about 6 to 8 weeks.
- Spinach can withstand low temperatures of 15° to 20° F (-9° to -6°C)
- China is the world's largest spinach producing country.



**Aryan Rauniyar**  
Grade- VIII

## I Love You Mummy

I love you mummy so very much  
that I can't express.  
You feed me, take care of me  
and help me dress.

You love me no matter what  
and always make me smile.  
Having you as a mummy  
makes me one lucky child.

You are really loving in every way  
and really special too  
I am glad that you are my mummy  
and that I belong to you



**Aviruddha RatnaTuladhar**  
Grade: IV 'A'

## THE PARROT'S MIMICRY

Once there was a parrot who could imitate all animals and birds of the jungle. Slowly, the parrot became very popular. Birds and animals from all over came to see his mimicry.

The animals liked him so much that they started paying money to see his act. Soon the parrot earned lots of money which brought luxury in his life. Gradually, the luxury started making him lazy. He stopped practicing his mimicry and cancelled many shows. The parrot lost his fame and soon his money too.

**Moral: Pride comes before a fall.**

**Ayush Agrawal**  
Grade II

## PROUD TO BE A NIRVANIAN

In my two years journey with Nirvana Academy, I have learnt that life is not as sweet as we wish it to be. It consists of beautiful roses as well as thorns. It depends upon us where we push the life. It is not always necessary that you will get the roses, but one thing is sure that if you pass through the thorns you will surely achieve success. I feel very proud and lucky for being a student of Nirvana Academy. I got the opportunity to study in a cozy learning environment in this school. I think this school is the best in the valley which provides quality education.

It has qualified & experienced teachers and helpful staff. I would like to thank this school for enabling me to achieve good results.



**Bipasha Lama**  
Grade: VII

## MATHS ABOUT ME

Numbers numbers all around  
Everywhere they can be found  
Numbers tell how old I am

How much I weigh and how tall I am  
Where I live and that's not all  
Numbers are a part of me  
Money, Time and History

When to wake up and when to eat  
What size shoes to buy for my feet  
How much money something costs  
A number to call if dog gets lost

I don't know where I would be  
If numbers weren't a part of me.



**Sangay Dolma Lama**  
Grade: III 'A'

## A Naughty Boy

Once upon a time there was a boy named Hari. He was very naughty. One day when he was going to a picnic trip he saw a box full of toys. He was very happy to see the toys. So he rushed from the bus. A big truck was coming. Then, he met an accident. He was taken to the hospital. After 1 week he was fine. His mother told him that you should never do bad things. If you do bad things god will punish you like you had met an accident. Hari said, "Mother! I am very sorry. I will promise you that I will never do bad things". From that day he stopped doing bad things.

Thank you 😊

Tsering Dolma  
Ghale  
Grade - 3A

## Ganesh



Ganesh is one of the most worshipped deities in Hindu community. He is widely known to remove obstacles and be part of art, science and intellect.

Hindu Mythology identifies him as the son of Shiva and Parvati. He has been represented with the head of an elephant. Ganesh is worshipped on many religious occasions esp. in the beginning of any work. He is offered sweets and sandal wood to worship.

Dharbendra Kushwla  
Grade - 3A

**Dharbendra Kushwla**

To our beloved Neera Ma'am

Neera Ma'am is our beloved Principal. She was there for everyone and she is still there for everyone. She used to make everyone happy. She loved dogs. We used to play with her. She is the best principal, I have ever seen. She still makes us happy and twinkles in the sky at the night just for us. I wrote this just for her.

Name: Meshma Gurung  
Grade: VA



Michael Jackson

wt by: Nayan Jung Thapa  
Class: 4B  
roll no: 8

Michael Jackson is a singer, dancer and also known as the king of pop. Michael Jackson's real name was Michael Joseph Jackson. He was born on 29 of August 1958 in Gary, India United states. His mother's name was Katherine Jackson and his father's name was Joe Jackson. He grew up with his five brothers and three sisters. When he was five years old he started singing with his brothers. Their band name was Jackson 5. Then Michael Jackson started being famous. After being famous he started singing and released his solo album. He also started doing his solo concerts. His most famous album was Thriller. He had 39 guinness world records on the title of best selling record. His net worth was \$825 Million. He died on 2009 June 25 due to cardiac arrest.

**Nayan Jung Thapa**



बाबु : आज तेरी आमा किन चुपचाप छे ?  
मुन्द्रे : आमाले लिप गार्ड माग्दै हुनुहुन्थ्यो, मैले  
भुक्किएर फेबिकल दिएछु ।  
हा..... हा..... हा.....



नाम : सक्षम मानन्धर  
कक्षा : ४ "क"

## किन कालो भयो ?

(एउटा युवकले डाक्टरलाई सोध्यो)

युवक : डाक्टर अंकलज दुध पिउने मान्छे गोरो हुन्छ रे, हो ?

डाक्टर : हो, तिमीले सही भन्यौ ।

युवक : होइन तपाइलाई डाक्टरको  
सर्टिफिकेट चाहिँ कुन गधाले दियो है ?

डाक्टर : (रिसाउँदै) किन?

युवक : (भोक्किएर) दुधपिउने गोरो हुने  
भए भैसीको पाडो चाहिँ किन  
कालो भएको ?

डाक्टर : ह ज्ञ

युवक : अँ ज्ञ



नाम : जेनिसा पीठाकोटी  
कक्षा : ६

## THE STORY WITHOUT AN END

There was once a king whose was very fond of stories. He lived a long time ago when there weren't any story books. So this king had people to tell him stories. He would listen to his storytellers from morning until night. The king would have become angry when no one was ready with a new story.

At last he said, "Whoever will tell me story that has no ending shall marry my daughter and he shall be king after me. But whoever starts a story and ends it, I will throw him into prison."

Many young princess and nobleman came from far and near with their stories. Everyone tried but no one could come up with a story without an end. All of them were thrown into prison.

But there came a day when no one appeared before the king to tell a story. He was about to give his prisoners another chance, when a young man appeared before him. He was not a prince nor a nobleman. He was the son of a poor workman who lived near the palace.

"I came to tell you a story," he said "a story without an end." The king praised him and he got his due reward.

**Moral: Wit can beat the heat.**



Ashlie Manandhar  
Grade: VI

## Nirvana News

Hello! Everyone, I am Pratha Khanal from Grade 7. I've been rendering news for Nirvana News since many years and this is Reflection special. Here, I am going to countdown some of the high light events that have occurred in and around the globe in 2017.

1. Donald Trump was sworn in as the 45th President of the United States of America.
2. North Korea prompts international condemnation by test firing a ballistic missile across the Sea of Japan.
3. Space X conducts the world's first reflight of an orbital class rocket.
4. Computers around the world are hit by a large-scale ransomware cyber-attack, which goes on to affect at least 150 countries.
5. A terrorist bombing attack at an Ariana Grande concert in Manchester, England kills 22 people and injuries over 600.
6. The World Health Organization estimates that Yemen has over 200,000 cases of cholera.
7. A gunman opened fire on a crowd of concertgoers at the Route 91 Harvest music festival on the Las Vegas strip in Nevada leaving 58 people dead and 851 injured.
8. Nepal had its different phase of local elections.
9. Local elections were held in 20 years in Nepal.
10. Dr. Sanduk Ruit, an award winning Nepali eye surgeon, has been featured on many of the News papers across the world. He was also awarded with the Civilian Award "Padma Shree" by the Indian Government in 2017.
11. A magnitude 7.3 earthquake strikes the border region between Iraq and Iran leaving at least 530 dead and over 70,000 homeless.
12. Russia is banned from the 2018 Winter Olympics in Pyeongchang by the International Olympic Committee, following an investigation into state-sponsored doping.

Well, that's all for the year and I will be back again on the Reflection Magazine next year. Till then stay happy and work hard.

Thank You and Bye!

# SCHOOL ACTIVITIES





## MY DAYS IN NIRVANA ACADEMY

"Nirvana Academy" the name itself is special to me. All these 10 years I never hesitated to go to school, my school was always fun, my school was never like other schools with strict rules and regulations and scary teachers. In fact, my school is my second home. I've spent my ten years here and now since my SEE is just next door a kind of hollowness has been created.

When, I think about my school experience there are many things that come to my mind, both good and bad memories, mistakes, lessons, happiness, joy & fun. Our teachers treated us like daughters and younger sisters. Even our Principal and Co-ordinator were never too harsh on us.

I learnt value of hard work and dedication here Our Principal Neera Singh Tuladhar who passed just sometime ago shall always remain in my heart till I breath my last. Her sweet words still ring in my ears like sweet melody. I have no stock of adjectives to praise her. We have grown under the shadow of her affection.



**Surma Dangol**  
Grade: X

## IS INTERNET RUNNING OUR LIVES

Internet has become a powerful tool for communication in the modern times. Nowadays people use the internet to talk to each other, play games, chat etc.

People cannot live a day without Internet. The internet has consumed our lives and made it better in terms of the quick search for information. We used to take hours to search for information in libraries but now with a click at a mouse, we have the information of the word at our finger tips.

However, on the other side, people have become lazy due to Internet. People spent most part of their day in front of a computer which has made them lazy. Some of them also wear glasses due to continuous contact with the internet. In holidays too, most children are found scrolling through the latest feed in face-book or viewing the latest videos on you-tube rather than spending time with their parents or doing their studies. Internet has its negative points too. We as children should understand the positive side of internet and explore it further. This will allow us to take advantage from it in the long run. We know that internet is running our lives. The only concern is that it should not replace our relationship with near and dear ones.



**Aarna Sonar**  
Grade: IV 'B'

## SCHOOL DAYS.....MY HEY DAYS

School life is an important phase in a person's life. My journey here in Nirvana Academy has been like a roller coaster ride. From Nursery to Grade X, it's been 12 years and yet it seems so less to me. I've called it a roller coaster ride because children never want that ride to end. They want more and more of it. In the same way I don't want to leave Nirvana Academy. I am in Grade X & this is my last year in school. When I think about this, I begin to become sad. My school is not just a school it's a family where teachers are guardians and students their children. I have seen drastic changes in me. From an introvert & shy child to a confident girl today, I have learnt so many things. I met such beautiful friends who have changed my life for good.

I have made the best memories of my life along with some bad but I'm not sad about the bad ones because it brought the best in me.

The teachers have helped me a lot through thick and thin. "Time flies by" and now it's time to say good bye. Thinking about leaving the school makes me sad. Memories of old times come to my mind bringing tears of happiness. I have no words to express my journey in Nirvana Academy. My loads of thankfulness would not be sufficient enough for all the teachers who have helped me to become the person I am today. Not only teachers my friends too who have made by journey memorable. Above all, there is a character who has been my mentor. She is nobody else but my beloved Principal Neera Singh Tuladhar without whom nothing could have been possible in Nirvana Academy.

She was a mother, a teacher a friend & a guide to me. She passed away leaving behind a treasure of high grade virtues of life. Some of them we have already taken & applied in our life. The rest needs to be incorporated.

*"Neera Mam, you were a gem  
You made us diamonds  
The whole world knows  
Gems & Diamonds are forever  
In Love! Love! Love!"*



**Taniya Tamang**  
Grade: X



## I FIND YOU IN ME

There was a girl just twelve years of age living in Swoyambhu named Neha. She studied in Gangtok. She had just returned to Kathmandu for her Summer Vacation. Neha was a very kind hearted and generous girl. Every morning she woke up and set out for Swoyambhunath Stupa to offer prayers that would benefit all sentient beings.

One fine morning, she saw an old woman, dirty and dressed shabbily sleeping in the street with a bowl placed in front of her. She seemed cold and hungry. People were walking by and taking rounds of the Holy stupa chanting mantras with the beads in their hands, some were making offerings while others praying for their wishes to be fulfilled. No one stopped for a second to take a look at the old woman but only for this young girl. Neha opened her jacket which had been gifted to her by her favourite Ma'am and selflessly covered the old woman with it who was trembling with cold. The old woman made a blissful expression and continued sleeping more peacefully. Neha was overwhelmed.

Next morning Neha collected the fruits she had been given for breakfast and ran towards the same spot where the old woman sat alone. She offered the fruits to the woman, sat beside her and watched as the old woman ate without taking a breath. The people walking by still did not take a glance. Everyone completely ignored the scene and continued taking rounds, chanting the hymns in praise of God. It became a daily routine for Neha as she brought something or the other for the old woman. They never spoke much but quietly a bond of closeness developed between the two. Her vacation was coming

to an end. Only two days were remaining to leave for Gangtok.

She wanted to bring the old woman to her house and so she ran towards the spot where the woman usually sat, but she wasn't there any longer. Neha went in search of her all around the stretch and asked the people about her. She was nowhere to be seen. She was completely disheartened in losing her new friend and broke down in tears. Her parents tried to convince her too but she wouldn't stop and went to sleep without eating her food.

That night the old woman came in her dream. She wasn't the same, instead she was glowing and there was a stream of bright light dazzling like an aura around her. She didn't say a word but just smiled and put her hand on Neha's forehead. Next morning she was in awe. She became speechless and she could not believe what she had just seen in her dream. Just after 10 mins she got a phone call from her school authority which said that she had been offered a scholarship for admission in a school in London. We mortals travel the world in search of God but incidentally God comes to us every now and then in any form and shape. He tests us and marks us according to our level of kindness, compassion and love. It is not important to chant hymns we don't understand and follow what everyone else does. The secret is in having a beautiful and compassionate mind and be helpful to the needy ones. God will address your prayers effortlessly



**Pasang Lhamo Gurung**  
Class Teacher  
Grade- III 'B'

## MESSI MY BESTY

Messi, my all-time best footballer  
Against every player, he stood taller  
He is my idol, I am his fan  
He always brings the best he can

He does magic when ball is in his feet  
He teaches us to be good in defeat  
He is an example of good person  
When he is fouled, he smiles and gets up on his own  
There are lots of good players I know  
But he will always remain the man of the show

He has got lots of trophies and prizes  
Sometimes he gives his fans surprises  
by showing love towards his fans and  
followers  
for him, all fans around the world has  
lots of prayers.



**Sujal Shrestha**  
Grade: II

## DID YOU KNOW?

1. 80% of vanilla flavored food (including the ice-cream and essence) is made artificially, because natural vanilla beans are very expensive.
2. Kangaroo & Emus walk backwards.
3. The lighter was invented long back before the matchbox and matchsticks were invented.
4. Venus & Uranus are the planets that rotate clockwise whereas all other planets go anti clockwise.



**Srayesha Karmacharya**  
Grade VI

## THE FIRST TIME I EVER SANG

Hi! This is Jayal Lama from class VI and I'm about to share with you my first experience of singing on stage. Every year music and dance competition is held in our school. They call judges from outside. Although I was scared I decided to take part in the competition without thinking twice.

I chose the song "Something just like this." Then my practice session began. It was very difficult for me to manage with the time because I had lot of studies to do. We had class tests also. The drama competition was on the same day and I was also doing a role so it was very tough for me to manage. I had a hard time practicing both the things at the same time. Finally the day came. I was very enthusiastic about it. The show started. I was warming up in the back stage. My friend Ashutosh was on stage giving his performance. After him I was supposed to go on stage, I felt very excited and nervous as well. But as usually I do in other competitions, I went against my fear and nervousness. When I entered the stage everything was dark except the stage. Then the music started. Everybody started screaming on top of their voice and cheering me up. I got the energy to sing. I completed singing. The audience said, "ONCE MORE ONCE MORE" and so I had to sing twice.

In the prize distribution ceremony, I was expecting to get the third prize. But it was given to somebody else. I got depressed. The first prize was announced at the last. I had no hopes. But the audience called out my name. Then Kundan Sir, our Coordinator announced, "THE FIRST PRIZE GOES TO JAYAL LAMA!" I jumped in joy. I took the prize from one of the judges. The crowd took my photos, shook hands and hugged me. I became very excited and kissed my award. I returned home happily and joyfully. It is the best day of my life, till now. I shall never forget this experience.

### STUDENT AND TEACHER:

One day student was late for school.

Teacher: Why are you late!

Student: My father and mother were fighting.

Teacher: Your father and mother were fighting but why are you late?

Student: Because one of my shoe was in my mother's hand and other one was in my father's hand.

Teacher: Ha, Ha, Ha

Saniya Siddique  
Grade: IV'A'

## बाल अधिकार

नेपालमा १६ वर्षे मुनिकालाई बालबालिका भनिन्छ । बालबालिकाको अधिकार बालअधिकार हो । नेपालमा भण्डे पचास प्रतिशत बालबालिकाले पूर्ण रूपमा स्वस्थकर खानापाएका छैनन् । भन्डै बीस प्रतिशत बालबालिका विद्यालय जान पाएका छैनन् । नेपालको नयाँ संविधान २०७२ले सबै बालबालिकाले पढ्न पाउने, स्वास्थ्य उपचार गर्न पाउने, परिवारबाट उचित हेरचाह, खेलकुद, मनोरञ्जनमा सहभागी हुनु पाउने व्यवस्था छ । यसले सबै बालबालिकाले पढ्न र स्वस्थकर खानाखान पाउने र पढ्न पाई आफ्नो विकास गर्ने छन् । यस्ता बालबालिकाको हितको लागि गरिने र दिइने सम्पूर्ण अधिकारलाई नै बालअधिकार भन्दछन् ।

प्रत्युश पाण्डे  
कक्षा : ३ "ख"

## आकाशकी चरी

कति राम्रो लाग्छ मलाई  
आकाशकी चरी  
सबै सँगै मिलिजुली  
उड्छन् आकाशैभरि  
बिहानी बोलाउँछन्  
चिरविर चिरविर गर्दै  
म त जान्छु त्यसलाई  
हेर्न दङ्ग पर्दै ।  
चरी पनि हाम्रो साथी हो  
बुझौं सबैले  
चरीलाई मार्नु हुन्न  
अब कसैले ।



विजयानी लामा  
कक्षा : ३ "क"

## NIRVANA- OUR PRIDE

Nirvana Academy is famous east or west  
And we are learning to do our best  
We are taking it as a holy place  
It has been making much progress  
And we wish all the best  
for its golden success  
We learn a lot here with much fun  
And our parents  
are supporting to make it run  
It has walked also a long way  
And its one of the best schools all say  
Day to day it leads  
us to a brighter world  
And we are able to speak  
the words of gold  
Nirvanians shall be rocking  
on top everywhere  
And we will have thanked the  
teachers  
Because they have been working  
as holy preachers



Pratik Jung Thapa  
Grade: VI

## NIRVANA ACADEMY.....MY HOME

I am a part of Nirvana Academy. I love to be here. Nirvana Academy has taught me to live my life. I am blessed to be here. I love my school environment. It has helped me to read, write and do all the activities I need in my life. Teachers care here like our parents. Every moment, I enjoy in my school. I love Nirvana very much.

**Aarya Manandhar**

*Grade: U.K.G.*

## DORAEMON

Doraemon is a Japanese Manga series that has also been adapted in successful anime series. The story revolves around a robot cat named "Doraemon" who travels back in time from the 22nd century to help a boy named "Nobita Nobi". Nobita is a young boy who isn't good in studies. He isn't good in sports too. So he is bullied by school mates. Because of this he develops negative emotions, like; sadness, jealousy, etc. But Doraemon was sent to Nobita by his future. Doraemon uses his gadgets to help Nobita in various ways. They become the best of friends. Their bond of love showed to the world that friendship can solve any problem.

**Bimalendra Kushwaha**

*Grade: II*

## NIRVANIAN ACHIEVERS

1. Sonam [Grade V] Second in story telling by N.K. Singh Smriti Golden Jubilee Inter School Telling Competition-2074 (2017)
2. Manaswi Shrestha [Grade IV 'A'] Third in story telling by N.K. Singh Smriti Golden Jubilee Inter School Telling Competition – 2074(2017)
3. Dikhya Basnet [Grade IV 'A'] Best Smile Award in Nepal Children Icon 2017 "Season 6".
4. Joanna Lama [Grade III 'A'] Best Personality Award in Nepal Children Icon 2017 "Season 6".
5. Aditi Thapa [Grade III 'B'] First Runner Up in Nepal Children Icon 2017 "Season 6".

## A WONDERFUL MOTHER

God made a wonderful mother,  
A mother who never grows old;  
He made her smile of sunshine,  
And he moulded heart of pure gold.

In her eyes he placed bright shining stars,  
In her cheeks, fair roses you see;  
God made that wonderful mother,  
And he gave that dear mother to me.

**Pragesh Maharjan**

*Grade: V 'A'*

## OWLS AND CROWS

In a forest, there lived a colony of crows on a huge banyan tree. A colony of owls lived in another tree nearby. The owls were powerful enemies..... frequently attacking and harassing the crows. The owls could see at night, giving them advantage over the crows.

The king of the crows called for a meeting with his ministers. "We can make peace with the owls, one of the crows said". "But the wicked enemies, the owls, will never keep their promise", the other crow said. "**Can we move to another place**"? The crow asked. If the crows choose to move out to another place they will have to re-build their lives once again, the other one said. Finally, an old crow came up with a noble idea. "**Let us have the policy of double dealing,**" said the odd crow. "**What is that?**" asked the crows. You attack me and throw me out of the flock, I will go and settle temporarily in the nearby mountain. I will try to gain the confidence of the enemies....said the old crow. "**Where will you stay then?**" asked the crows. "**I will stay with them and then tactfully destroy them,** said the old crow". "**Excellent idea, you can proceed**", said the crows. The old crow picked up a mock quarrel with the King. The King punished him and he was thrown out. One of the owls saw the miserable fate of the old crow and hurriedly went to report the matter to his king and said, "**Great King!** I saw an old crow on the mountain, he is driven away by the King of crows. He is old and starving for food". The king of owls arrived at the spot. He was the groaning old crow. He allowed him a shelter with the owls. The old crow said, "Oh King of owls you are really great and started praising him." Then he told sad story to the owl. The owls took the crow in there place. The old crow made a big nest by laying dry twigs. The crow went in his place where he used to live before and called his friends and put the place in fire. The place of the owl turned to ashes.

**Sonima Maharjan**

*Grade: VI*

## ANIMALS FACTS

1. A tiger's legs are so strong; they can remain standing even when dead.
2. Scorpion can hold their breath for up to 6 days.
3. Dolphin can recognize their friends even after 20 years of being apart because of their signature calls.
4. A snail can sleep for 3 years.



**Karma Chogyal Shangpo Gurung**

*Grade: V 'B'*



## CINDRELLA

Long ago, a wealthy man's wife was ill. The wife knew that she was going to die. So she told her only daughter to be kind and good and God would protect her. After few days the mother died.

Wealthy man married again, hoping to give his daughter a mother. The stepmother was a widow and she already had two daughters. The girls step mother and her step sisters hated her. She was made to do the household works. She was treated very unkindly by her stepmother and stepsisters.

Whenever she completed her work. She would sit by the fireplace and watch the cinders.

*I think that is why she was called CINDRELLA. Her real name must be different. I hope you agree.*

**Sambhavi Malla**  
Grade: U.K.G.

## SWIMMING

Swimming helps us to survive in water. It also makes our lungs stronger, improves our stamina and helps to maintain our body. There are four styles of swimming. They are freestyle, backstroke, breaststroke and butterfly.

1. Freestyle is the fastest and the easiest stroke. Most swimming competition uses this stroke.
2. Backstroke is like freestyle but your body has to face up towards the sky. People have many accidents in the swimming pool while learning the backstroke.
3. Swimming in the breaststroke style doesn't require much energy. This style is also called the "Frog-stroke" because in this stroke you have to swim like a frog.
4. Butterfly stroke is the most difficult stroke. Learning this stroke requires a lot of energy and it is also the last stroke to be learnt. It has a lot hard conditions i.e.; you have to glide in the water fast and far. When you breathe you have to breathe in one second.

I can't wait for summer to come so that I can go to the swimming pool. But now it's so cold so I'd rather go inside and be warm.



**Pratikcha Bishwokarma**  
Grade: VIII

## MY DAYS IN NIRVANA ACADEMY

"Nirvana Academy" the name itself is special to me. All these 10 years I never hesitated to go to school, my school was always fun, my school was never like other schools with strict rules and regulations and scary teachers. In fact, my school is my second home. I've spent my ten years here and now since my SEE is just next door a kind of hollowness has been created.

When, I think about my school experience there are many things that come to my mind, both good and bad memories, mistakes, lessons, happiness, joy & fun. Our teachers treated us like daughters and younger sisters. Even our Principal and Co-ordinator were never too harsh on us.

I learnt value of hard work and dedication here Our Principal Neera Singh Tuladhar who passed just sometime ago shall always remain in my heart till I breath my last. Her sweet words still ring in my ears like sweet melody. I have no stock of adjectives to praise her. We have grown under the shadow of her affection.



**Surma Dangol**  
Grade: X

## IS INTERNET RUNNING OUR LIVES

Internet has become a powerful tool for communication in the modern times. Nowadays people use the internet to talk to each other, play games, chat etc.

People cannot live a day without Internet. The internet has consumed our lives and made it better in terms of the quick search for information. We used to take hours to search for information in libraries but now with a click at a mouse, we have the information of the word at our finger tips.

However, on the other side, people have become lazy due to Internet. People spent most part of their day in front of a computer which has made them lazy. Some of them also wear glasses due to continuous contact with the internet. In holidays too, most children are found scrolling through the latest feed in face-book or viewing the latest videos on you-tube rather than spending time with their parents or doing their studies. Internet has its negative points too. We as children should understand the positive side of internet and explore it further. This will allow us to take advantage from it in the long run. We know that internet is running our lives. The only concern is that it should not replace our relationship with near and dear ones.



**Aarna Sonar**  
Grade: IV 'B'

मेरो सानो घर  
मेरो सानो घर  
छाना माथि स्वर छ  
रातोमाटो पोतेको  
बारी सबै जोतेको ॥

बारीभरि फुल छ  
पुतलीको हुल छ  
सुन्तलाको बोट छ  
सानो-सानो गोठ छ ॥

बसन् गुन्द्री काम्लो छ  
बोक्न डोको नामलो छ  
पँधेरोमा पानी छ  
गाग्री बोक्न नानी छ ॥

नाच्दै हिड्ने पाठो छ  
बाच्छो पनि टाठो छ  
ठाडो पुच्छर लाउंछ  
मसँग खेल्न आउंछ ॥

नाम : दिपिका सिलवाल  
कक्षा : ५ "ख"

## INVISIBLE THIEF

There is a lot of tension in the Great hall of Gems, where the gems from all over the world is collected by Mr. Chops. He is known all over the world for his great collection of gems. As I told you before there is tension in the place because a letter has come to Mr. Chops which says, "Today at 12 p.m I'm going to take the most precious gem with me. Your very own Masked." You must be in confusion who is Masked. Well let me tell you. He is a great thief who has stolen the most guarded and precious things. The most fearful thing is that the police have not been able to catch him. At midnight the policemen are guarding the place. Mr. Chops says, "I think the most precious thing in this hall is the Fairy gem extra security should be there." Then suddenly someone laughs, "Haaa, Haaa, Haaa! You think you can save the gem from me, Masked, Haaa, Haaa, Haaa! Everyone turns and sees Masked, Mr Chops is very scared. The head of the department of the police Mr. Jones says, "Don't be afraid of him Mr. Chop, we will protect your gem for you." Masked says, "Will you look at the gem?" The gem is not in its place." They look at Masked. He is holding the fairy gem. Masked says, "At last my dream is fulfilled, Mr. Jones I shall show myself." Mr. Jones is surprised, "Why are you showing yourself to the world, it's a risk for you and a Hurrah for us." Masked says, "Yeah! See me its Hurrah for me and not for you." He opens his mask, there is nothing there. Masked says, "I said hurrah for me because I'm invisible." Mr. Jones faints because of shock after hearing this!



Aparaa Lohani  
Grade: V B

## आमा

आमा तिमीले मलाई ९ महिना आफ्नो कोखमा राखेर जन्मायो  
निद्रा नलागेको बेला मलाई आफ्नो काखमा राखी लोरी गएर  
सुतायो ।

आमा सधैं दियोँ मलाई असल र राम्रो ज्ञान  
त्यसैले सर्वप्रथम तिमीलाई नै ठान्छु आफ्नो भगवान  
भोक, तिर्खा, चोट, दुःख जे पनि सहेर मेरो सेवागर्छौँ  
तर मलाई सेवा गर्ने बेला आफ्नो ख्याल राख्न बिसर्छौँ ॥  
मेरो दुःखमा रोयौँ र सुखको बेला हास्यौँ  
परिवारप्रति आफ्नो दायित्व र कर्तव्य निभाएर सुखको माला गास्यौँ  
तिम्रो त्यो काखमा सम्पूर्ण जीवन सुतेर बिताउन मन लाग्छ  
तिम्रो सेवा गर्ने मौका पाउ भनेर हरेक पल मेरो मनमा इच्छा जाग्छ ॥

तिम्रो हृदयमा भगवानले बास गर्छन् र तिम्रो  
आँखामा संसार रहन्छ  
तिमी भएर त मेरो जीवन सुखसाथ बितिरहन्छ  
सलाम छ आमा तिमीलाई जसले मलाई हरेक  
सुख दिएर हुर्कायोँ  
त्यसको फल स्वरूप मलाई असल र जिम्मे  
वार व्यक्ति बनायोँ ॥



नाम : अकित बुढाथोकी  
कक्षा : ९

## LET'S LAUGH. HA! HA! HA!

Son: Dad I got 100 marks in  
school today.

Father: That's wonderful! For what  
you got a hundred in?

Son: 30 marks for Maths, 50  
marks for English and 20  
marks for Science.  
Altogether 100 marks.



Sonam T. Gurung  
Grade I

## माया

कुनै बखतको कुरा हो । एउटा जंगलमा एक शिकारी सधैं  
जसो जंगलमा गई मादल बजाउने गर्थ्यो । जब ऊ सधैं  
मादल बजाउँथ्यो एक मृगको बच्चा उसको मादलको धुन  
सुन्न आउँथ्यो । सधैं मादल बजाउनासाथ उक्त मृगको बच्चा  
आएकोले शिकारीलाई अचम्म लागिरहेको थियो र एक दिन उसले  
सोध्यो, "तिमी किन सधैं मैले मादल बजाउनसाथ आउँछ्यौ ?  
के मेरो मादलको धुन तिमीलाई मन परेर  
हो?" मृगको बच्चाले जवाफ दियो । "मलाई  
तपाईंको मादलको धुन मन परेर हैन जब  
तपाईंले मादल बजाउनु हुन्छ, त्यो आवाजमा  
मलाई मेरी आमाको याद आउँछ, किनकि  
उक्त मादल मेरी आमाको छालाबाट बनाएको  
भएर !!"



नाम : जेवी रंजित  
कक्षा : ५ "क"



## OUR EARTH

It is like an orange. It has its own axis. It takes 24 hours to make a rotation in its own axis. It takes 365 days to go around the Sun. It has many mountains, hills, rivers, lakes and seas, etc. It has only one moon. The moon takes 27 days to go around the Earth. Earth is surrounded by a thick layer called atmosphere. We all live on a planet called Earth. It is beautiful and nice. It is made up of land and water. It also consists of rocks and metals. It is the fifth biggest planet in the Solar System. It is millions of years old.

**Sayal Adhikari**

*Grade: II*

## SPORTS DAY



## FRIENDSHIP

Friendship is a stronger form of interpersonal bond than an association. Friendship has been studied in academic fields such as communication, sociology, social psychology, anthropology and philosophy. Various academic theories of friendship have been proposed, including social exchange style. Although there are many forms of friendship, some of which may vary from place to place. Certain characteristics are present in many types of such bonds. Such characteristics include affection; kindness, love, virtue, sympathy, empathy, honesty, loyalty, mutual understanding, compassion & enjoyment of each other's company. Friendship is so pleasant that whenever you are in trouble you can share your pain with your friend. A true friend understands you better than anybody else in this world.

I have started making friends. One by one, I am collecting friends so that I'll have many persons with whom you I can share all my joy & sorrow.

Please wish me good luck.



**Saina Prajapati**

*Grade: V'B'*

## JOKES

Lady Teacher : I am beautiful.  
What tense is it?

Sagar : Past Tense

Lady Teacher : Why?

Sagar : Because your day are off. Your beauty has gone.



**Jigme Lodoe**

*Grade: III 'A'*

## FISH FACTS FOR KIDS

- There are over 40,000 known species of fish.
- Some flat fish use camouflage to hide themselves on the ocean floor.
- Tuna can swim at speeds of 15 km/hr (47mph)
- Relative to their body size, fish have small brains compared to most other animals.

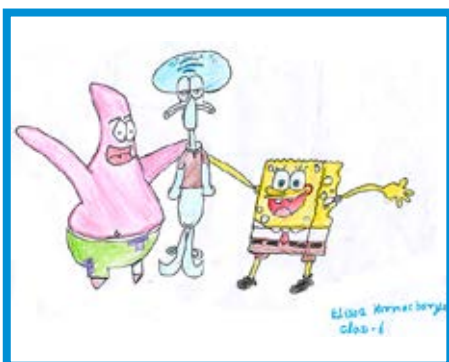
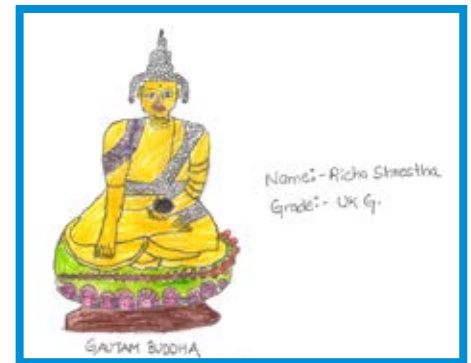
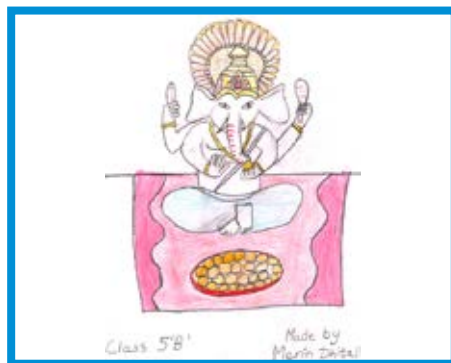


**Pratham Shrestha**

*Grade: VIII*

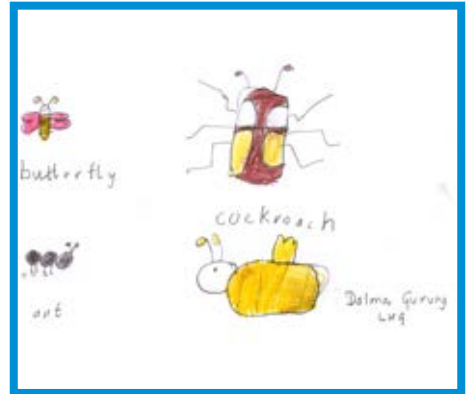
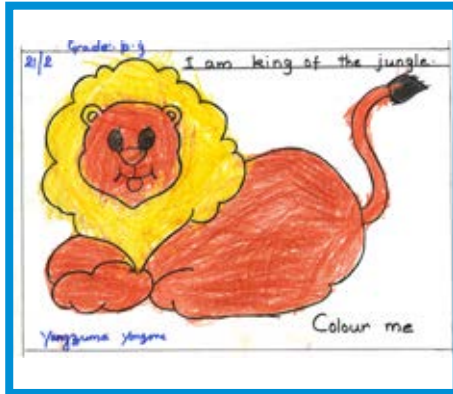
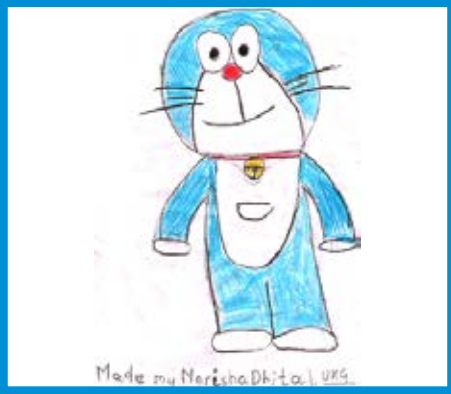


# ART GALLERY





Timnesia  
 together we party  
 together we cry  
 kept every single secret  
 and covered every lie  
 cos we're BEST MATES  
 till the day we die  
 Name: Lumila  
 class: 5 B (GIRL)  
 Roll no: 30 (GIRL)







Name: -Jenish Mepe  
Class: -III 'A'



Name- JENISH SHERPA  
Grade- IV 'A'



Name:- Siddhartha  
Grade:- IV 'B'



Grade- IV 'A'



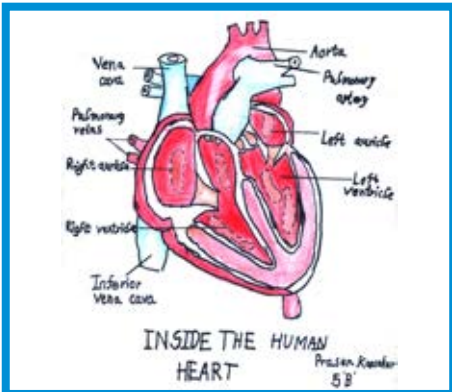
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Class - L.K.G



L.K.G



UKG.



INSIDE THE HUMAN HEART

Prasen Kumar  
5B



Grade I



Rishma from UKG



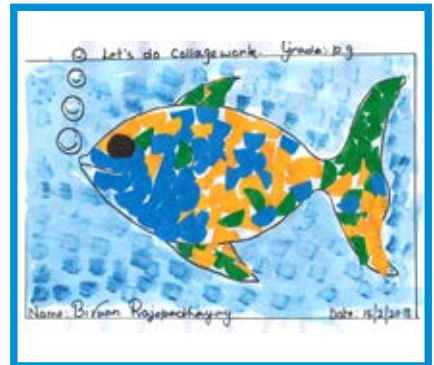
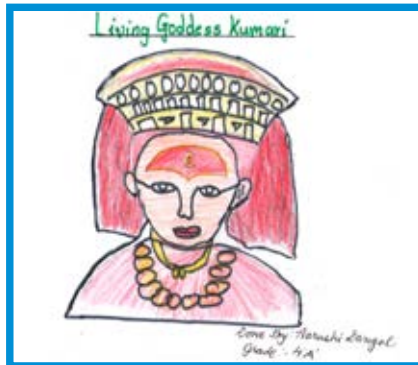
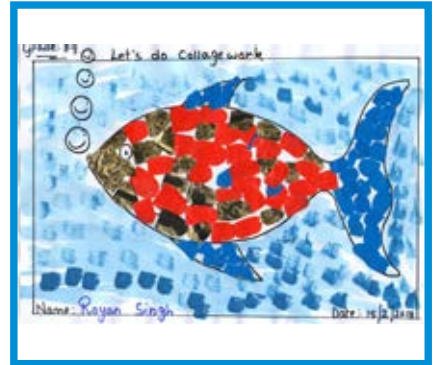
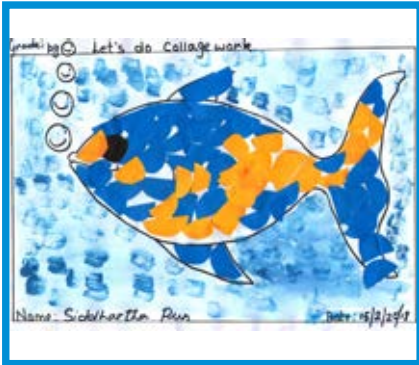
Name: Rishan Karki  
Class: 5 'B'



Art By:-  
Angel Karki  
Grade:- IV 'B'







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