

The GANDAKI

गण्डकी



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काठमाडौं, नेपाल

प्रधानमन्त्री



गण्डकी अञ्चलको सुन्दर नगरी पोखरामा अवस्थित गण्डकी आवासीय उच्च माध्यमिक विद्यालयले आफ्नो स्थापनाको ५० वर्षको अवसरमा मनाउन गइरहेको स्वर्ण जयन्ती महोत्सव समापनको सुअवसरमा वार्षिक गतिविधिलाई समेटेर स्वर्ण वर्ष विशेषाङ्क 'गण्डकी' नामक वार्षिक मुखपत्र प्रकाशन गर्न लागेको जानकारी पाउँदा मलाई अत्यन्तै खुसी लागेको छ ।

शिक्षा देश विकासको आधारशिला एवम् देशको चौतर्फी विकासको मेरुदण्ड हो । यसले व्यक्ति, समाज र राष्ट्रको विकासमा अग्रणी भूमिका खेल्दछ । राष्ट्रले अङ्गीकार गरेको शिक्षा क्षेत्रका विविध कार्यक्रमहरूलाई कार्यान्वयनमा ल्याउने आधारभूत निकाय विद्यालय नै हो । शिक्षालाई समय सापेक्ष र गुणस्तरीय बनाउन विद्यालयको अहम् भूमिका रहन्छ । संस्थागत विद्यालयहरूमा अग्रस्थानमा रहेको यस विद्यालयले आगामी दिनमा समावेशी समाज निर्माणमा मदत गर्न सक्ने, आधुनिक सूचना प्रविधिको प्रयोग गरी विश्व परिवेशमा आफूलाई उभ्याउन सक्ने, चरित्रवान् एवम् नैतिकवान् नागरिक तयार गर्ने छ भन्ने अपेक्षा लिएको छु ।

अन्त्यमा, विविध क्रियाकलापका साथ सम्पन्न हुने स्वर्ण जयन्ती महोत्सव समापनको सुअवसरमा शिक्षक विद्यार्थीहरूका सिर्जना, विद्यालयको समग्र पक्ष झल्काउने गतिविधिहरू सहित प्रकाशन हुन गइरहेको वार्षिक मुखपत्र 'गण्डकी' सरोकारवाला सबैका निम्ति अत्यन्तै उपयोगी रहने विश्वास गर्दै विद्यालयको उत्तरोत्तर प्रगतिको हार्दिक शुभकामना व्यक्त गर्दछु ।

के.पी. शर्मा ओली

२०७३ जेठ ११ गते मङ्गलवार

मा. गिरिराजमणि पोखरेल
शिक्षा मन्त्री

पत्र संख्या : २०७२/०७३

चलानी नं. : १५३०



निजी सचिवालय
सिंहदरबार, काठमाडौं



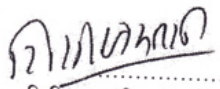
गण्डकी आवासीय उच्च माध्यमिक विद्यालयले आफ्नो स्थापनाको स्वर्ण वर्ष समापनको सुवर्ण अवसरमा विद्यालयका विविध गतिविधि साथै विद्यार्थी, शिक्षक, कर्मचारी तथा अभिभावकद्वारा रचित सिर्जनात्मक एवम् ज्ञानवर्द्धक लेख, रचनाहरू समावेश गरी स्वर्ण जयन्ती विशेषाङ्कको रूपमा वार्षिक मुखपत्र 'गण्डकी २०७२' प्रकाशन गर्न लागेको जानकारी प्राप्त हुँदा मलाई अत्यन्त खुसी लागेको छ ।

हामीले भर्खरै संविधान सभामार्फत नयाँ संविधान जारी गरेका छौं । संविधानले आधारभूत शिक्षा निःशुल्क र अनिवार्य तथा माध्यमिक शिक्षा निःशुल्क र महिला, दलित, अल्पसङ्ख्यक, गरिब तथा अपाङ्गहरूका लागि शिक्षाको विशेष व्यवस्था गर्ने भनेको छ । यो सवैधानिक व्यवस्थालाई व्यवहारतः कार्यान्वयन गर्न यस्ता विद्यालयको महत्त्वपूर्ण भूमिका रहने छ भन्ने विश्वास लिएको छु ।

शैक्षिक विकासको कुरा गर्दा शिक्षामा सबैको निर्वाध पहुँच, गुणस्तरीयता, अनुसन्धानात्मक शिक्षण पद्धति, प्रविधिमैत्री शिक्षा र अन्तर्राष्ट्रिय समकक्षता हाम्रा आधारभूत एजेण्डाहरू हुन् । प्रगतिशील शैक्षिक विधि एवम् मापदण्ड निर्माण गर्नु, विद्यालयलाई सुरक्षित आश्रय स्थल बनाउनु र अध्ययनलाई जीवनभरको उद्यम बनाउनु हाम्रो लक्ष्य हो । हामीले यो लक्ष्य पूरा गर्ने गरी हाम्रा शैक्षिक कार्यक्रमहरूको सुधार, व्यवस्थापन र सञ्चालन गर्न जरुरी छ । म विद्यालय परिवारलाई शिक्षामा गुणस्तरीयताप्रतिको जनताको अपेक्षा पूरा गर्दै आफूलाई विद्यालयको रूपमा स्थापित गर्ने गरी विद्यालयको समग्र योजना बनाउन र कार्यान्वयनमा जान अनुरोध गर्दछु ।

अन्त्यमा, यो स्मारिका शिक्षक, विद्यार्थी र अभिभावकहरूको बौद्धिक विमर्श गर्ने माध्यम र ज्ञानको परिमण्डल निर्माणको साधन बन्ने भन्ने विश्वास सहित गण्डकी आवासीय उच्च माध्यमिक विद्यालय कास्कीको उत्तरोत्तर प्रगतिको कामना व्यक्त गर्दछु ।

२०७३ जेठ ६ गते बिहीवार


गिरिराजमणि पोखरेल
माननीय गिरिराजमणि पोखरेल
शिक्षा मन्त्री



मुख्य सचिव



नेपाल सरकार

सिंहदरबार, काठमाडौं ।

फोन नं.: ४२९९०००, ४२९९०८२

फ्याक्स नं. ४२९९०६४



गण्डकी आवासीय उच्च माध्यमिक विद्यालयले स्वर्ण जयन्तीका गतिविधि र यसको विस्तारित कार्यक्रम अन्तर्गत सञ्चालित गण्डकी कलेज अफ इन्जिनियरिङ्ग एण्ड साइन्स समेतले शैक्षिक सत्र २०७२/०७३ मा गरेका शैक्षिक क्रियाकलापलाई समेटी स्वर्ण जयन्ती वर्ष समापनका अवसरमा वार्षिक मुखपत्र गण्डकी प्रकाशन गर्न लागेको थाहा पाउँदा मलाई खुसी लागेको छ ।

समतामूलक एवम् न्यायपूर्ण समाज निर्माणको बलियो आधार शिक्षा हो । शिक्षाले बालबालिकाको क्षमता र प्रतिभाको विकास गर्ने गर्दछ । यस तथ्यलाई हृदयङ्गम गरी शिक्षा प्रदान गराउने दायित्व विद्यालयको हो । भविष्यमा सामाजिक उत्तरदायित्व निर्वाह गर्न सक्ने जिम्मेवार नागरिक तयार गर्ने कार्यका लागि विद्यालय उदाहरणीय (Role Model) बन्ने अपेक्षा गर्दै नयाँ पुस्तालाई आत्मकेन्द्रित हुन नदिई समाज र राष्ट्रप्रति कर्तव्यनिष्ठ बनाउनु जरुरी देख्दछु । शिक्षकहरूले दैनिक रूपमा गरिरहेका र विद्यालयमा भई रहने क्रियाकलापहरूले बालबालिकाहरूको आचरण र व्यवहारलाई असल बनाउन अहम् भूमिका खेल्नेतर्फ सजग बन्दै आफ्नो क्रियाकलापलाई आदर्श बनाउन सकेमा शिक्षण र सिकाइ उपलब्धिमूलक हुने छ ।

स्थापनाकालदेखि यस विद्यालय र यसको विस्तारित कार्यक्रम अन्तर्गत सञ्चालित गण्डकी कलेज अफ इन्जिनियरिङ्ग एण्ड साइन्सले शिक्षाको क्षेत्रमा पुऱ्याउँदै आएको योगदानको म सराहना गर्दछु । आगामी दिनमा यस विद्यालय/महा विद्यालयले विद्यार्थीहरूमा विश्व परिवेशमा शिक्षा क्षेत्रमा भित्र्याइएका नवीन प्रविधि प्रयोगको ज्ञान/सीप साथै मुलुकको मौलिक पहिचान प्रवर्द्धन एवम् विद्यालय/महा विद्यालयले शिक्षा क्षेत्रमा गरेका असल अभ्यासहरू सामुदायिक विद्यालय/महाविद्यालयसँग पनि आदान प्रदान गर्दै विद्यालय क्षेत्र सुधारमा योगदान पुऱ्याओस् भन्ने मेरो अपेक्षा छ ।

अन्त्यमा, शिक्षाको माध्यमबाट समाज विकासका लागि गरिने सत्प्रयासमा सधैं मेरो साथ रहने छ भन्दै यो वार्षिक मुखपत्र शिक्षाप्रेमी सम्पूर्ण पाठकका लागि पठनीय सामग्री हुने विश्वास गर्दै विद्यालय/महाविद्यालयको उत्तरोत्तर प्रगतिको लागि हार्दिक शुभ कामना व्यक्त गर्दछु ।

डा. सोमलाल सुवेदी

मुख्य सचिव

२०७३ वैशाख २३ गते बिहीवार



नेपाल सरकार शिक्षा मन्त्रालय

(.....शाखा)



फोन नं. {

सिंहदरबार,
काठमाडौं, नेपाल।

पत्र संख्या :- ०७२/०७३

चलानी नं. :-



गण्डकी आवासीय उच्च माध्यमिक विद्यालय एवम् गण्डकी कलेज अफ इन्जिनियरिङ्ग एण्ड साइन्स लामाचौर कास्कीले वार्षिक मुखपत्र 'गण्डकी स्मारिका २०७२' प्रकाशन गर्न लागेको जानकारी पाउँदा खुसी लागेको छ।

शिक्षा विकासको मूल आधार हो। सबैका लागि शिक्षा पुर्याउने भनी नेपाल सरकारले राष्ट्रिय तथा अन्तर्राष्ट्रिय मञ्चमा गरेको प्रतिबद्धता पुरा गर्ने क्रममा विगतमा कार्यान्वयन गरिएका शैक्षिक नीति तथा कार्यक्रमहरूको फलस्वरूप पहुँचको क्षेत्रमा उल्लेखनीय प्रगति हासिल भएको छ। अब हामी सबैको ध्यान गुणस्तर अभिवृद्धिर्तर्फ केन्द्रित गर्नुपर्ने भएको छ। यस परिप्रेक्ष्यमा त्यस विद्यालय विगतमा जस्तै आगामी दिनमा पनि समयानुकूल गुणस्तरीय शिक्षा प्रदान गर्ने कार्यमा अझ क्रियाशील हुने छ भन्ने अपेक्षा गरेको छु।

वि.सं. २०७२ साललाई त्यस विद्यालयले स्वर्ण वर्षका रूपमा मनाएको र उक्त स्वर्ण वर्षको शुभारम्भ गर्ने अवसर प्राप्त भएकोमा गौरव महसुस गरेको छु। ऐतिहासिक महत्त्व बोकेको त्यस विद्यालयले विगत लामो समयदेखि पश्चिमाञ्चल क्षेत्रको शैक्षिक विकासमा खेलेको महत्त्वपूर्ण भूमिकाको प्रशंसा पनि गर्न चाहन्छु।

प्रकाशित हुन लागेको स्मारिकामा समावेश हुने विद्यालयका गतिविधिहरूले सरोकारवालाहरूलाई विद्यालयको बारेमा जानकारी प्रदान गरी विद्यालयको उन्नतिमा अझ क्रियाशील हुन अभिप्रेरित गर्नेछ। त्यसै गरी शिक्षक, विद्यार्थी एवम् अन्य विद्वान्हरूका लेख रचनाले जिज्ञासुहरूलाई ज्ञानवर्धक खुराक उपलब्ध गराउने छ भन्ने विश्वास लिएको छु।

अन्त्यमा, विद्यालयले आफ्नो सेवाक्षेत्रमा सम्पूर्ण बालबालिकाहरूलाई गुणस्तरीय शिक्षाको साथै आध्यात्मिक तथा नैतिक ज्ञान समेत प्रदान गरी समाज विकासका लागि अझ बढी योगदान दिन सकोस् भन्ने शुभेच्छा सहित स्मारिका प्रकाशनसँग सम्बद्ध सबैलाई हार्दिक धन्यवाद दिन चाहन्छु।

विश्वप्रकाश पण्डित
सचिव



POKHARA UNIVERSITY
OFFICE OF THE VICE-CHANCELLOR



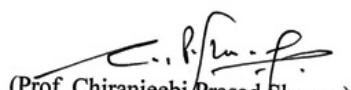
23rd May 2016

Ref. No.:



I am happy to know that Gandaki Higher Secondary Boarding School (GBS) and Gandaki College of Engineering and Science (GCES) are going to publish the magazine '**The Gandaki**'. It has so far been imparting quality education to the students and producing ideal manpower to serve the needy both at home and abroad. We do believe both the institutions have been providing education of an international standard. I hope the magazine contains scholarly and research oriented articles which will be very useful to the readers. I highly appreciate such creative and academic activity of the institution.

I wish all the best !


(Prof. Chiranjeet Prasad Sharma)
Vice Chancellor
VICE-CHANCELLOR

P.O. Box: 427 Lekhnath, Kaski, Tel: 061-561046, 561048, Fax: 977-61-560392,

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नेपाल सरकार
शिक्षा मन्त्रालय

फोन नं.: ०६१-४६५०९६
फ्याक्स नं.: ०६१-४६३९०४

शिक्षा विभाग
क्षेत्रीय शिक्षा निर्देशनालय
पश्चिमाञ्चल, पोखरा

प.सं. : ०७२/७३

च.नं. :



गण्डकी आवासीय उच्च माध्यमिक विद्यालय एवम् गण्डकी कलेज अफ इन्जिनियरिङ्ग एण्ड साइन्स लामाचौर पोखराले विगतको निरन्तरता स्वरूप 'गण्डकी स्मारिका २०७२' प्रकाशन गर्न लागेको थाहा पाउँदा मलाई अत्यन्त खुसी लागेको छ ।

शैक्षिक वर्ष २०७२ का शैक्षिक गतिविधि तथा शिक्षा प्रेमी स्थानिय अभिभावक, विद्यार्थी एवम् शिक्षक तथा शैक्षिक सरोकारवालाहरूको लेख, रचना तथा अनुभवहरूलाई समेट्दै निर्मित यस स्मारिका आगामी शैक्षिक सत्रका लागि पथ प्रदर्शक सामग्री बन्न सफलता मिलेछ भन्ने कुरामा विश्वस्त छु ।

आफ्ना प्रकाशनलाई अब्ब बढी परिस्कृत तथा स्तरीकरण गर्दै 'गण्डकी स्मारिका' सबै शैक्षिक सरोकारवालाहरूको जिज्ञासा निभाउन सफल रहोस् भन्ने शुभ कामना व्यक्त गर्दछु ।

मिति : २०७३ जेष्ठ ३ गते सोमबार ।


(विष्णुप्रसाद अधिकारी)
क्षेत्रीय शिक्षा निर्देशक

क्षेत्रीय शिक्षा निर्देशक

एवम्

अध्यक्ष, विद्यालय व्यवस्थापन समिति



०६१-४६२४७६
फोन नं. ०६१-४६३०७६
फ्याक्स नं. ०६१-४६१९६२


प.सं. : ०७२/७३

च.नं. :



गण्डकी आवासीय उच्च माध्यमिक विद्यालय एवम् गण्डकी कलेज अफ इन्जिनियरिङ्ग एण्ड साइन्स लामाचौर पोखराले विगत वर्षहरूमा जस्तै यस वर्ष पनि शैक्षिक वर्ष २०७२ मा भएका शैक्षिक गतिविधि एवम् विद्यार्थी, शिक्षक एवम् अभिभावक लेख, रचनालाई समेटी वार्षिक मुखपत्र 'गण्डकी स्मारिका २०७२' प्रकाशन गर्न लागेको लागेको छ ।

शिक्षा मानव जीवनले निरन्तर रूपमा ग्रहण गरिरहने विषय हो, तथापि औपचारिक शिक्षा शिक्षण संस्थाहरूबाट दिइने भएकोले संस्थाको गरिमा, विश्वसनीयता र त्यसको जनमानसमा रहेको धारणाबाट शिक्षाको गुणस्तरीयताको मापन हुन सक्छ । गण्डकी आवासीय उच्च माध्यमिक विद्यालय देशको एउटा प्रतिष्ठित शैक्षिक संस्थाको रूपमा स्थापित भएको छ । यसले अभै गुणस्तरीय शिक्षा प्रवाह गरी सक्षम नागरिक तयार गर्ने कार्यमा समर्पित हुन प्रस्तुत प्रकाशनले थप प्रेरणा प्रदान गरोस् भन्ने कामना सहित स्मारिका प्रकाशनको पूर्ण सफलताको लागि शुभ कामना व्यक्त गर्दछु ।


(हरिप्रसाद मैनाली)
प्रमुख जिल्ला अधिकारी
कास्की
प्रमुख जिल्ला अधिकारी

मिति : २०७३ जेष्ठ ४ गते मङ्गलबार ।



फोन नं. ०६१-५२०१४७
०६१-५५११३७
०६१-५२१०९७

नेपाल सरकार
शिक्षा मन्त्रालय
शिक्षा विभाग
जिल्ला शिक्षा कार्यालय
कास्की

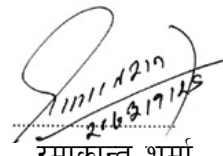
प.सं. : ०७२/७३

च.नं. :



राष्ट्रका लागि आवश्यक दक्ष जनशक्ति उत्पादन गर्ने उद्देश्य अनुसार पोखरा-१९, लामाचौरमा स्थापना भएको यस गण्डकी आवासीय उच्च माध्यमिक विद्यालयले प्रकाशन गर्दै आएको आफ्नो वार्षिक प्रकाशन गण्डकी प्रशंसनीय छ । यसै सन्दर्भमा वार्षिक मुखपत्रका रूपमा प्रकाशन हुँदै आएको 'गण्डकी' को नयाँ अङ्क प्रकाशन हुन लागेको खबर पाउँदा हर्ष लागेको छ ।

समसामयिक सूचना, बाल मनोविज्ञानमा आधारित विभिन्न लेख रचनाका साथमा स्वयम् बालबालिकाकै सिर्जनाहरूलाई प्राथमिकताका साथ समावेश गरिएको वार्षिक प्रकाशन गण्डकी एक पठनीय र सङ्ग्रहणीय कृति बन्ने विश्वास मैले लिएको छु । आजको समाज सापेक्ष शिक्षा प्रदान गर्नु हरेक शैक्षिक संस्थाको लक्ष्य हुनुपर्छ । सर्वाङ्गीण विकासका लागि यस विद्यालयले खेलेको भूमिका महत्त्वपूर्ण रहेको मैले बुझेको छु । 'वार्षिक प्रकाशन गण्डकी'को पनि निरन्तरता र सफलताका लागि हार्दिक शुभ कामना व्यक्त गर्दछु ।


रमाकान्त शर्मा

जिल्ला शिक्षा अधिकारी

मिति : २०७३/०१/२९



Message from the Principal

Rabi Prasad Baral
Principal

Dear all,

A warm greeting!

Founded in 1966, Gandaki Higher Secondary Boarding School (GBS) is in its 50th year of inception. Starting from June 11, 2015 till June 10, 2016, GBS celebrated the 50th year of excellence in education and its achievements, successes and glories with the theme ***"shining to outshine with a golden radiance."*** In fact, 50 years in the history of an institution is a grand achievement. There were many splendid events which contributed a lot throughout the year in order to commemorate this special occasion and every one of us felt privileged and honored enough to be the part of the great event.

As the school has celebrated 50 years of excellence educating children there is much to be thankful for and many to be congratulated. I salute all those who dedicated their lives to building such a great institution of academic excellence in Nepal. I would like to remember and express my profound appreciation to the United Mission to Nepal (UMN), founders, land owners, all the ex-staff members, and former Principals who have worked tirelessly to make GBS what it is today.

Gandaki College of Engineering and

Science (GCES), an extension to GBS, the only Software Engineering College in the country has completed seventeen years of academic excellence in the IT sector. The implementation of GCE A-Level curricula in the Science Stream has been marked with great success and has provided our science students with the wonderful opportunity to study international Cambridge courses here in Nepal and thus prepare for tertiary studies at home and abroad. For a period of five decades, we were part of this great nation building effort by preparing our students to be responsible citizens.

GBS/GCES aim to develop a student to reach his/her full potential of personal and professional success. We strive to develop the four keys i.e. Every student, an engaged learner; Every teacher, a caring educator; Every parent, a supportive partner and Every school, a happy school attribute of student-centered and value based education at GBS/GCES. GBS, as the first Regional School of Nepal, we pursued distinctions in all the dimensions of education; academic arena, sports, art and culture, humanitarianism and most importantly, in the building character of an individual and over the past 50 years has become amazing for all. Our students are expected to grow socially and emotionally

as well as demonstrating growth in their academic lives which is reflected in the motto "knowledge, character and service". Today the school has established itself as one of the finest academic institutions in the country for the dynamic and holistic learning opportunities it offers.

A pivotal role of education lies in shaping the personality of a child into a healthy mind and happy soul, who is not only equipped with 21st century skills and aptitude required for academic excellence but helping him face the challenges of life in a balanced and harmonious way. Looking at the world trend in education, we have prepared a long-term plan to develop GBS as a charter academy meaning the introduction of Information and Communication Technology into our educational system. We are now delighted to inform you that the ICT in Education Project is approaching its implementation phase and a swimming pool is under construction as a GBS-EGBOSA partnership project this year. As part of academic growth we have forwarded a formal procedure to Pokhara University to add Master program in MSc. in Information System Engineering.

As a result of quality teachers and ably supported by admin staff, the school/college has been producing exceptional academic results. Being credited with the best educational accomplishment in the region, GBS was awarded the **Secondary Level Regional Education Shield** by the Ministry of Education on the auspicious occasion of the National Education Day 2072. GCES IT Mahotsav organized by GCES this year proved itself astounding achievement.

I wish to thank all those who have made GBS/GCES enjoy this status today. I would

like to acknowledge the visit of Hon'ble Information and Communication Minister Mr. Sher Dhan Rai, Chief Secretary Dr. Soma Lal Subedi and the Secretary for the Ministry of Education Mr. Bishwo Prakash Pandit this year. Moreover, I am indebted to the Board of Trustees, the Management Committee for their continuing support by assisting GBS to expand its influence in the educational sector of Nepal. I appreciate our parent fraternity for supporting the school in every aspect. The involvement of alumni and community in our school is vital to our success. I take this opportunity to appreciate efforts made by the editorial board constituted for this task. I hope this landmark document will prove to be enlightening and intellectual treat to all readers.

I praise the relentless efforts of our faculty and non-teaching staff for giving their best in making golden jubilee year a grand success and also bringing out the best in each student. I would exhort the students to be always modest, humble and disciplined, while being ready to expand the horizons of their knowledge and skills by dreaming big and working hard.

As the Principal I feel honored and privileged to be able to face the future with confidence, alongside so many from all walks of life, those whose lives have met and been woven into the living tapestry, Gandaki Boarding School.

Wishing one and all a fruitful Year 2073!

Yours sincerely,

Rabi Prasad Baral

शिक्षक अभिभावक सङ्घ गण्डकी आवासीय उच्च माध्यमिक विद्यालय



प्रकृतिको स्वर्गमा अवस्थित यस गण्डकी आवासीय उच्च माध्यमिक विद्यालय एवम् गण्डकी कलेज अफ इन्जिनियरिङ एण्ड साइन्स लामाचौर, पोखराबाट स्वर्ण महोत्सव समापन स्मारिका प्रकाशन गर्न लागेको जानकारी पाउँदा मलाई ज्यादै खुसी लागेको छ । आफ्नो फरक पहिचानको लामो शृङ्खला सृजना गरेको यस विद्यालयले युगानुकूल जीवनयापन गर्न सक्ने दक्ष जनशक्ति उत्पादन गरी रहेको र सदा गरिरहने छ भन्ने आशा एवम् विश्वास व्यक्त गर्न चाहन्छु ।

आज राज्यले गण्डकी आवासीय उच्च माध्यमिक विद्यालयलाई राज्यको एक नमुना विद्यालय बनाउने योजनाका साथ अगाडि बढी रहेको तथ्यलाई मनन गर्दै देशको आर्थिक, सामाजिक एवम् राजनीतिक विकासको मूल मेरुदण्ड शिक्षाले व्यक्ति, समाज र समग्र देशको विकासमा अहम् भूमिका निर्वाह गर्दै राज्यको सपनालाई साकार पार्न सकोस् भन्ने शुभकामना व्यक्त गर्दछु ।

अन्तमा, सुसंस्कृत शिक्षक, कर्मचारी र विद्यार्थीले नै विद्यालयको प्रतिष्ठा बढाउने र हालसम्म प्राप्त ख्याति र प्रतिष्ठामा श्रीवृद्धि गर्ने कुरामा दुईमत छैन साथै यस्ता पुनित कार्यमा मन, वचन र कर्मले अनवरत, खटिरहनु भएका यस विद्यालयका प्राचार्य, शिक्षक, कर्मचारी, विद्यार्थी अभिभावक एवम् सम्बन्धित शिक्षानुरागी महानुभावहरूप्रति हार्दिक आभार प्रकट गर्दै आगामी दिनमा विद्यालयको श्रीवृद्धिका लागि ओजपूर्ण नतिजा ल्याउन विद्यालय सफल रहोस् भनी उत्तरोत्तर प्रगतिको हार्दिक शुभ कामना व्यक्त गर्दछु ।

महेन्द्रप्रसाद रिमाल
अध्यक्ष
शिक्षक अभिभावक सङ्घ



Ex- Gandaki Boarding Students' Association



१. जीवनको पूर्वाध : वाल्यकाल :
साथीहरूसँग अगालो हालेर हिँडेका, भौतारिएका, खेलेका क्षणहरू.....
शिक्षकहरूले समाऊ भनेर दिएका औलाहरू
कक्षा कोठा, चौर, स्कूलका कार्यक्रमहरू.....
खुसीका क्षण र केही बदमासीहरू पनि
जति उमेर ढल्कदै जान्छ, भन भन प्रगाढ बनेर आउँदा हुन्छ र
२. 'स्कूल सदैव सुखद स्मृति भएर रहनुपर्छ सबैका लागि सधैंका लागि'.....(यसैले त आजकल हामी बालमैत्री विद्यालय, दण्ड रहित विद्यालय जस्ता नारा लगाइ रहेका छौं ।
३. कसैले सोधेको थियो गण्डकी बोर्डिङमा त्यस्तो के छ ?
प्रश्न सुन्दा/पढ्दा सरल छ, तर उत्तर दिँदा, उत्तरमा हुनुपर्ने, संक्षिप्तता, सटिकता र पूर्णताको खोज गर्दा मथिङ्गलमा यसले पर्याप्त जटिलता निर्माण गर्दछ ।
मैले भनें, धेरै अर्थमा 'स्व अनुशासन साथ पर्याप्त स्वतन्त्रता' मलाई लाग्छ विद्यालयहरूको तात्त्विक भिन्नता भौतिक रूपमा भन्नुपर्ने वा शैक्षिक उपलब्धिका लागि विद्यालयले गरिरहेको प्रयासका बारेमा बोल्नुपर्ने विषय त्यति महत्त्वपूर्ण र पूर्ण उत्तर होइन । महत्त्वपूर्ण विषय त त्यसभित्र अन्तरनिहित सार हो ।
“अनुशासनका साथ पर्याप्त स्वतन्त्रता”..... प्रकृति प्रदत्त विषय हो सम्पूर्ण कुराहरू “जीव, जगत् र जीवन” का विकास र विस्तारमा यही प्रकृति प्रदत्त गुण/विषयले प्रधान भूमिका खेल्नरहेको हुन्छ र यही विषय गण्डकी बोर्डिङमा तुलनात्मक रूपमा बढी महसुस गर्न सकिन्छ भन्ने मेरो विश्वास हो । पर्याप्त स्वतन्त्रता सहितको वातावरणमा विद्यार्थीमा स्व: उत्प्रेरणा र स्वसञ्चालन छ भने उसको विकास र विस्तार हुने कुरा अवश्यम्भावी छ ।
४. गण्डकी बोर्डिङका समग्रता प्राप्तप्रति, पूण्यप्रति, गन्तव्यप्रति EGBOSA सदैव गर्व गर्दछ ।
५. विद्यालयको सम्पूर्णतालाई प्रदिप्तता प्रदान गर्न र विद्यार्थीहरूको सिर्जनशीलतालाई उजागर गर्न स्मारिका सहायक रहने विश्वासका साथ शुभ कामना !

धन्यवाद,

दिनेश कुमार श्रेष्ठ

अध्यक्ष, एगबोसा



Ex- Gandaki Boarding Students' Association



Best Wishes

It is indeed great pride for us all to witness the rising educational and all round achievement of the school every passing year. Year 2072 was a year of significant accomplishment for the school as it celebrated its 50 years of establishment and EGBOSA had the opportunity to be very closely involved in the historic Golden Jubilee as well as in other important school events throughout the year. On behalf of the ex -students, I extend my best wishes to the school for continued growth towards higher education and enhancement of overall quality in education.

The Gandaki Smarika 2072 gives yet another platform for the students and the school family to present to the public its holistic work, abilities and visions. Congratulations to the entire school family for the publication of the magazine.

Sincerely,

Anjita Parajuli
President
EGBOSA Executive Committee, Kathmandu



Chet Nath Bhandari
Vice Principal

From the Desk of Vice Principal

On the occasion of “Golden Jubilee” celebration 2072/73, GBS is publishing the second issue of the annual school’s souvenir. As the Vice Principal of GBS, it is my pleasure to express my pride in few words on this very auspicious occasion. In its long history of fifty years, GBS has produced 42nd batch of School Leaving Certificate and 22nd batch of HSEB Science graduates. In addition, it has produced many graduates with GCE- A Level Cambridge education. Moreover, it has produced many skilled citizens in the field of Information and Technology through its Bachelor of Engineering in Software Programme. Having the aim to provide all round education with the high self-esteem to its students, GBS has implemented various updated educational pedagogies to make them competitive nationally as well as globally by fulfilling the motto “ Knowledge, Character and Service”. The graduates of the school have already justified their qualities in the national and global perspectives. GBS feels proud of them and extends hearty thanks with appreciation to the ex-students and the staff.

The year 2072 has remained one of the very successful and eventful years full of activities although the nation faced the terrific shock of earthquake and painful blockade of fuel. We successfully completed various academic

GBS provide all round education with the high self-esteem to its students, GBS has implemented various updated education pedagogies to make them competitive nationally as well as globally by fulfilling the motto “Knowledge, Character and Service”

The hundred percent successes in the board examinations and internal examinations was another great achievement for GBS in 2072. The index of academic achievement of the school is always found to be significant and positive.

To observe the “Golden Jubilee Year” GBS organized Tree Plantation Programme, Inter-school Girls’ Handball Competition, Mini Marathon Competition, Dance Competition, and many more departmental and inter-school competitions to promote its strength through various activities.

The marvelous Opening of the Sports Day in the presence of Mr. Rajendra Chhetri, Honorable Chief of Army General on 21st Ashoj, Display of GBS History, fine and artistic departmental exhibitions on 23rd Ashoj and the Reunion Day with the audience of Honorable Chief Secretary of the Government of Nepal Dr. Som Lal Subedi.

and co-curricular activities to impart quality education to our students. The role of all the members of the teaching faculty was exceptionally of high quality. Equally, the service provided by non-teaching staff in various fields for the welfare of students was good. The Academic Year 2072 started with 1120 students, 72 teaching staff and nearly 70 non-teaching staff. The hundred percent success in the board examinations and internal examinations was another great achievement for GBS in 2072. The index of academic achievement of the school is always found to be significant and positive. This year, 123 candidates attended the SLC Examination and 104 candidates sat Class 12 HSEB Examination. We expect another historical result from them.

The year 2072 was full of cocurricular and extra-curricular activities. There were few educational excursions, one day educational outings, class-wise picnics, club activities, inter-house competitions organized by different departments. I believe these various activities helped in fulfilling the aim to provide all round education to the students. Besides such activities, to observe the “Golden Jubilee Year” GBS organized Tree Plantation Programme, Inter-school Girls’ Handball Competition, Mini Marathon Competition, Dance Competition, and many more departmental and inter-school competitions to promote its strength through various activities.

The major 4 days of “Golden Jubilee Celebration” from 21st Ashoj to 24th Ashoj in the presence of national and international dignitaries proved a milestone in the history of GBS. It included the marvelous

Opening of the Sports Day in the presence of Mr. Rajendra Chhetri, Honorable Chief of Army General on 21st Ashoj, Display of GBS History, fine and artistic departmental exhibitions on 23rd Ashoj and the Reunion Day with the audience of Honorable Chief Secretary of the Government of Nepal Dr. Som Lal Subedi, Honorable Founder Member Mr. Howard Barclay, former principals and staff, ex-students, invited guests, well-wishers of GBS, parents and guardians, members of GBS family on 24th Ashoj. These very important occasions gave pleasing memories to all of us and will remain with us for a longer span of time.

The inaugural programme of “Golden Jubilee Celebration” on 29th Jestha 2072 in the presence of honorable Mr. Bishwa Prakash Pandit, the Secretary for Ministry of Education as the chief guest and Annual Prize Distribution day with the audience of the chief guest Mr. Saru Bhakta Shrestha, Chancellor of the Academy for Drama and Literature were some other very important events in the history of GBS. On these great occasions, the school could honor academically best students and the fine achievers of co-curricular and extra-curricular activities this year.

Last but not the least, I take the privilege to extend my sincere gratitude to each and every member of the school for their contributions in the continuous development of this great institution from its establishment till date. I expect even a stronger dedication and determination from all in future. I ensure our collective efforts will make GBS the best in the field of education.



The Vice Principal's Pen



Ashok Raj Parajuli
Vice Principal, GCES

Dear All,

As the Vice Principal of Gandaki College of Engineering and Science, I am delighted to express my few words in the annual magazine 'The Gandaki' published by Gandaki Higher Secondary Boarding School and Gandaki College of Engineering and Science. It's always been fabulous to express the feeling that the dedication, contribution and hard work of Gandaki family. Teachers, Students, and Parents of the institution have made it gain excellent position in Nepal. Its students, staff, and alumni have always been exemplary to the society and the nation. It's the matter of pride that the glorious name of the Gandakians shines everywhere. Moreover, this year 2072/73 has been the year of celebration of excellence as we Gandakians are celebrating the glorious Golden Jubilee, and I would like to congratulate all the colleagues and Gandakians for their great achievements. The Gandaki College of Engineering and Science (GCES), established in 1998 as an extension program of Gandaki Higher Secondary Boarding School is the pioneer institution in Software Engineering education in Nepal. Within a safe and secure environment, the college offers a very demanding Software Engineering Program with student centred learning environment. Our goal is to offer educational programs which promote research culture on campus, and encourage creativity and the spirit of

innovation among students and faculties. We have been providing excellent learning facilities to the students through excellent faculty, staff, and modern instructional facilities and amenities in the college. While learning, they are imparted with different kinds of leadership development skills by organizing different curricular and co-curricular activities. The leadership skills can be observed in such student led activities. We feel proud of our students, staff, and alumni that have contributed a lot to the society and the nation whether it is for serving the victims of natural disaster or expanding the knowledge of ICT through different programs like IT Mahotsav, and other participation. Our aim is to cultivate strong software/ICT industry oriented education in the students of our country and inculcate leadership qualities in them. In GCES, we welcome all the new students, as our endeavour is to impart value based technical education to our students so as to enable them to become entrepreneurs, innovators, thorough professionals and good human beings while maintaining balance in work and life. We prepare our students to be competent software engineers, professionals, technical leaders, researchers, innovators and job creators !!

Regards,

Ashok Raj Parajuli



Editorial ...

Necessity is the mother of invention. This necessity invites the entrepreneurs to accept the challenges. Challenges give rise to prospects. Challenges and prospects reciprocate each other and there emerges life. Sustainability of the institution hinges on the layers of challenges. The intertwined themes – challenges and prospects – have proved to be transcendental on the part of our academic institution.

We celebrate our birthdays and so does an institution. To commemorate different modes of its life and contributions of its employees, Golden Jubilee Celebration can be the platform of expression of feelings, happy as well as bitter experiences, attachments and separations. This time, this celebration of ours could be the opportune moment for reunion. We were blessed with the festive occasion of the first phase of Golden Jubilee Celebration very briefly. The Carnival of its Second Phase in the premises of GBS incorporated several special events that lasted for four days. We hope the third phase of this Golden Jubilee will again be a special one. Truly, Our happiness knew no bounds when we were privileged to welcome all the visitors, guests, ex-students and ex-staff. Their smiles, attire, gestures, gossips, facial expressions and real communication will revive our memories that were once blurred. Their legacies of good activities

and virtues definitely have enhanced our attachment.

The life of the institution is based on its annual as well as term wise calendars to ensure its activities to be run throughout the year. I presume that this souvenir sounds to be the blend of general as well as exquisite things. It is still the continuity of Golden Jubilee Souvenir in the sense that it incorporates the coverage of each and every activity of Golden Jubilee Celebration. Likewise, it integrates the yearly general activities that occurred here in 2072.

There are numerous contributors to making this souvenir successful. I owe much to the authority - Principal, Vice Principals and the Administrative Officer for every kind of support I could get while producing this souvenir. Ex-students, ex-staff, students, supervisors, in-charges, and staff deserve special thanks for their contributions. Equally, I am indebted to the students and the staff of Gandaki College of Engineering and Science for their reports and articles. Similarly, I would like to thank office people for supporting our mission.

I hope the readers will enjoy going through this issue. Constructive suggestions will be adjusted in the upcoming publications.

Krishna Adhikari
Chief Editor

सम्पादकीय

केदार प्रसाद ढकाल
सम्पादक (नेपाली)



विसौ शताब्दीले विद्यार्थीलाई ज्ञान पढायो । सिपको आवश्यकता देखेन । शिक्षितहरू जन्मिए । श्रम गर्न लजाए । रोजगारका अभावमा जीवन असहज बन्यो । समाजले गति लिएन । एक्काइसौं शताब्दी सिपमा आधारित शिक्षातर्फ उन्मुख भयो; हुँदैछ । सिकाइमा सूचना प्रविधि मार्फत जीवन यापनमा सहजता खोज्दै छ । यो आजको आवश्यकता पनि हो ।

सिकाइ शिक्षण कला हो । ज्ञान, सिप र प्रविधिसँगै जीवन यापनमा सहजता खोज्दै जाँदा यसको कलात्मक पक्षलाई आजको शिक्षा पद्धतिले विसर्दै गएको आभास हुन थालेको छ । सहजताभित्रै पनि आज शिक्षित मान्छे दिनानुदिन दुरुह, दुखी र दुराचारी बन्दै गइ रहेको यथार्थ हाम्रा सामु छ । यस्तो किन भयो ? स्पष्ट छ - शिक्षामा सिप यान्त्रिक हुँदै जाँदा मान्छेले कला हरायो । हामीले लेखन त जान्यौं तर लेखाइको कला हरायौं । बोल्न जान्यौं, बोलीको कला हरायौं । यसरी हराउँदै गइरहेका छन् - सुनाइ कला, पढाइ कला, पेसा व्यवसाय गर्ने कला, सम्पर्क र सञ्चार कला, स्वरोजगार कला, सहकार्यात्मक कला, ... जीवन जिउने कला । भट्ट हेर्दा सिप र कला समानार्थी शब्दका रूपमा देखिन्छन् तर सिपमा भन्दा कलामा मानव हृदयको प्रियता ज्यादा घना भेटिन्छ । जहाँ मानव हृदयको प्रियता घना हुन्छ त्यहाँ सहकारिताको भावना प्रवल हुन्छ । अनि मात्र समस्या समाधानमा आधारित शिक्षण सिकाइको विधिले एक्काइसौं शताब्दीले उद्घोष गरेको 'ग्लोबल सिटिजन' तयार पार्न सक्छ । बेरोजगारी, गरिबी, भोकमरी, युद्ध र अशान्ति

आक्रान्त धरती तब मात्र मानवका लागि सुयोग्य वासस्थान हुन सक्छ जब आम मानिसका जीवन भोगाइका आयामहरूलाई सुसंयोजन गर्न स्वयम् शिक्षा कलात्मक सेतु बन्दछ । मानवलाई उदात्त मानवमूल्यले मण्डित गराउँदै र सुसंस्कृत बनाउँदै शिक्षाले नै विद्यार्थी-विद्यार्थीलाई जोड्न सक्छ । कक्षाकोठा-कक्षाकोठालाई जोड्न सक्छ । विद्यालय-विद्यालयलाई जोड्न सक्छ । समुदाय-समुदायलाई जोड्न सक्छ । भूगोल-भूगोललाई जोड्न सक्छ । एउटा सुन्दर र सुरुचिपूर्ण मानव धरती निर्माणार्थ यो एकीकृत सिकाइको कलालाई एक्काइसौं शताब्दीका हामीहरूले आत्मसात गर्ने पर्छ ।

विद्यार्थीहरूलाई कसरी विषयवस्तु सिकाउने ? यसमा समस्या छैन । समस्या विद्यार्थीहरूलाई विषयवस्तुको आवश्यकता र महत्त्व बोध गराउन नसक्नुमा निहित छ । जीवनका सिकाइ अनुभवसँगै पाठ्य वस्तुहरूलाई एकाकार गराउँदै सिक्नका लागि उनीहरूलाई अभिप्रेरित गराउन नसक्नुमा छ । शिक्षक अभिभावकले चाहे यो सहजै सम्भव हुन्छ किनकि विद्यालय, एउटा भवनका रूपमा मात्र छैन आज, शिक्षक, अभिभावक र समुदायको एउटा साझा प्राज्ञिक संसारका रूपमा विकसित बन्दैछ । शिक्षक ज्ञान र सूचनाका स्रोत मात्र होइनन् आज, उनीहरू विद्यार्थीलाई जिज्ञासु बनाउँदै लक्ष्यतर्फ उन्मुख गराउने सहजकर्ताका रूपमा प्रस्तुत छन् । विद्यार्थी पनि हिजाका निष्क्रिय स्रोताका रूपमा छैनन् आज, उनीहरू कुनै पनि कुराको कारण र प्रभाव जान्न उत्सुक व्यक्तिका रूपमा क्रियाशील छन् । यो उत्सुकता

र क्रियाशीलतालाई हामी शिक्षक र अभिभावकले नै संरक्षण र संवर्धन गर्दै उनीहरूलाई अधि बढ्न हौसला प्रदान गर्नु पर्छ । उनीहरू नितान्त फरक फरक विचार एवम् वैयक्तिक भिन्नताले युक्त छन् । कुनै पनि एकल सिकाइ शिक्षण विधि अब आजको युगको सिकाइ विधि हुनै सक्दैन । एक्काइसौं शताब्दीको योग्य शिक्षक आज आफ्नै सेरोफेरोमा अतिरिक्त पाठ्यक्रम र पाठ्यवस्तु देख्छ । तिनलाई टपक्क टिप्दै विद्यार्थीहरूलाई दिन्छ । विषयवस्तु बुझाउन घण्टौं समय खर्च गर्दैन । त्यसको आवश्यकता र महत्त्व बोध गराउनमा समय खर्च गर्छ । ऊ अब हिजाको बोस र विजेता बन्दैन । एक असल मित्रका रूपमा ऊ कक्षाकोठामा प्रवेश गर्छ । सामूहिकतामा सफलता र पहिचान खोज्छ । जीवन भोगाइका सुख दुखलाई पाठ्यक्रमका उद्देश्यसँग साक्षात्कार गराउँदै प्रस्तुत हुन थाल्दछ । भावनात्मक रूपमा कतै हाँछ । कतै क्षमाशील बन्छ । कतै संवेदनाको सुकोमल भूमिमा आफ्ना विद्यार्थीहरूलाई एकसाथ हार र जितको अनुभूति गराउँदै सत्मार्गतिर लाग्न प्रेमपूर्वक स्वयम्मा एउटा अत्यन्तै बलशाली नैतिक दबाव सिर्जना गराइ दिन्छ ।

कक्षा कोठामा एक जना साहित्यका शिक्षक जीवन पढाउँछन् । चरम निराशामा पनि कतै न कतै जीवन जिउनका लागि अलिकति आशा एवं भरोसा हुने कुरा गर्छन् । मनका दुख सुख मित्रका साथ बाँड्न सिकाउँछन् । हिजो, आज र भोलिको तुलना गर्न सिकाउँछन् । पृथकता बताइ दिन्छन् । पहिचान खोज्न सिकाउँछन् । यसो गरि रहँदा उनी गणित पढाइ रहेका हुन्छन् । कस्तो रमाइलो ! उता गणितका शिक्षक, जीवनमा घटाउने पर्ने कुराहरूलाई जोड्दै गएमा के होला ? जोड्ने पर्ने कुराहरूलाई घटाउँदै गएमा जीवन कस्तो होला ? भनी भावुक प्रश्न गर्छन् र एकसाथ दर्शन, सहित्य र नीति पढाइ रहेका हुन्छन् । कति मनमय छ,

सिकाइको यो एकीकृत शिक्षण कला ! यही नै हो गण्डकी; मैले बुझेको मेरो गण्डकी !

यिनै यस्तै तथ्य र सन्दर्भलाई आत्मसात गर्दै आफ्ना विद्यार्थीहरूमा राष्ट्र, राष्ट्रियता र उच्च मानवीय मूल्यका साथ लोकतान्त्रिक संस्कारको विकास गराउँदै 'गण्डकी' बगि रहेको छ । गण्डकीको पावन सान्निध्यमा रमाउँदै र सिकदै सिकाउँदै जीवन भोगाइका आफ्ना सुख दुखलाई हामी शिक्षक, विद्यार्थी, कर्मचारी र अभिभावकहरू आफ्नै सिर्जनामा रुँदै रमाउँदै आइ रहेका छौं । वार्षिक मुखपत्रका रूपमा गण्डकी प्रकाशित हुँदै आएको छ । स्थान अभावका कारण प्राप्त कतिपय रचनाहरूलाई भने यसै पटक समेट्न सकिएन । केही छुटे । दुख लागेको छ । आउँदा अङ्कहरूमा स्थान पाउँदै जाने छन् । शिक्षक, विद्यार्थी, कर्मचारी, शुभचिन्तक, शुभ कामना दिनु हुने महानुभावहरू तथा अन्य किसिमले सहयोग प्रदान गर्नु हुने सबैको माया ममता तथा भावना र विचारको समष्टिलाई नै मैले गण्डकीको यो सुन्दर प्रकाशन ठानेको छु । निरन्तरताको कामना सहित सबैमा साधुवाद भन्न चाहन्छु । सरलता, सुकोमलता र प्राकृतिकतालाई 'गण्डकी'ले यहाँ आफ्नो विशेषताका रूपमा स्वीकार गरेको छ । यहाँ समावेश भएका रचना, तिनमा निहित शिल्प र विचार पक्ष स्वयम् रचनाकारका हुन् । खासै थपघट र काँटछाँट गरिएका छैनन् । लाग्यो, ती आफैँमा सुन्दर छन् । देश, काल, परिस्थिति सुहाउँदा छन् । पूर्णताका लागि छन् र ती पनि आफैँमा पूर्ण छन् । मेरो अज्ञानताप्रति क्षमासँगै विज्ञानका सुभाष सल्लाह प्राप्त हुने नै छन् । अहिलेलाई विदा हुन्छु । उपनिषद्को यो मङ्गलाचरण :

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावसिस्यते ॥

ॐ शान्तिः ! शान्तिः !! शान्तिः !!!

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A Report by the Administrative Officer

Krishna Bahadur Thapa
Administrative Officer

It is my privilege to write again a report highlighting the high quality service provided by the administrative staff in 2072.

Secretarial, Security and Cleaner:

The section led by Mrs. Padam Kumari Gurung, Acting Office Manager provided excellent secretarial and communication service to the whole school community. It also prepared all necessary educational materials, maintained good public relation with parents, both government and non-government organizations. The security welcomed all the visitors and guided them as required. It safeguarded the whole school property and school family. Likewise, cleaners kept the school environment neat and clean.

Account Section:

It is a very important section run under the command of Mr. Shambhu Lal Shrestha, Account Officer. It carried out all financial transactions set by Managing Committee and provided all financial services efficiently to the parents, the students and the staff.

Store Section:

The section led by Mr. Bal Krishna Devkota, Store Officer provided all educational materials to the students and the staff of the school. It covered the areas of purchasing, issuing, controlling as well as maintaining the

school's valuable fixed assets. It also collected quotations and made agreements with the suppliers.

Health Centre:

The section is a very important and sensitive area of the school. It provided primary, preventive and curative health services to the students and school community under the leadership of Health Assistant Mr. Surya Prasad Ojha, with the strong medical support from Dr. Adarsha Khadka.

Catering and Laundry Section:

This section worked under the guidance of Mr. Lok Bahadur Thapa, Catering Manager. He became responsible to prepare and serve, fresh balanced diet to the students and the staff all the times.

The laundry staff provided well-managed and regular services to the boarder students throughout the year.

Maintenance Section:

The section worked under the leadership of Mr. Kamal Subedi, Sub-Engineer. Its main functions were management, repairing, production, maintenance of the school buildings. It also ensured regular water supply and electricity to the school community.

The section carried out some notable projects



which are listed below.

- Construction of Cafeteria for GCES
- Upgrading of proposed football ground for GCES. (under construction)
- Partial compound works for GCES.
- Painting and retrofitting of GCES.
- Improvement of Lawn Tennis Court.
- Cloth drying shed at hostel 10.
- Retaining approximately a 100 meter long wall near the upper football ground.
- Documentation, bidding and contract awarding for proposed swimming pool.
- Monitoring and supervising the construction work (on progress for swimming pool).
- Solar water heater installation at hostels 7 and 9.
- Completing ICT Building construction.
- Construction of Golden Jubilee monument
- Maintaining supports during the celebration of Golden Jubilee year 2072/073



Transport Section:

The section under the supervision of Mr. Krishna Bahadur Sunar, Senior Driver provided well managed transport service to the day scholars and the school community.

Staffing

The school bade farewell to Mrs. Sabitri Kumari Bhurtyal (Subedi), the ANM who worked here for 18 years.

Finally, this year 'Golden Jubilee' Year was a very busy and successful year due to commitment, dedication and hard work of all the administrative staff. I would like to thank the sectional heads and the staff for their support during the year. I would like to express my sincere gratitude to the Principal, Vice Principals, Senior Management Team, all heads of departments as well as all the Academic Staff for their kind support and cooperation provided throughout the year.





A Report by Junior School Supervisor

Ganesh Bahadur Kunwar
Junior School Supervisor

I am extremely delighted to write a short report on Junior Section of Gandaki Higher Secondary Boarding School, a highly esteemed educational institution of our country. Every year 126 new students get admission through highly competitive entrance test. More than 1200 candidates sat for the test held in 2072. The selected students include children from various social, economic, geographical, cultural and educational backgrounds. GBS is such a place where children of different backgrounds live, learn and grow together. All students get equal opportunity to participate in different academic and extra-curricular activities according to their choice. We encourage and motivate them to try their best in the activities like clubs, sports, dance and music, leadership and co-curricular activities to develop all round qualities in them.

Our main objective is to inculcate the quality of knowledge, character and service in our students. We freely allow them to learn and grow in a peaceful environment instructing

them why gaining knowledge is important. We request our students' parents to help us in this matter visiting their children time and again and observing their growth and behaviour. Your



suggestion and advice pertaining to building their character and imparting education will be highly appreciated. We hope our combined effort will undoubtedly help in building strong foundation in the future career of the students.

Composition of Students (Classes 4, 5 and 6)

Classes	No. of Boys	No. of Girls	Total
4A	26	16	42
4B	25	15	40
4C	26	15	41
5A	28	13	41
5B	26	14	40
5C	26	14	40
6A	26	13	39
6B	25	13	38
6C	30	11	41
Total	238	124	362





A Report by the Hostel Supervisor

Yagya Raj Sharma
Hostel Supervisor

GBS is basically a boarding school with more than 60% students as boarders. All the boarders are accommodated in ten hostels, seven for boys and three for girls. Each hostel has one hostel parent (HP) and one assistant hostel parent (AHP) to look after them. All boarders enjoy a homely atmosphere at their hostels.

The whole boarding section went on smoothly in the year 2072. The number of boarders remained 632 in average round the year. During the year, 86 new boarders from class 4 and 69 students from classes 11 and AS joined GBS hostels. Similarly, 12 boarders were withdrawn from the school over the year. A total of 43 students were granted temporary day permissions for a period of one year or six months.

Like in the previous years, several intra hostel and inter class activities and competitions were organized. Table tennis, chess, volleyball, cricket, basket ball and football tournaments were organized at different levels by the students themselves. Similarly, art, acting, singing and talent show were also organized. Hostel 10 organised a special handball and seven-a-side football tournament. This hostel also introduced a 'wall magazine' this year. Besides these, there

were several presentations from the students in the hostel assemblies on Saturdays and other public holidays. Towards the year end, mainly hostels organized farewell programme and prize distribution programme within their premises.

Renovations and improvements in the physical aspects are ongoing processes. Front part of hostel 4 has been fenced this year. All the hostels have now a solar water heating system by the end of this year. AHPs' rooms of all the hostels and hostel 10 common room have been carpeted. Items of old furniture are in process of gradual replacement. Music system has been provided to all the hostels. Hostels were supplied with a lot of sports materials throughout the year.

Not many changes took place this year in the allocation of the HPs and AHPs except in Hostel 10, where Dayaram Gumanju has been given hostel parent's duty as Mohan Krishna Gurung retired from the job. Shekhar Subedi has been appointed as the AHP in hostel 10.

Finally, I would like to express my sincere thanks to all the hostel leaders, AHPs and HPs for their hard work and supportive roles to make our all hostels like our home in the year 2072. I expect the same cooperation this year as well.

Hostel wise Distribution of Students (Actual & Proposed)

Hostel No.	Hostels	Hostel Parents	Asst. Hostel Parents	Actual Students No. 2072 (Average)	Proposed Students No. (2073)
1.	Dhaulagiri	Shree Ram Adhikari	Gajendra Basnet	9 Boys (48)	10 Boys (50)
2.	Lamjung	Man Bahadur Thapa	Bhim Prasad Sapkota	8 Boys (56)	9 Boys (56)
3.	Himalchuli	Kedar Prasad Dhakal	Surya Narayan Khanal	6/7 Boys (60)	8 Boys (54)
4.	Nilgiri	Matrika Prasad Baral	Keshab Upadhyay	10 Boys (56)	6/7 Boys (60)
5.	Machhapuchhre	Deepak Raj Adhikari	Khadak Raj Adhikari	4/5/6 Boys (68)	4/5/6 Boys (72)
6.	Annapurna	Krishna S Sharma	Mohan Prasad Gurung	4/5/6 Boys (70)	4/5/6 Boys (70)
7.	Everest	Nanimaya Paudel	Sabitri Kumari Sharma	10/11/12/A-Level Girls (70)	10/11/12/A-Level Girls (70)
8.	Manaslu	Sony Thapa	Kabita Baral	4/5/6 Girls (70)	4/5/6 Girls (72)
9.	Gaurishankar	Basanti Tamang	Subhadra Baral	7/8/9 Girls (60)	7/8/9 Girls (64)
10.	Kanchanjangha	Dayaram Gumanju	Shekhar Subedi	11/12/A-Level Boys (68)	11/12/A-Level Boys (70)
Total				626	638



A Report by the Secondary School Supervisor

Krishna Bahadur Thapa
Secondary School Supervisor

The academic year 2072 remained one of the very successful and memorable years in the history of GBS because we step into 50 years i.e. Golden Jubilee. So, it's my pleasure to write a brief report on this occasion about Secondary School Section i.e. of grade 7, 8, 9 and 10. Year 2072 BS is tremendous year for us. Once again our students did excellent work by winning Regional Educational Shield for the best results of SLC



2071. This batch was having 118 students. Out of 118 students, 97 were in Distinction (out of which 25 students scored 90% and above) and the rest 25 students were in higher 1st Division. Similarly in District Level Examination (DLE) 2071, our students have produced excellent results. 123 students appeared in the examination and out of it, 89 – Distinction and 34 – 1st Division. I on the behalf of school family would like to congratulate the students for their excellent results. This year 2072, 123 and 122 students will be appeared SLC and DLE examinations respectively and we are hoping better results by present batches. So, I would like to extend my best wishes to these

students.

The students from classes 7 to 9 could explore their talents in different fields of co-curricular, extra-curricular activities and in academic field fulfilling the aim of all-round education. They exhibit their best discipline throughout the year, which the school was expecting. I heartily appreciate their co-operation and respect to the school's rules and regulations.



This year in Secondary School Section, 483 students are there and all these students are doing well in their performance. Very few students are there whose performance is not up to the mark. But I am pretty sure that they will also improve. The student's composition of year 2072 are as follows:

Classes	No. of Boys	No. of Girls	Total	No. of Scholarship Students
7	73	48	121	21
8	84	38	122	16
9	78	39	117	18
10	85	38	123	17
Total	320	163	483	72



A Report by the Higher Secondary School and A-Level Supervisor

Jhapindra Adhikari
Higher Secondary School and
A-Level Supervisor

This is my sixth year of this responsibility and it is my pleasure and privilege to serve as the Higher Secondary School supervisor of GBS. I enjoyed the company of my dearly loved students and talented and zealous colleagues who kept me energized all the time. GBS is not just one more school in the long list of the educational institutions in the nation but it is the school which has made a great difference in its qualitative journey of more than two decades in higher secondary education. Our children represent our hopes and dreams. They are given the knowledge to face the future challenges.

The Academic Year 2072 also has become another wonderful year. School has got highly encouraging result in the board examinations for both 10+2 and A - Level. Cooperation and understanding of all students throughout the year for the smooth running of higher secondary section was highly appreciable. Involvement of students in different curricular and extra-curricular activities to make the Golden Jubilee Year a really successful year was highly remarkable. Many of 10+2 or A - Level graduates are reported to have secured some seats in engineering and medical science in the prestigious universities within nation or abroad which is the ultimate aspiration of numerous students. As previous year many counseling classes for their further studies as well as preparatory classes for further studies were conducted for this year as well. This year

the number of students in +2 sections is 211 and in A - Level is 41.

The school believes in education which is not just a process of giving knowledge for high profiled job but a lifelong process which creates an understanding of moral and ethical values to guide and make our students morally honest citizens of the country. We believe in true education which releases capacities, develops analytical abilities, confidence, willpower and goal setting competence and instills the vision the best interest of community.

School has been providing the atmosphere of reverence for education and healthy environment where academic; sports and co-curricular facilities mold the shape of our students and motivate them to be the brightest and the best. Students are taught to study in an atmosphere of love and unity where each student sees himself or herself as a member of the global family.

Since its establishment, it has been imparting quality education to its students for their holistic development. The most valuable asset of GBS is the team of the dedicated staff who guide the students to cope with all challenges of the competitive and self-centered world outside. The school has been helping the students to grow into self-disciplined and socially responsible individuals.



Bhim Bahadur Gurung
Scholarship In-charge

A Report by Scholarship In-charge

It is my pleasure to write a few words about scholarship programme at GBS from my experience of working as Scholarship In-charge since 2067. This programme is a unique feature of the school and we are committed to helping the poor boys and girls from under-privileged society, and socially and financially backward and remote areas.



Our scholarship programme has been running with the joint venture of the Government of Nepal, FELM, BNS, Pitchfort or Pitchfork, several churches and several individual sponsors and donors. There are about eight types of scholarship conditions or facilities as per the income source of parents. Some are full scholarship and others are partial scholarship (1/4, 1/3, 2/3, 3/4 and so on). Every year we run scholarship entrance exams in the centres of eight different districts including GBS. According to our GBS selection criteria, merit, centre-wise merit, home and school visits. The Scholarship Committee makes the decision

regarding the selection of deserving students. We have 223 boys and girls from 38 different districts, focusing on target groups.



We have already made a plan for sustainability and increasing the number of students in future. Dr P. V. Chandy Scholarship Trust 2056 is our fund raising trust which will help to run scholarship programme smoothly in future.

Composition of Scholarship Students in the Academic Year 2072 2015/16

S.No.	Grades	Boys	Girls	Total
1.	4	13	10	23
2.	5	15	7	22
3.	6	13	6	19
4.	7	10	10	20
5.	8	11	5	16
6.	9	11	7	18
7.	10	11	6	17
8.	11	5	2	7
9.	12	9	7	16
10.	As and A2	3	-	3
11.	College (GCES)	13	3	16
12.	Staff Scholarship	13	17	30
13.	Entrance Topper	4	2	6
14.	HSEB	3	3	6
15.	PU	8	-	8
Total				227



Surya Bahadur Gurung
Day Students' In-charge

A Report by the Day Students' In-charge

Gandaki Higher Secondary Boarding School is one of the renowned schools of Nepal as well as the world. There are different departments and sections to carry out its day to day administration. Among them, Day Students' Department is one. This department carries out day to day administration of the school in the day students' sector. With pleasure, I am writing a report on the activities done in the day students' area as a Day Students' In-charge.

Total number of day students in the year 2072 was 435. However, there was fluctuation in their number as some boarder students have got temporary day permission from the school. Among them, 320 day students excluding the one holding pink card given by hostel supervisor used school buses. Forty-three day students were selected as day students' leaders on the basis of their leadership qualities and interest in leading the day students. Among them, there were 29 day students' representatives from different classes, 4 day students' leaders (Two from class 10 and two from class 12), 2 local day students' representatives from classes 10 and 8 bus students' captains. These day students' leaders were provided batches and blue ties to make them distinct and responsible for their tasks. They have cooperated Day Students' Department by conducting Monday assemblies, coordinating day students in different functions, maintaining day students' notice board and taking responsibilities of the challenging jobs for maintaining the day

students' discipline. The security section of the school took all the responsibilities for periodic inspections to the day students. Such periodical inspections discourage the day students from bringing the unexpected things inside the school. According to the report of the security guards, no student was found bringing unexpected things inside the school in every inspection. I thank all students for their cooperation with disciplined manner during the periodic inspections.

We all know that Nepal faced economic blockade for few months in the year 2072. The fuel crisis during this period hampered the transportation facility to the day students. All the bus users had to travel on the crowded buses as the school decided to use only three buses with deduction of bus routes. I apologize for their inconvenience and thank all parents and students for their cooperation in such a situation.

A regular meeting with day students' leaders and transport staff was continued this year too. The meeting played a vital role to overcome the problems seen in different areas that the day students concerned. Finally, I would like to thank all students, day students' leaders, staff, school administration and parents for their wonderful contribution to keep the day students department up to date and welcome all kinds of constructive suggestions and comments for the improvement of this department.



Shakuntala Gurung

Extra Curricular Activities In-charge

A Report by Extra Curricular Activities In-charge

Extracurricular activities, such as clubs, sports and other non-academic pursuits can be a big part of school for a child. Although there is the argument that extra-curricular activities distract students from academic study, there is more and more evidence that extra-curricular activities actually enhance academic learning. There are numerous benefits by participating in extra-curricular activities, not the least of which is developing good teamwork skills and discovering a personal passion.

One of the major benefits of participating in extra-curricular activities is how it helps students develop socially. Engaging in non-academic pursuits helps encourage teamwork, leadership skills, cooperation and social development that students don't get to the same degree by working in the classroom. School is the place for students to start developing these valuable life skills, and participating in extra-curricular activities is an excellent way to foster an appreciation for them.

Extra-curricular activities can give students a purpose for attending school and provide

them with an incentive for good academic performance.

Although one of the classic arguments against extra-curricular activities is that they distract students from academic studies, there is an increasing amount of evidence that shows that extra-curricular activities actually enhance academic study. Extra-curricular activities help develop areas of the brain that may not be fully utilized by strictly involving in academic work, as well as developing important skills that can transfer into academic performance, such as creative problem solving and teamwork. The

way children choose ways to spend their free time can have a huge impact on their academics, and extra-curricular activities are a good way to encourage positive use of free time.

Another major benefit for scholars participating in extracurricular

activities is how they can foster a life-long passion. Students start to discover their personal interests and passions that they may want to develop later in life. By giving students the opportunity to experiment with various extracurricular activities outside their academic life, you open the door for a potential future in



art, music, sports or theatre that may not have been sparked by strictly academic work.

Outcomes of extracurricular activities of year 2072 are:

A. Inter house shield 2072

1. Volleyball house shield -> Seti house
2. GK house shield -> Rapti house
3. Sports Day shield -> Karnali house
4. March Past shield -> Seti house
5. Boys' Football shield -> Trishuli house
6. Boys Basketball -> Karnali house
7. House shield for excellence in Extra Curricular Activities -Karnali house.

B. Inter school/ college competitions

1. Annapurna Bastola of class 9C occupied 1st position in inter school Nepali Speech Competition organised by Nepal Red Cross Society, Kaski and 2nd position in inter-school secondary level English Competition organised by SOS Herman Gmeiner School, Rambazar.
2. GBS Girls' Handball Team received Fair Play Award in COSMOS Cup Inter-school Handball Tournament.
3. Bishal Neupane of class 12 and Wilson Basyal of AS secured 1st position in Inter-college Quiz Competition organised by ANNISU (Revolutionary), Paschimanchal Campus.
4. Mukesh Yadav of class 10 secured 2nd position in inter-school secondary level Poem Competition organised by Nepal Junior Red Cross Circle, Kaski.
5. Prabidhik K.C. of class 9C received Consolation Prize in international essay writing competition organized by Universal Postal Union, Switzerland, Nepal.
6. Susma Gurung of 9A, Pratima Gurung of 10C, Jeny Rai of 10B, Bhawana Kunwar 10A, Smriti Khadka 10C, and Sarisma Adhikari 10C participated in Open Gurung Dance Competition organized by Tamu Pye Lyuh Sangh, Kaski. They received Consolation Prize and Best Costume

Award. In the same way, they were awarded with Best Costume in the Open Dance Competition organized by Gurung Film Association Society, Kaski on the occasion of Tamu Lhosar.

7. Aradhana Pokhrel of class 12B occupied 1st position in inter-college Essay Writing Competition. Bibek Poudel of class 10A, Bikas Kumar Sah and Ayush Yadav of class 9C occupied 2nd position in inter-school Website Designing Competition organized by GCES on the occasion of 8th IT Mahotsav.
8. Bishal Neupane of class 12 secured 3rd position in inter-college Essay Writing Competition organized by District Library Management Committee, Kaski on the occasion of 8th Library Day.
9. Manish Banjara of class 10C occupied 1st position in Juggling; Soniya Bastola of class 9B received 2nd place in dance, where as Deepti Gurung of class 7A, Pujan of Class 7C and Annapurna Bastola of class 9C received Consolation prizes in 'Painting', 'Score the Goal' and 'Extempore' respectively in inter-school competitions from western region organized by Real School Nepal, 2016 Real Juice.
10. Siddhartha Gurung of class 12C secured 2nd position and Dipti Ghimire of class 11 occupied 3rd position in Open Singing Competition below 18 years of age organized by Rashtriya Audyogik Byapar Mela, Pokhara.
11. Pratik Poudel of class 10A, Prabidhik K.C. and Annapurna Bastola of class 9C occupied 1st position in inter-school secondary level Quiz Competition. Swagat Malla of class 9C secured 2nd place in inter-school Photography Competition organized by Regional Museum, Pokhara.
12. GBS girls' team secured 1st position in inter-school Girls Handball Competition and 2nd in inter-school Dance Competition organized by GBS on the occasion of Golden Jubilee Celebration of GBS.



Khadak Raj Adhikari
Mathematics Teacher

Golden Jubilee Celebration 2072-2073 at a Glance

Gandaki Higher Secondary Boarding School which is popularly known as GBS all across Nepal is located in Lamachaur, Pokhara. This school has come a long way since its establishment in 1966. Today the school has been able to establish itself as one of the finest institutions in the country for the dynamic and holistic learning opportunities it offers. We are delighted to announce that we have celebrated the school's Golden Jubilee Year 2072/73 in different phases with variety of programs. The school's celebration started from Jestha 29 (12 June 2015) and will conclude up to 28th Jestha 2073 (10 June 2016). GBS, the only regional school in the nation was established by the Ministry of Education (MOE), Nepal with the support and management of the United Mission to Nepal (UMN) and enthusiastic local people. It has since then been functioning as a non-profit educational institution and has been registered under Public Education Trust. It is an autonomous institution with innovative and dedicated management committee chaired by Regional Education Director, Western Development Region. It has always been driven by the mission to become an international center of academic excellence with the motto-knowledge, character and service.

“Shining to Outshine with a Golden Radiance”:

The mission of celebrating Golden Jubilee with the slogan “Shining to Outshine with a Golden Radiance” was both a challenge and an opportunity in itself. The sign of Golden Radiance could not be confined to our boundary; it crossed all the boundaries to spread its radiance. To commemorate this, the school organized a grand celebration to unite all the concerned people having curiosity to shine with our radiance.

Inauguration of Golden Jubilee:

Thursday, 28th Jestha 2072, Grand Opening of Golden Jubilee Celebration was successfully completed under the chairmanship of Mr. Baikhuntha Prasad Aryal, Regional Education Director and Chairman of GBS and GCES. Mr. Bishow Prakash Pandit, Secretary for the





Mr. Bishwa Prakash Pandit, Secretary for the Ministry of Education, unveiling Annual Souvenir 2071 on the occasion of Golden Jubilee Celebration 2072/73

Ministry of Education, Nepal was the Chief Guest and Mr. Krishna Bahadur Raut, CDO of Kaski District and Mr. Ambika Prasad Acharya, DEO as the special guests. The welcome speech was delivered by Mr. Rabi Prasad Baral, Principal and inauguration was done by the Chief Guest Chairman of GBS Management Committee and our Principal by touching the screen of Smart Board.



Mr. Rajendra Chhetri, the Chief of Army Staff offering the Salute to the March Past organized on 21st Ashoj 2072

were unveiled. Finally, three cultural dances entertained the audience and thus the remarks of the Chairman concluded the programme of that day.

Mega Event of Golden Jubilee:

Day First:

Thursday, 21st Ashoj 2072, the very first day of the Mega Event of Golden Jubilee started with the event 'Sports Day'. It was celebrated as a part of extracurricular activities but this year it was celebrated on the occasion of Golden Jubilee



Mr. Rajendra Chhetri, Chief of Army Staff opening the programme Flying Sports Day Banner

Year as an inseparable part of Mega Event. Starting with the morning assembly, the school family welcomed Mr. Rajendra Chhetri, the Chief of Army Staff. Similarly, RED Mr. Baikuntha Prasad Aryal as the Chairman and army officers, police officers, Chairpersons of EGBOSAs of Pokhara and Kathmandu, Chairman of NACODS, Ex-students of GBS, guests and parents blessed our institution with their audience. Then our Principal Mr. Rabi Prasad Baral delivered a speech. After that, students made the circle with balloons outside the track that showed the beautiful surrounding. Four houses proudly participated in March Past and Mr. Rajendra Chhetri, the Chief of Army Staff smartly gave a salute to them. Then March Past groups made the second circle and the March Dance was performed by junior students and they made the third circle. Immediately after the March Dance, lighting Annual Sports Day Flame, and sports day flag relay by the Chairman and the Principal took place. Similarly, the Chief Guest and our Principal inaugurated the Annual Sports Day together by releasing the banner with balloons in the open sky. Then the Chief Guest expressed his best wishes maintaining the command of the Army General. Immediately after that, he commenced Sports Day event 4 x 100 meter boys' relay race. Following that, he visited our Principal's office and GBS bade him a warm goodbye after a light refreshment.

Day Second:

Students participated in more than 100 sports events. Some of the events played on the first day were 4x100m relay, 1500m, 800m race, 60m race, 400m race, 200m race, long jump, high jump, ball throw, and javelin throw etc. Likewise, the day second was started with the morning assembly and continued the sporting events. Students played 100m race, 4x400m relay, triple jump, shot put, volleyball, etc. on

the second day. Different guests distributed certificates and medals to the position holders. Then the guest RED Mr. Baikuntha Prasad Aryal delivered a short speech and the Principal Mr. Rabi Prasad Baral offered vote of thanks to the contributors. Then there were friendly Football and Volleyball matches between the EGBOSA members and GBS staff. Mr. John Barclay, former Principal, Founder member Mr. Haward Barclay, Mrs. Genine Barclay and Ms. Elwyn Kelso and other distinguished guests as well as former staff sanctified this celebration spot.

Day Third:

Departmental Activities, Historical Display, Cultural Program and Fun Fair activities:

On 23rd, Ashoj 2072, to make the guests and visitors familiar with the GBS and remind them of it, we displayed a short history of GBS in the Gym hall. Similarly, Departmental exhibitions took place at different places in the upper ground area of the school. Immediately after that, Opening program of inter school Dance Competition took place. Then GBS students performed a short cultural program. At the same time food stalls were opened on the football ground as a part of fun fair activities.



The opening of Lottery Program by the class 10 girls took place at the same time. Finally the Prize Distribution program was organized



A Jamboree of Distinguished Guests, Parents, Ex-students and GBS Family on the Occasion of Golden Jubilee

for the winners of the inter school dance competitors.

Day Fourth:

The Reunion Day, the most awaited program of Golden Jubilee was celebrated on 24th Ashoj 2072. Accepting our invitation, many guests, parents, ex-students, ex-staff, ex-principals, journalists and well-wishers of GBS attended the Reunion Programme. We ran the program under the chairmanship of RED Mr. Baikuntha Prasad Aryal, Chairman of GBS and GCES and the Chief Guest was Mr. Dr. Som Lal Subedi, Chief Secretary of the Government of Nepal. The program started with the national anthem and the Vice Principal, Mr Chetnath Bhandari

gave a welcome speech. The Principal and the Chief Guest inaugurated the programme together by switching the special model of flower which showed the progress from the establishment of GBS to its advancement today. Similarly, Golden Jubilee pillar was unveiled by the Chief Guest and our Principal.

Then the throng of the guests and visitors where entertained by students' dance. There were speeches made by student Erica Lama, ex-student Dr. Rabindra Shrestha, founder member of GBS Howard Barclay, and Principal Rabi Prasad Baral. Likewise, Mrs. Sakuntala Gurung read out the best wishes sent by Dr. Ram Baran Yadav, former President of Nepal. Former staff of GBS Mr. Jerry Clewett



Chief Secretary Dr. Som Lal Subedi unveiling the Golden Jubilee Pillar on 24th Asoj 2072

(from UMN), PTA Chairman Mr. Mahendra Rimal, DEO Mr. Bishnu Prasad Adhikari, Mr. Andrew Bamback (on behalf of Dr. David Bamback, 1st Principal of GBS as the regional school), Chief Guest Dr. Som Lal Subedi and Chairman Mr. Baikuntha Prasad Aryal. Then the Cultural Programme entertained the whole throng of people. At the same time, the Chief Guest Dr. Som Lal Subedi, Mr. Babu Ram Acharya, the Administrative Advisor of former Prime Minister and Principal of



EGBOSA with Ex-staff

GBS unveiled the Golden Jubilee publications "Golden Jubilee Souvenir 2072/73" and "Gandakilai Bartamansamma Niyalda".

Following that, Mr. Amrit Dahal declared Ex-students' Trust with some contributions. Mrs Sakuntala Gurung took the responsibility of conducting the program. At the same time the second phase of the Re-union started in the presence of ex-staff, EGBOSA members, current GBS employees and current students of classes 10, 12, and A2. Ex-students as well as current students of GBS presented different cultural items. Mr. Raj Kumar Dhakal conducted the whole Reunion Program.

Departmental Activities:

Different departments of GBS had organized various programs on the occasion of Golden Jubilee Year 2072/73. The major events done by each department are below.

Department of English Language

Department of English Language took it as a grand opportunity to participate in Educational Exhibition. They mobilized particularly students of class 9C, AS and a few class 12 girls. They guided their students to prepare materials like brochures, charts, and many more things demanding special skills. They presented the other teaching aids like

dictionaries, thesauruses, activators, literary books, and other collections to be used for the classroom activities. Students of AS demonstrated many items to be used in the classrooms with the aid of multimedia set. Class 12 girls basically showcased literary contents. The exhibition took place in class 6B and its exterior. One could observe that different items of language, literature and communication added a lot to the whole exhibition of GBS and it definitely could attract the visitors and the viewers.

Department of Social Studies:

Department of Social studies organized educational exhibition on 2072/06/23 on the occasion of Golden Jubilee Year. The main agricultural tools like plough, yoke, sickle, spade, net etc., tools like saw, chisel, plane, etc. used in carpentry, and tools like Dhiki, grindstone, kol, etc. related to traditional technology and cultural dresses also were exhibited. Similarly, they presented the models of volcano, landslide, and land topography of state re-construction of Nepal according to the new constitution and collection of coins.

Department of Computer Science:

The department of computer science has organized various programs related with computer science on the auspicious occasion of Golden Jubilee Year. The main features of the exhibition were: Hardware display, software display, website presentation, network simulation using VMware, Presentation on usage of smart board in education, power point presentation and computer display program in which internal structure of computer system with its peripherals on a board. The events

were presented on board under hardware display. Quiz program, billing system game and astrological program under display were also the items presented whereas website of Gandaki Boarding School, commercial websites for vehicles, and musical videos were also presented. Similarly, there were games and quiz presented under power point presentation.

Department of Mathematics:

Department of Mathematics organized mathematical exhibition on the occasion of Golden Jubilee Year. The major events of the exhibition were solid materials and audio visual materials which were made by students as well as teacher of Mathematics Department. There were different types of angles, geometrical shapes and models, mathematical cards, mathematical village etc. in the exhibition. Similarly, visual materials and history of mathematics in GBS were also displayed there.

Department of Physical Education:

After conquering the great Iron Gate, today GBS remained busy celebrating 50th year of excellence. Utilizing that special occasion, Physical Education Department organized different programs successfully. Keeping the motto "Schools to Olympic" in our mind Physical Education Department provided



prominent platform for sportsmanship to shine. The great occasion was grasped in the lap of GBS which was inter-school Handball Tournament, the result of great persistence and perseverance. It was organized to encourage the girls studying in schools to play the games at the national and the international levels. Handball has been one of the most popular games all over the world and is regarded as the 2nd fastest game in the world.

The tournament started on 14th Bhadra 2072 after the inauguration program by Tej Bahadur Gurung, the eminent President of National Handball Association and Vice President of Asian Handball Association. The Opening Ceremony was grand. Its fever touched many parts of Kaski. Altogether, there were 16 teams which were divided into 4 different pools. The opening match was played between Universe and GBS in which GBS defeated Universe with score 10-1. After facing different overwhelming obstacles, GBS, Srijana, Manakamana, and Little Step gained great triumphs, GBS defeated Srijana by 5 goals and Manakamana whitewashed Little Step by 3-2. Srijana and Little Step paved their path for the war of third position. Referring to the final match home side kissed the trophy for the 1st prize under the guidance and supervision of the coach Alisha Lamichhane, Chitra Bahadur Thapa, Mohan Prasad Gurung, Bhim Bahadur Gurung and the Managers Sushila Rai and Ganesh Bahadur Kunwar. The Best Player was Amisha Gurung from GBS, Highest Scorer was Sima from Manakamana, and Second Place was occupied by Manakamana Boarding School and the Third Place by Little Step respectively.

Department of Nepali:

Same like other departments, Nepali Department also organized an educational exhibition on the occasion of Golden Jubilee year. Department itself collected various

teaching materials related to Nepali teaching. Mr. Kedar Prasad Dhakal demonstrated various activities related to IT base. Similarly, Mrs. Meghasari Gurung collected and presented locally used teaching materials. Likewise, Nepali department demonstrated various photos of different personalities related to Nepali literature. Students, teachers and guests were benefitted by observing the exhibition.

Marathon Race:

Gandaki Boarding School and its Ex-Students' Association EGBOSA jointly organized an Inter School Mini Marathon Competition-2072 on 3rd October, 2015. In the competition, there were about 90 participants from 15 schools. The distance for the competition was 11.2 km. The amateurs started from the School Gate at Lamachaur. They marched through - Bagar - Bindhyabasini - Siddhartha Chowk - Mahendrapool - Nadipur - Bagar and came back to the School Gate again. The



event was chaired by the Principal of Gandaki H.S. Boarding School, Mr. Rabi Prasad Baral and co-chaired by Mr. Dinesh Shrestha, the President of EGBOSA.

The race was formally inaugurated by Mr. Yam Gurung, the Chairman of District Sports Council Kaski. The Founder President of EGBOSA and member of School/College

Management Committee, Prof. Dr. Rabindra Prasad Shrestha was the Chief Guest of the event. All the participants successfully completing the race were given certificates. Asish Dura (1998) from Jana Bikas HS School stood First and was awarded the cash prize Rs 10,000 with a medal and a certificate. The Second position was grabbed by Ishor Baniya (2040) from Bindhyabasini HS School and he could receive the cash prize Rs 8,500, a medal and a certificate. Similarly, Anjeel Sherpa (2068) from Kalika HS School stood Third and won the cash prize Rs 5,000, a medal and a certificate. It was a fun and gathering through sports on the occasion of this grand celebration.

ICT Education at GBS and Its Importance:

ICT is very rarely seen as central to the overall learning process. There is widespread belief that ICT can and will empower teachers and learners, transforming teaching and learning processes from being highly teacher-dominated to student-centered, and this transformation will result in increased learning gains for students, creating and allowing for opportunities for learners to develop their creativity, problem-solving abilities, informational reasoning skills, communication skills, and other higher-order thinking skills. However, there are currently very limited, unequivocally compelling data to support this belief. Worldwide research has shown that ICT can lead to improved student learning and better teaching methods. A report made by the



National Institute of Multimedia Education in Japan, proved that an increase in student exposure to educational ICT through curriculum integration has a significant and positive impact on achievement of students, especially in terms of "Knowledge - Comprehension". "Practical skill" and "Presentation skill" in subject areas such as mathematics, science, and social studies are its targets. However, we can see that there are many education technology solutions provided in the world which may cause confusion among educators about how to choose the right ICT solution. Let's have a look at the advantages and disadvantages of ICT tools for education and discover what kind of education ICT solution is suitable for the need of our school needs. Even in the most advanced schools in different countries, ICT is generally not considered central to the teaching and learning process. GBS is a Model and Regional School of the country and recently implementing ICT in education. Construction of ICT building is completely constructed with the assistance of Ministry of Education and required materials and equipment for networking are in process. ICT/Digital Literacy – Today, everyone needs a basic understanding of ICT and how to make productive use of it, just to be skilled, workers and teachers. Teaching people how to be competent basic users of ICT technologies

is an important role of ICT education, they will be successful in their academic and work careers, and so they can efficiently participate in modern technical society. As a part of its study GBS is providing computer training for the teachers to empower the skilled person on technology.

Finally, we aimed to eliminate time barrier, geographical barrier for students as well as teachers, make easier administration by reducing paper work in to digitalize and increase global connection in education through ICT.

Tree Plantation:

GBS and EGBOSA, jointly organized a 'Tree Plantation Program' on the auspicious occasion of Golden Jubilee Ceremony in the premises of GBS on 5th Bhadra 2072. Different plants like Buddhachitta, Paulonia, Rudrakshya, Chanp and many others were planted in different places inside GBS. The Tree Plantation Program was chaired by the Principal of GBS Mr. Rabi Prasad Baral and District Education Officer



Mr. Ambika Acharya was the Chief Guest. Ex-student Er. Krishna Gurung handed over Buddhachitta plant to the Principal and started the program. Ex- students, present students and the staff planted the saplings together in different parts of the school. Representatives of EGBOSA from Pokhara and Kathmandu were actively involved in the program. Er. Krishna Gurung, Mr. Pradhyumna K.C., Ms. Anjeeta Parajuli, Mr. Kamal Bahadur Shrestha, Mr. Deepak Gurung 'A', Mr. Deepak Gurung 'B', Mr. Kiran Gurung, Mr. Surya Gurung and Er. Amrit Dahal attended the program.

Youth and Junior Red-cross Circle:

Youth Red-cross circle and Junior Red-cross circle Gandaki organized Blood Donation Program on 28th Ashoj 2072 on the occasion of Golden Jubilee Celebration Year. There were altogether 51 packs of blood collected. The blood bags were handed over by the Founder of GBS Mr. Haward Barkley aged 90 (Australia) to Mr. Keshab Upadhyay, Mathematics



teacher of GBS and former Teacher Sponsor of Junior Red Cross Circle, Gandaki.

Swimming Pool:

GBS has given all-round education along with extra activities but it is lacked swimming pool inside its compound. Mr. Rabi Prasad Baral, the Principal the laid the foundation stone of swimming pool on the Golden Jubilee Year on 1st Falgun in the presence of GBS/GCES family together with a representation of



Principal Mr. Rabi Prasad Baral laying the foundation stone of Swimming Pool

EGBOSA and PTA. It is being constructed with the partnership of EGBOSA. The responsibility of construction is taken by Surya Construction PVT. LTD. with the total bidding cost of Rs.2,48,18,089.50 including VAT. The contractor has started to construct on 2nd Kartik 2072 and aimed to finish on 2nd Baishakh 2074.

Finally the golden Jubilee Activities will be over on 28th Jestha 2073 with the closing ceremony at school. The final day of golden Jubilee will be celebrated by showing the summary of activities of the whole year. The school family is thank full to you all who have directly or indirectly involve and did hard work to make the year success.

GBS Committees

GBS and GCES Managing Committee 2072 (2015/16)

Mr. Bishnu Prasad Adhikari	Regional Education Director	Chairman
Mr. Hari Prasad Mainali	Chief District Officer	Member
Mr. Rama Kanta Sharma	District Education Officer	Member
Mr. Baburam Acharya	Local Representative	Member
Dr. Rabindra Prasad Shrestha	Parents' Representative	Member
Mr. Bhim Bahadur Gurung	Staff Representative	Member
Mr. Rabi Prasad Baral	Principal	Member Secretary

Senior Management Committee (SMT) 2072 (2015/16)

Mr. Rabi Prasad Baral	Principal
Mr. Chet Nath Bhandari	Vice-principal, GBS
Mr. Ashok Raj Parajuli	Vice-principal, GCES
Mr. Krishna Bahadur Thapa	Administrative Officer
Mr. Ganesh Bahadur Kunwar	Junior School Supervisor
Mr. Yagya Raj Sharma	Hostel Supervisor
Mr. Krishna Bahadur Thapa	Secondary School Supervisor
Mr. Jhapindra Adhikari	Higher Secondary School Supervisor and A-Level Supervisor

Academic Committee 2072 (2015/16)

Mr. Rabi Prasad Baral	Principal
Mr. Chet Nath Bhandari	Vice-principal
Mr. Krishna Bahadur Thapa	Administrative Officer
Mrs. Basanti Tamang	Senior Teacher
Mr. Ganesh Bahadur Kunwar	Junior School Supervisor
Mr. Yagya Raj Sharma	Hostel Supervisor
Mr. Krishna Bahadur Thapa	Secondary School Supervisor
Mr. Jhapindra Adhikari	Higher Secondary School and A-Level Supervisor
Mr. Ram Prasad Lamichhane	Head of the Department of Nepali Language
Mr. Santa Bahadur Vishwakarma	Head of the Department of Social Studies
Mr. Krishna Prasad Adhikari	Head of the Department of English Language
Mr. Keshab Upadhyay	Head of the Department of Mathematics
Mr. Raj Kumar Dhakal	Head of the Department of Science
Mr. Mohan Prasad Gurung	Head of the Department of Physical Education
Mrs. Kabita Baral	Head of the Department of Computer Science
Mr. Bhim Bahadur Gurung	Scholarship In-charge
Mr. Surya Bahadur Gurung	Day Students' In-charge
Mrs. Shakuntala Gurung	Extra-curricular Activities In-charge

Executive Committee for PTA 2072 (2015/16)

Mr. Mahendra Rimal	Chairperson
Mr. Krishna Prasad Dhungana	Member Secretary, Maths Teacher
Mr. Rabi Prasad Baral	Member/Principal
Mr. Govinda Pandey	Member, Class 4 Parents' Representative
Mr. Mr. Kisam Gurung	Member, Class 5 Parents' Representative
Mr. Sanjay Adhikari	Member, Class 6 Parents' Representative
Mr. Binod Chandra Varal	Member, Class 7 Parents' Representative
Dr. Pujan Lamichhane	Member, Class 8 Parents' Representative
Mr. Badri Lal Malla	Member, Class 9 Parents' Representative
Mr. Dinesh Shankar Palikhe	Member, Class 10 Parents' Representative

Members of the Academic Personnel 2072 (2015/16)

Mr. Rabi Prasad Baral	Principal	M.A., B.Ed., Obs. (Nor.)
Mr. Chet Nath Bhandari	Vice Principal	M.Sc.
Mr. Mohan Krishna Gurung	Senior Teacher (up to Asar)	B.Ed., Teacher Training (U.K.)
Mrs. Basanti Tamang	Senior Teacher	M.A., B.Ed.
Mr. Ganesh Bahadur Kunwar	Junior School Supervisor	B.A.
Mr. Khadananda Sharma	A-Level Supervisor (up to Saun)	M.A., B.Ed.
Mr. Yagya Raj Sharma	Hostel Supervisor	M.A., B.Ed.
Mr. Krishna Bahadur Thapa	Secondary School Supervisor	B.Sc., M.Sc.IT, B.Ed.
Mr. Jhapindra Adhikari	Higher Secondary School Supervisor	M.Sc.
Mr. Bhim Bahadur Gurung	Scholarship In-charge	M.Ed., B.A.
Mr. Surya Bahadur Gurung	Day Students' In-charge	M.A., B.Ed.
Mrs. Shakuntala Gurung	Extra-Curricular Activities In-charge	B.Sc.

Department of Nepali Language

Mr. Ram Prasad Lamichhane	Head of Department	M.A., B.Ed., Shastri
Mrs. Basanti Tamang	Teacher	M.A., B.Ed.
Mr. Kedar Prasad Dhakal	Teacher	M.A., B.Ed.
Miss Nanimaya Poudel	Teacher	M.A., B.Ed.
Mrs. Subhadra Baral	Teacher	M.Ed.
Mrs. Megsari Gurung	Teacher	B.A., B.Ed.
Mrs. Tuka Subedi	Teacher (part time)	M.Ed.

Department of English Language

Mr. Krishna Prasad Adhikari	Head of Department	M.A., B.Ed.
Mrs. Sony Thapa	Teacher	B.A.
Mr. Krishna S Sharma	Teacher	M.A., B.Ed.
Mr. Bhim Prasad Sapkota	Teacher	M.A., B.Ed.
Mr. Deepak Raj Adhikari	Teacher	M.Ed.
Mr. Buddhi Bahadur Adhikari	Teacher	M.A., B.Ed.
Mrs. Anjana Baral	Teacher (part time) (up to Chaitra)	M.A.
Mrs. Sabita Lamsal	Teacher (part time)	M.A.

Department of Mathematics

Mr. Keshab Upadhyay	Head of Department	M.Sc.
Mr. Chet Nath Bhandari	Teacher	M.Sc.
Mr. Krishna Prasad Dhungana	Teacher	M.Sc., B.Ed.
Mr. Shree Ram Adhikari	Teacher	M.Sc., B.Ed.
Mr. Matrika Prasad Baral	Teacher	M.A., B.Sc.
Mr. Surya Narayan Khanal	Teacher	M.Sc.
Mr. Sthir Babu Subedi	Teacher	M.Ed., M.B.S., T.T.(USA)
Mr. Khadak Raj Adhikari	Teacher	M.Ed.
Mr. Deepak Raj Paudel	Teacher	M.Sc., B.Ed.
Mr. Bishwa Raj Adhikari	Teacher (contract)	M.Sc.

Department of Science

Mr. Raj Kumar Dhakal	Head of Department	M.A., B.Sc., B.Ed.
Miss Dil Shova Gurung	Teacher	M.Sc., T. Training (Aus)
Mr. Jhapindra Adhikari	Teacher	M.Sc.
Mr. Laxmi Nand Dhakal	Teacher	M.A., B.Sc., B.Ed.

Mrs. Shakuntala Gurung	Teacher	B.Sc.
Mr. Dayaram Gumanju	Teacher	M.Sc., M.A., B.Ed.
Mr. Bharat Paudel	Teacher	M.Sc.
Mr. Baburam Sankhi	Teacher	M.Sc.
Mr. Shekhar Subedi	Teacher	M.Sc.
Mr. Sujan Lamsal	Teacher	M.Sc.
Mrs Ambika Paudel	Teacher	M.Sc.
Mr. Ravi Sunar	Teacher (part time)	M.Sc.
Mr. Nabin Bandhu Koirala Training	Teacher (part time)	M.Sc., B.Ed., Montessori
Mr. Dharma Raj Koirala	Teacher (part time)	M.Sc.
Mr. Ravi Karki	Teacher (part time)	M.Sc.
Mr. Mitra Mani Subedi	Teacher (part time)	M.Sc., B.Ed.
Mr. Dorik Narayan Yadav	Teacher (part time)	M.Sc.
Ms. Chandra Kala Shrestha	Teacher (part time)	M.Sc.
Mr. Dasarath Pandey	Lab Assistant	I.Com.
Mr. Ramesh Bhandari	Lab Assistant	I.A.
Mrs. Sarada Adhikari (Khanal)	Lab Assistant	B. Ed.

Department of Social Studies

Mr. Santa Bahadur V.K.	Head of Department	M.A., B.Ed.
Mr. Rabi Prasad Baral	Teacher	M.A., B.Ed., Obs. (Nor.)
Mr. Yagya Raj Sharma	Teacher	M.A., B.Ed.
Mr. Surya Bahadur Gurung	Teacher	M.A., B.Ed.
Mr. Man Bahadur Thapa	Teacher	M.Ed., B.A.
Mrs. Sabitri Kumari Sharma	Teacher	M.A. (Geo./Eng.), B.Ed.
Mr. Ganesh Bahadur Thapa	Teacher (contract) (up to Chaitra)	M.A.
Mr. Tika Ram Sharma Neupane	Teacher (part time)	M.A., B.Ed.
Mrs. Janaki Bhandari	Teacher (contract)	M.A.

Department of Physical Education

Mr. Mohan Prasad Gurung	Head of Department	M.Ed.
Mr. Bhim Bahadur Gurung	Teacher	M.Ed., B.A.
Mr. Ganesh Bahadur Kunwar	Teacher	B.A.
Mr. Chitra Bahadur Thapa	Physical Education Instructor (part time)	M.Ed.
Miss Sushila Rai	Physical Education Instructor (part time)	M.Ed.
Miss Alisha Lamichhane	Physical Education Instructor (part time)	10+2
Mrs Krishna Kumari Gurung	Dance Teacher (part time)	

Department of Computer Science

Mrs. Kabita Baral	Head of Department	B.Sc. Computer Science, M.Sc IT
Mr. Krishna Bahadur Thapa	Teacher	B.Sc., M.Sc.IT, B.Ed.
Mr. Gajendra Basnet	Teacher	B.Sc., M.Sc. (Computer Application)
Mrs. Radhika Acharya	Teacher	BESE
Mr. Prabin Nepali	Teacher (part time)	B.E. (ELX N Com)
Mr. Suresh Lamsal	Teacher (part time)	BCA
Mr. Gyan Bahadur Rana	Computer Technician	B.B.S., Computer Training

Library

Mr. Ram Chandra Thapa	Librarian	S.L.C., L-3 Library Course
Ms. Parbati Kumari Poudel	Asst. Librarian	B.A., Library Training

Administrative Personnel 2072 (2015/16)

Mr. Krishna Bahadur Thapa	Administrative Officer	B.A.
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Finance Section

Mr. Shambhu Lal Shrestha	Account Officer	B.Com.
Mr. Hem Chandra Patani	Cashier/ Book keeper	B.Com.
Mr. Badri Nath Sharma	Cashier/ Book keeper	M.B.A.
Mrs. Sunita Bhandari	Cashier	I.Com.

School Office Section

Mrs. Padam Kumari Gurung	Office Manager (Acting)	B.A.
Mr. Hari Sharma	Secretary	B.B.S., Computer Training
Mr. Gopi Lal Darjee	Office Secretary	I.Com., D.I.T.
Mrs. Beena Bhandari	Receptionist	S.L.C.
Mr. Daya Ram Timilsina	Office helper	
Mr. Bir Bahadur Karki	Office helper	
Mr. Dil Bahadur Sunar	Cleaner (up to Kartik)	
Mr. Lakpa Tshering Sherpa	Cleaner	
Mr. Dhan Bahadur Bhujel	Cleaner	
Mrs. Ishwori Thapa	Cleaner	
Mr. Jhamka Prasad Dhungel	Cleaner	S.L.C.
Mr. Manoj Gurung	10+2 helper (contract)	S.L.C.

Security Guard

Mr. Kailash Chandra Devkota	Head Security Guard
Mr. Yadav Jung Rana	Security Guard
Mr. Shiva Bahadur Bhandari	Security Guard
Mr. Bir Bahadur Gurung	Security Guard
Mr. Bhuwan Kumar Shrestha	Security Guard (contract)
Mr. Raja Ram Poudel	Security Guard (contract)

Store Section

Mr. Bal Krishna Devkota	Store Officer	B.Com.
Mr. Rabi Tripathi	Store Keeper	I.com.
Mrs. Indira Shrestha	Shopkeeper	I.Ed.
Mr. Bhakta Bahadur Pariyar	Tailor	

Catering Section/Laundry

Mr. Lok Bahadur Thapa	Catering Officer	M.B.A.
Mr. Khyam Narayan Dhakal	Head Cook	I.A.
Mr. Rajendra Shahi	Catering Storekeeper	S.L.C.
Mr. Lesh Bahadur Gurung	Cook	
Mr. Man Bahadur Bhandari	Cook	
Mr. Arjun Kumar Gurung	Cook	
Mr. Dinesh Sharma	Cook	

Mr. Nawa Raj K.C.	Cook	S.L.C.
Mr. Lekh Bahadur Khawas	Asst. Cook/Baker	
Mr. Mitra Lal Poudel	Asst. Cook/Baker	
Mr. Tej Bahadur Gurung	Asst. Cook	
Mr. Lok Bahadur Khawas	Asst. Cook	
Mr. Karna Bahadur K.C.	Cook helper	
Mr. Kumar Rai	Cleaner	
Mr. Bhim Bahadur Bhujel	Cleaner	
Mr. Thamanath Timilsina	Cleaner	
Mr. Arjun K.C.	Cleaner	S.L.C.
Mr. Chitra Bahadur Thapa	Cleaner (contract)	
Mr. Shiva Ram Bhandari	Cleaner (contract)	
Mrs. Renuka Bhandari	Rice winnower (contract)	
Mrs. Bindu Kumari Paudel	Laundry worker (contract)	B.A.
Mrs. Binu Nepali	Laundry worker	S.L.C.
Mrs. Parbati Adhikari	Laundry worker	
Mrs. Sabitra K.C.	Laundry worker	
Mrs. Sundary Rana	Laundry worker	
Mrs. Jamuna Bhujel	Laundry worker	
Mrs. Durga Tiwari (Ghimire)	Laundry worker (contract)	
Mrs. Sita Thapa	Laundry worker (contract)	
Mrs. Shanta Maya Sunar	Aaya (contract)	

Maintenance

Mr. Kamal Subedi	Maintenance In-charge	I.E.
Mr. Ratna Mohan Poudel	Electrician	
Mr. Bhagat Bahadur Karki	Artisan	
Mr. Shankar Thapa	Artisan	I.A.
Mr. Ramu Kami	Semi Skilled Handyman	
Mr. Pramod Khatri Chhetri	Bus Helper/ Unskilled Handyman (contract)	
Mr. Binod C.K.	Bus Helper/ Unskilled Handyman (contract)	
Mr. Pratap Bhandari	Bus Helper/ Unskilled Handyman (contract)	

Transportation

Mr. Krishna Bahadur Sunar	Senior Driver
Mr. Shambhu Man Shrestha	Driver
Mr. Mohan Bahadur Bhandari	Driver
Mr. Buddhi Sagar Khanal	Driver
Mr. Bhoj Bahadur Thapa	Helper

Health Centre

Mr. Adarsha Khadka	Medical Officer (part time contract)	M.B.B.S.
Mr. Surya Prasad Ojha	Health Assistant (In-charge)	C.M.A.
Mrs. Sabitra Devi Bhurtyal (Subedi)	ANM (up to Baishakh)	ANM
Mrs. Durga Timsina	CMA (part time contract)	C.M.A.
Mrs. Maya Bhujel	Cleaner	

Photographs of the Members of the Staff



Vice Principal



Principal



Administrative Officer



Senior Management Team



Academic Committee



Department of Nepali Language



Department of English Language



Department of Mathematics



Department of Science



Department of Social Studies



Department of Physical Education



Department of Computer Science



Library



Heads of Different Sections with the Authority



Finance Section



Office Section



Catering Section



Maintenance Section



Transportation



Medical Section



Security



Store Section



Laundry



Farewell to ANM Mrs. Sabitri Kumari Bhurtyal (Subedi)



EGBOSA Scholarship Trust: Declaration, Expansion and Promotion

Er. Amrit Dahal
Lecturer, GCES/An Alumnus, GBS-GCES
E-mail:- amritdahal.np@gmail.com

Background:

EGBOSA (Ex-Gandaki Boarding Students' Association) have declared a Scholarship Trust on the auspicious occasion of the Golden Jubilee main celebration function held on 24th Asoj, 2072 (11th October, 2015) at Gandaki Boarding School, Pokhara. The Trust was declared with significant contributions from some of the distinguished alumni.

The main aim of the trust is to support the Scholarship program of GBS in future, if by some reason the currently existing program happens to be insufficient or inactive. It is well known to all that Scholarship Program is one of the very unique and distinguishing features, which have helped to create a very dynamic ecosystem in GBS. We have been benefited by this program or our friends have benefited from it. This program has certainly changed the lives of many people.

Need for the Trust:

Scholarship Program is a very costly project. The school had been getting supports form UMN and other different charity organizations like FELM or individual donors from different parts of the world. But in 2005 AD UMN handed over the administration of the school to the government of Nepal and it's now run under GBS/GCES Public Education Trust. The Government of Nepal and some donors are supporting the scholarship program. But the scholarship program seems more challenging in future.

At this precious moment in the history of GBS, when our alma-mater is celebrating 50 years of excellence in education, what we Ex- Gandakians have realized is that, now we should make the scholarship program self-sustainable even if the government or other donor organizations cease to support it . Many batches of students have graduated from GBS and its Ex- students have reached a high level of professional as well as business success within the nation and around the world. So, why not we Ex-students as well become a part of the support to the scholarship program of GBS?

And, on the top of everything, presenting such a noble Trust to the school, is a great achievement in itself. So EGBOSA decided to establish the Trust and declared it.

Plans Ahead for the promotion and institutionalization of the Trust:

EGBOSA is going to hand over the Trust to the School on the occasion of the Closing Ceremony of the Golden Jubilee Program. EGBOSA will sign a MoU with GBS, and we



Declaration of Trust on 11th Oct. 2015

(EGBOSA and GBS) will together extend our co-operation to further expand and promote the Trust.

EGBOSA has set a goal to make the initial fund worth minimum of 10 million (1 crore), save it in fixed accounts until it reaches 100 million (10 crore) and then start providing scholarship to the students in the school with the interest it accrues.

Conclusion:

This mission though it sounds ambitious, can be accomplished even if only 100/150 ex-students extend their co-operation. And till the date thousands of students have graduated from the school, if we can extend the prospects of this trust to greater outreach, our mission is not that far. EGBOSA have concrete set of strategies for the establishment, expansion and

promotion of the trust in future. So we can reach even further...

Appeal:

EGBOSA would like to make a request to all Ex- Gandakians to become a constructive part of this program. We hope to get a very positive response from all Gandakians. And at the same time, we would like to request you to convey this message to your class mates and other Ex- Gandakians in your circle for there contributions and involvement in the Trust .

With this program, we are creating a significant milestone in the history of GBS and each individual's contribution would be highly appreciated. Come on, let's become the pioneers of this noble cause together ...

P.S.:

The writer of this article is highly grateful to EGBOSA for providing the opportunity to declare the Trust on Behalf of EGBOSA.

The pioneer EGBOSA contributors for the initial Fund of the Trust:



S.N.	Name of Ex-Gandakian	GBS SLC Batch	Donation Amount (Rs.)
1.	Prof. Dr. Rabeendra Prasad Shrestha	2040 BS	1,00000.00
2.	Associate Prof. Dr. Anil Baral	2050 BS	1,00000.00
3.	Mr Santosh Karki, Mrs. Rekha Shaha Karki	2050 BS	1,11,111.00
4.	Mr. Prem Narayan Aryal	2061 BS	1,00000.00
5.	Mr. Dinesh Kumar Shrestha	2042 BS	50,000.00
6.	Mr. Shiva Malla	2036 BS	50,000.00
7.	Mr. Sudeep Pradhananga	2054 BS	50,000.00
8.	Mr. Sachin Gurung	2061 BS	50,000.00
9.	Er. Arjun Koirala	2036 BS	25,000.00
10.	Er. Amrit Dahal	2061 BS	51,000.00



GBS AND ME

Dr. Saksham KC (Samman)

SLC: 2060, 10+2 : 2062

Manipal College of Medical Sciences, Fulbari, Pokhara

isakshamkc@gmail.com

I was almost 10 years old when I told my mother I wanted to study in the school that my neighbor's sons studied. They always wore clean uniform and would go to school in a fancy looking bus. When I was told that I would have to stay in a hostel and undergo a tough entrance exam if I were to change school. I still agreed with her since that condition would serve my purpose. That was the first time I heard the name: Gandaki Boarding School, my neighbor told me. I was so fascinated by good words about the school from my neighbors that I would join it whatever the hurdle was there.

I wasn't much of a talker then. I was shy in front of new people whenever one asked me to do anything, I would do it without questions and get back to my own work. I wasn't even good at studies. I did have like for Science, but that was because I hated Mathematics. My interest towards school was just because I was too lonely at home and at school, I would get to play with friends. Nobody at home believed in me but somehow, may be just by sheer luck, I passed the entrance and got into GBS.

I think it was Falgun when I joined GBS. I had never stayed away from parents let go stay in a hostel. To be honest, I had not even seen so many people in the same place before I joined GBS. Whatever my

state was, I wasn't paying attention to it rather I was happy that I could wear the same nice uniform from tomorrow on. On the other hand, my mother was worried about me. She believed that it might not be easy for me to cope with the new environment. She wasn't entirely wrong.

- *GBS Network was better than the most advanced social network of present time.*
- *GBS is more like an environment with invisible rules and hidden rewards.*
- *GBS has this healthy competitive environment where one is constantly taking part and proving to be better.*

Unlike my previous school where my friends were from Pokhara or its suburb, my new friends were from different parts of Nepal. Some of the places - names so strange that I had not even heard my uncles talk about them. The games my friends played were also strange. They played cricket!! I had not even heard of it. It took me days to learn to hold a bat and almost a month to bowl without a choke. Even when I learned almost everything I barely got to bat for one ball as I always got out with LBW. It was later I learned that I could just protest among friends saying: “the ball hit my hand first” or “it hit my thigh”, so as just to get to bad few more Overs.

When I went home on Open Saturdays, my parents always asked me about my studies, if the hostel warden helped me with my homework, if I had been preparing well for the exams and if my hostel warden covered my books and exercise books. It took them years to understand, nothing like that happens in GBS. We covered our books on our own, arranged our stationery on our own and as a matter of fact even bought them on our own from our school shop! As for our homework there were three study hours: Morning, Evening and Night, where we did our homework and read our chapters. Nobody forced me to study for class or for exams anytime. Here and there I might have been punished for talking in study hour but not forced to study. We were to do our homework without discussion in evening and morning study hours and some discussion was allowed in night study hour at hostel. Anyone who could not complete their homework used to be watched shamefully. That too, what excuse would you give to your teacher

for not doing homework when 39 others were able to complete it and you all lived together in hostel?

When exams were almost a month away, it was well understood that you are to find a spot in a playground or common room or even in RDC farm where you could study. It was your choice whether you wanted to study alone or in a group. Your friends always gave you the updates about how much they finished and what questions might be asked. Some scared you while others motivated you. Even in those times nobody failed the exams but getting poor marks was a matter of shame. I don't personally remember panicking in any of the exams as I do these days. May be the regular study hours then were the reasons. In those times Internet was unheard of. Electronic devices like mobiles, laptops and tablets weren't used much. However, “GBS Network” was better than the most advanced social network of present time. Be it the good news or a bad one, it would go viral really quickly. This was what created fear in me, so as not to do bad things, as well as motivated me to do good deeds. I did not want to concede a lot of goals when I was a goalkeeper, let it be while I played with teams from outside, house match or a friendly match. There was once when I let a silly shot hit from the center of football pitch, pass into my goal. I still bear a shame of it. When I played cricket, I did not want to get out without a run or at least without getting a jaw dropping catch. Every time I took part in any competition held within school or outside, I tried my best to get into merit. All of these were not to impress anyone but, as I said the “likes” and “comments” you would get to any joke you be at school,

was way more than the ones you get in Face book these days. There was fear that you end up being a “meme” for next few years.

Something really unique about GBS was that nobody taught the students how to dance, act, play, draw, paint or sing. Either they saw their seniors do it, or saw it on TV or just brought it out of their imagination and creativity. Then they would deliver it in front of the whole school and sometimes even in front of the parents. What programs and pieces of art they were supposed to present would later be imitated by other schools. Not only art and cultural programs, there was an amazing coordination among students to organize any event. Each event would be a success, be it a hostel program or a cultural program or a football tournament. I can personally tell this because while my parents think I can barely hum, I have won a few awards in singing competitions, and trust me I am not trained at all. The one I can never forget is from class 5, where I sang a tragic song in Gyan Prasad Singing Competition and later found that the notice had said songs reflecting national pride and culture should be of priority. If I take a break in my life and go back to my GBS life, I can now say GBS is not just a school. It's more like an environment with invisible rules and hidden rewards. When you are in this environment, you never realize what you get from it. As soon as you leave the school you suddenly feel you are good at everything and better than a person from other schools and you don't know how. Even now, if anyone asks any GBS student about almost anything be it studies or skills or art or sports, he/she will either talk of some member of his batch or a senior one. He might as well show

few tricks himself. GBS has this healthy competitive environment where one is constantly taking part and proving to be better.

There is not just one item of thing that makes GBS more than a school. Personally I can say, I have not found any place as unique as it is. It's the place where you get fatherly love, motherly care and brotherly support from the very teachers that take your class in school. The friends you make during your GBS days will be the irreplaceable ones, even if you meet thousands of people after school. Whichever part of the world you go, you will meet an ex-student there and they will not just talk with you or listen to you but help you as if they have known you for years.

From the point of life I am in, I consider myself fortunate that I could see the fancy bus with well-dressed students in white shirt, red tie and black shoes. What was just a small boy's fascination then gave me one of the best experiences of my life. Everything I am appreciated for at present is what I learned when I was at GBS. That essay entitled “Where do you see yourself after 10-15 years” that I wrote for a house competition once; I am able to fully justify the statement. I am able to give service to people because my character is strengthened and polished with proper knowledge from GBS. Just like it says in school's motto! I was trained well by my teachers and everyone in GBS, in every way possible so I could be what I always wanted to be. Now, I am a medical student and have completed one phase of learning, I can proudly say that: I am me myself just because of GBS. Thank you for everything you have given to me!



Rabi Prasad Baral
Principal

Mother Teresa Excellence Award to Dr. P.V. Chandy

Dr. P.V. Chandy was decorated with Mother Teresa Excellence Award amidst a special function held in New Delhi on 29th August 2001. The award was presented by "Front for National Progress" to the people who rendered outstanding dedicated social services and contribution in different fields for the progress of the Nation. Dr. Chandy was honoured with this prestigious award by Mr. Subash Maheria, the Union Minister for Rural Development of India and Mr. Krishna Moorthy, Chief Election Commissioner of India at a special ceremony. On receiving the award, Dr. Chandy delivered a thought-provoking speech on 'Social Service and the Inspiration from Mother Teresa'. This year five great personalities including Dr. Chandy were conferred on this most prestigious award presented by the organization.

Dr. Chandy was given this award in recognition of his initiation to set up a school and a clinic in a remote district of an African nation, Uganda, which was then severely hit by civil war, and for his social service on health and education in this war-ridden country from 1971 to 1973. He reached Uganda in 1971 when the entire countrymen were dying of hunger and disease and plunging into ignorance and poverty as a result of the civil war during the presidency of Dr. Obote and then the cruel reign of Dada Idi Amin. Initially, Dr. Chandy

taught at Pilkington college in Jinja located near the capital city. Then he moved into a small village Anaka in the district Gulu, the home district of the former president, Dr. Obote, situated some two hundred miles north of Kampala, with his two co-workers and **opened a rehabilitation center with the little savings he made and the assistance which he collected from some friends** in order to save the lives of numerous destitute



Dr. Chandy receiving the Mother Teresa Award from
the Minister for Rural Development, India

children, elders and the homeless. Dr. Chandy was shocked to see the appalling condition of the people of Anaka, Gulu when he reached there. Being the home district of the former president Dr. Obote, the dictator Dada Idi Amin took revenge upon the innocent people of this area after he confiscated power. The local inhabitants were not only attacked but their crops were destroyed by his army.

Owing to which, most of the youths from 20 to 40 years of age fled to Tanzania. The atrocity of Idi Amin's reign was so disgusting that even the remaining children and elderly people and women were not spared.

As Dr. Chandy was trained in health-care, he **opened a clinic** collecting medicines from Kampala so as to save the children from malnutrition and at the same time opened a school after the situation slightly improved. The cruelty of Dada Idi Amin exceeded the limit when he ordered all foreign nationals particularly the people of the Indian origin to leave the country within two months or they would be sentenced to death. Although most of the foreigners immediately left the country, Dr. Chandy continued working until the last minute putting his life at great risk. Eventually, seeing no alternative, he left Uganda at night before the deadline, with the assistance of Red Cross workers for Malta, an island country in the Mediterranean Sea. Although Dr. Chandy left Uganda, the clinic and school he started have now been developed as renowned institutions. Both of them have now shaped the destiny of thousands of poverty stricken people of Uganda.

Born and brought up at Kottayam, a town in central Kerala, Southern Indian state in 1942, Dr. Chandy completed his B.A. in English, history and economics from Kerala University, and later did his B.Ed. from the same University. Similarly, he held a bachelor's degree in Management from Western Training Center, Alberta, Canada; post-graduations in English and psychology and counseling respectively from Tribhuvan University, Nepal and Melbourne University, Australia. Besides these, he had finished his dissertation for Ph.D. in Pastoral Counseling from Sasel University, America and held a Ph.D. in Clinical Psychology from Tribhuvan University, Kathmandu, Nepal. His spouse,

Mrs. Anne Chandy completed MBBS course at Kathmandu Medical College, whereas his old son Dr. George Chandy did M.D. at Calgury University, Canada and his daughter was a B.Sc. student at Mc Master University, Canada.

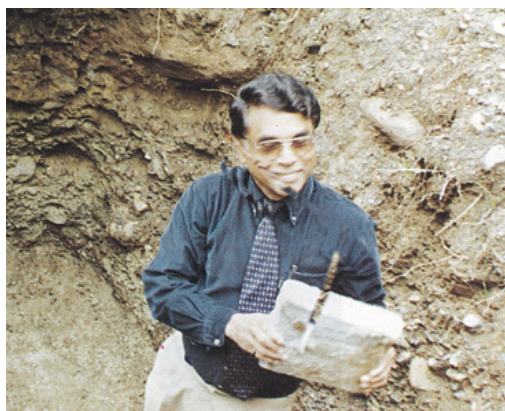
Dr. Chandy, whose main motto of life was to be involved in social services had been rendering his service under various organizations since 1967. He started his career as a High school teacher in 1967 at M.T. Schools in Kerala, where he taught for a period of three years. His time in Malta after his fleeing Uganda in 1973 was also devoted to social services as a teacher. Having returned from Malta in 1973 he spent the next twelve years in Canada working at Du Port and many other organizations holding various posts.

Dr. Chandy who had been incessantly serving in Nepal since 1985 through United Mission to Nepal an International Non-governmental Organization working in the beginning in a remote village of Gorkha District called Namjung as a teacher and training coordinator for two years. In addition to his responsibility as a teacher training coordinator, he started the **adult literacy programme** through which many people were made literate. Furthermore, while at Namjung, he **opened a clinic** and made a huge contribution in the health sector with the assistance of Mrs. Chandy. After the completion of his assignment in Gorkha his new responsibility as the Management Consultant brought him for a year to the UMN headquarters in Kathmandu where he was involved in training forty different UMN project managers and making an evaluation of these projects. From the years 1988 to 1996, he efficiently carried out his responsibility in his capacity as the Director of the UMN headquarters giving support to areas like education, health, rural development, engineering and industrial development. At

the same time, he worked at a clinic called Freedom Centre, Kathmandu, Organized by Father Gafney and **assisted to rehabilitate numerous alcoholics and drug addicts**. It was, in fact, great for him to achieve success in this mission.

Since February 1996 Dr. Chandy had been the Principal of Gandaki Higher Secondary Boarding School, a renowned co-education English medium school run jointly by the Ministry of Education, and the United Mission to Nepal. The school made a huge progress physically as well as academically under his able and dynamic leadership. The school was able to get out some outstanding results both in the SLC and 10+2 exams. It was a matter of great pride to the whole school community that the school had been able to get the Birendra Education Regional Shield seven times for the last eight years for its outstanding SLC results.

Similarly, he established 'Gandaki College of Engineering and Science in the premises' as an extension to Gandaki Boarding School, affiliated with Pokhara University. A B.Sc. Programme in Computer Science had commenced at his initiation and under his leadership since 1999 so as to meet the needs



Principal Dr. Chandy laying the foundation stone of QCES Building

of manpower in computer science in western Nepal. The college building was constructed at an estimated cost of sixteen million rupees.

With a view to uplifting the educational standard in the nearby government schools a Dalton Teachers' Training Programme was started at his initiation making use of its resource and existing manpower. In the first phase a three months **On the Job Training under went** for some 14 English and Maths teachers' teaching at eight different secondary schools on the northern frontier of the Pokhara sub-metropolis. VDC Chairmen were on the committee to plan supporting 50 schools in six VDCs'.

The establishment of "Dr. Chandy GBS Scholarship Trust" of twenty million and five hundred thousand rupees in order to give continuity to the existing scholarship programme, which benefits about 25% of total GBS and college students since its inception was his another contribution. His mission was to raise the fund up to one hundred million rupees in ten years' time. Presently the dream of Dr. Chandy to raise the fund up to 100 million has been fulfilled. The construction of a water tank at a cost of three hundred thousand rupees at his own expense inside the school compound is equally a laudable work as it has solved the water shortage faced by the school to a greater extent. Seeing the foreseeable problem of water shortage the school has embarked upon a plan to drill ground water. The feasibility study of this ambitious project was accomplished with the technical know-how of an Australian engineer Mr. Andrew Bovis. Committed to improving the total educational environment of the school, Dr. Chandy believed that each employee should have a sense of responsibility and such an environment should be created for one's professional development.



Vice Chancellor of Pokhara University Dr. Purushottam Baskota and Principal Dr. P.V. Chandy negotiating with German Universities.

Dr. Chandy has been one of the senators of Pokhara University since 1998, and the Chairman for the Senate Committee for International Relations of the same University since 1999. In Jan 2000 Dr. Chandy visited five German Universities with Dr. Purushottam Baskota, Vice Chancellor of Pokhara University and negotiated for future co-operation successfully.

In spite of his busy schedule he set aside some time for writing. He had already published seven books to his credit. Moreover, he had been bestowed upon an Appreciation letter from Canada, Man of the year Award, USA, Mother Teresa Excellence Award India and Gorkha Dakshina Bahu 4th Nepal for the contributions he made in different countries.



Principal Dr. P.V. Chandy receiving Gorkha Dakshina Bahu 4th From His Majesty, Late King Birendra Bir Bikram Shah Dev.

Finally, Gandaki Higher Secondary Boarding School, Gandaki College of Engineering and Science and the writer of this article would like to cherish his unfailing commitment to social services. We all are proud of his achievement of the prestigious Mother Teresa International Award.

Principal Dr. P.V. Chandy contributed to this institution from Feb. 1996 to Dec. 2006.

Even after retirement, his life remained eventful. Unfortunately, he passed away in his own residence at Kottayam in Central Kerala, India on February 26, 2016 and we suffered an irreparable loss.

Condolence



Late Dr. P.V. Chandy

The GBS and GCES family are deeply saddened and grieved by the demise of Dr. P.V. Chandy, the former Principal of GBS and GCES. We express our heart-felt condolence to the bereaved family. We pray for eternal peace of the departed soul. May God give strength to the family to cope with this loss.



Saugat Dhakal,
Grade: 11B

A Farewell to Class 12 and A2

Every beginning has an end. And every end is a new beginning. It is a relentless cycle seen in every aspect of our life in which a year starts, a year ends only to give birth to another. As much as I anticipate the start of a new season, I know that fate says it will cease.



It seems like just the other day when we were all talking about our senior brothers' and sisters' farewells. I remember thinking that it would be hard to say goodbye and I was right – it is hard. Yet I consider myself fortunate to have met such special people. Those people whom we care so much about that it makes saying goodbye to them hard. As we say goodbye, we remind ourselves that farewells are not forever, nor are they the end. They are simply words say that we will miss you dearly and that we will remember you fondly. I still remember the day when I met my senior brothers and sisters and to tell the truth I was really terrified by those sweet funny things which they made me and my bath fellows

do. But later we all realized that it was just to increase our confidence level and to decrease the communication gap among us. And I hope that is quite an example to demonstrate their best wishes for us. I also remember those sports, cultural programmes, our welcome programme, and other extra activities which made our brother-sister bond much stronger. This was due to our active participation and this made us feel that we were a family and still the same. It has become very hard for us to bid farewell and say goodbye to our family members. We spent other miscellaneous worth cherishing moments with each other and did not notice that time just elapsed so fast like that of the speed of a rocket. Although we may be separated by time and

distance in the interim, nothing will diminish the important role that you have and always will play in our lives. We wish you a happy adventure, fantastic new friendship, amazing experiences and the journey of a lifetime.





Most of our life is a series of images which pass us by like the towns on the highway. But sometimes, a moment stuns us as it happens. And we know that this instant is more than a fleeting image. We know that this moment..... every part of it we will live on forever. This is where the chapter ends. And new one now begins. Time has come for letting go. The hardest part is you know. All of these years, when we were here are ending. But we'll always remember, we have had time of our lives, And now the page is turned, the stories we will write. We have had the time of our lives.

And we will not forget the faces left behind.
It's hard to walk away from the best of days
And we will not forget the face left behind, but if it has to end.
We are glad that we found friends.
In the time of our lives; we say goodbye.
We hold on tight to these memories that never die
At the end I would like to say that wherever you go you will remain closer to our hearts. And may you conquer new fronts in life. May God bless you with a happy successful life because leaving isn't the end, but a bright new beginning. Good luck whatever the future holds.
Thanks for the memories seniors.



Class 5 Excursion 2072

My First Day at School

I passed class three entrance test and got admitted to this school. I went to school on 22nd Baisakh. It was my first day at school. I was amazed to see many buildings here. I could see a large playground. There were other small students also. I became happy when I saw them. I attended the class. I could see new teachers there. They taught us very well. We new students were introduced to the Principal, the Vice Principal, supervisors and in-charges. After the class was over, I went to my hostel. I could see new sisters there. I was excited the whole day. I still remember that day and become happy.

Value of Time

Prajwal Baniya
Grade: 4'A'

Time once spent does not return at all. It is like a tide in the sea. You can buy many things using money but you cannot buy time that easily. If you cannot know the value of time, you may not be successful in life. We should know the value of time, meaning of time and importance of time. Therefore, to utilize time we should know the value of time. Without time we cannot play, sing, dance, study etc. Time is important not only for students but it is also important for everyone. We should not waste our time because every second is important. Wasting time is wasting our life. If we are not careful about time, we may cry in future. We should not wait for time because it does not wait for us. So time and time wait for none. There is no tomorrow.

Discipline

Salini Yadav
Grade: 6'A'

Discipline is the key to success. Discipline is the gem of students. Different people have to observe some rules. Discipline is necessary for any kind of work we do. At home, children must obey their parents. Home is the first place where children learn discipline. There must be discipline at school too. Teachers must obey school rules. If a school cannot maintain discipline, it cannot impart good education to students. Discipline is necessary even on the playground. Players

must obey their captains. If players don't obey discipline, they cannot win. There is good discipline in army which everyone can appreciate. If people work according to rules, they can be successful persons. All should follow the rules in order to be disciplined. Indiscipline creates disorder and spoils work. If a person is in discipline, all will like him. Home and school are the best places for training children to be disciplined.



Aradhana Pokhrel
Grade: 12'B'

Annual Prize Distribution 2072

With the central idea 'good name is not chosen but achieved' Annual Prize Distribution kicked off in the Gymnasium Hall at 10:30 a.m. on 22nd Falgun 2072. The programme formally started with the inauguration by Mr. Saru Bhakta Shrestha, the Vice Chancellor of Nepal Natya tatha Kala Pratisthan, Principal Rabi Prasad Baral and Sakuntala Gurung were the emcee of the program.



Since the academic prizes were distributed to the students of up to class nine in the opening ceremony of Golden Jubilee Programme prizes for extra-curricular activities were distributed on that day. However, academic prizes were awarded to the students of grades 10, 12 and A2.

At first prizes for sports and co-curricular activities were distributed. Then classroom awards and hostel cleanliness awards were given away. The programme was forwarded with the Annual Report presented by Mr. Rabi Prasad Baral, our Principal. PTA awards and EGBOSA trophies were distributed to the students who performed the best in SLC exam, Higher Secondary exam and GCE A-Level international level studies. Speeches delivered by Mr. Mahendra Prasad Rimal,

PTA Chairman, and Mr Rama Kanta Sharma, the District Education Officer were the inspiring ones.

To make the programme interesting, one dance was performed by class seven girls. The excessive eagerness of the audience in the gym hall was addressed when special awards were mentioned excitedly. Dr David Bambach awards in the categories – dancing, singing, music, acting and best sportsmanship were awarded. Similarly, Gurukul awards were given away to the most disciplined students from among the students of class 10 and class 12. The most prestigious awards were the All-rounder awards given away to Sony KC and Saroj Silpakar of Class 10 and Erica Lama and Mukunda Adhikari of class 12 and Abin Bhhochhibhoya of A Level.

After that, our Vice principal, Mr. Chet Nath Bhandari gave a short speech thanking all and the program concluded with a dance by the girls of classes 4 and 5.



The programme became a grand success. On the one hand, it provided encouragement to those who received prizes and on the other, it provided a lesson to those who had capabilities but were not able to receive prizes.

Friendship

*People write stories, fictitious and true.
Essays and articles are important to me and you.
But sometimes they may forget and tend to miss out,
The things they live for and people they care about.*

*That thing is friendship what I am talking about.
Those friends I could not had survived without.
They are not royalty but they rule my heart.
They kept me going since the very start.*

*There is music, food, laughter and a lot more
The coziness that I had never felt before,
Not just that, the picnics are fun too.
After school are crazy and also the songs we sing too.*

*The memories of playing games I'll remember always.
All trips were fun and all excursion days,
We did crazy stuffs but no moments to repent.
But what we could never do is live in a tent.*

*I know soon we'll depart, there's nothing we can do.
I wish I could rewind time as superman did it too.
We had some hard times, but we always came though.
We stood up for each other coz our friendship is true.*

Selene Mulmi, 8C

Friendship

Anuja Gautam
Grade: 5'B'

*Friendship doesn't shine by shaking hands
in the best times*

But

*It blossoms by holding the hands firmly in
critical times....*

*Indeed, true friendship doesn't
require religion, cast or culture similarity*

But

*Infact need lot of understanding blended
With extreme care respect and sacrifice.*

Knowledge Character Service

Life

Sukrit Subedi
Grade: 4'A'

Life is a train.

It carries beautiful cranes.

Sometimes there is fear.

Still we should be there.

For good deeds there should be our name.

Then we will gain our fame.

Life can be good or bad.

But we should never be happy or sad.

Life continues the path of a river.

In any difficulty we should be clever.

It can change its structure any time,

Although we should think it as a gold mine.

The Land of Story Books

Amiee Thakali
Grade: 5'B'

*At evening when the lamp is lit,
Around the fire my parents sit,
They sit at home and talk and sing,
And they do not play anything.*

*Now, with my little gun, I crawl,
All in the dark along the wall,
And play at books that I have read,
Till it is time to go to bed!*

*So, when my mum comes in for me,
Home I return across the sea,
And go to bed with backward looks,
To my dear land of story books.*

Importance of Education

Ayush Pun
Grade: 6'B'

Education is the most important factor for the development of human civilization. Education provides the nation with manpower; promotes national unity and uplifts consciousness of people. A country needs different kinds of manpower such as doctors, engineers, teachers, administrative officials, economists, judges and other technical hands. Education provides the nation with such educated manpower. The well skilled manpower can be interpreted as the reservoir for the development of a country. If people are educated, they can understand their rights and duties to uplift human society. In order to uplift the degree of consciousness of the country, education plays the prime role. They will not follow the old and evil tradition. Educated people reform the society further and they can understand what is right and what is wrong. Furthermore, they can save good traditions and cultures. Success of science and technology is the result of education. Now, we can travel round the world in twenty-four hours. In fact, a person without education will not be a complete person.

A Lesson to be Learnt

Usha Chalise
Grade: 9'B'

Once on the occasion of Dashain festival I went to Vindhyavashini temple. I saw a woman who was taking a goat to the temple. I asked her why she had taken the goat. She said that she would have to sacrifice the goat for Goddess Durga and in return for that the former would be happy.

After that, I thought for a long time why people do so. From the very ancient time, people sacrifice the animals just with a belief that the one who sacrifices the animal would be blessed with something by the Goddess. Actually they were uneducated. So they did it that way. I wonder why people of this 21st century follow the same tradition so blindly. I believe that since they are educated ones they should not do such things blindly.

Our Vedas and Puranas were written in ancient times. They were produced in order to make people aware of their bad activities in their lives. It has been written that if we want to make god happy then we should treat everybody equally. We should not do anything bad to anyone. We should give the sacrifice of our animosity, anger and greed. We should sacrifice the beastly feeling inside us. But as the time passed people misunderstood it and misinterpreted it.

As we know that all living things are equal and must be equal. Killing the innocent animals who cannot express their feelings and voices is a crime in itself. Keeping such beautiful thing in mind we should be able to convince our relatives, the members of our own family, friends and other people. For this we have to provide showers of logics to the people who want to eat animal meat. We are supposed to translate it into practice. Avoiding bad practice in the society in a sense is to bring happiness there. I alone cannot do anything. So, let's work together in such a way that we will be able to establish the principle of non-violence in our society, country and ultimately the whole world.



Shreya Gauchan
Grade 8'A'

Thakali People

The Thakali are an ethno linguistic group originated from the Thak Khoka region of the Mustang District in the Dhaulagiri zone of Nepal. Thak-satse is the traditional area of the Thakali community, which lies in the salt trading zone on the south of Tukucho Mountain, the valley of the Kali Gandaki River in Western Nepal. There were 12,973 Thakalis in Nepal, of which 65.01% were Buddhist and 33.83% were Hindus according to the census 2001.

The Thakalis are some of most successful businessmen. Many of them are the owners of Nepal's hotels and restaurants. Their business skill can be compared to the Chinese businessmen. Due to the extensive trade all over Nepal, Sikkim, Bhutan and Tibet, many Thakalis have resettled in Pokhara, Kathmandu and in Southern Nepal. Thakalis in southern Nepal practice Buddhism with a bit Hindu flavor. Those in Mustang remain much more traditionally Buddhist.

The Thakalis are a strictly endogamous group, distinctly divided into four clans. The four

clans are equal in status socially and ritually. However, on the bases of precedence in worship, Sherchan usually comes first, followed by Gauchan, Bhattachan and Tulachan. Each clan group has a distinct clan God represented by an animal totems, such as dragon, elephant, snow leopard and yak for Gauchan, Tulachan, Sherchan and Bhattachan respectively.

The Thakalis are very organized people. They have neat and clean kitchens and keep tidy houses. Lhafewa, Tarnala and Falo (Kumar Yatra) are the major festivals of the Thakali. Dhnom is the title of the Thakali priest. Maadal, Khaprang and Thamken are their main musical instruments.

Three varieties of Thakali exist in the Thakkhola valley. They are: Tin Ghaule Thakali, Marphali Thakali also known as PUNEL (Lalchan, Hirachan, Juwarchan, Pannachan) and Thakali (Sherchan, Bhattachan, Gauchan, Tulachan). The Thakali have their own Thakali language (Panchgaunle) and their own culture regarding birth, marriage and death ceremony.

Cow

Cow is a four footed animal. It is a national animal. It is also a useful animal. It does not harm us. It has one mouth and a nose. It has two eyes. It has two horns. It has a tail also. There are many kinds of cows. Some are hybrid and some are local. The cows

Ayush Yadav
Grade: 5'A'

that are found in England and America are big ones. Such cows give more milk at one time. But the local cows do not give much milk. Its milk is a perfect food. We can make curd, butter, ghee, cheese, whey, sweets etc. from its milk.

Woodcutter and the Axe

Once upon a time, there was a poor woodcutter. As usual, he went to the forest for cutting woods. While cutting the woods, his axe fell into the nearby pond. He cried a lot for his axe. A few minutes later, the water god came from under the pond. He asked the woodcutter what had happened to him. Then the woodcutter told him all the things. Hearing this, the god went into the pond and took out a gold axe and asked the woodcutter whether it was his axe. The woodcutter answered in the negative. The god again went into the pond and took out a silver axe and asked the woodcutter about the axe. Again, the woodcutter said no. God went again into the pond and took out the woodcutter's axe and asked the woodcutter. This time he answered positively. Then, he happily thanked god. The god praising the woodcutter's loyalty and gave all the three axes to the woodcutter. He then happily returned home. The moral is that we should be loyal and always truthful.

Shrenika Sherchan, 7'A'

Mermaids, Real or Fake?

A mermaid is a mythical aquatic creature with the head and upper body of woman and tail of a fish. Mermaids have appeared in folklores of many cultures and some cave paintings found in Egypt also consist of them. But besides these myths, do they exist in real life?

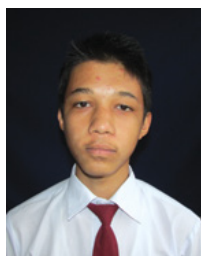
Well, it is one of the greatest mysteries that have fascinated all the human civilization. Mostly we can't imagine such creatures to exist. So we don't believe their existence. But we have the whole seas and oceans yet to be explored and less than 5% of aquatic creatures have been discovered to date. So, mermaids may be one of them.

Besides this logical reason, we have some incredible and life time evidence that can persuade us to believe in them. For example, Christopher Columbus said that on his voyage he had seen some fat, ugly mermaids. During Second World War,

mermaids were said to have been seen near Kish Island. A Japanese sergeant found and observed a dead one and went back to his country asking scientists to study it. But none did as they thought he was mad. In 2012, Animal Planet Board casted a documentary, 'Mermaids, the body found.' A man who called himself Professor Dimitrov released pictures of the mermaid skeleton found near Sozopol beach. Kiryat Yum, a place in Israel, is the place with most frequent mermaid sighting and a government prize is declared for the first person to bring clear photographs of the real mermaid. There are a lot more stories to be mentioned.

So, do they really exist? The answer remains untold but the questions have struck the minds of all humans. So, what do you think, would you believe in them?

Deepti Gurung, 7A



Saugat K.C.
Grade: 8'A'

Animating: What it Really is

We're all creative. We all have our own perspectives regarding something. Just think for a moment, guys, what can't we imagine? Flying across the globe wearing a magical cape or having breakfast on Mars!. Yeah, imagination has no limits and so has animation.

I define animation as the creation of all the imaginary stuff in our mind. Yeah, there's a lot of technical stuff to be discussed on animation. But I'm gonna bore you with all that shit. I'll just share some of my experiences as an animator (not a professional one).

The story begins. It's a very nice day. You open your computer and surf around the web. You see some cool animations and Oh man, that's pretty cool stuff, I wanna try that. And like anybody else in the world you spend hours in front of the screen searching for "How to animate?" You click some links and find a software (Probably Autodesk MAYA/ 3Da MAX/Cinema 4D). On doing some research you find the price Holy shit, \$1500 for such software, are you kidding me?? Yup, you're freaked.

Then, you search for a free software and find one (probably blender due to its popularity). You download, install and open it. Yessssss! Now, I'm gonna animate. But wait... what in the hell is happening? Why is the freaking cursor not showing options when I do right clicking? Tighten your seatbelts, folks, because it's a strange and weird interface and you don't know anything about it.

And then, you make up your mind and search for some tutorials on Google and Youtub. You gain some general logic on what's happening. Then, you come across a great tutorial on animation. You follow each and every step on the tutorial. You're in front of the computer screen all day no matter how thirsty you are or your cell phone is ringing. You finish everything modeling, UV mapping, texturing, lighting, rigging.... everything.

You then click on the RENDER button to see the results. You wait ... for an hour, another hour, another ... Why isn't that shit going beyond 27%? You got it right, rendering is a really slow process. For rendering a 10 second long animation in normal PC it may take more than 10 hours. Yeah, you heard it right, more than 10 hours. It feels like going out and yelling "Yo animation render huna kina yeti ber lagxa??"

Finally, after wasting a lot of time by just seeing the progress bar move you get your result. The feeling is amazing and the moment is astounding. You want to show it to everybody you meet or talk to, I did the same.

Okay folks, that's all I can deliver. What I suggest is don't waste time doing some shit on the internet. It is a very large paradigm. Sometimes life hits you with a brick on the head, never lose faith. Because life is all about having faith in what we do. Nothing else.. Farewell.



Sony K.C.
SLC Batch 2072

It's not all Doom and Gloom

I am unable to find a single good reason to live in this horrendous world full of people with dimensional faces and quicksilver temperament. I just wanna live a tranquil life, away from this madding crowd. I am dog-tired with life here; hell might be better than this one, now I want to rest in tomb forever for god will never send me to ELYSIUM. I was in an illusion that after my marriage, I would live a happy life with my better half but was unknown that there was no 'happy ever after' in my fate. I always used to give a damn to my thoughts that gave a clarian call 'still, dreams may have nightmares inherent in them, watch your step'.

I have a bottle of ANTU on my table, every time I summon my moxie to make my weak hands reach to it, the cry of the baby in the cradle to the left corner of my room makes them cease I am trying to turn a deaf ear to the child's shrill voice and continue but there is still a paucity of feeling of motherhood, somewhere within me, No, I spurn the baby. Its eyes remind me of that man who tied a marital knot with me but it turned out a Gordian knot. We were both nuptially tied but who knows his love for me was ephemeral, not eternal like mine for him. At first, he always knitted the dreams of our beautiful future ahead but it was just like making castles in the air. Oh, numbskull me!! How could he be so cheap? That man, how did he even think of selling his better-half, more than that the mother of his baby that had delivered just the day before to the gutter, a brothel. That stingy devil sold

me with his this little nuisance, this burden on my shoulders. He exchanged us with a few notes of 1000. I was entrapped in a cage. I had never ever thought that my luck would be that unlucky making me involved in this dirty business, flesh trade!! I too was compelled to be subservient. A little lass who got scared when she stepped on or saw an insect was handed to a pimp and everyday coerced to face the most filthy beasts that everyday bought her virginity sparing money. They don't have human values and they don't realize that one human's flesh is another human's poison. Oh god! Who made money??? Money is truly lethal and toxic. Now I can no more face them, cactus like monsters. It's too much, I can't face this worthless life. My dreams were confined to the time when my eyelids are closed. Every day anguish and pain has reduced my heart into shreds. I feel like butchering this child with eyes like that of the demon.

My soul curses my polluted body, I spit at my life, and this sort of living makes me feel fidgeting. The Redeemer, why did you separate all the tears and plight in the world to serve in women's plate? Unfortunately, being born in a girl's guise, marrying a man and being a mother and that's all, our life always faces the same. Why was I born being a woman? Had I been a Rambo, on one would even dare to give me a dirty look. And so is the case with this child. Oh! Her shrieking is so annoying. But above all, she is my blood. If I kill self, she will have to pick up the same gauntlet that life has been throwing down upon me, my

bud-like girl will have to encounter the same thorny path without any momentum like I have. Should I still cling to hope, should I cast all my nets wide to escape from this labyrinth and fight for her even if the world stands against us, so that people who slaughter and expulse a girl child right when she is in the womb shall feel high when a female neo-natal gives the first will, I have to teach her what the

world is, what we women are to be and what this dominating society is. Still, the combat of an angel and Old Nick in me is not over. Shall I advance my hands to the ANTU or to the cradle to lull my princess? I am still at sixes and sevens. Should I let my hearty ----- with indelible nasty scars beat for a few more time for this being or?



Amisha Gurung
Grade: 8'B'

The Gurung Community

The Gurung community of Nepal is said to have migrated to the central region of Nepal from Mongolia in the 6th century. Also called Tamu, Gurungs are the indigenous people residing in the mountainous valley of Nepal. Living primarily in north-west Nepal in Gandaki Zone, especially Lamjung, Kaski, Mustang, Dolpa, Tanahun, Gorkha, Parbat and Syangja districts as well as Manang district around the Annapurna mountain range, their ancestors are said to have practiced Ban (Shamanism) and later converted to Tibetan Buddhism. Some of them also reside in Baglung, Okhaldhunga and Taplejung districts and Machhapuchhre region with some of them having migrated to West Bengal and Sikkim in India and Bhutan as well.

They have their own language, Tamu Kwei which is considered as a Tibeto-Burman dialect and their ancestors, culture and traditions are traced back to Tibet. Coexisting well with other ethnic groups of Nepal such as Madhesi and Khas, the Gurungs have their own rich and unique culture and tradition. They also have a rich tradition of music and culture and they were the ones to introduce the system of Poho, which is similar to modern discotheque where the young meet and share their views in music

and dance, in Nepal. Ghantu and Chudka are some musical dances unique to the Gurung culture and are still practiced in some parts of the country where this community resides. The priests in the Gurung community are known as Lamas, Klibhri and Panju and there are the followers of Buddhism as well as Hinduism among the Gurung communities.

The Gurungs have made immense contribution to the history and culture and have demonstrated an unwavering commitment to the peace and progress of the entire world. Although most of the Gurungs live in Nepal as one of the ethnic groups of this multi-ethnic country, Gurungs have also served the world as the brave Gurkha soldiers. There are two types of Gurungs residing in Nepal - highlanders and lowlanders, although these Gurungs save principally highlanders. Relying heavily on a pastoral and agricultural way of life, the highlanders living on the slopes of Himalayas grow rice, wheat, maize, millet and potatoes. Usually on terraced mountain slopes. Also sheep breeding for wool and meat is a source of subsistence for them. However, in present context, most the Gurung families are also financed by the pensions and salaries of family members who are in the army.

Himalayan Monal

The bird's natural range extends from Eastern Afghanistan through the Himalayas in Pakistan, Kashmir region and the Republic of India, Nepal, southern Tibet and Bhutan. There is also a report of its occurrence in Burma.

It occupies temperature oak-coniferous forests interspersed with an open grassy slope, cliffs and alpine meadows between 2400 and 4500 meters, where it is most common between 2700 and 3700 meters. It may descend to 2000 meters in the winter. It tolerates snow and will dig through it to obtain plant roots and invertebrates prey. The breeding season is April through August, and they generally form pairs at this time. In winter, they congregate in large coveys and roost communally.

In some areas, the species is threatened due to poaching and other anthropogenic factors. In a recent study, the local population responded negatively to human disturbance involving hydroelectric power development.

The male monal was under hunting pressure in the Himalanchal Pradesh where the crest feather was used to decorate men's hat, until 1982, when hunting was banned in the state. In Pakistan, the bird is most common in the Khyber Pakhtunkhwa province but it can also be found in Kaghen, Palas Valley and Azad Kashmir. The pheasant is not considered endangered in the region and can be easily located. In some areas, population density of the species is as high as five pairs per square mile. It is well thought to bring status to its wearer, and is a symbol of authority.

Saksham Kumar Mulmi, 6'C'

Good Manners

Kritika Gurung
Grade: 4'C'

Good manners are of great value. We should speak with others politely. We should respect the seniors and love the juniors. A well-mannered person is obedient to his elders and sincere to his work, duties. A well-mannered person can get help from others. He can have good companions. He is liked by all kinds of people. He can be successful in life. If we have good companions, we can learn good manners. Similarly, if we have bad companions, we will be ill-mannered. Having good manners is a sign of civilization. We should show good manners at school, at home, on the playground and everywhere. Parents should teach their children how to behave towards others. They should be careful about their children's friendship with other people. Teachers are there to teach the students good manners.

Morning shows the day. If the morning is good, the whole day is expected to be good. In the same way, if parents or teachers teach children good manners, they can be good citizens in future. So teachers, parents, society and well-wishers should be serious in this matter.

Discipline

Pranish K.C.
Grade: 6'C'

Discipline is the key to success. It is the ability to control one's own behavior. It means the habit of doing work according to rules. If we obey the rules, we are disciplined otherwise we are in indiscipline. It is needed everywhere, be it home, school, workplace and even in the playground. It is necessary to maintain order in the society. It is a precious ornament of a student. Only a disciplined person can get success in his/her life and is liked by all. People without discipline try to do everything but commit themselves to nothing. Discipline doesn't kill joy but makes it. So, why shouldn't we be disciplined to get success and be happy?



If I Can Make a Farewell Speech ...

Mohammed Imtiyaz
Grade: 9'A'

Everybody have wish or desire to do something in the future as we are human beings. And so do I. My desire is to make a farewell speech in the final assembly of 2073 B.S as the school leaving batch of class 10 in Gandaki Boarding School. I intend to deliver a speech because I want to share some of my experiences in 7 years' journey in GBS. It is the best school in my life. I have not seen such a good school in my life. It's fantastic.

I've learnt many things from GBS. More than that, I've got best of best friends in my life. I've got them just due to GBS. All of us, class 10 students (SLC Batch 2073 B.S) are cool. We live in peace and most probably in harmony. If 'Allah' permits me to ask for a wish then I will ask him to give me the chance to deliver a short speech in the final assembly of 2073 B.S.

I want to deliver the speech because I just want to say goodbye to all GBS family who are just as my own family. We love our family so much more than us. So, I also love

GBS family from the inner core of my heart. Usually, we (me and my friends) used to think that our school is boring, most probably friends are not good at the junior standard but as coming to upper classes we understood our school and friendship. Now we want to reverse our life to the first day of class 4.

If I can make a final speech or farewell speech, then I will thank all the teachers, staff of GBS. Not only that, I will thank my friends of class 10 (SLC Batch 2073 B.S).

If I can make a farewell speech, then I will take blessings from the teachers of GBS to score good marks or good grade in SLC.

If I can make a farewell speech I will say best of luck to all the students of GBS in every examination coming ahead.

Lastly if I can make a farewell speech I will thank each and every department and section and the whole GBS family as my own family.



Dixit Timilsina
SLC Batch 2072

Moral Surgery

The phrase 'moral surgery' sounds queer and it must because this is an outlet to my thoughts of sub conscious mind. Presently, I am really sad beholding the disappearance of morality from the so called 'moral human'. So, let me share a short story regarding the moral thoughts and philosophy.

There was a grandfather who was in a very bad shape. He had suffered from many fatal diseases and there was no choice except the path of death. He wanted to bare his heart and spill his mind out of his dear grandson who was beside his bed, he started

'My dear grandson, have you seen anyone in the cosmos that has never undergone sufferings, pain, woe and laments? I know you haven't and you won't because a sheer life is never bereaved of pain and tragedy. But remember no one is complete whether they are great or intellectual from their mothers' wombs. You all have equal potentialities and capabilities. Remember, your mind is as similar to a fertile land which gets unproductive if it is left unsown. However, you needn't worry about the fruits because a sapling doesn't become a tree overnight so, have patience, my grandson. There is no good result to bad deeds so, never take the wrong path. As a person is known by the company he keeps, you must be away from the wrong ones. Your knowledge must be shared with everyone everyday because this element is only one in this sphere which increases when you distribute. My grandson, have you seen someone extracting honey from bee hive? You must see once and learn that if one fears to touch the hive then,

one can't rejoice honey. I hope you understand. My dear grandson, never hurt anyone because it creates a rift or barrier between you and the other one. Never be over confident. Never lack self confidence either.

Remember, father, mother, teachers, guardians are equivalent to god so never confront god. Whoever says whatever to you, you be like a flower in the garden. There were some people and are now that do not see and recognize the beauty of a flower. There is no one neither was someone nor there is any one. So never depend on others. Do you work honestly and never be a couch potato. You will have quest of peace one day in your life but remember for eternal peace, one should have feeling of sacrifice as well as satisfaction. Lust, anger, avarice, love, thirst etc. contaminate the pure heart but knowledge, intellectuality, devotion purify the contaminated one. One cries when one has to live with sorrows and pain. A lazy and clumsy person feels every work, a herculean task, remember, whatever you learn must be reflected in your attitude and also purify your soul as body is never pure and holy. You must make your parents feel proud because of you and your achievement /full mark in any subject means nothing until you apply it to your practical life. Never fear to speak and share your feelings and always make your knowledge a guide to your intellectuality.'

His words ceased and he passed away but the words spoken by him were totally the outcome of his experience and findings in this sphere. Finally, my mind, the grandfather and me, the grandson!!!

Is Face Book Bad enough to be Banned?



Barun Dhakal, 11'A'

Let's cut back to the history. History itself is simply a witness of positive impacts on human civilizations made by technological advancement. Computer revolutionized the human lifestyle. Development of World Wide Web by Tim Berner Lee changed the way people communicate. Currently, facebook is rocking the world from this platform of 3Ws (www). Facebook has transformed this whole planet into a global village. Its effectiveness can be distinctly figured out from its widespread popularity in a short span of time.

It was not so long ago, I was stunned by the news under heading "Facebook banned in Pakistan". Skimming that news, I discovered that Pakistan was neither the first nor the only nation to ban facebook. Iran, China, Vietnam are some other names who had already triggered the dislike button for facebook. There were no strong reasons behind cast out of facebook from respective nations, but it can be predicted from this restriction that the ruling bodies of those nations might have been unable to bear the extreme degree of freedom among their citizens.

This is the era of information and freedom. By saying freedom, I really mean it- freedom of choice, freedom of religion, freedom of relations, and last but not the least, freedom of expression. Is there anything wrong if a Pakistani girl sends a friend request to an Indian boy? What's wrong if a taxpayer expresses that s/he dislikes the authority which manipulates the revenue? Why can't a mother in Iran chat with her son in the USA using facebook? What's wrong with

facebook?

The government officials of those nations have strongly advocated that the misuse of facebook is main reason behind its abrogation. I just want an answer from the same officer that if his revolver can discern between a criminal and public worker during an encounter. If the answer is "NO" or "no way" or something like that then he, at least, should have a bit of common sense that it's human not technology that does the damage. Initially, gunpowder was not invented to snatch innocent lives, but its human desire which converted gunpowder primarily into a lethal weapon. Misuse is not the mistake of facebook but it's the mistake of user. Thus, if problem lies with people, take action and target them. There is no point in butting facebook.

For most of the people, including me of course, facebook is indispensable part of life. I feel great to share my success as my facebook status. Watching photos and videos of relatives and friends keeps our memories fresh about them. Informing group of people had never been made easy before. The advent of face book has facilitated our life.

To sum up, pondering over the numerous advantages of facebook (and many more are yet to be discovered), I see no point in banning facebook. In the end, I would also like to take this opportunity to thank one of the coolest Harvard drop-outs Mr. Mark Zukerberg, who is currently youngest dollar-billionaire, for creating www.facebook.com.



Kritim Rijal
SLC Batch 2072

The Holi Festival

Holi is the aroma that hits and clings the hearts of every person who is in love with colors. Holi is a festive occasion in which friendship, relationship and love can be conveyed between two bodies or groups. It is being celebrated largely in Southern Asia with much more of joyfulness and warmth.

According to Nepalese calendar, Holi is celebrated in the month of Falgun. To continue this trend our school also allowed us to celebrate this festive occasion. To look a bit different, we class 10 students even printed our own white coloured Holi T-shirt so that we could paste the fingerprints of colors as a symbol of immense love among ourselves.

We students from class 9 to 10 moved around the premises finding teachers and friends so that we could smear

their face with colors. That day was really great. Everyone was enjoying the day and who knows some students who stopped speaking with each other many have reunited. So, this day was really a wonder for us.



Really, the day was coming. Everyone was lost in excitement and they were dancing and celebrating as it was their last Holi in the school. It was seemingly known that when united, a strong bond among us reappeared and as a result, the day became more fruitful.

And now, I sometimes wish that the same day may come and fall on my feet. But it's all over as time waits for none. So, I will always remember that day and I wish this day would always flourish love and joyfulness all over.



Mukti Gurung
Grade: 11'A'

Criticism

There are many things that make a person unknown to success. And one of the vital reasons is criticism. It refers to the negative or positive remarks that say what you think is bad about something or somebody. Criticizing about a person may be either to help him or to let him down in other's eyes. How to take lessons from criticism also depends upon the thinking of the criticizer and the criticized one.

Criticisms are also made to help somebody. Helpfulness can create constructive criticisms that can help a person to strengthen. These criticisms are attached with the solutions. We should criticize a person's which may result in loss of self-esteem. A positive criticism never consists of words like 'you always' or 'you never'. Criticizing a person in a public place can have negative effect in that person and which may grow and develop into hatred towards you. So, it is wise to criticize about a person's behavior in a private place.

If the world was filled up by supporters, then one could easily get the glimpse of success. But the world is not like that. It is filled up with those who will do anything to let you down. Criticism is like a tool for them. Criticizing negatively can have various causes. Ignorance can be a cause but the criticism which springs from ignorance is not so strong. It can be corrected by gathering facts against the criticism. A feeling of hate or hatred can be a cause of negative criticism. Jealousy also creates criticism. These criticisms which are made due to hatred and jealousy should be

taken as a compliment in disguise.

A good person never criticizes negatively. An average person who lacks creativeness is the one to criticize others. These persons are those who are not successful and have nothing else to talk about. These persons criticize others so that they can be in their place.

Negative criticism may harm the criticized one or may not harm him, but it will surely harm the person who criticizes about others. He lacks creativeness and also is wasting his time criticizing others. So, negative criticism should be avoided.

If you are criticized, then you should first think positively about it, and then make changes which will avoid the criticism. Criticism always points out the lacking ability in you. Getting positive feedback from criticism will strengthen you. Almost everyone in this world is criticized. The only way to avoid criticism is saying nothing, doing nothing or having nothing. This will be an ending of you in big nothing. So, criticism can be taken as a feedback for better or positive change. One should get depressed due to criticism but should rise to prove the criticizer wrong.

The greatest people in the world are criticized, so, be proud that you are criticized and take other steps to develop immediately. The world is filled up with criticism. We should criticize a person positively, not negatively. And we should be known to our lacking and should improve them immediately to avoid criticism.



Sushant Gurung
SLC Batch 2072

Life in the First Lane

“They’re AMAZING, bro! How fast are they going?”

“Up to two hundred and ten miles an hour.” I replied to my little sister, Martha.

Martha had a great interest in cars. Maybe the reason behind it was me being a racing car driver. So to give her a special treat I took her to Monte Carlo where my next race was going to be held. I chose to take Martha to Monte Carlo because it was sort of home to me. I was undefeated in this particular track. I was on the stands with my crew and Martha just before the race. Suddenly, Martha shouted, “Whoa! What on the earth is that?”

I was too shocked to answer. I stared at the strange car which passed right by. I took out an old photo which had the same car with its driver Dirk Wilhem. It was the ‘Flying Dutchman.’ It crashed killing the driver and burst into flames. One of my crew members said that it returned from hell to destroy every race car and from its curse.

The car seemed unnatural to me. But was it haunted? Or even cursed? The only way to prove it was to take a sneak peek under its hood.

It was midnight. Even the dogs were sleeping. I went out of my cabin and headed towards the garage where the Dutchman had entered.

Inside, the Dutchman in all black was looking scarier than ghosts and monsters in horror films. When I came to touch his body, it started automatically. Now I finally believed that the Dutchman belonged to the Devil. Next to him, I saw my own car. ‘Herakles’, suddenly the Dutchman spoke, ‘Wanna race?’

“No, leave me alone you freak.” I shouted. “If you don’t race and don’t win, you will be cursed to be the next driver for the devil’s ride.”

Now, it was a do or die situation for me. I went inside Herakles and started the engines. The garage door opened. The Dutchman started with a bang. But I also gave my best to level up with the ghost car. I need to admit the Flying Dutchman was a real tough opponent. I knew I must win to avoid the curse. I tried to slam the Dutchman on the wall during a turn. I succeeded! I finally took a lead which was crucial for me as the finish line was near. I crossed the line and won the race of death. A voice from Dutchman yelled, “Noooooooooo...?” and it exploded. Finally, my heart was full of relief as the ghost car had gone forever. Well people say it, “You win some, you lose some, you wreck some. That’s life in the fast lane.” But this was life in extreme form...

GBS, A Wonderful School !

While going around the campus of Gandaki Boarding School today I was thinking of all the difficulties the average kids in Nepal face to get access to education. We met a boy whose home was a 3 day walk (no transport) to the nearest town with a bus connection. His face showed deep felt thankfulness and respect for the teachers and the scholarship he received in GBS Pokhara as a boarding student. Even though there was no electricity at this point, the campus was full of life and classes took place as usual, everybody seemed not to mind, but just went ahead the best they could. The students were smiling at us and were enjoying this peaceful afternoon. If the day is a bit more clear, their usual view from the classroom are the 7000m high mountain snowy peaks of the Annapurna range, really incredible landscape to see from down here with temperature of 25C. (Actually everything below 5000m is considered a hill in Nepal)

It was so great to be back at GBS and see it celebrate its Golden Jubilee! Thumbs up to Shiva Lal Dhital for being part of this wonderful place for more than 30 years and helping to make it what it is today! Buwa, you took a great decision

to join this school back then and provide access to an education of excellence to your children and



grand children.

Congratulations to GBS for the Golden Jubilee this year! Keep shining and bringing Nepalese kids from all over the country one step closer to their dreams!

Kristina Safanova Dhital
(Ex-student Rajesh Dhital's Spouse)

Examinations: For and Against

Examinations and tests are a central feature of school system in many countries. It is a common practice for many schools and colleges to assess their students' knowledge through different exams and tests.

One of the main advantages of exams is that they are an easy tool to regularly assess a student's capability. They help a lot to improve in individual's knowledge because they provide regular feedback to students who acknowledge their shortcomings and work on them. Examinations also promote competition among students. They work harder and this way they learn more. Also exams are excellent tools to determine efficacy of teaching methods because teachers get an opportunity to monitor

their teaching strategies according to student's progress.

But do you ever think the educational benefits of testing can outweigh drawbacks?

Yes, examinations are for benefits but they also sometimes have disadvantages. First, they have poor predictive quality because they only judge a student's ability under set conditions and limited time. Also many exams encourage teaching to test practice. This is to say, teaching fixed curriculum focused on passing exam. They sometime cause anxiety.

But we should always remember that marks secured by a child cannot determine his/her abilities and skills.

Kripa Shrestha, 8'B'



Anupam Adhikari
Grade: 9'A'

Everything What I'm Today

Life is short today but with an unknown tomorrow. We are only characters who have to pass a short life in this world. Life is full of beauty but it depends upon one, whether to enjoy its beauty or just ignore it. Today my life has its own beauty which is running inside the GBS premises and I'm living it. Everything has its own value in this world. As life is valuable and precious, (with full dedication and support) it must be marched towards valuable works to become someone in their world.

What I'm today is all because of the dedication and love of my parents and support, guidance and cooperation of my beloved teachers and friends of my school. My life inside the GBS premises has passed its 6th year and is running its 7th year. It's like it was yesterday I entered GBS in class 4 with mind full of ambitions and dreams. I along with all my friends was juniors in the school but today we have reached to the end of this journey of GBS as the senior most students. I entered GBS in the form of a raw soil but today GBS has shaped me as a complete person. All the hard works

and dedications in all those 6 years with the support and help from my teachers, parents and friends have made me be a man out of the child within me. Everything what I'm today is because of the correct path and path showed by my beloved teachers in GBS for all those years. Without that, I wouldn't have become what I'm today! Since, a single step starts the journey of a thousand miles; my journey in GBS has helped me start the journey towards the way of success by guidance and support.

So, brothers and sisters, the life of GBS is as the premises of heaven which helps to shape life complete. All those years, I didn't feel the importance of GBS life but today I regret why I did that way. Someone has said, 'Something is seen impossible until it is done.' Until you try, you can't get success over it. So try to make your life beautiful inside GBS. Always respect and love your teachers and friends and value your parents because they're only the ones that you've got.

GBS has always been there in every bit of my life to support and help me build my own life.

A Wise Rich Man

Once upon a time, there lived a wise rich person whose name was Santosh. He had a lot of wealth and houses in cities but he lived in a village. He had money in his own house.

One day thieves came to steal his money. Luckily, the rich man got that information. When the thieves came, he filled the boxes with stone and threw them into the river. The thieves thought that the boxes contained wealth and jumped into the river. The wise rich man saved his money and life using a trick.

Utsav Khadka, 5A



Hostel Life in GBS

Matrika Prasad Baral
Hostel Parent
Nilgiri Hostel

Gandaki Higher Secondary Boarding School which is well-known as GBS is located at Lamachaur, in Pokhara, the Western Development Region of Nepal. It was established 50 years back by the joint effort of local people of Lamachaur area, Shining Hospital Pokhara and the then His Majesty's Government. It has nearly 270 ropanies of land in its premises. It is running under the GBS/GCES Trust. It is the non-profit making organization. It is different from other private boarding schools. It was boys' boarding school in its early days. Since 1985 AD the school has opted for co-education.

GBS has two categories of students namely boarders and day students. Day students are from local area of Pokhara valley. Boarders are either from distant places or some are local too. There are students here from 43 different districts of Nepal. These boarder students remain in 10 different hostels of the school. Among them, 7 hostels are for boys and 3 are for girls. Each hostel comprises dormitories, study, store, bathrooms and hostel parent's rooms.

The daily life of hostel students begins from 5:45am with a long rising bell. They have their breakfast in the dining hall between 6:15 and 6:40 am. After the breakfast, all the boarder students go to their respective classes for the morning study hour. It goes for one hour. When the study hour is over, there will be classroom cleaning and hostel cleaning on the basis of duty roster. Students are responsible to keep

classroom as well as hostel clean. Morning meal starts at 8:30 am and goes up to 9:20 am. After having morning meal, students get ready to go for normal lessons in the school. Khaja is served for both day and boarders in the school itself. The school is over at 4:00 pm. After school and before evening meal, students keep on playing and remain busy with different club activities. Having their evening meal at around 5:35 pm, they again go to their classrooms for the evening study hour. It lasts for one hour and fifteen minutes. Again after the completion of evening study, students take milk and biscuits as supper in the dining hall. Senior students remain in the study for one hour, that is, from 9 pm to 10 pm in their respective hostels. In this way, one day of boarder students completes in GBS.

GBS hostels are the second homes for our students. Hostel parents deal with them in such a way that the latter express their feelings with themselves and develop a sense of attachment in them very comfortably. Whenever their immediate parents arrive in the hostels or in the school area, these hostel parents report their activities and the way they do in the hostels to them. This feedback helps facilitate their learning. Being busy as the teachers in the classrooms and giving additional care to their students in the hostels, hostel parents work as the mediators between the school administration and the parents in matters of academic enhancement as well as life skills to be developed in students.



Gyanendra Khadka
Grade: 12'A'

Chief of Army Staff with GBS Facility

21st Asoj, 8:00 am. The familiar sound of the assembly bell ringing meant that all of us were to be gathered for the usual assembly. The feeling was all too familiar. However, the aim of this assembly was totally different. We had been gathered for special cause. The cause that took 50 years in the making, the cause that marked a milestone of achievement for GBS; The Golden Jubilee.

8:15 am. Everyone was trembling with excitement and anticipation of what they had just heard. The Golden Jubilee celebrations were to be inaugurated by one the most high-profile personalities of a country, a man who is the epitome of patriotism, hard work and discipline, the Chief of Army staff, Rajendra Chhetri.

8:30 am. It was finally time. The Chief of Army staff had finally arrived. His mere arrival had already awed everyone. His confident stride, radiated discipline and power and all of us were proud and grateful to have the presence of such a special guest for such a special day.

GBS paid homage to this great dignified person by the grandest way possible. The four houses under the commandship of Gyanendra

Khadka performed the March Past while junior students performed March Dance to show how much his presence meant to all of us. The Chief Guest then addressed everyone with a speech that influenced everyone.

On the first day of GBS Olympics there was 4x100 m relay of 6-7 boys followed by 60m, 100m, 200m, 400m and 800m race. Similarly, many field events like shot put, javelin throw, high jump, long jump, ball throw were held in the different areas of the field. Both the participating groups and non-participant groups of students enjoyed the events and cheered up for their respective houses. The most awaited item was volleyball.

In the second day of Mega event 2072, 4x100 m relay and 4x400 m of different classes took place. The final event was the 4x100m relay of the boys of classes 10-12 boys with the victory of Karnali house. Then the events were complete. Winners and runner-ups were awarded by the guests and authorities. Students showed high level of discipline and sportsmanship there throughout the event.

Everybody contributed to making this year's sports day program successful. We all would like to thank our respected Principal Mr. Rabi Prasad Baral, PE Department, HOD of PE Department, Mr. Mohan Prasad Gurung for their special roles they played. Everyone still has fond memories of that day and those memories are the things that will be cherished throughout our lives.





Nikki Pradhan
10+2 Batch 2071

6th March 2010

I don't know how I am going to present that situation today. Basically, I have no idea how I will express my feeling on this article.

6th March 2010. That day I was desperately waiting outside the check up room for my granny. That day, I felt that the regular check up of my granny was a big longer. Moreover, being a science student I have a huge fear with the term 'HOSPITAL'. But that day I was literally thrilled and shocked after the situation I saw.

Hospital, it is really an unpredictable place. Some minutes ago I would see the environment of the hospital so cheerful by a small piece of news, 'congratulations, it's a girl' and suddenly after the same environment of hospital turns so emotional and dramatic by a small piece of news, 'Sorry, he is no more.' I had no idea how the doctors manage all this and looking after that situation, I was kind of 'thrilled'.

'Doctor, Nurse, Please help me. Save my son.' Suddenly I heard a begging voice of a man. I walked towards the noise and saw a man panicking for his injured son who had just met with an accident. I got to know that he was seriously injured. He was shifted to ICU and all the forms were hurriedly filled up. The man had no idea how he was reacting

to other people. But what I found was the doctor who was assigned for this case was a bit late. After about 10-15 minutes, the doctor arrived. The frustration and the anger that had filled him welled up and he shouted at the doctor. 'You people don't know how it feels when our children are lying in the bed and are unconscious. How could you be such an irresponsible one? You would know how we feel when you will go through the same situation,' the man said with tears in his eyes. The doctor replied, 'Don't worry. I'll do the best to save him.'

My granny had her check up and was about to leave. But I asked her to wait for some minutes as I was eager to know whether the operation would be successful or not.

After about 40-45 minutes, the doctor came out of the ICU, held the man's eyes and said, "Don't worry, he's out of danger. The operation was successful." He was about to leave then suddenly he turned back and said, "I can clearly understand how you felt just before" and left.

Then I heard a nurse telling, "Poor doctor. He had just been here for your son's operation from his son's funeral."



Annapurna Bastola
Grade: 9'C'

Inter School Dance Competition 2072

Dance is a work of art. It is to do with a particular culture and religion. It is through dance people express themselves. It is associated with entertainment. It can chase away the viewers' worries and anxieties, though at least for a moment. Such powerful work of art is included in the list of activities organized by the schools. Our school has been organizing cultural programmes in different forms. In the academic year 2072 we included dance competition to be organized among schools.

This year, the celebration was grand and historical because we gathered to celebrate the school's 50th year of journey of excellence.



Therefore, together with the dance competition, departments' exhibitions, exhibition of the photographs and lottery programme, were organized on the occasion. This dance competition was held on Ashwin 23, 2072. It started at 10:30 am. It formally started after the inauguration by the Chief Guest Mr. Howard Barclay. The other guests were Mr. John Barclay, Mr. Ben Westerling, Mrs Mia

Westerling and others.

There were participants from six different



schools for dance competition. Each of them was in the beautiful attire and they all danced gracefully. But as the rule of the competition, only a few participants were to be declared the winners. The first position and Best Costume Award was occupied by Kumudini Homes and the second position was occupied by our school. The third place was given to Saraswati Higher Secondary School and the consolation prize was bagged by Saraswati Adarsha Bidhyashram. Similarly, Best Choreography Award was given to SOS. We also enjoyed the melodious songs by sensational Samrat Gurung and Siddhartha Gurung. It was hosted by Mr. Mukunda Adhikari and Ms Anupa Tiwari. The programme was a memorable one.



My Friend

Monica Thapa
Grade: 6'B'

My friend is very kind.
If I say something, she will never mind.
She is beautiful like a diamond.
And like an apricot and an almond,
She has a good smile but,
Her home is more than a mile.
She has a car.
And it is like a chocobar,
She is very tall.
And she likes to play basketball.
She is cool.
But she is not fool.
She puts glue on a chart to paste.
She respects her elder and guest.

Hope

Binita Phagami Magar
Grade: 8'B'

It's when you shut your eyes,
But still you see the light.
When your body loses all the strength,
But still you have the might.

It's when the earth never meets the sky,
When you live again each time you die.
When you are soaked in rain,
When you lose the sense of pain.

It's when your shadow is darker in the night,
When you ignite a candle with your sight,
When the breeze runs by your side,
Finding a place to hide.

It's about the regrets and deep breath.
It's about hollow and sad depth.
It's not always a bloom and slope.
It's about life: it's about hope.

The Puppy

I have a creature
It is a puppy
It is very honest
And it makes me happy.

It sometimes barks.
It generally keeps quiet.
It is my best animal.
But sometimes it seems to fight.
In the morning it stays alone.
In the afternoon it goes to the sea.
It searches the things there.
And it carries few things for me.

It looks so small.
It has small feet.
These feet help it,
Just to walk along the street.
When he wants to go away,
He barks at me.
I think that he wants to say goodbye.

Prakash Panta
Grade: 5'B'

Ha! Ha! Ha!

A teacher asked his student, "How
can we get higher education?"

The student said, "We can get higher
education by studying at a higher
place."

Teacher: Ha! Ha! Ha!

Ayush Poudel
Grade: 5'B'



The Night

Uttam Kumar Mishra

Grade: 11'C'

The size of glass is 10cm and it contains water up to 5cm. Now describe the situation in a sentence....

Alright, let me throw a sentence of mine. "Oh no, is it necessary? It's already 10:40 pm." Hope you catch the situation. Alright let me clear you. It's the situation somebody may be my Mom and Dad or somebody else ask me to go somewhere at night time, isn't it? And this is what my first reply is to them. It is simply because it's night. I don't know why people perceive 'the night' in such a horrendous manner. When I pronounce 'at day time....', none of my friends throw a single attention to my words when I pronounce 'Yesterday at night....', they not only pay their full attention but all so listen to my every single word. So have we ever imagined what leads the people to think differently between day and night?

Oxford dictionary describes the 'night' simply as the time between one day and the next when it is dark and when people usually sleep. However, I dem night is paranormal. There are many secrets hidden in the shadow of night. At night, I'm not pretty sure how many of us feel the houses, the road, the plants and so forth. It is a fallacy to say that changes occur in these which I can feel. There is something that exists in them and I dem that is silence. And that silence wants to roar many things but

working whole day to eke out our living, we couldn't listen to the silence of night.

Have we ever imagined why flowers ooze out their fragrance at night? What leads people to be a night owl? Well, night doesn't only mean the dark tome after the day time. Where does a child go to get ice-cream if he/she gets money? Obviously, it is the ice-cream shop. In the same manner, if we want to know about the definition of night, we need to go to the right place. As night does not have a single definition, we need to roam in various places. See a night of a mother who has a small baby; check in the red light area to know about the horrendous night; ask a night owl; have an experience of a night in the forest; think about a night of jail. Well, just envision these nights.

Well, sometimes being optimistic I believe night teaches us to have patience in dark condition and it provides grieve to those who fail to rise once again. However I cannot sub satiate all these but I do believe in these. Well, you all are in topsy-turvi so let me clear you. Just don't only look at the things, try to see them Perhaps you'll encounter the difference.



Sagar Shrestha
Grade: 12'C'

Transition from School to Higher Secondary School/College

Challenges that students navigate while transitioning from high school to college

Children and adolescents are faced with developmental tasks at many points as they grow up, but there are few stages in life when young people meet multiple challenges at once. The transition from higher secondary or high school to college is one of those critical development periods.

As I have just finished my high school education and I am preparing myself for further studies; there are many dilemmas that surround our school which I am yet to experience.

But, I must say that it is an exciting time that typically leads to considerable gain in maturity and also a time during which many adolescent people like me experience difficulties. At the same time, this transition is an important event for families as well, because the family unit must navigate significant changes in relationships between or among family members. Again, although most families manage the transition well, it is quite common that they experience difficulties along the way.

The list of challenges we adolescents encounter as they make the transition from high school

to college is quite long. For the high school students in their last year or half of their years, there are the tasks of making decisions about which colleges to apply to and then apply to those colleges. These tasks can be daunting because a big personal challenge is bundled up in them- most importantly, struggling with questions about interest and goals in a way that far outstrips any previous challenges along these lines.

Another set of challenges bundled into choosing a college concerns the adolescent's changing relationship with his or her family. All sorts of feelings come into play for the young people like us and our families around the question whether to live at home while attending college or go away to college (and, if so, how far away?). Typically choosing a college also poses difficult questions about finances on adolescents and their families, including what parents can or cannot provide and what financial responsibilities we will have to assume.



According to Clark, M.R. (2005) from a psychological standpoint, in order to successfully negotiate the transition from high school to college, a young person must make strides in forming his or her unique identity and become more independent, which includes separating emotionally.

Facts

1. Fish are vertebrate animals that live in water. Vertebrate means they have a spinal cord surrounded by bone or cartilage.
2. Fish have gills that extract oxygen from the water around them.
3. There are over 30000 known species of fish.
4. Some flat fish use camouflage to hide themselves on the ocean floor.
5. Tuna can swim at the speed of up to 70 kph (43 mph).
6. Relative to their body size, fish have small brains compared to most other animals.
7. Fish are covered in scales which are often covered in a layer of slime to help their movement through water.
8. Cleaner fish help out other fish by removing parasites and dead skin from their scales.
9. Over 1000 fish species are threatened by extinction.
10. Mermaids are mythological creatures with the tail of a fish and the upper half of a woman.

Collected by Birendra Bhusal

Grade: 5'C'

Perks of Being a Book Worm

A bookworm is someone who has a love for books for its content or who simply loves reading. Reading different sorts of books has always been one of my hobbies. I prefer reading books at my free time because it helps me to escape the real world and takes me somewhere else, a different world. 'A reader lives a thousand lives before he dies.' It is a very famous quote which is quite true. For instance, while reading a book you might have related to a character or the writer so much it almost feels like you're actually there, living the moment.

This is the best part about reading books, that it gives you the freedom of imagination. It helps an individual in the understanding of the universal feeling such as love, affection, hate, misery, excitement, and so on. Fortunately there is a variety of books for everyone. There are books about bravery, someone's biography, fictional stories, true life-events, mysteries and many more. It does not matter what kinds of books you read, always informative and sometimes even life-changing. Making a habit of reading books also helps in becoming familiar with words. It also helps in the growth of one's conscience.

Over all, it helps an individual to grow emotionally and socially.

These are the perks of being a bookworm.

Shreya Baniya, A2 Batch 2072



Sabitri Kumari Sharma
Teacher Co-ordinator
Health and Sanitation Club, Gandaki

Health and Sanitation Club, GANDAKI

In recent years, the global health community has been focusing more of its efforts and resources on fighting against diseases and providing a healthy living environment for everyone. Supporting this concept, Health and Sanitation Club, Gandaki also is formed as a group of boys and girls. Their age ranges from nine to eighteen.



Health and sanitation club, GANDAKI was established in 2066 B.S. aiming at educating the youth in school on the issues of sanitation and hygiene practices within their environment and bringing behavioral changes in them. It means young children can work for collaborative learning and take action as well. It has been working for eight years along with around sixty - five club members in different posts every year that is equally beneficial for steering up this club to achieve its goal and mission.

As we know lack of adequate sanitation at home and school, constrains the quality care which is against of human dignity, quality of life and health status. As a need of present, Health and Sanitation Club Gandaki has been taken as an innovative approach to facilitate

our young children with strategic role in bringing about positive attitudinal changes regarding health and sanitation wherever they are.

Participating channels and demonstrations of different outdoor and indoor activities are the practical solutions in a sustainable manner for healthy living. Many programmes have been organized throughout the year 2072. Here is a list of the activities.

Activities:

- Club's banners design and placement
- Community outreach with placards and banners on 5th June 2072 (World Environment Day)
- Club batch and green outer distribution to the members
- Enacting of dramas and presentation of articles on Tuesday assemblies to make entire family of GBS aware of sanitation
- Blood Detection Programme for classes 10, 11 and 12
- Classrooms and hostel sanitation evaluation and distribution of certificates of appreciation
- Well-equipped sanitation management



- during Golden Jubilee Programme
- Occasional Wednesday and Monday cleanliness programme
 - Many efforts have been made to reduce wastage of meal and to maintain sanitation in dining hall as well.
 - Regular club meetings and maintenance of records

Similarly, potential and empowerment of students are more receptive to new ideas to innovate effective management and leadership skills.

The entire family of GBS is active along with the coordination of those sixty- five students to maintain sanitation around us as a unit of



the globe. I hope all our students can serve as a media group for spreading message of sanitation and hygiene in each home as a role model to influence their parents and young people for better future.

Thanking you all Gandakians!

My District

My name is Raj Kumar Shah. I live in Kapilvastu District. Taulihawa is the headquarters of this district. It lies in the western development region. It is also called the birthplace of Lord Buddha. People here are engaged in farming, business and government jobs. There are many hospitals, schools, shops etc. there. One can see a big temple there. There are many rivers, many beautiful places, and many statues in our districts. People here

speaking different languages, wear different costumes and follow different religions. It is sure that they belong to different castes but they live by helping each other. They do not discriminate each other. They share their happiness and sadness with each other.

Raj Kumar Shah, 5'A'

How is My School Life in the Morning?

I wake up early in the morning and go to the restroom. I wash my face and brush my teeth. Then I go to dining hall for breakfast. After having breakfast I go to the classroom for my morning study. I do homework of the remaining subjects. After that, I play for about fifteen minutes on the ground. I rest for a little time in the hostel. Then I take my

morning meal. I collect some of books and exercise books so as to take them to school. Immediately after that, I go to the lavatory. I wear my school uniform and go to school. When it is 9:45 a.m., the bell rings and I join the ground assembly. My daily life in the morning concludes this way.

Arjun Kharel 6'B'



Sandeep Bhandari
Grade: 12'B'

Kanchanjunga Cricket Tournament (KCT) 2072

GBS always aims to provide the best all-round education to its students. As usual, this year too, we class 12 and A2 boys were given the opportunity to conduct Kanchanjunga Cricket Tournament under the chairmanship of Subarna Poudel. This year KCT was conducted with an innovative idea. Altogether there were four teams. The teams were Golden GBS (Binaya Parajuli), Diamond GBS (Udip Parajuli), Emerald GBS (Anish Pariyar) and Platinum GBS (Sandeep Bhandari). Each of the captains of the teams elected the players according to the requirement in the departments of bowling, batting and fielding.

The grand Opening Ceremony took place on 3rd Poush with the motto 'United we Play, United we Win'. It was followed by the Opening Match between Golden GBS and Emerald GBS. Golden GBS won the Opening Match easily outclassing Emerald GBS in each department. In the second match between Diamond GBS and Platinum GBS, Ravi Sunar, our Science Teacher played an impressive game with unbeaten 54 runs but could not prevent his team from the loss against Platinum GBS. Platinum GBS was able to reach the final with a good team work by beating Emerald GBS and Golden GBS. While Emerald GBS was not able to win any of their matches although Prabin Nepali, our Computer Teacher played some impressive innings with both bat and ball and they crashed out of the tournament. The last game of the group stage was a close encounter between Golden GBS and Diamond GBS in which

Golden GBS emerged victorious with the help of Tarun Timilsina who played a memorable knock of 87 to book their place in the final.

The much awaited game of KCT, the final took place on 18th Poush. Team Platinum who won the toss was elected to bat first. Bimochan Khanal and Prabidhik K.C. provided a good start with opening stand of 58 runs. But Golden GBS Bowler bowled beautifully and could take successive wickets to restrict Platinum GBS in 104 runs. Golden GBS started batting slowly as in form batsman got out quickly. Then Captain Binaya Parajuli batted elegantly and kept his team in condition for winning. It was a close encounter. But Platinum GBS turned victorious by 5 runs. Prabidhik K.C. was declared Man of the Match.

Individual Awards

Best batsman: Udip Parajuli
Emerging player: Shuvam Yadav
Best bowler: Shankar Thapa
Best wicket keeper: Bimochan Khanal
Best alrounder: Sandeep Bhandari
Best fielder: Jitendra Gurung
Highest run scorer: Prabin Nepali
Highest wicket taker: Prabidhik K.C.
Man of the series: Tarun Timilsina

After the match concluded, the Closing Ceremony took place. We believe that KCT proved to be the platform for the development of both sporting and managerial skills. We would like to thank our school administration and everybody who helped us through the tournament. Hope this kind of programme will continue in future as well.



What is 'Gita'?

Nabin Poudel
Grade: 9'C'

Hinduism is believed to be the oldest religion of the world which is based on ancient scriptures of the Vedas and Puranas. Among such Holy Scriptures of Hinduism, 'Shrimad Vagawad Gita-upanisatsu' or simply 'Gita' is also one.

In the ancient time, there was a war in Kurukshetra between Pandavas and Kauravas as mentioned in Mahabharat. Arjuna, the chief of Pandavas' army is discouraged to wage war after seeing his own cousins, uncles, Gurus, Acharyas and relatives as his enemy. He feels it is a sin to fight with such warriors just for physical luxury and a piece of land. But, Lord Krishna delivers Arjun the ancient secrets of 'Karmayoga' and 'Sankhayogya'. He also teaches Arjuna about religion and faith in god. Teaching Arjuna convincingly he maintains that religion is supreme and to fight for it is a holy work.

Gita is also described by the following verse: 'Sarbojanishado gao dogdha Gopalnandana Partho batsa su-dhir bhokta dugdha Gitamrit manat'. This couplet means that all the holy scriptures are cow and Krishna is the one to milk them, Arjun is the calf, all the people are consumers and the Gita is milk. Which means the Gita is the conclusion of Hinduism itself. Moreover, some couplets mention that bathing purifies our body and studying the Gita purifies the world. It has also been mentioned that since Lord Bishnu himself has praised the Gita, saying there is no purpose of studying other books if we study the Gita. The following verse mentions this:

Gita sugita kartabya kimanyai sastra bistarai
Ya swayam Padmanavasya mukhapadmadwini
shrita.

So, we must study this holy book at least once and perceive the gist of life. Everybody gets born and is subject to death. To avoid anxieties of every type, we should go through such a holy book. What I mean here is the Gita is the holy book of not only the Hindu communities but it is better to be equally perused by people of all religions existing in the world.

Scientific Discoveries

Man is a social animal. Though man and other animals seem similar in physiological aspects, thinking capacity of mankind has invented thousands of inventions and discoveries. Science has brought many items to bring easiness and comfort to mankind.

As far as scientific discoveries are concerned, they are the tools to bring revolutionary changes in different aspects of human life. Thinking capacity of man has been able to make human the

topmost creature in the world. Many tools scientifically made are used in different fields. Modern means of scientific discoveries like mobiles, computers and other electrical appliances have made human global citizens.

But science should be used properly. If it is properly used, it certainly can provide advantages but if it is misused it only invites destruction. So, it should be properly used to uplift human civilization.

Ayusha Adhikari, 7'A'



Adit Acharya
Grade: 9'B'

A Report on Inter-hostel Talent Show 2072

Every year we hostel residents conduct some programmes in the hostel premises. With the coordination of Programme Supervisors Adit Acharya, Bikash Kumar Shah and Saroj Acharya, *Chairperson Yogesh Dhungana* we called a meeting and reached a conclusion that we would organize the kind of competition in which every hostel inside could participate in Talent Show. Then we requested Extra-

curricular Activities In-charge Mrs. Sakuntala Gurung and two hostel parents Sony Thapa and Krishna Shyam Sharma to support us as the judges. We humbly requested the Hostel Supervisor Mr Yagya Raj Sharma to be the Chief Guest of the programme. And we conducted the programme 'Inter-hostel Talent Show 2072' on Bhadra 9, 2072. Results of the programme were as follows.

Participants	Hostels	Categories	Position	Participants	Hostel	Categories	Positions
Mukesh Yadav	Nilgiri	Poem	1st	Siddhartha Gurung Sushil Lohani	Kanchan Junga	Song	2nd
Ashma Gurung, Swastika Chapgain, Sakshi Dahal, Surakshya Gautam	Gauri-shankar	Drama	3rd	Manasi Adhikari Shiwani K.C., Pratikshya Panthi Sanskriti Chapgain	Gaurishankar	Drama	3rd
Prastut Poudel	Lamjung	Dance	4th				

School

School is my life,
Through which we can make our future bright.
Teachers teach us good things.
We can learn other more things.

I love my school,
Which makes our life grateful.
It makes people faithful.

The temple where I get knowledge,
The temple which is the tree with edge,
The first home of education,
There teachers teach us different kinds of lessons.

Teachers make us a bright star of the sky.
They always tell us to go high and high
Oh! School I always pray for you.
Oh! School I always learn for you.

Piyamshu Paudel, 5A

Condolence



Late Laxya Bahadur Gurung

The demise of Laxya Bahadur Gurung, one of the respected founder members of our school stunned our school family. We express our heart felt condolence to the bereaved family. We pray for eternal peace of the departed soul. May God give strength to the family to cope with this loss.

Miscellaneous Photos



Mr. Rajendra Chhetri, the Chief of the Army Staff (our Chief Guest) receiving a Token of Love from Principal Mr. Rabi Prasad Baral on the occasion of Golden Jubilee Celebration on 21st Asoj 2072



Dr. Som Lal Subedi, Chief Secretary of the Government of Nepal, being welcome by Principal Mr. Rabi Prasad Baral on the occasion of Golden Jubilee Celebration, on 24th Asoj 2072



Dr. Som Lal Subedi, Chief Secretary of the Government of Nepal and Mr. Baburam Acharya, the Administrative Advisor of the Ex-prime Minister unveiling the Golden Jubilee Souvenirs on 24th Asoj 2072



Ex Acting Principal Ben Westerling receiving the Certificate of Honour from the Chief Secretary of Nepal



Mr. Kiran Gurung, Ex Minister and Ex student of GBS receiving the Certificate of Honour from the Founder Member Mr. Howard Barclay



Principal Mr. Rabi Prasad Baral receiving the Regional Educational Shield from Minister for Education and Secretary for the Ministry of Education



Principal Mr. Rabi Prasad Baral with the dignitaries: Secretary Ministry for Education Mr. Bishwa Prakash Pandit, RED Baikuntha Prasad Aryal and DEO, Mr. Ambika Prasad Acharya.



Principal Mr. Rabi Prasad Baral addressing the guests, visitors and parents on the occasion of Golden Jubilee Celebration 2072-73



Refreshing Seminar Organized by PTA at Hotel Barahi on 8th Baishakh 2073



Mr. Sherdhan Rai, Minister for Information and Communication being received by the Principal



DEO & Vice Principal in Tree Plantation Programme



Chief Guest Mr. Saru Bhakta Shrestha Lighting the Lamp on Annual Prize Distribution Day



Guardian Er. Narayan Gurung Delivering a Speech on Earthquake



GBS Students Activities







पेसागत दक्षता अभिवृद्धि सम्बन्धी एक दिने कार्यशाला गोष्ठी

सुभद्रा बराल
शिक्षक, नेपाली विभाग

कुनै पनि पेसामा दक्षता हासिल भएमा मात्र उद्देश्य पूर्ति हुन सक्दछ । त्यस्तै शिक्षण पेसाको दक्षता अभिवृद्धि हुन सकेमा मात्र गुणात्मक शिक्षा प्रदान गर्न सकिन्छ । अहिलेको वैज्ञानिक युगमा दिनानुदिन नयाँ नयाँ ज्ञान र प्रविधिको आविष्कार भइरहेको छ । हरेक पेसामा आवद्ध व्यक्तिले आफ्नो पेसासम्बन्धी ज्ञान र



सीपमा नवीनतम् जानकारी राख्न जरुरी हुन्छ । शिक्षण पेसामा पनि विविध नयाँ नयाँ ज्ञान र सीप आइरहेका छन् । नयाँ विषयवस्तुका बारेमा ज्ञान, सीप आर्जनका लागि शिक्षकलाई पेसागत दक्षता विकास गर्न विभिन्न कार्यक्रम सञ्चालन गर्नु अत्यावश्यक मानिन्छ । शिक्षण पेसामा आउने नवीनतम् जानकारी लिई आइपने समस्या तथा चुनौती विरुद्ध लड्नका लागि शिक्षण तालिमको आवश्यकता पर्दछ । यही कुरालाई मध्यनजर गर्दै गण्डकी आवासीय उच्च माध्यमिक विद्यालयले पनि शिक्षण पेसाको पेसागत दक्षता अभिवृद्धि गर्न विविध कार्यक्रम सञ्चालन गर्दै आइ रहेको छ ।

गण्डकी आवासीय उच्च माध्यमिक विद्यालयको शिक्षक अभिभावक सङ्घले शैक्षिक सत्र २०७३ को शुभारम्भसँगै पेसागत दक्षता अभिवृद्धिसम्बन्धी एक दिने कार्यशाला गोष्ठी आयोजना गरेको थियो । पेसागत दक्षता अभिवृद्धि सम्बन्धी एक दिने कार्यशाला गोष्ठी भव्यताका साथ सफल पार्न विद्यालय प्रशासन, शिक्षक अभिभावक सङ्घ र शिक्षण पेसामा आवद्ध व्यक्तिहरूको उल्लेखनीय भूमिका रहेको थियो ।

२०७३ साल वैशाख २० गते सञ्चालित यस कार्यक्रमको अध्यक्षता यसै विद्यालयका प्राचार्य श्री रविप्रसाद बरालले गर्नु भएको थियो भने प्रमुख अतिथि श्री दिवाकर बास्तोलाले दीप प्रज्ज्वलन गरी कार्यक्रमको समुद्घाटन गर्नु भएको थियो । यस कार्यक्रम तिनवटा सत्रमा सञ्चालन गरिने जानकारी कार्यक्रम सञ्चालक शकुन्तला गुरुडले गराउनु भएको थियो ।

कार्यक्रमको पहिलो सत्र समुद्घाटन सत्रमा शिक्षक अभिभावक सङ्घका सदस्य श्री विनोदचन्द्र बरालले स्वागत मन्तव्य दिनु भएको थियो भने शिक्षक अभिभावक सङ्घका अध्यक्ष श्री महेन्द्र रिमालले



कार्यक्रमको उद्देश्यमाथि प्रकाश पार्नु भएको थियो । साथै उहाँले २०७२ सँगै नकारात्मक विचारलाई त्याग्दै २०७३ सँगै सकारात्मक विचार लिएर शिक्षण गर्न सकेमा मात्र वास्तविक रूपमा शिक्षण हुने कुरा व्यक्त गर्नु भएको थियो । त्यस्तै विद्यालयका प्राचार्य रवि प्रसाद बरालले शिक्षाका उद्देश्यमा कमजोरी नभएको तर शिक्षण कलामा कमजोरी भएकाले शिक्षण कलालाई परिमार्जन गर्नतर्फ सक्रिय हुन अनुरोध गर्दै उक्त कार्यक्रम शिक्षण कलालाई परिमार्जन गर्ने एउटा ईटा भएको कुरा खुलासा गर्नु भएको थियो । कार्यक्रमका प्रमुख अतिथि दिवाकार बास्तोलाले शिक्षण गर्दा विद्यार्थीको मनोभावना बुझेर शिक्षण गर्नुपर्ने, सकारात्मक सोचाइ राख्नुपर्ने र सधैं विवेक प्रयोग गर्नुपर्ने कुरामा जोड दिनुभएको थियो ।

कार्यक्रमको दोस्रो सत्रमा प्रशिक्षक सुशील कँडेलले शिक्षकले शिक्षण गर्दा समय व्यवस्थापन गर्नुपर्ने, पूर्वाग्रही विचार नराख्ने, कमजोर विद्यार्थीलाई प्राथमिकतामा राखेर शिक्षण गर्नुपर्ने, विद्यार्थीको

मनोभावना बुझ्नुपर्ने, आफूलाई जुनसुकै तनावबाट टाढा राख्नुपर्ने, विद्यार्थीको प्रगति विवरण राख्ने, शिक्षक शिक्षकबिच अन्तरक्रिया गर्नुपर्ने, स्पष्ट, सरल निर्देशन दिनुपर्ने, विद्यार्थीको रक्त समूहद्वारा उनीहरूको समस्या पत्ता लगाई समस्या निराकरण गरी सिकाइ प्रक्रियालाई प्रभावकारी तुल्याउनु पर्ने कुरामा जोड दिनु भएको थियो ।

कार्यक्रमको तेस्रो सत्र बन्दसत्रमा पिटिए अध्यक्ष महेन्द्र रिमालले २०७३ साल परीक्षण काल रहेको र परिवर्तनको पूर्ण आशा भएको कुरा व्यक्त गर्नु भएको थियो । कार्यक्रमका अध्यक्ष रविप्रसाद बरालले पेसागत दक्षता अभिवृद्धिसम्बन्धी गोष्ठीबाट प्राप्त कुराहरूलाई व्यवहारमा उतार्नुपर्ने, संयोजित रूपमा अगाडि बढ्नुपर्ने, यसो भएमा मात्र अभिभावकको अपेक्षा परिपूर्ति गर्न सकिने अभिलाषा व्यक्त गर्नु भएको थियो । कार्यक्रमलाई प्रभावकारी रूपमा सम्पन्न गराउन सहयोग पुऱ्याउने सम्पूर्ण पक्षलाई धन्यवाद दिँदै कार्यक्रमको समापन गर्नुभएको थियो ।

गरिब

गरिबको कर्म भन्नु केही छैन घरमा
उही मान्छे धर्मकर्म उसकै दुख्छ मर्म
टोपी भयो भुम्का टुपी आकाशलाई छुने
जाडो आयो घुँडामाथि शिर राखि रुने

भोटो फाट्यो अगिपछि करड गन्न मिल्छ
मुस्किलले खान पायो ढिँडो मात्र निल्छ
पैतालामा छैन जुत्ता भुइमा टेक्छ खाली
उसैलाई सधैंभरी दुःख दिन्छ जाली

आकाशका तारा गन्छ भुप्रो भित्र बसी
जीवनको कथा लेख्छ आँसु हुन्छ मसी
विद्वान्को खोजी गर्ने प्रेरणाको स्रोत
सधैंभरी हात जोड्छ कमाउँदै ओठ

गौरव पौडेल, ९'क'

आजका बालबालिका

हामी हौं देशका बालबालिका
बन्ने छौं हामी नै वीर विश्वभरिका ।

अन्याय र अत्याचार सहन हामी दिन्नौं
गरिबका आँखाबाट आँसु झर्न दिन्नौं ।

हत्या र हिंसालाई अन्त्य गर्न सिक्छौं
पढी पाठ सिकी सिप अधि बढ्न सिक्छौं ।

हामी रोप्छौं बोटबिउ हामी धर्ती कोछौं
सङ्घर्ष र मेहनतले जीवन अधि चाल्छौं ।

नेपाल हाम्रो देश अनि नेपाल हाम्रो आमा
यै देशको रक्षा गर्ने सदैव हाम्रो काम ।

हामी हौं देशका बालबालिका
बन्ने छौं हामी नै वीर विश्वभरिका ।

सदिका अधिकारी, ७'क'



मेरो देश र मैले चाहेको देश

(कविता)

हार्दिक श्रेष्ठ, एसएलसी व्याच २०७२

जब म घुम्छु यो विराएका सहर र अराजक चोकहरू
अनि देख्छु अर्धनग्न नारीहरू
रोदनले मारिएका मुटुका अनन्त दुखाइहरू
हेपिएका आवाजहरू
र मनका अनगिन्ती चोटहरू
मन रुन्छ सुन्दा / पीडाका आवाजहरू
करुणाका ध्वनिहरू / मदतका पुकारहरू
अनि नेपालीभन्दा मन रुन्छ
विदेशीले क्रीडास्थल भन्दा शिर झुक्छ
र मूर्तितुल्य हजुर देखा रिस उठ्छ
जब म घुम्छु यो विराएका सहर र अराजक चोकहरू
भुत्रा चित्ररामा एउटा नमुना दुख्छ
त्यसमा ईश्वर देख्छु
त्यही गरिबले एक मुठ्ठी चामललाई हात जोडेको देख्छु
साहेबले नोकरको मन दुखाएको देख्छु
गरिबको भावनासँग खेलेको देख्छु
गरिबीमा दबिएका स्वरका शब्द सुन्न पाउँछु
एक छाक टार्न हात फैलाएको देख्छु
र सिन्धुमा हराएको बिन्दुभैँ कोठामा लुकेको पाउँछु
अनि मान्छे देखा आत्मा रुन्छ
सामाजिक प्राणी भनेको सुन्दा रिस उठ्छ
र कसैले गरिब मुलुक भन्दा यो शिर झुक्छ
जब म घुम्छु यो विराएका सहर र अराजक चोकहरू
त्यो सानो गल्लीको सुदूर कोठामा एउटी विधवा रोएको पाउँछु
आफ्नो अधिकारको लागि लडेको देख्छु
विद्रोहलाई अँध्यारो कोठाभित्र लुकाएको पाउँछु
पीडा र वेदनाले कराएको सुन्छु
समाजका जर साहेबले कोशेको सुन्छु
र मरणको आशा पालेको म पाउँछु ।
अनि;
१०० वर्ष पुरानो इतिहास सुन्दा लाज लाग्छ

यो मौन प्रशासन देख्दा मन रुन्छ
र मूर्ति समान हजुर देखा शिर झुक्छ ।

जब म घुम्छु यो विराएका सहर र अराजक चोकहरू
गल्ली गल्ली चोक चोकमा ६०१ को मात्र चर्चा सुन्छु
सरकारको पराजय मात्र सुन्छु
अधिकार खल्लीमा राखी कर्तव्य उडाएको देख्छु
धर्तीमा बोझ स्वयम् नेताले कर्तव्य सिकाएको पाउँछु
१६ वर्षको अल्लारेले पलेटी कसेर विकास खोजेको देख्छु
अनि कसैले आफूलाई देशको सचेत नागरिक भनेको
सुन्दा रिस उठ्छ
र यो देशको चित्र कोर्दा मन रुन्छ

जब म घुम्छु यो विराएका सहर र अराजक चोकहरू
मादक धुवाँमा जेलिएका युवा पुस्ता देख्छु
मादक बादलमा सवार भएर पुरुषार्थ देखाउने पुरुष देख्छु
र अँध्यारो मुलुकको कल्पना गर्छु
कृहिरोभिन्न हराएको देशको चित्र खोज्छु
बोल्न त मन छ / लड्न त मन छ
तर यो समाजको भयले रोक्छ
केही सीप नलागेर यो माथलाई सिरानीमा बिसाइ
दुई थोपा आँसु भारिदिन्छु
तर आँसुसँगै कतैबाट सङ्ग्राम गर्ने सोच आउँछ
यो देशलाई चुलीमा पुर्‍याउने सोच आउँछ ।
यही सोचसँग म अधि बढ्ने छु
यो विश्वलाई नेपालीपन देखाउने छु ।
मानवताको सिरानी बनाइ
चन्द्र सूर्य अङ्कित नेपाली झन्डाको कम्मली बनाई
म अधि सरी बढ्ने छु ।
यो देशको भविष्य उज्ज्वल तुल्याउने छु

अबको संविधान कस्तो हुनेछ मलाई थाहा छैन
आहिलेको कानून कस्तो छ पनि मलाई थाहा छैन
तर
संविधानबाट “सम्” हटाइ बचेको धान गल्ली गल्ली पुर्‍याइयोस्
कानूनबाट “का” हटाइ बचेको नून सुदूरलाई दिइयोस्
अनि पुग्नेछ देश सफलताको शिखर
र हाँस्नेछिन् नेपाल आमा ।

कक्षा १० 'क'

सुरक्षा बराल
कक्षा ९ 'क'

यो जगत्को प्रगति र सुरक्षाको लागि
उज्ज्वल यो उषामा उत्सव जति साँची
सफल हुन जिन्दगीमा सुशान्त भइरहौं
सौगातको पुरस्कारले पुलकित भइरहौं ।

योजना राम्रो बनाऔं विशाल सागर भैं हुन
बाटो अमनको पछ्याऔं उज्यालो लुनालाई छुन
आर्यनको स्वागत गरौं आदर्शवान् भई
अनुपम सौन्दर्य र अथाह सत्कार बोकी ।

मरेपछि पनि ज्वलन्त हुने आजै सङ्कल्प गरौं
सुलभ कार्य गरिकन अङ्कित हामी बनौं
नयाँ - नौला आविष्कारहरू विमोचन गर्दै
फूलेको सुष्मामा हराएर विश्वमा रोशन छुदै ।

छायाँ बनी बुबाआमाको दिलाशा पुरा गरौं
चारैतिर रश्मीता तो गौरव महसुस गराऔं
महादेवको रूप "योगेश" जस्तै हामी बनौं
सृजनशील भई प्रतिभालाई हुर्काउने काम गरौं ।

परिश्रम भन्या भविष्यको सगुन पो हो की ?
विश्व सिञ्चित गर्छु भन्ने सिजल पो हो की ?
गिता होस् या रञ्जना, विशाल ग्रन्थ बोकी
ठूलो भई सुजन बन्छु भन्ने इच्छा राखी ।

पानीमा फूले राजीव हेर, आहा ! कति सुन्दर
भित्तामा ठोक्किई आउने प्रनप, बनाइदिन्छ सतर्क
विहानको मिर्मिता-रा अन्धकारको
उठ्छ रिस भनी किन समाउने टाउको

स-वि-न जस्ता अक्षर जोडे बन्छ राम्रो शब्द
हाम्रो नेपाल पनि हाम्रा पुर्खाकै नासो नि त !
उपयोग गरौं स्रोतहरूको नफालौं है खेर
दुई दिनको मानव चोला केही राम्रो गर ।

(नोट : प्रस्तुत कवितामा आउँदो एस.एल.सी. व्याच,
२०७३ को १० 'क' का सम्पूर्ण विद्यार्थीहरूको नाम
समावेश गरिएको छ ।)

चेलिबेटी बेचबिखन

चेलिबेटी बेचबिखन भइरहेछ देशमा
उत्रेका छन् धेरै मानिस दलालको भेषमा ।
राम्रो लाउने, राम्रो खाने ठूलो सपना बोकी
धेरै चेलि पुगिसके बम्बईको कोठी ॥

दिवास्वप्न देखेर बम्बईतिर गई
बस्नुपर्छ समाजमा अपहेलित भई ।
अन्धविश्वासी समाजले सारै घृणा गर्छन्
यसै कारण धेरै चेली अकालमै मर्छन् ॥

अँध्यारो त्यो धारणालाई उज्यलोले पोती
छर्नुपर्छ सबैतिर शिक्षाको त्यो ज्योति ।
सके बन सबै चेली भृकुटी र सीता
नसके नि गाउँदै हिँड चेतनाको गित ॥

आमा, बुबा, भाइ, दाजै, साँगिनी र साथी
दलालले आँखा लाउलान् छोरीचेली माथी ।
ईश्वरको उपहार छोरी हो
जोगाइराख्नु हाम्रै जिम्मेवारी हो ॥

आस्था काफ्ले, द'ख'

कुटाइ

बिर्खे : आज मलाई १० जनाले कुटे नि !

मुन्द्रे : अनि तैले केही गरिनस् त ?

बिर्खे : मैले नि भनिदिउँ, हिम्मत भए एक-
एक गरेर आओ ...

मुन्द्रे : अनि फेरि एक-एक गरेर १० जनाले कुटे ...

कौरब सुबेदी, द'ग'



कैलाश परियार
कक्षा : ६ 'ग'

मेरो एक दिने यात्रा

बिहानको न्यानो घाम, ताजा हावा र हर्षित मनका साथ २०७३ साल बैशाख १ गते, ठिक ७ बजे म राइनसकोटको यात्राको लागि घरबाट निस्कें । भाइबहिनीलाई टाटा बाइबाइ गर्दै र आमाबुबालाई एक सुन्दर मुस्कान दिँदै र उहाँहरूको मन शान्त पाउँ आफ्नो लक्ष्यतिर लागें । भाइबहिनीहरूलाई लालीगुराँस र आमाबुबालाई काफल लिएर आउने आशा गर्दै अघि बढें । केही बेरको हिँडाइपछि एकछिन चौतारामा बिहानी पखको शीतलताको आनन्द लिँदै साथीलाई कुनै विचार गरें । केही बेरमा एउटा साथी १२ बजेको घाममा मुहारभरि पसिना र ओठभरि मुस्कान लिएर म कहाँ आयो ।

केही बेरको विश्रामपछि दुवैजना आफ्नो यात्रा सुरु गर्ने विचार गर्‍यौं । दुवैजना आफूले यात्रामा देखेका कुराहरूको वर्णन गर्दै ठट्टा गर्दै पसिना पुस्दै र मुस्कान दिँदै हिँडिरह्यौं । कहिले बाटामा आफूभन्दा गरुङ्गो भारी बोक्दै र हर्षको गीत गाउँदै हिँडिरहेको भरिया भेटिन्थ्यो त कहिले सुरिलो स्वरमा ठाडे भाका र लोकगीत गाउँदै वस्तु हेर्ने गोठालाहरू भेटिन्थे । हामी उनीहरूसँग कुरा गर्दै र त्यस ठाउँको बारेमा ज्ञान आर्जन गर्दै अघि बढ्यौं ।

हिँड्दा हिँड्दै हामी एउटा घनघोर जङ्गलमा पुग्यौं । जङ्गलमा कहिले कोइलीको लयपूर्ण,

सुमधुर र सुरिलो आवाज सुनिन्थ्यो । बेलाबेलामा काफल पाक्यो चरीले पनि हामीलाई त्यस सुन्दर वनमा स्वागत गर्थ्यो । हामी कोइलीले गाएको मधुर आवाजले भरिपूर्ण गीतको आनन्द लिँदै अघि बढ्यौं ।

समय बितेको थाहा नै भएन । करिब चार घण्टाको उकालो यात्रा पछि हामी राइनसकोटको टुप्पोमा पुग्यौं । जब त्यहाँ पुग्यौं, ठाडो चिसो र शीतल हावाले स्वागत गर्‍यो । अब त चिल पनि आफ्नै सिरमाथि उडे जस्तो लाग्यो । हामीले एकछिन फेरि चिसो र शीतल हावा र वरपिपलको शीतल छहारीको आनन्द लियौं ।

पाँच मिनेटको आनन्दमय विश्रामपछि हामीले त्यहाँको मन्दिरको सेरोफेरो राम्रोसँग अवलोकन गर्‍यौं । पुजारीसँग पनि कुराहरू गर्‍यौं । जब हामी पुजारीसँग कुरा गर्दै थियौं, मेरो एक नजर एउटा सुन्दर आकर्षक दृश्यतिर मोडियो । त्यो आकर्षक दृश्य थियो, त्यो डाँडामुनिको, एउटा सुन्दर, शान्त र विशाल गाउँ “राइनसटार”, जुन हरियो कार्पेटमाथि सर्लक्क मिलेका राता, पहेँला घरहरू वनका वरिपरि दुईवटा नदीहरू स्वच्छ र पवित्र जल र सहयोगता र निश्चलताको भाव बोक्दै सङ्घर्षमय जीवन बिताउँदै गरेका देखिन्थ्यो । जब मैले राइनसटार देखें, लाग्यो,

स्वर्ग त धरतीमै रहेछ । स्वर्ग बनाउने मानव
देवता पनि धरतीमै हुँदा रहेछन् ।

केही वेरको भावमय सोचाइपछि म भसङ्ग भएँ
र लालीगुराँस र काफल टिप्न लागें । लालीगुराँस
र काफल नजिकै भएकाले टिप्न केही गान्हो
भएन ।

त्यसपछि राइनसकोट र त्यहाँको सुन्दरतालाई
बाइबाइ गर्दै र बाटामा फेरि कोइली मधुर र

सुरिलो भाकामा रमाउँदै करिब २ घण्टामा घर
फर्क्यौं । बाटामा हिँड्दाहिँड्दै साथी नि घर गयो
र म पनि घरतिर लागें ।

जब म घर पुगें, भाइबहिनी र बुबाको हातमा
काफल, सिरमा गुराँस र ओठमा मुस्कान थियो ।
म पनि यस्तो ज्ञानमय, हर्षमय र आनन्दमय
यात्रा गर्ने मौका पाएकामा एकदमै खुसी थिएँ तर
म अलिकति दुःखी यस कुरामा थिएँ कि, त्यति
राम्रो राइनसकोट र त्यहाँको शीतल, आनन्दमय र
ताजा हावाबाट टाढा हुनुपन्थो ।



ज्ञानप्रसाद कविता प्रतियोगिता २०७२

आशिष पौडेल
कक्षा : ११'ख'

ज्ञानप्रसाद रानामगरको स्मृतिमा हरेक वर्ष नेपाली
विभागले ज्ञानप्रसाद साहित्यिक प्रतियोगिता
आयोजना गर्ने गर्दछ । यो वर्ष भने ज्ञानप्रसाद
कविता प्रतियोगिता भएको थियो । नेपाली
विभागद्वारा प्रतियोगीहरूलाई फाल्गुण १३ गतेका
दिन एक घण्टाको समय अवधिमा कविता रचना
गर्न अनुमति दिइयो । यो प्रतियोगिताको रोचक
पक्ष के रह्यो भने उनीहरूलाई लेखन स्थलमा
नै कविता लेख्नु पर्ने गरी शीर्षक दिइएको
थियो । सो कविता प्रतियोगितामा प्रतिस्पर्धीहरूले
नदीको बेगलाई विसार्ने गरी सलल बगेर 'नदी'
शीर्षकमा कविता रचना गरेका थिए । चुनिएका
उत्कृष्ट दस कवि कवयित्रीहरूले मात्र कविता
वाचन गर्ने अवसर प्राप्त गरेका थिए । फाल्गुण

१४ गते २:३० बजेको समयमा व्यायाम स्थल
यानेकि जिम हलमा कविता वाचन कार्यक्रम
भएको थियो । कक्षा १२'ख' का विद्यार्थी मुकुन्द
अधिकारीद्वारा उद्घोषित उक्त कार्यक्रममा १०
जना कवि कवयित्रीहरूले बडो रसिकताका साथ
कविता मार्फत आफ्ना भावनाहरू अभिव्यक्त
गरेका थिए । उत्कृष्ट भाव सहितको उत्कृष्ट
कविता वाचन गर्ने प्रतियोगीहरूले मात्र सफलता
हासिल गर्न सके । प्रथम स्थान प्राप्त गर्ने सफल
कवि दीक्षित तिमिल्सिना रहेका थिए भने द्वितीय
स्थान र तृतीय स्थान क्रमशः मुकेश यादव र
प्राविधिक केसीले प्राप्त गर्न सफल भएका थिए ।



आह्वान

सुरक्षा बराल
कक्षा ९'क'

छोडेर क्रान्तिको बाटो,
आऊ शान्तिपथमा हिँडौं
आफ्नो देशको उन्नतिमा
आऊ आफैं अधि सरौं ।

यो अरूको आडमा बाँच्ने बेला होइन
उठ जागरूक नेपालीहरू
यो हातमा हात राखेर बस्ने बेला होइन
जाग स्वाभिमानी जनताहरू ।

छाडिदेऊ लामो भाषण छाट्न
बरू गर भनेजति छोटो कुरा
भनू संसारका सबले
अहो ! कति आँटिला ती नेपाली नेता ।

नेपाललाई 'स्वीट्जरल्यान्ड' र 'सिङ्गापुर'
बनाउने कुरा अब कति नसुनाऊ
यो नेपाल हो,
सक्छौ भने यसलाई नेपाल बनाऊ ।

बन परिपक्व सबै
नेपाली दाजुभाइ, दिदीबहिनी
आफ्नो देश, आफ्नो पहिचान,
आफ्नो गौरव भनी ।



लोडसेडिङको देश

अनुप अधिकारी
एसएलसी ब्याच, २०७२

जलस्रोतमा धनी देश हाम्रो
आज लोडसेडिङमा पो धनी बन्न पुग्यो
विजुलीको बिल बढेर हेर अहिले
सगरमाथाको शिखर पो चुम्न पुग्यो ।

पहिला थियो हाम्रो देश उज्यालोले चम्किएको
केही थिएन दुःख र कष्ट अहिले भए जस्तो
मानिसहरू सबैजना बस्थे मिलिजुली
थिएन अहिलेजस्तो लोडसेडिङको हल्लीचल्ली ।

हाम्रो देशमा पाएनन् ती विद्यार्थीले पढ्न
लोडसेडिङले गर्दा साँझ र बिहान
कसरी होलान् यिनी सफल आफ्नो जीवनमा
यस्तो विशाल, प्रतिस्पर्धी विश्वको माझमा ।

भारतको नाकाबन्दीले बनायो ट्रान्सफर्मर कालो
नेपालीका चुलोमा छोडिएन चलाउन इन्डक्सन चुलो
यसले भन् बढायो लोडसेडिङको धेरै मात्रा
अहिले सम्म गर्नसकिएन ठूलाबडाका आशा ।

नेताहरू बसेका छन् कुसीं हल्लाइहल्लाइ
पाएनन् ती नेपालीले एक गाँस खान र लगाइ
नेताहरूको काम देख्दा रिस पो उठ्न लाग्यो
नयाँ नेपाल भनेको वर्षौं बित्न लाग्यो ।

मन्त्रीहरूको ताल देख्दा रूनु परिराछ
यिनको नै जयजयकार गरी बस्नु परिराछ
के हो यस्तो नेपालीको भाग्यमा लेखिएको
देख्न पाइने भएन नयाँ नेपाल जन्मिएको ।

आज यस्तो भएपनि भोलि केही होला
जनताका माझमा फेरि मुस्कान खुलेर आउला
नेताहरू अब जिम्मेवार बनिदिए हुन्थ्यो
तब मात्र नेपालको रूप र रङ्ग फेरिन्थ्यो ।



मुकेश यादव
एसएलसी व्याच २०७२

मानवीय सेवामा जुनियर तथा युवा रेडक्रस सर्कलको भूमिका

हरेक रात
मेरो सपनीमा
हेनरी ड्युना आउँछन्
र रोदनपूर्ण आवाजमा
आँसुले डुबेको दुखित संसार देखाउँदै
भन्छन् :
मानव बस्ती रगतका खोलामा डुबेछन्
कलिला बालबालिका बमबारुदी सिकार बनेछन्
युद्ध भूमिमा मानव शरीर गोलीले छिया छिया भएछन्
बारुदले जलेछन्
कस्तो पीडापूर्ण !
प्रकृति स्वयं कुर्ली आउँदा
सहयोग, याचनाको चित्कारसँगै
अकालमै विवश भई ज्यान त्यागेछन्
शान्त गाउँको एउटा घर दङ्गा ग्रस्त भएछ
पल्ला घरे साइँला बस्ने सिरिया नै त रहेछ ।
दिनदहाडै गोली चलेछ
अन्तर आत्माको बगैँचा पेरिस
आज चुहिने भएछ
अब तिम्रो पालो बाबु !
अब तिमी उठ्नुपर्छ
रुभेका परेली
अब तिमीले नै पुछ्नुपर्छ
हरेक रात
मेरो सपनीमा
हेनरी ड्युना आउँछन्
र भन्छन् –

बाबु ! उठ अब तिम्रो पालो
हरेक रात
एक अनाथ बालक देखाउँदै भन्छन्
ऊ आफ्नो गुमेको घरहरा फिर्ता माग्दै छ,
भग्नावशेषमा पुरिएकी आफ्नी आमा फिर्ता माग्दै छ
एक युवती देखाउँदै भन्छन्
उनी पुछिएको सिउँदो फिर्ता माग्दै छिन्
यौवनमै गुमाइएका पति फिर्ता माग्दै छिन्
काख रित्तिएकी आमा देखाउँदै भन्छन्
उनी आफ्नो हराएको बालक
हरपल राति कतै रोइरहेको सुन्छन् रे !
सधैं आमा भनी बोलाउने छोरा फिर्ता माग्दै छिन्
हरेक रात.....

शिशिरले जलाएका यी रक्तकोषहरूमा
तिमी वसन्तको शीतलता ल्याउँछौ
घाइते परेवाहरूलाई मलम पट्टी गर्दै
तिमी उड्न हौस्याउँछौ
हो, तिमीमा यी सबै कुराहरूको सामर्थ्य छ
म देखिरहेछु
भ्रातृत्व र विश्वबन्धुत्वको तिमी मनमय जग बसाइरहेछौ
हरेक रात.....

यहाँ तिम्रै छिमेकी
नाकाबन्दी गर्दै चिमोटि रहेछ
इन्धन अभावका कारण बिरामी

छट्पट्टिदै मरिरहेछ
गर्भमा बच्चा बोकेकी आमा
पीडामा जल्दै
एम्बुलेन्स कुरिरहन्छन्
एम्बुलेन्स त मधेस आन्दोलनमा जलेछ
हरेक रात.....

चुनौतीहरूलाई आत्मसात गर्दै
ज्यानकै बाजी थापी लड्दै र बड्दै
मनमा निःस्वार्थ मानव सेवाको भावना बोकी
आफ्नो रगतले घाइतेलाई जीवन दान दिँदै
रातो प्लस भएको भन्दा बोकी
तिमी अब अघि बढ्नु छ
सारा विश्वलाई
सञ्जीवनी ल्याइदिन
तिमी अब रामायणकालीन हनुमान बन्नु छ
सम्झि राख,
“सेवा हि परमो धर्मः”

हरेक रात
मेरो सपनीमा

(जुनियर रेडक्रस कास्कीले आयोजना गरेको
जिल्लास्तरीय कविता प्रतियोगिता ‘द्वितीय’
स्थानमा प्राप्त गर्न सफल कविता ।)

केही उखान टुक्काहरू

१. जसको लट्ठी उसको भैंसी
 २. जसको दाम उसको काम
 ३. नबर्सने मेघ गर्जन्छ
 ४. पानीभन्दा रगत बाक्लो हुन्छ
 ५. जस्तो कर्म उस्तै फल
 ६. सास छउन्जेल आस
 ७. जस्तो देश उस्तै भेष
 ८. नहुनु मामा भन्दा कानु मामा निको
 ९. लोहाको वैरी लोहा
 १०. मानिसले भाग्य आफै बनाउँछ
 ११. भूल मानिसबाटै हुन्छ
 १२. प्रेम अन्धो हुन्छ
 १३. सबै काला कृष्णजीका साला
 १४. परिश्रम नै धन हो
 १५. पाँचै औंला बराबर हुँदैनन्
 १६. घर फुटे गवाँर लुटे
 १७. सबैले बलेको आगो नै ताप्छन्
 १८. आफू राम्रो त सबै राम्रो
 १९. ईश्वर जप्ने मुखभन्दा दान दिने मुख पवित्र हुन्छ
 २०. पोहोर मरिन् सासू अहिले आयो आँसू
- कैलाश परियार, ६‘ग’

जोक

शिशिर पौडेल
कक्षा : ६‘ग’

शिक्षक : तिमी हिजो र अस्ती दुई दिन स्कूल किन आएनौ ?

छात्र : सर, मसित एउटै पेन्ट र सर्टमात्र छ र अस्ती त्यो मैलो धोएर सुकाएको थिएँ ।

शिक्षक : अनि हिजो ?

छात्र : सर हिजो म तयार भएर आउँदै थिएँ तपाईंको वरन्डामा तपाईंको पेन्ट र सर्ट सुकाएको देखेर अनि फर्किएर घर गएँ ।



गुरुको महत्त्व

सागर बास्तोला
कक्षा ९‘ग’

जन्मदिने आमा मान्छु, कर्म दिने गुरु ।
महत्त्व नै ठूलो, जिन्दगीको सुरू ॥

भोला बोकी स्कूल जाने, केही आउने थिएन ।
बन्द आँखा खोलिदिने उहाँकै हो देन ।
बानी व्यवहार सिकाइदिने, सभ्यताको लागी ।
घन्टी बज्छ टीनीनीनी, जान्छौँ भागी भागी ॥
सानो छँदा डरलाने, देख्दै किन किन ।
सँगै जस्तै लाग्न थाल्छु, आज दिन दिन ॥
तोते बोली मीठो सारै बालापन हाम्रो ।
गुरु साथमा सँगै साथमा आहा कति राम्रो ॥
भाग्यमानी हामी धेरै जिम्मेवारको साथ छ ।
उचाइमै पुर्‍याउने त उहाँको नै हात छ ॥
विद्यालय नै हाम्रो मन्दिर, भगवान् नै गुरु ।
जता लाग्यो उतै हामी जान्छौँ खुर्खुरु ॥
पूज्य ठानी पूजा गरौँ, गुरु हाम्रो देवता ।
सही गलत छुट्याऊँ साथी, हुन्छ हाम्रो एकता ॥
सगरमाथा उच्च शिखर वीर नेपाली छाती ।
गुरु ब्रह्मा विष्णु ठानी, जान्छौँ अभै माथी ॥
कति धेरै जिम्मेवारी, कती माया दिने ।
नराम्रोलाई त्याग गरी राम्रा कुरा लिने ॥
जाऊँ न साथी गाढो पर्दा गुरु छेउमै बसौँ ।
ज्ञानगुनका कुरा सिकेर, आखिर ज्ञानी होऔँ ॥
कमल फूल्लि हिलो बीचमा, माछा बस्छ लेउमा ।
आखिर हामी फल्ने, फुल्ने, हाम्रै गुरु छेउमा ॥
सुन्दर सपना बोकी आज यहाँसम्म आयौँ ।
रात दिन सबै त्यागी, हजुर सामु धार्यौँ ॥
क्षमा पाउँला गल्ती हुँदा, साथी सँगै सुन ।
भुल्ने छैनौँ कहिल्यै गुरु हजुरका ती गुण ॥

Knowledge Character Service

गुरु

यो संसारको अँध्यारो फाल्छ घाम र जुनले
अज्ञानता र मनको कालो हटाउँछ शिक्षाले

अज्ञानीलाई बनाउँछन् ज्ञानी केवल गुरुले
गुरुले जस्तै चेतना भर्न सक्दैनन् अरूले

जन्माइदिन्छन् हुर्काइदिन्छन् आमा र बाबाले
ज्ञानको भोक मेटाइदिन्छन् गुरु - गुरुआमाले

कापी र कलम जुटाइदिन्छन् आमा र बाबाले
किताबको कुरा बुझाइदिन्छन् ती गुरुआमाले

पेटको भोक मेटाइदिन्छन् आमा र बाबाले
जीवनको बाटो देखाइदिन्छन् महान् गुरुले

पढेन भने मानिस पशु सरह हुन्छ रे
मानिसलाई अमर पार्छ गुरुको शिक्षाले

अश्रान्त पहारी, ६‘ग’

जोक

एकपटक सेरेले एउटा दोकानमा गएर
सोधेछ, “साहुजी अनार छ ?” साहुजी
“छैन ।” यस्तो सेरेले त्यही दोकानमा धेरै
पटक गएर सोधेछ । साहुजी दिक्क भएर
भनेछन् “अब फेरि सोधिस् भने म आँसीले
तेरो घाँटी काट्दिन्छु ।” सेरे गएछ र
एकैछिनपछि फेरि आएर भनेछ, “साहुजी
आँसी छ ?” साहुजी “छैन ।” सेरे “त्यसो
भए अनार छ ?”

निश्चल बराल, ८‘क’

“Shining to Outshine with a Golden Radiance”

साथी

हे ! मेरा प्यारा साथी
बनौं हामी जाती

अविद्यालाई फ्याँकेर
विद्यालाई अँगालो हालेर

पुग्नु छ हामीलाई लक्ष्यमा
चढ्नु छ हामीलाई शिखरमा

हे ! मेरा प्यारा साथी
हामी जाऔं माथि माथि

सबैलाई शिक्षा दिंदै
ज्ञानको ज्योति बाल्दै

चन्द्रमा छुन जानु छ
अगाडि हामी बढ्नु छ ।

संजोग शर्मा पौडेल, ४‘क’

हावर्ड बार्कले

हजुर हाम्रो शैक्षिक पिता हामी छोरा छोरी ।
मनमा कुरा खेली राख्यो स्कूल आउँदा खेरी ॥
‘हावर्ड बार्कले’ यो जीवनमा भेटौंला र मैले ?
कहाँ भेटौं, कहाँ देखौं लागि रहन्थ्यो पहिले ॥

दिन पाए हजुरलाई फुलै फूलको गुच्छा ।
जीवन मेरो सफल हुन्थ्यो भित्री मनले भन्छ ॥
एउटा इच्छा पुरा भयो ठूलो सभा माझ ।
भाग्यमानी ठानेको छु आफूलाई आज ॥

वरदान पराजुली, ६‘क’

अर्को गीत गाउँ

एउटा नयाँ गायक आफ्नो साथीलाई भन्दै थियो,
‘म बुटवलको कार्यक्रममा एउटा गीत गाउँदै
थिएँ त्यसै बेला कसैले स्टेजमा एउटा जुता फ्याँक्यो ।’
साथीले सहानुभूति देखाउँदै भन्यो - ‘अनि
तिमीले के गर्नु ?’

एउटा जुता मात्र मैले के गर्नु ?
मैले फेरि अर्को गीत गाउँ ।

आयुष कोइराला, कक्षा : ६‘ग’

वेदनाका लहरहरू

वेदनाका लहरहरू कसलाई पोखूँ म
यो यथार्थ कसलाई भनूँ म ।
छ त सिर्फ क्षणिक सुन्नेहरू
पैसामा सर्वस्व भुल्नेहरू ॥
यो वास्तविक वेदनाको
पीडा कष्टदायक हुन्छ ।
कुनै प्रबल शत्रु हुँदैन
न त मित्र नै हुन्छ ॥
एकलकाटिएको छ वेदना
तिरस्कृत समेत छ ।
घृणा र धुत्कारको

निस्मा अधिकारी, ९‘ग’

ताली बनेको छ ॥
दाल, भात र ढुकु नै
दिनचर्या बनेको छ
जीवन अस्तित्वको बाधक बनेको छ ।
प्रत्येक धनी व्यक्तिले यसको
उपहास गरेको छ ॥
घृणित छ वेदना
सबैको ऋणी छ ।
तिरस्कृत मृत्युको यो
सगरमाथा बनेको छ ॥

अवलोकनको कसीमा यस विद्यालयका पूर्व शिक्षकहरू

कृष्णप्रसाद अधिकारी
अवलोकनकर्ता

विद्यालयमा शिक्षकको रूपमा जोडिएपश्चात् यो संस्थासँग सरोकारवालाको सम्बन्ध प्रत्यक्ष र परोक्ष दुवै रूपमा रहन्छ । विद्यालय आगमनदेखि यो साहचर्यको गन्थन लेखिरहँदासम्म यो पडित्कार समयका विभिन्न काल खण्डमा विभिन्न तह र तप्काका शिक्षक तथा कर्मचारीसँग अन्तरङ्ग यानेकि भलाकुसारी गर्न सक्षम रहेको अनुभूत हुन्छ । व्यक्तिका व्यावहार र प्रवृत्तिसँग मेरो हेराई र बुझाइ निरपेक्ष रहन सक्दैन । म कुनै व्यक्तिप्रति पूर्वाग्रही ठहरिँदा मेरो मूल्याङ्कन पनि आलोच्य रहन सक्छ । कुनै व्यक्तिप्रति मेरो हेराइ र बुझाइ नितान्त निजी रहन सक्छ किनकि यसलाई जीवन र जगतको सापेक्षताको कसीमा उतारिएको हुन्छ । यसर्थ यो सङ्क्षिप्त विवरण निजात्मक र संस्मरणात्मक ध्वनित हुन्छ ।

जर्ज जोन :

पेशागत जीवनको आरम्भमा काठमाडौँ हुँदै पोखरा हानिनु भएका आदरणीय शिक्षाप्रेमी र असल गुरु जर्ज जोनको शिक्षाप्रतिको समर्पणलाई उमेरको सीमाले ललकार्न सकेन । पृथ्वी नारायण क्याम्पसका सुरुआती दिनहरूमा कठिन सङ्घर्षलाई सहर्ष स्वीकार्दै त्यस विशाल संस्थालाई यहाँसम्म डोर्‍याउन उहाँको देन अतुलनीय छ र शैक्षिक विकासको इतिहासमा यो देन अविस्मरणीय रहने छ । गण्डकी आवासीय उच्च माध्यमिक विद्यालयसँग विद्यालय व्यवस्थापन समितिको अध्यक्षका रूपमा र प्राचार्य तथा अङ्ग्रेजी शिक्षकका रूपमा उहाँ हाम्रा सामु प्रस्तुत हुनु भयो । उहाँ सधैं एक

उम्दा शिक्षकका रूपमा रहन सफल हुनु भयो । जीवनको करिब उत्तरार्धमा मैले देखे भोगेका जर्ज जोन गुरु यथार्थमा गुरुका रूपमा नै रहन सफल हुनु भयो । सादा जीवनका धनी उहाँलाई आडम्बरले कहिल्यै धावा वोल्न सकेन । हरेक युवा तथा वयस्क व्यक्तिलाई सधैं स्वस्थ, फूर्तिलो र व्यस्त रहन प्रेरणा दिइ रहनु हुने उहाँको सुस्वास्थ्य तथा दीर्घायुको कामना विद्यालय परिवार सगौरव गर्दछ । उहाँको जीवनबाट वर्तमान पिँढिले ग्रहण गर्न सक्ने कुराहरू मनग्यै छन् ।

मोहन कृष्ण गुरुङ :

जब म शिक्षकको रूपमा यो विद्यालय प्रवेश गरें, मैले देखेको मोहन कृष्ण गुरुङ मेरो छिमेकी गाउँ ठुलास्वारा, थाम, लङ्काथर, काउरेका मङ्गोल मित्रहरूको सांस्कृतिक र सामाजिक प्रतिनिधिको रूपमा उत्रनु भयो । मैले उहाँमा स्फटिक भैं सफा र निर्मल हृदय सर्वथा वेष्टित भएको पाएँ । धार्मिक रूझानले उहाँलाई सदा सर्वदा सरसता, रसिकता या सरलता पस्क नै रह्यो । कुभलो चिताउनु वहाँका निमित्त विषादको विषय रह्यो । मेरो ठम्याइमा फुर्सतले वहाँलाई कहिल्यै पछ्याउन सकेन । वहाँको स्वच्छ मन्द मुस्कानले हाम्रो पिँढीलाई अल्लोले बल्छी चलाउन असक्षम रहने तथ्यलाई आत्समात् गरे जस्तो प्रतित हुन्थ्यो । चहुँओर बदला, घृणा, राग, स्वार्थ र लोभ व्याप्त रहँदा समेत यस्ता विकारहरूले वहाँलाई किञ्चित प्रभाव पार्न असक्षम रहे ।



भगीरथ खड्का
कक्षा : द'क'

मेरो नजरमा आमाको महिमा

बाहिर चर्कै घाम लागेको थियो । दिन पनि एकदमै नरमाइलो थियो । चराचुरुङ्गीको र मानिसहरूको आवाज सुन्नु त परै जाओस्, हावाको सिर्र सिर्र आवाज समेत सुन्न पाइएको थिएन । त्यही नरमाइलो दिनसँगै नुन खाएको कुखुराको जस्तो भोक्राएको मेरो अनुहार घ्याट् घ्याट् गरेर चलिरहेको पङ्खातिर फर्किएको थियो । साच्चै अल्ल्छी लागिरहेको थियो । घरमा आमाबुबा कोही पनि हुनुहुन्थेन । त्यतिबेला मलाई मेरी आमाको झलझली याद आइरहेको थियो । आमा हुनु भएको भए अहिले यस्तो गर्नुहुन्थ्यो, उस्तो गर्नुहुन्थ्यो, म सम्झँदै एकोहोरो टोलाइरहँ । त्यतिबेला यस्तो लागेको थियो, किन मलाई घरमा एकलै छाडेर आमाबुबा दुवै काममा जानुभएको होला ? हुन पनि बिहान गएर बेलुका त घर फर्किने नै हो नि, मनमनै आफ्नो चित्त आफैँ बुझाएँ । त्यति बेला आमाको महिमाको याद झलझली आउन थाल्यो । आफ्नो डायरी पल्टाएँ र शब्द कोर्न थालें ।

हुन पनि आमा, माता, मुमा जे भने पनि आमालाई नै बुझाउँछ । आमाको त्यो न्यानो र ममतामयी काख आमीले कहिल्यै पनि बिसर्नु हुँदैन । यति शब्द मात्र दिमागमा के कोरेको थिएँ, अरू केही पनि दिमागमा आएन, एकछिन सोचें र लेख्दै जान थालें, आमा, एक पत्रि नारी, भगवान् हुन् भन्न फरक छैन । आमाले आफ्नो सन्तान जन्माउन, हुर्काउन जति पीडा सहन्छिन्, जति

दुःख व्यथाको सामना गर्छिन्, सायद त्यति अरूले गर्दैनन् होला । आमाले हामीलाई जन्माउनुपूर्व हामीलाई नौ महिना आफ्नो कोखमा आफैँसँग सुरक्षित तरिकाले राख्नुभयो, नौ महिनापछि आमाले हामीलाई जीवन र मरणको बीचमा रहेर चिच्याहट पीडा सही हामीलाई जन्म दिनुभयो । त्यस्तो अवस्थामा पनि हाम्रो सानो अनुहार हेरेर मुसुक्क मुस्कुराउनु भयो र आफ्नो सबै पीडा बिसर्नु भयो । सायद आमाहरूलाई पनि आफ्नो राम्रो रूप भएको मन पथ्र्यो होला, कसलाई पो जानी जानी कुरूप हुन मन लाग्छ र ? तर आमाहरूले आफ्नो सन्तानलाई यस संसारमा देखाउनका निम्ति आफ्नो रूपमा वास्ता गर्नु भएन, आफ्नो अनुहारमा कालो पोतो र घाउ लिएर पनि आफ्नो बच्चाको सफा र चम्किला अनुहार, कोमल शरीर हेरेरै आफ्नो कुरूप, पातलो र शक्तिविहीन शरीरमा चित्त बुझाउँछिन् आमा ।

हुर्काउनका निम्ति पनि धेरै नै सङ्घर्ष गर्नुभयो । बच्चामा हामी सबै ओच्छ्यानमा दिसा, पिसाब गथ्र्यौँ । त्यति बेला हाम्रो आमाले छया नभनी घिन नमानी हाम्रो दिसा, पिसाब सोहोर्नुभयो । हामीले आफ्नो पिसाबले भिजाएको लुगा बाटोमा हिँडेको बेलामा हातैमा लिएर हिँड्नुभयो । आमाले मलाई कोख्वाई कोख्वाई भनेर खाना खुवाउनु भएको त्यो क्षण म कहिल्यै पनि भुल्न सकिदैन । सायद यस्तो पल कसैले पनि बिसर्दैनन् होला ! अँ साँच्चै, आमाले हामीलाई आफ्ना औँला हाम्रो सानो

हातको सहारा बनाएर बिस्तारै ताते ताते गर्दै
हामीलाई यस धर्तीमा हिँड्न सिकाउनुभयो ।
आमाले हामीलाई आफ्नो छातीमा टँसाएर
अमृत सरहको दुध चुसाउनुभयो । खाना
चपाउन नसक्ने बेलामा आमाले हामीलाई
आफूले चपाएर खुवाउनुभयो । बच्चा छँदा
हामी पहिले आमाको काखमा निदाएपछि
मात्रै ओछ्यानमा सुत्थ्यौं ।

आमालाई पनि मीठो खान मन लाग्छ होला
? तर आफ्नो सन्तानको लागि के मीठो के
नमीठो केही पनि भनिनन् । आमा आफ्नो
सन्तानसँगै रमाउँछिन्, सँगै खेल्छिन्, सँगै
हाँस्छिन्, जे पनि सँगै गर्छिन् । आफ्नो
सन्तानलाई एउटा सानो पीडा हुँदा त्यो
भन्दा बढी पीडा आमालाई हुन्थ्यो । आफ्नो
सन्तानले केही नराम्रो काम गर्दा आमाको
गहभरी आँसु हुन्छ भने राम्रो काम गर्‍यो
भने ओठभरि मुस्कान र मनभरि रमाइलो र
घमाइलो हुन्छ ।

म पनि एउटा छोरा हुँ । सायद मैले पनि
मेरो आमालाई सानोमा काखमा उफ्रने
बेलामा मेरो गोडाले धेरै पटक छोएँ होला ।
आमाको बुझ्मा बस्दा मैले पनि बुझ्मै पिसाब
फेरें हुँला, साच्चै नै दुःख दिएँ हुँला । अहिले
सम्झँदा रुन मन लाग्छ । तैपनि खुसी छु,
आमा मसँग कहिल्यै निराश हुनुभएन ।

यति लेखेर मैले मेरो डायरी बन्द गरें । त्यो
नरमाइलो दिन मलाई किन एकदम रमाइलो
लाग्न थाल्यो ।

कसलाई सोध्दै छु म ?

जिन्दगी के रहेछ भनेर खोज्दै छु
हाँस्नेलाई त के सोध्नु रुनेलाई नै सोध्दै छु ।

वीरहरूको अमर गाथा खोसिएको छ रे
शहिदहरूको रगत पसिना सोसिएको छ रे
रगत र पसिनाको मूल्य के रहेछ भनेर खोज्दै छु
धनी मालिकलाई त के सोध्नु गरीब मजदुरलाई नै सोध्दै छु ।

लौरो समाई कयौं बटुवा बाटो हिँड्छन् अरे
ढुकुटी रित्याई नेता जति विदेश घुम्छन् अरे
विकास गर्ने बजेटको उपयोग कसरी हुन्छ भनि सोध्दै छु
पजेरो चढ्नेलाई त के सोध्नु घोडेरो हिँड्नेलाई नै सोध्दै छु ।

देशमा जनताका छोराछोरी मागी खाँदै हिँड्छन्
विदेशका ठूला कलेजमा नेताकै सन्तान पढ्छन्
साभा स्वास्थ्य र शिक्षा कहाँ रहेछ भनेर खोज्दै छु
निजी विद्यालयहरूलाई त के सोध्नु जुम्लाका लाई नै सोध्दै छु ।

जातीय राज्यका नाममा ठूला भाषण गर्छन् अरे
आवेगमा आई नेपालीले नेपालीलाई नै मार्छन् अरे
सबैको साभा फूलवारी कहाँ रहेछ भनेर खोज्दै छु
राज्य भएकालाई त के सोध्नु राउटेहरूलाई नै सोध्दै छु ।

कुनै ठूलाले मलाई यस्ता प्रश्न नगर्न भने
युवाहरूले यस्तो सोधेको सुहाउँदैन अरे
युवाहरूले प्रश्न कहाँ गर्ने भनेर खोज्दै छु
बूढा नेतालाई त के सोध्नु, खाडी पसेका लाई नै सोध्दै छु ।

सायदै यी मेरा प्रश्नहरू कठिन छैनन्
तर उत्तर बिनाका भने पक्कै होइनन्
मेरा प्रश्नका उत्तर कहाँ पाउँला भनेर खोज्दै छु
अरूलाई त के सोध्नु अब तपाईंलाई नै सोध्दै छु ।

जिन्दगी के रहेछ भनेर खोज्दै छु
हाँस्नेलाई त के सोध्नु रुनेलाई नै सोध्दै छु ।

सुरज गिरी, ए लेभल

नयाँ वर्ष

सधैं सधैं आइरहोस् नयाँ नयाँ वर्ष
नयाँ वर्ष आएपछि लाग्छ मलाई हर्ष ।

ठूलो गयो भुईँचालो पोहोरको साल
बाढी पहिरो रोग व्याधी, पन्यो अनिकाल
पोहोर जस्तो कैले नहोस् फेरि नाकाबन्दी
ओखती र पेट्रोलको नहोस् अब मन्दी ।

नयाँ वर्ष आउँदा खेरि कति नहोस् हानी
सबैजना नेपालीको राम्रो बनोस् बानी
वन जङ्गल जडिबुटी प्रकृतिको खानी
विकास होस् देशको, फुलोस् हाम्रो जिन्दगानी ।

नयाँ वर्ष आयो भन्दा सबै खुसी हुन्छन्
आफ्नो आयु घट्यो भन्दा धुरुधुरु रुन्छन्
वसन्तले जताततै हरियाली छाउँछ
काफल पाक्यो कोइली चरी वनमा रमाउँछ ।

स्कूल र कलेजमा पढ्न लेख्न पाऊन्
किसान र मजदुरले काम गर्न पाऊन्
भूकम्पका पीडितले छाना नाना पाऊन्
विकास र निर्माणको सबले गीत गाऊन् ।

सधैं सधैं आइरहोस् नयाँ नयाँ वर्ष
नयाँ वर्ष आएपछि लाग्छ मलाई हर्ष ।

अश्रान्त पहारी, ६ 'ग'

जोक

डाक्टरले विरामीलाई भन्यो,
डाक्टर : मैले तपाईंलाई खोकीको जुन
औषधि दिएको थिएँ तपाईंले खानुभो ?
विरामी : मैले चाखें अनि औषधिभन्दा खोकी
नै मीठो लाग्यो र फ्याँकिदिएँ ।

सौगात रानाभाट, ६ 'ग'



मान्छेको जात

योजना रानाभाट

कक्षा : ९ 'क'

कस्तो होला यो मान्छेको जात
नचाहिने अरू केही पाएमा पैसाको खात
होला है कस्तो जात मान्छेको यो
भयो मानवको स्वार्थपन अब अति भो

देख्दै न आफ्नो दोष कहिल्यै उसले
देख्ने अरू गलत त्यो दोषी दृष्टिले
सहन सक्दैन मान्छेले जब कसैले राम्रो गर्छ
अरूको राम्रो भएको देखेर आफ्नो मन ईर्ष्याले भर्छ

देखाएको हुन्छ घनिष्ट मित्रता बाहिरबाट त्यो मित्रले
शत्रुले जस्तो शत्रुता निभाएको हुन्छ उसले विचित्रले
मुखमा भने राम्राम
घोप्ने बगलीमा छुरा
घोर कलियुगमा कसले बोल्छ र सत्य कुरा ?

को बुबा, को आमा यो पापीलाई
जब उसले पाउँछ सम्पत्ति र धन
आफ्नै दाजुभाइमा पैसाका लागि मिल्दैन मन
कति स्वार्थी छ यो संसार
जो हेर्नो आफ्नो दुनो मात्र सोभ्याउँछ
अहिले निःस्वार्थ सहयोग गर्न कसलाई पो आउँछ ?

अब त पापी मानव भयो अतिवादिता तिम्रो स्वार्थको
किन दिन्छौ अर्कालाई दुःख तिम्रो व्यर्थको
कति व्यस्त हुन्छन् सबै आफ्नै नित्य कर्मका
देखेका छैनन् उनीहरूले कति सुन्दरता छ जीवनमा

हामी पनि हाम्रो मानव चोला व्यर्थ हुन नदिऔँ
क्षणिक सुन्दर जीवनलाई परोपकारमा नै समर्पित गरौँ



असीम बाटाजु
भुतपूर्व विद्यार्थी
हाल : मणिपाल टिचिड हस्पिटल

गण्डकीलाई सम्झँदा

आज दिमाग धेरै चलाउनुको विवसतासँगै साहित्यका कलमहरू मधुरो हुँदै गएका छन्; आज लेखन शब्दकोश हेर्नुपर्छ, लेखनका लागि मनमा भावनाका भेल छन्; भावनाका डुङ्गामा चढेर स्मृतिको प्रिय गङ्गामा सयर गर्दै गर्दा स्वप्न गगनबाट सुखस्मृतिको शीतल जल वर्षन्छन् नयनबाट तर लेखन शब्दको कमी भएको छ। सायद कर्कलाको पातमा अडेको पानीको थोपाभै यो जीवन आज भिरमा फलेको फर्सी जस्तै, खसिएला भन्ने डर मनमा राख्दै अगाडि बढिरहेछ; तर थाहा छैन जीवन कुन बेला कहिल्यै नबुझ्ने स्वप्नमा लीन हुनेछ; अरूलाई बँचाउने कोसिस गर्दागर्दै कहिले आफ्नै जीवनको मैनबत्ती निभेको पत्तो नपाउँदै खरानी हुनेछ।

जि.वि.एस.मा उदाएको घाम आज अस्ताएको छ त नभनौं, तर घामले पोल्छ मात्र अनि जि. वि.एस.को स्टडी आवर पछि चाँदनीमा रहेको कल्पित खरायोको दृश्य हेर्दै हेल्थ सेन्टरको बाटो हुँदै होस्टल फर्केको दिनहरूको याद लेखिएका कल्पनाका पानाहरू आज आफ्नै आँसुले भिजेका छन्; अनि आज घामले पोल्छ मात्र, चाँदनी रातको शीतलता आज एकादेशको पर्देशी भएको छ। मुनी घाँसे मैदानको कार्पेटमा बसेर परीक्षाको तयारी गरेको अनि स्पोर्ट्स डे मा गेमहरू हेरेको जस्तै लाग्छ; मनुको मृत्युपछि सन्ध्याले उसकी आमालाई 'के म हजुरकी छोरी हैन ?' भनेर मनु कथा पढेको हिजै जस्तो लाग्छ भनेर त्यो हिजोको अर्थलाई

सस्तो बनाउन चाहन्नु; हिजो महान् छ, हिजो त्यो हिजो हो जसले भविष्यलाई पनि डोच्याउने छ। तर ती यादहरू सधैं आउनेछन् मनमा; जब जीवनमा धेरै मनसँगको सहकार्यमा कतै धोका कतै अटुट साथ पाइन्छ तब 'असीम ! जीवन पीडाको घर हो। यसकै आत्मबोध र सिर्जनशीलता जीवनको श्रेष्ठता ! तर मान्छेको दुष्ट्याइँदेखि नभाग, त्यसलाई एक निश्चित दुरीमा राखेर किताबभै अध्ययन गर ...' भनेर केदार सरले भन्नुभएको याद आउँछ।

कृष्ण श्याम सरको सारङ्गीमा रमाउँदै मनाएको वनभोजहरू अनि साथीहरूसँगको अन्ताविसरी आज दिन ढल्कँदै जाँदा मिठा स्पन्दन बनेर मनमा सजिरहन्छन्। Wednesday Program मा जानिनजानी कविता भनेको; अनि धेरैपछि जि.वि.एस.को दाजुले भाइ तिम्रो नाम असीम हैन अनि तिमिले कहिले काहीं स्कूल एसेम्बलीमा कविता भनेथ्यौ हैन भनेर भन्नुहुँदा आफूले 'Gareth Owen' को 'Song of the city' लाई नेपालीमा अनुवाद गरेर स्कूल एसेम्बलीमा कविता भनेको याद आउँछ। आज मणिपालको 'Expression' मा गितार बज्दा अबै पनि जि. वि.एस.का मित्रहरू साइमन, प्रविन अनि दाजु दिपेश अनि रञ्जना लामा दिदीको याद आउँछ।

आज कुनै बेला एकै प्रकृतिमा रूखको एकान्त छहारी खोज्दा नपाएर हैरान हुँदा पनि मान्छेहरूको जमातमा आफ्नो अस्तित्व हराएको जस्तो

लागदा जि.वि.एस.को रूख अनि घाँसे मैदानहरू याद आउँछ । जि.वि.एस.को हेल्थ सेन्टरसँगको अविस्मरणीय नाता होस् या कल्चरल प्रोग्रामको अविस्मरणीय धुन होस्; लक्ष्मीनन्द सरको रोबोट होस् या गणेश सरको Morning Assembly हरू; सबै आज एकादेशको कथा बनेर मनमा सजिएका छन् । रामप्रसाद सरको विश्वास, सबै सर अनि गुरुआमाहरूको प्रेम, सबै प्रशासनिक कर्मचारीको आत्मियता अनि सबै मित्रहरू अनि भाइबहिनीहरूसँगको सौहार्दता; सबै आज मनको मभेरीमा यसरी नाचिरहन्छन् कि जीवन खरानी नहुँदासम्म ती पलहरू बिसर्छु भनेर पनि बिसर्न सकिने छैन ।

यादहरूमा तरङ्गित भएर बग्दा अब रोकिनुपर्ने सङ्केत घडीले दिँदैछ । जि.वि.एस को न्यानो मायाले आज पनि भोलि पनि सबै स्टाफ अनि भाइबहिनीहरूलाई बाँध्न सकोस् भन्ने शुभकामना सहित भूपिन्द्र सर, वसन्त सर अनि हुतराज सरको बेन्जिन रिड अनि सारा Chemistry ले मुकुन्द सरको Physics लाई Support गर्दै दिलशोभा मिसको Biology ले सबैलाई जगाउन सकोस् भन्दै यादहरूमा डुबिरहन्छु ।

गीत

आयुष कोइराला
कक्षा : ६‘ग’

कागज काट्ने बन्चरो काठ काट्ने कैँची
कुखुराले पाडो पायो छक्क पन्यो भैंसी
आज भैंसी कहाँ चन्यो कर्णालीको तिरमा
पाडो टिपी चीलले लग्यो कुखुरा लड्यो डिलमा
कागज काट्ने बन्चरो काठ काट्ने कैँची ।

वन

एउटा विचित्र ठाउँ छ यो पृथ्वीमा,
यहाँ देखि लिएर सारा संसारसम्म फैलिरहेको छ ।
यसो निहालेर हेर्न खोज्छु त्यसलाई,
एकदम आनन्दको ठाउँ रहेछ भन्ने लाग्छ मलाई ॥

त्यहाँ सिरसिर हावा चलिरहेको छ,
त्यहाँ जीवजन्तुहरूको वास छ ।
एकदम मिठो स्वरमा चराचुरुङ्गी चिरबिराइ रहेका छन्,
रुखका एकएक पत्ता चिलचिलाई रहेका छन् ॥

भक्त गहिरेरे हेर्न खोज्छु, त्यसलाई,
म त नदी बगेको आवाज पो सुन्छु ।
सारा संसारकै सुन्दरता बढाइरहेको छ,
हैन यस्तो विचित्र ठाउँ के रहेछ भन्छु ॥

लाग्छ मलाई कि त्यहाँ गएर बस्न पाए,
त्यसको सुरक्षामा सहयोग पुर्‍याउन पाए ।
त्यही वनको हरियालीले सबैलाई छुन्थ्यो,
त्यही वनले गर्दा जिन्दगी आनन्दमय हुन्थ्यो ॥
सबिन गौतम, ७‘क’

सङ्कल्प

केदार ढकाल
नेपाली विभाग

सद्ज्ञान शान्ति मनमै रहेछ
अज्ञान आफ्नो मन नै रहेछ
धोऊँ पखालूँ म भुकेर भित्र
सद्भावले नित्य बन्नू पवित्र

माता पिताको म समीप जाऊँ
हरपल गुरुको मनमै रमाऊँ
म दीप भै मनहरूमा सुहाऊँ
यो धर्तीलाई फुलभै फुलाऊँ



सुस्मा गुरुङ
कक्षा ९'क'

मेरो जीवनका सात वसन्त

वसन्त चिसो हावासँगै आइरहेको थियो । चारैतिर फुलहरू फुलेर वातावरण नै रङ्गीचङ्गी बनाइदिएको थियो । परिवारको प्यारी म साच्चै चञ्चली र चकचकी थिएँ । कहिले उज्यालो र कहिले अँध्यारो किन होला ? रातमा घाम कहाँ जान्छ होला र दिनमा ती चम्किला तारा र जून कहाँ जान्छन् होला र दिनमा ती चम्किला तारा र जून कहाँ हराउँछन् होला ? भनेर सोच्ने मैले भू-उपग्रह हिँडेको देख्दा पनि आँखा चिम्लिएर भगवान्लाई प्रार्थना गरेको मलाई अबै पनि याद छ । सानो तन र चन्चले मन लिएर पहिलो पटक गण्डकीमा पाइला टेकेपछि मेरो जीवनमा भव्य परिवर्तन आयो । मेरो हरेक स-सानो पाइलाले मेरो जीवनमा ठूला ठूला परिवर्तन ल्याइदियो ।

यस विद्यालयमा मैले कक्षा-४ बाट आफ्नो जीवनको नयाँ यात्रा सुरु गरें । मलाई खासै त याद छैन तर २०६६ सालको माघ महिनाको अन्तिमतिर मैले गण्डकीको आँगनमा पहिलो पटक पाइला राखेकी थिएँ । म त्यतिखेर प्रवेश परीक्षा दिन आएकी थिएँ । त्यसदिन योजना र श्वेताले पहिलो भेटमै मलाई साथी बनाएको स्मृति मेरो मस्तिष्कमा अबै पनि झलझली आइरहन्छ । परीक्षा सम्पन्न भएको केही हप्तादिनपछि नतिजा प्रकाशित भयो । म १८ नं. मा पास भएकी थिएँ र मसँग परीक्षा दिएका हामी एउटै विद्यालयका साथीहरू छायाँ, सुस्मान, सफल र सुबिज पनि पास भएका थिए । २०६७ साल वैशाख ८ गते

कै वसन्तको बेला विद्यालयकै पोषाक लगाएर म गण्डकीमा आइपुगें । नयाँ ठाउँ, नयाँ शिक्षक र नयाँ साथीहरू देखेर मलाई अनौठो लाग्यो । पहिला त नयाँ ठाउँको आफ्नोपन र साथी अनि शिक्षकहरूको मायाकै कारण म मन खोलेर बोल्न सफल भए । साँच्चै भन्नु पर्दा गण्डकीको वातावरण नै विशेष छ, किताबलाई निद्राको गोली सम्झने मलाई यस विद्यालयले किताबसँग मित्रता गाँस्न सिकाइदियो ।

समय पनि कति चाँडै बित्दो रहेछ । हिजो भर्खर कक्षा ४ मा साथीहरूसँग फेवाताल भ्रमण गर्न गएको जस्तो लाग्छ । कक्षा ५ को पोखरा भ्रमण र वनभोज गएको धेरै त भएको छैन जस्तो लाग्छ । यसरी पात्रो पल्टाउँदा काठमाडौँ गएर रमणीय स्थलहरू घुमेको पनि चार वर्ष हुन लागेछ । गण्डकीमा साथीसँग पढ्दै खेल्दै कसरी कसरी मेरो जीवनका सात वसन्त यहीं बितेछन् थाहा नै भएन । समय कति छिटो बितेछ । गण्डकीमा बिताएको सात वर्ष पनि ७ महिना जस्तै लाग्छ ।

अब त एस.एल.सी दिने हौं हामी । अब त हामी गण्डकीमा केही महिनाका मात्र पाहुना हौं रे । यो सुन्दा त स.एल.सी नै नदिई यहीं बसौं जस्तो लाग्छ । सकेको भए त बितेका सात वसन्तलाई मैले अहिले नै फर्काउने थिएँ । तर समयलाई कसले पो रोक्न सक्छ र ? आफ्नो जीवनको आधा समय नै बिताएको यस विद्यालयलाई छाडेर जानुपर्दा लक्ष्मा शेर्पाको, “पुऱ्याउँछ, कहाँ हुरीले

उडाई पातलाई के थाहा” भन्ने गीत मात्र मनमा आइरहेछ। हुन पनि हामी ती रूखमा हल्लिरहेका पात जस्तै हौं। समय निरन्तर निरन्तर बगिरहन्छ। यसले कहिले कहाँ पुऱ्याउँछ हामीले अनुमान पनि गर्न सक्दैनौं। जहाँ भएपनि जता पुगेपनि यो विद्यालयको यस आँगन, कक्षा ४ देखि १० सम्म पढ्न र लेख्न सिकाउनुभएका सारा शिक्षक शिक्षिकाहरूलाई म कहिल्यै पनि भुलेर बिर्सने छैन। साथीहरूसँग बिताएका रमाइला र तिता-मीठा पलहरू, विद्यालयको अभिभावक दिवस, कल्चरल डे, स्पोर्ट्स डे, वनभोज, भ्रमणहरू मेरो

देशको मुहार फेरिन्थ्यो कि ?

स्विच थिचे बत्ती छैन

धारो खोले पानी छैन।

आफ्नो देशमा रोजगार छैन।

रुँदै कता जाने हैन ?

जनता जति परिसके

लोडसेडिङले दिक्क।

एक महिनाको तलब जति

मैन बत्तीलाई ठिक्क।

नहेप भो नेपाललाई

गरिब देश भनी।

जे भए पनि लोडसेडिङमा

विश्वमै छ धनी।

हाम्रो सुन्दर देशमाथि

ऋणको पहाड छ रे।

बिहान खाए जनतालाई

के खाउँ हुन्छ भरे।

काम गर्न युवा सबै

विदेशतिर सरे।

देशको मुहार फेरिन्थ्यो कि

नेताले केही गरे।

सुमन पोखरेल, कक्षा : ८ ‘क’

मन मस्तिष्कमा सधैं रहने छन्। विद्यालयबाट बिदाइ हुने बेला पनि आउँदै छ भनेर साथीहरू गफ गर्दा पनि ओठको हाँसो अनायासै हराएर जान्छ। पछि यहीँ साथीहरूलाई कहिल्यै भेटिने हो कि होइन भनेर सोच्दा मन नै गरुडगो हुन्छ, आँखा भरिएर आउँछन्। आज म जीवनको यस्तो मोडमा उभिएकी छु जहाँ म चाहेर पनि आफ्ना बितेका ती रमाइला पलहरूमा सामेल हुन सकिदैन र सधैंभरि आफ्नो अतीतलाई सम्झेर आफ्नो गन्तव्यलाई पनि छोड्न सकिदैन।

साथीको महत्त्व

संजोग शर्मा पौडेल, ४‘क’

साथीको महत्त्व

लेखेर लेखिँदैन

साथीको महत्त्व

मेटेर मेटिँदैन।

मनको कुरा सुन्ने काम

साथीले नै गर्छन्

दुःखको भण्डारमा

सुख भरिदिन्छन्।

वर्णन गर्न खोजे पनि

सकिँदो रहेनछ

साथीको महत्त्वको

सीमा हुँदो रहेनछ।

जीवनको हरेक पाइलामा

साथीको महत्त्व हुन्छ

साथीको महत्त्व नबुझ्ने

अन्धकारमै हुन्छ।

साथीको सहयोगले

यहाँसम्म आई पुगें म

आशा छ उनको सहयोगले

चन्द्रलाई नै छुनेछु म।



दीक्षा पौडेल
भूतपूर्व विद्यार्थी

नेपाली भाषाको वर्तमान अवस्था र चुनौतीहरू

शब्द नै आलोक हो, शब्द नै आत्मा हो अनि शब्द नै ज्ञान हो । यिनै शब्दहरू प्रयोग गरेर एक-अर्कासँग दुःख, सुख साटासाट गर्छौं । वास्तवमा यो माध्यम नै भाषा हो । भाषा नै केवल एक मात्र माध्यम हो जसका कारण आज विश्व हामीसँग परिचित छ अनि हामी यसका गतिविधिहरूसँग परिचित छौं । भनिन्छ, विश्व विविधताले भरिपूर्ण छ । अनि यही विविधताले भरिपूर्ण संसारमा हामी नेपाली र हाम्रो मातृ भाषाको छुट्टै पहिचान छ । हाम्रो नेपाली भाषा जसको माध्यमबाट संसारमा चिनिएका छौं, नेपाली भनेर गर्व गर्छौं, वास्तवमा निकै अमूल्य छ ।

भनिन्छ पृथकतामा नै पहिचान छ, अनि पृथकताले भरिपूर्ण संसारमा नेपाली भाषाको छुट्टै महत्त्व छ । नेपालमा १४१ वटा भाषाहरू प्रयोगमा छन्, तर धेरैजसो नेपालीहरू नेपाली भाषाको माध्यमबाट नै एकअर्कासँग चिनजान गर्छन् । भाषाअनुसार संस्कृति, चालचलन, परम्परा अनि सभ्यताको विकास हुन्छ । आज नेपाली भाषाले हामीलाई निकै अगाडि पुर्‍याइसकेको छ तर हामी त सभ्यताको संसारमा यति अगाडि आइपुगेछौं कि हामीले आफ्नो मातृभाषाको अस्तित्व नै बिसर्सक्यौं । वर्तमान अवस्था हेर्ने हो भने नेपालीभन्दा हिन्दी, अङ्ग्रेजी भाषातर्फ नेपालीहरू आकर्षित भएको देखिन्छ । कुनै कुनै केटाकेटीहरू त नेपाली पनि बोल्न नजानेको अवस्थामा भेटिन्छन् । यो किन त ? किनभने उनीहरूले हेर्ने टि.भी. मा नेपाली च्यानल नै हुँदैन । अनि जस्तो सुन्यो, त्यस्तै

सिक्छन् । त्यस्तै हामी कसैको ध्यानमा नेपाली गीतहरूले आकर्षण गरेको पाइन्छ । यदि भुक्केर पनि साथीहरूको माझमा नेपाली लोक गीत बजाइयो भने पनि अर्काले भन्न थाल्छ - कस्तो भुर गर्छ । अलि राम्रो हिन्दी गीत बजा न । कि त अलि रकिङ्ग नै बजाउन भन्छ । के यो नेपाली भाषाको अस्तित्व नभएको अवस्था होइन त ? हामी आफैं विचार गरौं, कुनै कार्यक्रम अथवा कुनै मेलामा नेपाली मीठा - मीठा लोक गीतभन्दा बढी टाउको दुख्ने गीतहरू सुनिन्छन् । हामीले किन बुझ्न सकेका छैनौं कि भाषाको अस्तित्व गुम्नु भनेको हाम्रो अस्तित्व नहुनु हो । त्यस्तै हरेक नेपाली वाक्य बोल्दा कि त अङ्ग्रेजी कि त हिन्दी शब्द मिसाइएको हुन्छ । देशका कर्णधार कहलिएका युवा युवतीहरू पनि नेपाली भाषालाई मन पराउँदैनन् । अनि १२ कक्षा पढ्ने आजकालका विद्यार्थीहरू पनि नेपाली किन पढ्ने ? नेपालीबाट पछि भविष्यमा हामीलाई केही सहयोग हुँदैन; भन्ने विचारहरू व्यक्त गर्छन् । परिवर्तन गतिशील छ अनि यो सकारात्मक हुनुपर्छ । तर अविकसित नेपालबाट विकसित नेपाल बनाउने क्रममा, नेपालीहरूले आफ्नै अस्तित्व बिसर्सिएका छन् । भाषाबाट नेपाल चिनिएको छ । चार जात छत्तीस वर्णले र जातीय सहिष्णुताले भरिएको यो देशलाई एक बनाउन भाषा, हाम्रो नेपाली भाषा चाहिन्छ । तर हाम्रो नेपाली भाषा खस्किँदो अवस्थामा छ । देखावटी दुनियाँमा रमाउँदा रमाउँदै हामी आफ्नो भाषाको सच्चा रूपलाई नै चिन्न छाडि सक्यौं ।

हामी बेलैमा सचेत हुनुपर्छ नत्र चुनौतीका पहाडहरू थुप्रिन्छन् । हामी १० दिन अरुसँग अर्कै भाषामा बोल्नुपर्ने हो भने बल्ल हामीलाई यसको महत्त्व थाहा हुन्छ, किनभने भइन्जेल महत्त्व बुझ्दैनौं, टाढा गएपछि पछुतो लाग्दाजस्तै हुनेछ, हामीलाई पनि । नेपाली भाषा जोगाइएन भने नेपाली शब्द अनि यी शब्दमा रचित किताबहरू इतिहास बनेर बस्नेछन् । होला, इतिहासमा पनि नेपाली शब्द नै भेट्न गाह्रो पर्ला । नेपाल दुई ढुङ्गाबीच पिल्सिएको एउटा कलिलो तरुल हो तर यस्तो नहोला पनि भन्न सकिँदैन जब नेपाली भाषा नै हिन्दी र अङ्ग्रेजी भाषामा पिल्सिनेछ । जात, धर्म, अनेक संस्कृतिले भरिपूर्ण नेपाललाई एक बन्धनमा बाँध्न नेपाली भाषाको महत्त्वपूर्ण भूमिका छ, जुन हामीले बुझ्न सकेका छैनौं अनि बुझाउन सकेका छैनौं । के यो डरलाग्दो चुनौती होइन त ? एक आमाले (नेपाल आमा) बोलेको यदि उनकै सन्तानले बुझ्दैनन् भने, के उनको मन रुन्छ त ? अनि उनको आँसु पुछ्ने चुनौती भन्दा पनि हाम्रो कर्तव्य होइन त ?

अवश्य हो । नेपालीहरूको घैँटामा छिट्टै घाम लाग्नुपर्छ । हाम्रो भाषालाई कोही बचाउन आउँदैनन् । यदि विदेशी कै नक्कल गर्नु छ भने उनीहरूको आफ्नो भाषाप्रतिको मोह सिको गरेर आफ्नो भाषाप्रति माया गरौं न । नेपाली भन्दैमा आफूलाई गर्व गर्ने कुरै रहँदैन यदि भाषालाई नै माया गर्दैनौं भने । नेपाली भाषामा आइपरेका चुनौतीहरूलाई समाधान गर्दैनौं भने नेपाली हुनुको सार्थकता नै हुँदैन । कल्पना गरेको नयाँ नेपाल बन्दैन । किनभने कल्पना उसको पूरा हुन्छ जसले वर्तमान अवस्थालाई बुझेर, सोचेर भविष्यमा चल्ने प्रयत्न गर्छ । तर हामीले नेपाली भाषाको खस्कँदो अवस्था नै हेर्न सकेका छैनौं किनभने विदेशीको चालढालसँगै हामी अन्धा भइसक्यौं । त्यसैले बेलैमा सोच्नुपर्छ । सबैले बुझ्नु पर्छ । नेपाली भाषाको महत्त्व अनि नेपाली हुनुको सार्थकता । प्रत्येक नागरिक एकताको आवाजमा उठ्नुपर्छ । जब नेपाली भाषा रहन्छ, तब बल्ल हामी रहन्छौं अनि नयाँ नेपाल हेर्ने हाम्रो सपना ।

गाउँखाने कथा

कौरब सुवेदी, ६'ग'

१. कालो ओडारमा सेता जन्ती । - दाँत
२. काली गाईको पेटभरि दुध । - मास
३. काम गरुन्जेल पटुका फुकाएर नाच्ने, काम सकिएपछि पटुका बाँधेर सुत्ने । - कपटेरा
४. कालीगड्गा गौरी घाट, बतीस हाँगा एउटै पात । - जिब्रो
५. काली-काली बाखाका पेटभरि इउँ, गन्न सक्ने मानिसलाई सय रुपया दिउँ । - तारा
६. काली गाईको पेटमा सेतो, थरथरे दाइको लादी भिक्ने मेसो । - मही पारेको
७. काम एकै भए पनि अनेकथरी नाम, फोहोरको दुनिया नाच्ने त्यसको काम । - साबुन
८. काली बुढीको भान्सा मिठो । - ठेको र दही
९. कालो मैदानमा सिपाही परेड खेल्छ । - मकै भुटेको
१०. खाँदै छ, बिष्ट्याउँदै । - जाँतोमा अन्न पिसेको
११. खसी बसिरहने, दाम्लो चरिरहने । - फर्सी

पञ्चासे : एक सङ्गम तथा धार्मिक स्थल

सुदर्शन रेग्मी
कक्षा : द'क'

नेपाल एक प्राकृतिक सौन्दर्यले भरिएको मुलुक हो । नेपालमा धार्मिक स्थल थुप्रै छन् । सुन्दर प्रकृतिमा रमाएका ती धार्मिक स्थल नेपालमा हजारौं मात्रामा छन् । ती मध्ये एक 'पञ्चासे' पनि हो ।

पञ्चासे तीन जिल्लाको सङ्गम हो । पर्वत, कास्की र स्याङ्जा जिल्लाको सङ्गममा यस प्रसिद्ध धार्मिक स्थल छ । पञ्चासे एक मन्दिर पनि हो । समुद्री सतहबाट भन्डै २५०० मिटरमा रहेको यस मन्दिरमा विशेषतः बाला चर्तुदशीका दिनमा मेला लाग्ने गर्दछ । त्यस दिनमा हजारौं सर्वसाधारण भक्तजनहरू आउने गर्छन् ।

पञ्चासे धार्मिक मात्र नभई एक पर्यटकीय स्थल पनि हो । यहाँ पर्यटकको बाक्लो उपस्थिति हुने गर्दछ । यहाँ ताल समेत अवस्थित छ, जुन मन्दिरभन्दा केही तल पर्दछ । ताल भने पर्वत जिल्लाको चित्रे गाविसमा पर्छ ।

पञ्चासे फेवातालको किनारै किनारै माथि जान पनि सकिन्छ । चित्रे गा.वि.स.बाट पनि जान

सकिन्छ । चित्रे गा.वि.स.बाट पनि जान सकिने उक्त स्थल पञ्चासे कास्कीको नागाडाँडा हुँदै जान सकिन्छ । फेवातालको मुहान हर्पन खोलाबाट पञ्चासे नजिकै पनि पर्दछ ।

पञ्चासे जैविक विविधताको भण्डार पनि हो । यहाँ हजारौं वनस्पति छन् । जङ्गलको बीचमा अवस्थित पञ्चासेमा विभिन्न वनस्पति, कीरा-फट्याङ्गा, चरा र जनावरहरूको संरक्षणमा लागेका छन्, जुन उनीहरूको कर्तव्य पनि हो ।

पञ्चासेभन्दा केही तल चित्रे गा.वि.स.का सर्वसाधारणहरूले होमस्टे पनि सञ्चलान गरेका छन् । उनीहरूले पर्यटक चाहे आन्तरिक होस् या बाह्य पर्यटकलाई पञ्चासेको महत्त्वको बारेमा जानकारी दिने गर्दछन् ।

यसरी पञ्चासे नेपालकै एक महत्त्वपूर्ण सङ्गम स्थल हो । हामीले पञ्चासेको पर्यावरण जोगाउनु पर्छ, जसले लोप हुन लागेका वनस्पति, पशुपन्छी आदि लोप हुनबाट बच्ने छन् ।

मेरो गाउँ

अबिद के.सी.
कक्षा : ४'ग'

मेरो गाउँको नाम काहुँ डाँडा हो । मेरो गाउँ गण्डकी अञ्चल कास्की जिल्ला पोखरा उप-महानगरपालिका वडा नं. २१ मा पर्दछ । यहाँ धेरै मन्दिरहरू छन् । यहाँ चण्डी, काहुँ देउराली, राधाकृष्ण मन्दिर र माटेपानी गुम्बा छन् । यहाँ धरहरा पनि छ । त्यहाँबाट पोखरा, फेवाताल, माछापुच्छ्रे, अन्नपूर्ण हिमश्रृङ्खला सुन्दर र आकर्षक देखिन्छ । काहुँ देउरालीमा दशैंको नवरात्रीमा पुजाआजा गरी बलि चढाइन्छ । यो गाउँ हरियालीले भरिपूर्ण छ । यहाँ सधैं ताजा हावा चल्छ ।

मेरो गाउँमा एउटा हाई स्कूल र दुइवटा प्राथमिक स्कूल छन् । यहाँ सञ्चार र यातायातको राम्रो सुविधा छ । यहाँ जानको लागि पैदल र मोटर बाटोको राम्रो व्यवस्था छ । काहुँ धरहरा मोटर बाटोको राम्रो व्यवस्था छ । काहुँ धरहरा मोटर बाटोको लम्बाई ५.३ कि.मी. छ । जसमा २.५ कि.मी. कालोपत्रे भएको छ र बाँकी हुँदैछ । यो गाउँमा खानेपानीको पनि राम्रो व्यवस्था छ ।

यो गाउँमा बाहुन, क्षत्री, दमाई, कामी र गुरुङहरूको बसोबास छ । यहाँ मानिसको मुख्य पेशा कृषि र नोकरी हो ।



नारीको कातर र कठिनपन

संस्कृति चापागाई
कक्षा ९ 'ग'

समय परिवर्तनशील छ। यो परिवर्तनशीलताले गर्दा नै संसार दिन रात फड्को मारिरहेको छ। शिक्षा, स्वास्थ्य, यातायात इत्यादि सबै कुरामा परिवर्तन भइरहेको छ। बोली विकिरहेको छ, सबैले त्यस बोलीमाथि हात उठाइरहेका छन्, कराइरहेका छन्। जब यी बोली फुट्न थाल्दछन्, तब मेरो मानसपटल जागरुक हुन थाल्दछन् र शिक्षाले विश्व सिञ्चित पार्ने सपना देख्छ। विशेष गरी आजका मानिसहरू विश्वको कायापलट गर्ने तिब्र इच्छा राख्छन् तर विकास भने कछुवा गतिमा चलिरहेको छ। आज म यस्तै सन्दर्भ जोड्दै एउटा नारीको कठिनपन लिएर प्रस्तुत भएकी छु।

प्रथमतः नारी भन्नाले स्त्रीजाति, स्वास्थ्यी मान्छे, महिला भन्ने बुझिन्छ। सृष्टिकर्ता नारी हजुरआमा, छोरी, बुहारी, दिदी, बहिनी, सासु सबथोक भनेर बुझिन्छ। आज म एक नारी भएर नारीको कातरपन र कठिनपनको बारेमा लेख्न गइरहेकी छु।

कति कठिन नारी तिमी, नौ महिना बच्चा कोखमा राखी हिँडिरहेका छौ यो घटिया संसारमा। जब आफूले र परिवारले खोजेको सन्तान पाउँदैनौ त्यसपछि अनकन्टार जङ्गलमा लुकाउन पुग्दछ्यौ, दरिद्रका खुट्टामा ढोग गर्न पुगी साटिदिन्छ्यौ। तब त म भन्छु कति कठिन नारी तिमी। माया, दया, करुणा तिलाञ्जली दिन सक्ने कति आँट तिमी।

च्याँच्याँ कराइ जन्मन खोजेको बच्चालाई संसार हेर्न नदिई अनैतिक धन्डामा फसिरहेको तिमी गोरुको लात खान पनि लायक छैनौ। गोरुको लात खान त लायक छैनौ भने आमा, दिदी, भाउजू, बुहारी इत्यादि बन्ने तिमी तिब्र इच्छा माथि धिक्कार छ। जब तिमी जिब्रो चल्दैन, हातखुट्टा त्यसै प्यारलाइज हुन्छन्, जब तिमी

यो युद्धमा लड्ने सामर्थ्य एक सुको पनि राख्दिनौ र त्यसै कोठीहरूमा थुनिएर बस्छौ। अनि मेरो नसामा अबिरल गतिमा बगिरहेका रगतहरू आफै उम्लिन थाल्छन्। अनि म भन्न थाल्छु, दुई कौडी मूल्यमा आफै विकिरहेकी छौ। हिजो पनि तिम्रो बेइज्जत फिल्महरू देखिरहेका थिए, आज पनि तिम्रै दुर्गति देखिरहेकी छु। किन आफू निकृष्ट, घटिया हुँदै गइरहेकी छौ। आज पनि तिमीलाई यस्तो अवस्थामा देख्दा मेरो मन सिसा चर्किएभैं चर्किरहेको छ। हामी आम नारीहरू खेलौनामा परिणत हुने होइनौ जहाँ हाम्रो धेरै मात्र उपभोग गर्न खोजि रहेका छन् कोही।

आज तिम्रो नारीत्वले समुद्रमा डुबुल्की मारिरहेको छ। थाहा छ, तिमी नै हो जो निस्वार्थ र आकाशभन्दा फराकिलो माया दिने तर तिम्रो इज्जत हराउँदा दुःख लाग्छ।

वास्तवमा तिमी सृष्टिको मूल्यवान सिर्जना हो, जहाँ तिम्रो उपभोग गर्न कसैले सक्दैन। तिम्रो महिमा आज चेस खेल्दा पनि गाइरहन्छन्। देशको राज गर्ने व्यक्ति पनि उनको सहाराविना चलन फजिती मान्छ। तिमी रानी भएर सक्रिय छौ। तिम्रो नराम्रोसँग हार हुँदा सबै निराश हुन्छन्। त्यसो भएर म भन्छु तिमी संसार हाँके मान्छे हो।

आज पनि तिमी नामर्दीपन र लाछीपन देखाई अक्सर पाउने तृष्णा नराख। राष्ट्रले तिमीलाई अधिकार दिएको छ। त्यसैले आज चलिरहेको युद्ध लड्न पछि नहट। यो सान्हा जगत्लाई फुलभैं सुन्दर बनाउन सक्ने तिमीमा सामर्थ्य छ, फजितीहरूलाई जित्ने तिमीसँग आकाश भैं फराकिलो मन छ। सधैं पुरुषको प्यासी नबन। हो, तिमी मन पुनीत छ, त्यसैले ढल मिसाउने काम नगर, पवित्रतालाई सधैं काखी च्याप, दुर्गन्धित हातबाट सधैं टाढा रहन खोज। नारी सभ्यताको इतिहासमा कलङ्क नबन।

नेपालको सन्देश हेर्दा आजसम्म म्यागी डन, अनुराधा कोइराला, पुष्पा बस्नेतजस्ता आँटिला नारीहरू सि.एन्. एन् हिरो भएका छन्। त्यसैले तिमी समाजले हेर्ने दृष्टि फरक बनाइदेऊ। एउटा चराले त भोक मेट्न चारो

खोज्दै हिँड्छु भने तिमी आफ्नो अधिकारको लागि लड ।
मानिस भएर किन पिसाच बन्छौ ? किन अरूको बाँच्न
पाउने अधिकार हनन गछ्यौ ? किन उसलाई संसारमा
हुर्किन दिन्नौ ? किन आफ्नै सन्तानलाई बटुले कुल्चने
काम गछ्यौ ?

अन्त्यमा फेरि भन्छु अधिकारका लागि युद्ध लड म
तिम्रा लागि हेलेन केलर, पासाड लहामु शेर्पा, मदर
टेरेसा, भ्यालेन्टिना टेरेस्कोभाको प्रतिमूर्ति भएर साथ
दिनेछु ।

सपना Pioneer Gandakian को गो.. गो..गोल !!!

प्रकाशमान बस्नेत
कक्षा : १२'ग'

नेपालका जल्दा बल्दा उत्कृष्ट खेलाडी मानिसको राम्रो
प्रहार जसले सन्देशको कसलाई गोलमा परिवर्तन
गर्‍यो । आज नेपालका फुटबल इतिहासमा अनिप,
सन्देश, सम्राट, निरज, सागर जस्ता खेलाडीहरूको
योगदान उल्लेखनीय मानिएको छ । आज नेपालको
गीत ... । यस्तै यस्तै थियो कान्तिपुर च्यानलबाट
लाइभ प्रसारण ।

म कफीको मज्जा लिँदै नेपाल-ब्राजिल विचको वर्ल्ड
कप फाइनल हेदै थिएँ । नेपालले १-० को अग्रताले
ब्राजिललाई पराजित गरेकोमा म खुसी थिएँ तर
त्योभन्दा ठूलो खुसी र हर्षको कुरा अझ अर्को पनि
थियो । वास्तवमा सँगै गण्डकीमा अनि एउटै ग्राउण्डमा
फुटबल खेल्ने साथीहरू राष्ट्रिय खेलाडी भएका छन् ।

त्यो भन्दा खुसीको कुरा अरू के हुन सक्थ्यो र ? म
लगायत गण्डकी स्कूल साथसाथै नेपाली जनता खुसी
नै थिए । राष्ट्रको जितमा अनि आफ्ना दाजुभाइ, छोरा,
नातिना छरछिमेक जसले राष्ट्रको शिर अझ उच्च
पारेका थिए ।

सकियो कफी, लागेँ बाहिर, आयो फोन त्यो नि
अपरिचित नम्बरबाट । उठाएँ, अमेरिकाबाट पो रहेछ ।
सोचन थालेँ । कुनै परिचित व्यक्तिहरू अमेरिकामा को
छन् र ? “हो रहेछ । आफ्नै साथीहरू सुन्दर, सौगत,
रोशन, स्टिभन अमेरिकाको उत्कृष्ट इन्जिनियर पो
भएछन् । खुसी लाग्यो, उतातिर सुवर्ण, अविनाश,
आशिष लगायत सात जना सँगै पढेका मित्रहरू
डाक्टर भएका रहेछन् । अझ प्रकाश थापा त नेपालको
राजदुत भएर अमेरिकामा पो गएको रहेछ । खुसी
अत्यन्तै बढिरहेको थियो । एकाएक गण्डकीमा पढेका

साथीहरूको सम्झना गरें । राम, निहान लगायत पाँच
जना साथीहरू सि.ए.पो भएछन् ।

अहिले नेपाल बजारमा प्रख्यात नाम कमाएका व्यापारी
शिशिर, प्रकाशमान बस्नेत, उदय पराजुली, सुशील
लोहनी, अमित पनि सँगै पढेका साथी नै थिए ।
सोच्दै थिएँ, बाटोमा साथीहरूको यादमा, उनीहरूको
सम्झनामा हराउँदै घर फर्कन लागेको के थिएँ, एउटा
ठूलो पोस्टरले आँखा तानि हाल्यो । नेशनल फिल्मको
पोस्टरमा आफूसँगै पढेको गण्डकीको हिरो राजकुमार
पो रहेछ । बाटोमा अझै अगाडि बढ्दै थिएँ । एकदमै
खुशी र हर्षित थिए, अचानक भाषण गरेको ठाउँमा
पुगेँ, त्यहाँ त आफ्नै गण्डकीका साथी मुकुन्द अधिकारी
नेपालका वरिष्ठ युवा नेताको भाषण पो रहेछ ।

हिँड्दा-हिँड्दै घरको गेटमा के पुग्न लागेको थिएँ, आयो
फोन । त्यो पनि नेपाल सरकारको कार्यालयबाट । डर
लाग्यो तर पनि उठाएँ, नेपाल आर्मीको हेडक्वाटरबाट
पो रहेछ । सोचन थालेँ । आखिरमा त हाम्रै ज्ञानेन्द्र
खड्का नेपाल आर्मीको चिफ आर्मी स्टाफ पो भएको
रहेछ । एकछिन कुरा भयो । एकदमै खुसी लागेको
थियो । सँगै छेउमा होस्टेलमा सुत्ने साथी, त्यो उत्कृष्ट
ठाउँमा पुग्दा, दङ्ग परें । अचानक मुटुको धड्कन तीब्र
हुन थाल्यो । घरको ढोकामा ठोक्किन पुगेछु । त्यसपछि
त झल्याँस्स बिउँभेछु । आफ्नै संसारमा डुबेको मलाई
लथालिङ्ग बनाइदियो । सोचेँ । २०७३/०१/१९
गते देखेको सपना पुरा होस् । उनीहरूको इच्छा र
आकाङ्क्षा पुरा होस् भन्दै भगवानसँग प्रार्थना गरेर
बाथरूमतिर गएँ ।

Staff Farewell



A-Level Supervisor Mr. Khadananda Sharma being bidden farewell by A2 students



Computer Science Teacher Mrs. Radhika Acharya receiving the token of love from the Principal on a Farewell Programme



Senior Teacher Mr. Mohan Krishna Gurung being bidden farewell



Maintenance In-charge Mr. Surya Bahadur Baniya receiving a token of love on a farewell programme



Cleaner Mr. Dil Bahadur Sunar being bidden farewell with a token of love



1st Row (Left to Right): Shruti Thapa, Dipika Dhakal, Amisha Sharma, Bipina Pariyar, Aryaa Shree Tajhya, Sagun Timilsina, Safalta Khanal, Aakriti Lamichhane **2nd Row (Left to Right):** Puskar Tamang, Suyog Pokhrel, Arya Gautam, Shristi Karki, Cyaron Gurung, Mausami Kandel Chhetri, Grishma Poudel, Deepti Bastola, Rijesh Tripathi, Prajwol Baniya **3rd Row (Left to Right):** Ashim Adhikari, Sufal Kadariya, Adhyatma Bastakoti, Danny Parbat, Aarogya Kumar Bhandari, Anmol Bajgain, Puskar Khand, Aamosh Subedi, Sandesh Chaudhary, Thomas Tilija, Aakrist Baniya, Nirwan Bhattarai **4th Row (Left to Right):** Yunesh Kaffle, Nabin Paudel, Shaswat Sigdel, Sanjog Sharma Paudel, Anish Acharya, Samip Shrestha, Sagar Thada Magar, Utsav Khadka, Sandesh Adhikari, Sukrit Subedi, Prajwol Acharya, Pranaya Shrestha
Asst. Class Teacher: Sushila Rai **Class Teacher: Laxmi Nand Dhakal**



1st Row (Left to Right): Niharika Paudel, Prakriti Basnet, Roshika Adhikari, Binisha Khanal, Alice Shrestha, Amiee Thakali, Sakchat Acharya, Manyata Gautam **2nd Row (Left to Right):** Aanya Karmacharya, Prekshyashri Gurung, Aashimala Gurung, Shrishta Pokharel, Smriti K.C., Rama Paudel, Kabita Pariyar, Nabindra Rana, Manil Shrestha, Suyog Koirala **3rd Row (Left to Right):** Angaz Gurung, Aman Kumar Jayswal, Dikshit Adhikari, Deepan K.C., Aarav S Thapa, Ashmit Tamang, Arnab katila, Alex Sunar, Nirman Ranabhat, Roshan Acharya, Prajjwal Sigdel, Prabesh Bhandari **4th Row (Left to Right):** Biswash Chaurasia, Amrit Paudel, Sandesh Giri, Abhiyan K.C., Neol K.C., Subibhu Baral, Kaustuv Kumar Batajoo, Sabin Poudel, Ashwin Rana, Darpan Thapa
Asst. Class Teacher: Krishna S Sharma **Class Teacher: Subhadra Baral**

4C



1st Row (Left to Right): Pratiksha Khadka, Jenisha Baral, Yujiti Gurung, Aashika Poudel, Puja Khand, Aakriti Sharma Lamichhane, Shraddha Shrestha, Nikkei Chhantyal **2nd Row (Left to Right):** Nihal Jung Bahadur Thapa, Mahima Kunwar, Sneha Timilsina, Kritika Gurung, Soichhya Malla, Aashimala Gurung, Kripa Shrestha, Sujata Pariyar, Sanskriti Shrestha, Simron Kandel, Hriday K.C. **3rd Row (Left to Right):** Miraj Gurung, Ayush Ranjit, Sudin Bataju, Anup Thapa, Bibek Sharma, Pratik Thajali, Bidhan Timilsina, Satyajit Sharma, Bachan Jung Kandel, Ayush Poudel, Brijesh Thapa **4th Row (Left to Right):** Abishkar Poudel, Sandip Poudel, Heaven Gurung, Prajwol Raj Ghimire, Sulav Dhakal, Kritan Lamichhane, Baman Devkota, Tashi P. Gurung, Sushant Gurung, Gaurav Maurati

Asst. Class Teacher: Janaki Bhandari

Class Teacher: Deepak Raj Poudel

5A



1st Row (Left to Right): Rakshya Adhikari, Diya Acharya, Simron Thapa, Yumi Pant, Nishma Gurung, Keshavee Devi Shrestha, Jayanti Gautam, Sama Gurung **2nd Row (Left to Right):** Priyamshu Paudel, Dipson Shrestha, Aashika Sherpa, Swoikshya Timsena, Bigyata Ghimire, Bidukshya Subedi, Asmita K.C., Jasmin Ranjit, Sarvashree Jamarkattel, Sherish Devkota, Suraj Sharma Paudel **3rd Row (Left to Right):** Manoj Gurung, Sarthak Jamarkattel, Yojan Raj Pokhrel, Prabesh Dhungana, Bibek Mohan Bhattarai, Diggaj Gautam, Aayush Kumar Yadav, Sisir Paudel, Nirmal Dhungel, Laxu Adhikari, Ujjwal Rana, Ayush Gurung **4th Row (Left to Right):** Prabin Thapa, Anuj Paudel, Raj Kumar Shah (Teli), Rehaan Gurung, Khamsung Nhorgya Gurung, Priyash Gurung, Prasanna Thapa, Sanjan Gurung, Nishrit Baral, Shrijal Baniya, Ayush Sainju

Class Teacher: Radhika Acharya

Asst. Class Teacher: Megsari Gurung

5B



1st Row (Left to Right): Saurav Banstola, Pratik Bhusal, Sudip Rokaya, Saral Bajimaya, Siddhartha Gurung, Ayush Gurung, Padmanav parajuli, Sulav Bajimaya **2nd Row (Left to Right):** Rija Gautam, Yogyata Basnet, Venessa Gurung, Dikshya Aryal, Anuja Gautam, Abhipsa Buddhacharya, Rojina Lamichhane, Prasuna Dev, Arya Mishra, Suraksha Adhikari **3rd Row (Left to Right):** Parbat Pariyar, Mijas Mulmi, Aayush Poudel, Sashant Shrestha, Aarin Shrestha, Ashish Rauniyar, Bishnu Sapkota, Manish Pun, Sushant Pudel, Prakash Pant, Ankit Gurung **4th Row (Left to Right):** Udam Bahadur Ghale, Nirwan Ligal, Minisha Bhujel, Chrispee Gurung, Snerika Thakali, Apekchhya Shrestha, Aashika Poudel, Bidit Paudel, Adarsha Chhetri

Asst. Class Teacher: Sabita Lamsal

Class Teacher: Khadak Raj Adhikari

5C



1st Row (Left to Right): Amrit Bhandari, Diggaj Poudel, Abhishek Subedi, Sandesh Poudel, Subash Chhetri, Siddhartha Gurung, Abiskar Gurung, Sudip Sharma **2nd Row (Left to Right):** Bidhya Karki, Salina Bhandari, Sofi Shrestha, Nisha Chhetri, Sabina Karki, Diya Nepali, Ayushma Tiwari, Kriti Lamichhane, Sneha Adhikari, Aaryashree Poudel **3rd Row (Left to Right):** Sushan Tamang, Atit Chhetri, Siddhant Gurung, Prabeg Basnet, Gautam Gurung, Prasanna Adhikari, Suhit Ale, Bishesh Jung Kunwar, Anil Prasad Poudel, Birendra Bhusal, Aashish Sapkota. **4th Row (Left to Right):** Sakchyam K.C., Nishan Baral, Azar Gurung, Krishna Poudel, Kusum G.C., Jharana Pun, Namrata Pandey, Deepjwal Thapa, Nispal Thapa, Kamlesh Nepali, Sambhav Pyakurel.

Asst. Class Teacher: Ganesh Bahadur Kunwar

Class Teacher: Kabita Baral

6A



1st Row (Left to Right): Prasamsha Shrestha, Dikshya Lamichhane, Samichhya Tiwari, Aayushma Kafle, Neelam Devkota, Pairavee Kiran Bhattarai, Ayushma Gautam, Salini Yadav **2nd Row (Left to Right):** Samarpan Mani Gautam, Shoviyat Chapagain, Sampada Gautam, Ayusha Shrestha, Sweta Sharma, Menaka Bhujel, Monika Chhetri, Sneha Sharma, Ashok Kumar Mahato, Prajwal Bikram K.C. **3rd Row (Left to Right):** Adhip Pandey, Jenish Poudel, Dipesh Adhikari, Baradan Parajuli, Ashwin Bastola, Abhisek Sapkota, Subash Gurung, Abinav Bahadur Koirala, Siddhant Adhikari, Madhav Pathak, Aabiskar Adhikari **4th Row (Left to Right):** Neerupan Lalchan, Aditya Dwa, Suyash Koirala, Susmit Karki, Abhay Thapa, Saurav Poudel, Kritan Thapa, Aayushman Ranjit, Anish Basyal, Sanjog Gurung

Class Teacher: Keshab Upadhyay

Asst. Class Teacher: Deepak Raj Adhikari

6B



1st Row (Left to Right): Babita Bhandari, Anu Pipla, Isha Chhetri, Anjali K.C., Aditi Adhikari, Shruti Karki, Hridayika Gurung, Krishala Dhungana **2nd Row (Left to Right):** Siddhant K.C., Suresh Acharya, Ashim Tulachan, Bishesh Thapa, Sanskriti Paneru, Ishneha Hirachan, Monika Thapa, Protsahan Hamal, Saugat Sherchan, Swaroop Gurung **3rd Row (Left to Right):** Bimal Mani Lamichhane, Safal Acharya, Bibash Thapa, Omkar Gurung, Arvind Acharya, Anim Malla, Ayush Pun, Saleep Shrestha, Lukesh Dhakal, Aman Singh, Sachin Pokhrel **4th Row (Left to Right):** Abiral Shrestha, Samrat Adhikari, Kritan Raj Lamichhane, Rahul Nepali, Sanjeel Gurung, Arjun Kharel, Ayush Gurung, Saugat Acharya, Bibek Poudel.

Class Teacher: Anajana Baral

Asst. Class Teacher: Suresh Lamsal



1st Row (Left to Right): Manju Pun, Nayanika Jamarkattel, Divya Pandey, Anju Sharma, Satkriti Bhandari, Tanvi Bajimaya, Birangana Khatri, Jeny Basnet **2nd Row (Left to Right):** Prabesh Thapa, Shishir Poudel, Abhiyan Poudel, Swaroop Makajoo, Aryan Acharya, Sumit Adhikari, Dibesh Ranabhat, Suddhat Man Buddhacharya, Britant Shrestha, Biswas B Poudel. **3rd Row (Left to Right):** Ayush Koirala, Subash Subedi, Kaurav Subedi, Samyog Shrestha, Saksham Mulmi, Diwash Thapa, Shishir Baral, Diwash Adhikari, Sovit Bhandari, Pranish K.C., Kushal Pokhrel **4th Row (Left to Right):** Manish B.K., Kailash Pariyar, Bikalpa Thakali, Ashrant Pahari, Safalta Adhikari, Sneha Panta, Namuna Bastola, Anuska Baniya, Saugat Ranabhat, Reejal Mally, Bobur Poudel

Class Teacher: Mohan Prasad Gurung

Asst. Class Teacher: Sony Thapa



1st Row (Left to Right): Susan Baral, Abbal Baral, Sabin Gautam, Hriday Pandit, Saurab Timilsina, Jenish Gurung, Awan Poudel, Raman Yadav **2nd Row (Left to Right):** Supriya Koirala, Prisma Sharma, Shrenika Sherchan, Subigya Baral, Deepshikha Gurung, Amisha Karki, Smriti Rana, Aarati Dhungana, Rojita patani, Sadikshya Adhikari **3rd Row (Left to Right):** Asmita Purja, Deepti Gurung, Himani K.C., Agrim Sigdel, Madhu Sudan Poudel, Anish B.K., Johnson Subedi, Sijan Bahadur Chhetri, Pratikshya Rai, Purnima Lamichhane, Samikshya Baniya **4th Row (Left to Right):** Anup Gurung, Aadarsha Yadav, Sankalpa Dahal, Poojan Thapa, Sujal Malla, Biplab Kunwar, Aabhan Shrestha, Prajol Bom Bhandari, Aatithya Bhandari, Asim Sapkota, Agrim Uchai

Asst. Class Teacher: Kedar Prasad Dhakal

Class Teacher: Prabin Nepali



1st Row (Left to Right): Dipson Shrestha, Sanket Karki, Dipesh Dhakal, Roshan Shahi, Utsav Adhikari, Sworup Bhandari, Rishav Raj Regmi, Alok Kumar Shah, Gaurav Bhandari, Shreyash Sherchan **2nd Row (Left to Right):** Subina Chhetri, Aayushka Shahi, Monika Gautam, Aayusha Adhikari, Sarugya Koirala, Njusha Amgain, Kristina Gurung, Pratikshya Panthee **3rd Row (Left to Right):** Samrat Acharya, Sophiya Gurung, Aditee Gurung, Saakshi Dahal, Aakriti Baniya, Swastika Chapagain, Kritika Poudel, Shreeya Baniya, Zenisha Thapa, Shiwani Sharma, Aayushka Shreemal **4th Row (Left to Right):** Bishwash Poudel, Siddhartha Gautam, Vinayak Varal, Bibek Thapa, Shailendra Poudel, Darpan Subedi, Glimpse Pandey, Ashim Giri, Pradip Gurung, Nischal Rasaili, Yogesh Bhandari, Avishkar Rawal

Asst. Class Teacher: Basanti Tamang

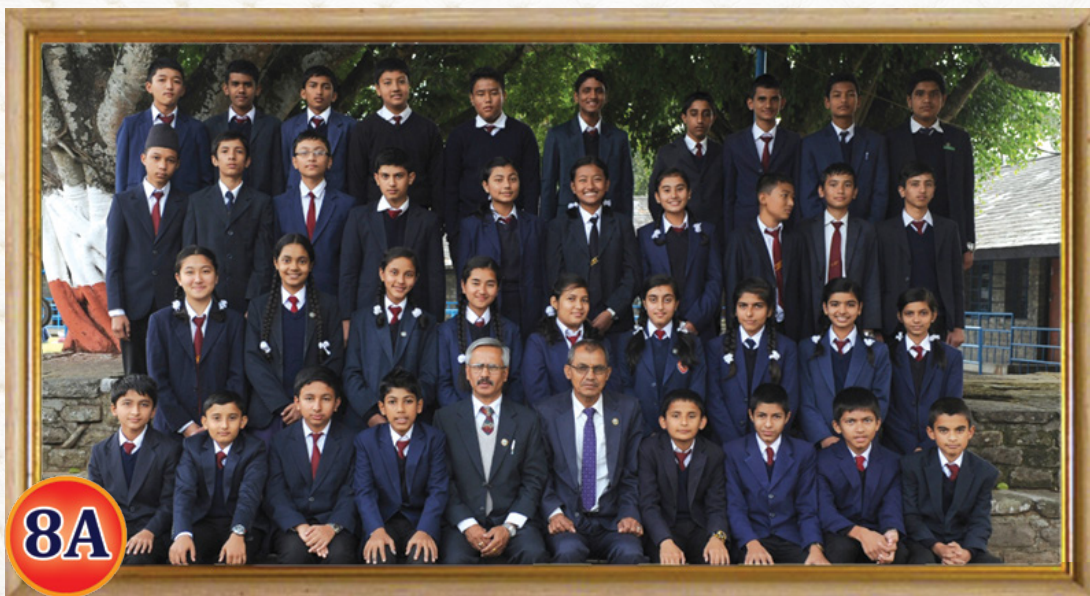
Class Teacher: Raj Kumar Dhakal



1st Row (Left to Right): Abiral Thapa, Bishwash Poudel, Dipesh Timilsina, Mukunda Baral, Priyanshu Das, Aayush Parajuli, Sishir Raj Bastakoti, Aryan Thapa **2nd Row (Left to Right):** Sanju Thapa, Amisha Adhikari, Preeti Gurung, Surakshya Gautam, Mansun Adhikari, Tia Bishwakarma, Rebecca Subedi, Jharana Thapa, Roshani Yadav, Shila Midun Magar **3rd Row (Left to Right):** Pujan Pandey, Bijay Timilsina, Manisha Adhikari, Samina Rana, Manashi Adhikari, Binu Bhandari, Sampada Sharma, Ashma Gurung, Aastha yogi, Ramun Shrestha, Ronit Gurung **4th Row (Left to Right):** Saroj Baral, Samin Nepali, Ananta Adhikari, Dipesh Shah, Abhishek Bhujel, Pratik Adhikari, Sulav Shilpakar, Ramir Gurung, Sworaj Sigdel, Sagar Rokka Magar, Anurag Baniya

Class Teacher: Bhim Prasad Sapkota

Asst. Class Teacher: Tuka Subedi



1st Row (Left to Right): Suman Pokhrel, Siddharth Pudasaini, Nischal Baral, Aaviskar Gautam, Sandeep Rimal, Sudarshan Regmi, Sanjiv Pahari, Anish Sharma **2nd Row (Left to Right):** Aakriti Gurung, Kirtee Kandel, Bhumika Thapa, Pabitra Nepali, Maunata Basnet, Aanvi Neupane, Surakshya Panthi, Sandhya Poudel, Arpana Dhakal
3rd Row (Left to Right): Saugat K.C., Sajan Khatri, Kebin Malla, Agrim Gautam, Inisha Pandey, Shreya Gauchan, Anima Lamichhane, Chetan Phakami Pun, Srijan Poudel, Binod Acharya **4th Row (Left to Right):** Image Gurung, Sauran Sahaj Ramtel, Saroj Baral, Yash Palikhe, Ashim Gurung, Shuvam Yadav, Biswas Poudel, Sajal Regmi, Bishal Shrestha, Sujal Pokhrel

Class Teacher: Ram Prasad Lamichhane

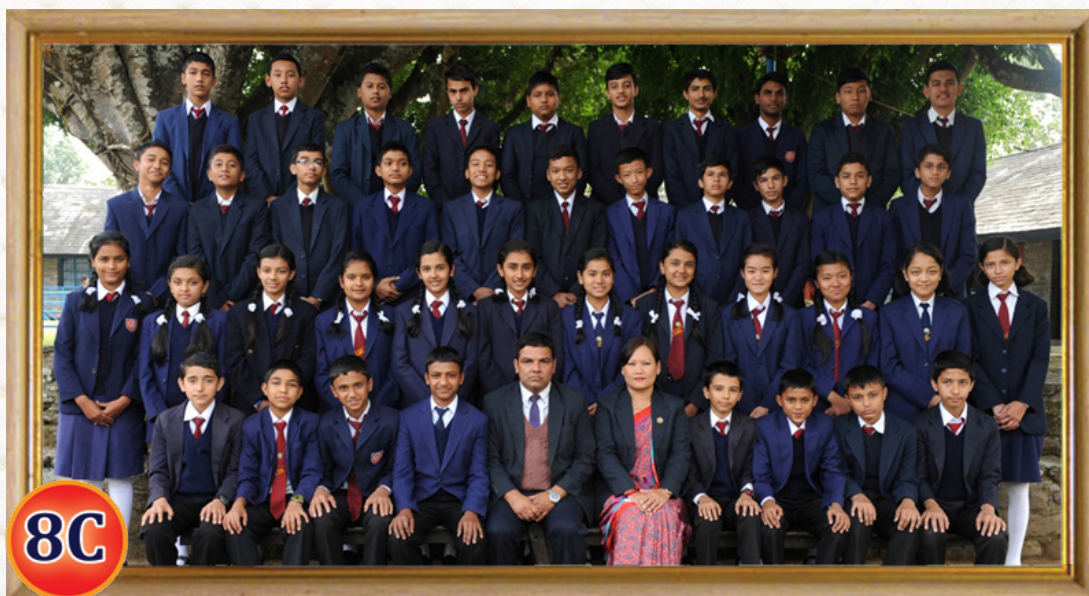
Asst. Class Teacher: Bhim Bahadur Gurung



1st Row (Left to Right): Madhav Pandey, Krishna Hari Pahari, Nitesh Raj Baral, Prastut Poudel, Nischal Khadka, Sudip Ojha, Sushant Poudel, Mandip Subedi **2nd Row (Left to Right):** Swastika Khadka, Prasamsha Thapa, Samikshya Adhikari, Sabita Bastola, Madhavi Gurung, Kripa Shrestha, Prejika Thapa, Astha Kafle, Janaki Kumari Pun, Binita Phagami Magar **3rd Row (Left to Right):** Binit Karki, Kushal Subedi, Krishna Rijal, Amisha Gurung, Aastha Karki, Greshma Pun, Pratibimba Gurung, Prakriti Thapa, Abhisekh Poudel, Ashish Gurung, Kapil Karki
4th Row (Left to Right): Manoj Bhusal, Bhageerath Khadka, Prabin Bagale, Sabin Thapa, Sanav Shahi, Saugat Rijal, Swachhal Sapkota, Subrid Hirachan, Rajan Rimal, Anish Jung Subedi, Sujan Devkota

Class Teacher: Sabitri Kumari Sharma

Asst. Class Teacher: Man Bahadur Thapa



1st Row (Left to Right): Nishan Thapa, Jivan Acharya, Adheesh Tiwari, Bishal Sharma, Saurav Dhakal, Sabin Koirala, Manush Poudel **2nd Row (Left to Right):** Niruta Nepali, Aayusha Bhandari, Ayushma Adhikari, Sadichhha Duwadi, Sadeekshya Bhattacharai, Surabhi Chapagain, Sandipa Nepali, Priza Sigdel, Smriti Gurung, Cristina Gurung, Selene Mulmi, Roshni Poudel **3rd Row (Left to Right):** Krishna Shrestha, Anurag Bhattacharai, Ujjwal Poudel, Prihan Rawal, Pranshu Man Bijukchhe, Nitant Thapa, Dipesh Ghimire, Sameer Singh Thapa, Saubhagya Shrestha, Sameer Adhikari **4th Row (Left to Right):** Nirvik Shrestha, Jason Gurung, Abhisek Dhakal, Ramesh Poudel, Yeshu Shahi, Akash Thapa, Dinesh Adhikari, Niranjan Kumar Saraf, Promish Gurung, Mohan Bikram K.C.

Asst. Class Teacher: Bishwo Raj Adhikari

Class Teacher: Shakuntala Gurung



1st Row (Left to Right): Sulav Karki, Anupam Adhikari, Sagun Devkota, Sabin Dhungana, Ujjwal Kumar Gupta, Mohammad Imtiyaz **2nd Row (Left to Right):** Yojana Ranabhat, Rasmita Sapkota, Pragati Wagle, Surakshya Baral, Ranjana K.C., Luna Sapkota, Usha Dhakal, Dilasha Karki, Sushma Gurung, Chhanya Thapa, Mirmitta Khatri **3rd Row (Left to Right):** Gaurab Poudel, Ankit Paudyal, Hrishav Khadka, Sijal Shrestha, Saugat K.C., Adharsha Pandey, Utsav Jung Thapa, Roshan Dhakal, Safal G.C., Sushant Raj Shahi, Pranap Pajja **4th Row (Left to Right):** Pulkit Pun, Aryan Parajuli, Satkar Adhikari, Jwolanta Gurung, Rajiv Gurung, Sagar Bastola, Yogesh Dhaungana, Sonit Man Buddhacharya, Sujana Bhandari, Bimochan Khanal, Sankalpa Jung Pandey, Srijan Shrestha

Asst. Class Teacher: Shree Ram Adhikari

Class Teacher: Ravi Sunar



1st Row (Left to Right): Sangya Koirala, Melisha Koirala, Smriti Acharya, Soniya Bastola, Riya Palikhe, Smriti Adhikari **2nd Row (Left to Right):** Nisha Dhungel, Payal Gurung, Sauravi Shree Adhikari, Anu Pun, Nikita Nepal, Smriti Kaphle, Usha Chalise, Aakriti Bhattarai, Apsara Mukhiya **3rd Row (Left to Right):** Bishesh Kafle, Anup Raj Rijal, Sameer Timilsina, Adit Acharya, Aaditya Bastola, Saroj Acharya, Sachin Shahi, Pushpin Baral, Binaya Lamichhane, Rojan Shrestha, Darshan Man Buddhacharya **4th Row (Left to Right):** Suman Poudel, Abhisek Pandey, Smaran Gurung, Ashray Baral, Anmol Sapkota, Rishav Shrestha, Kshitiz Pokhrel, Asim Poudel, Aashish Adhikari, Nirman Bikram Gaire, Grishma Raj Bastakoti

Asst. Class Teacher: Yagya Raj Sharma

Class Teacher: Sthir Babu Subedi



1st Row (Left to Right): Yougen Gurung, Bibek Paudel, Nischal Poudel, Sandesh Bhandari, Arpit Baral, Prabidhik K.C. **2nd Row (Left to Right):** Prajita Baniya, Sanskriti Chapagain, Annapurna Bastola, Yamuna Rana, Nishma Adhikari, Enika Oli, Sabnam Subedi, Smriti Khadka, Aaisha Thapa, Sarishma Adhikari **3rd Row (Left to Right):** Smriti Adhikari, Amisha Yadav, Ashmin Poudel, Saugat Subedi, Barun Adhikari, Simanta Pandey, Abhishek Adhikari, Ashik Acharya, Bisrab Thapa, Chanda Poudel, Medha Malla **4th Row (Left to Right):** Shivam KC, Swagat Malla, Bikal Bhandari, Aayush Subedi, Nabin Poudel, Mandip Baniya, Prabin Tamang, Susman Gurung, Kailash Baral, Jitendra Gurung, Bikash Kumar Sah, Aayush Lalchan

Class Teacher: Krishna Bahadur Thapa

Asst. Class Teacher: Surya Bahadur Gurung



1st Row (Left to Right): Hardik Shrestha, Ashsih Pun Magar, Krish Gurung, Anurag Kunwar, Nitesh Kushawaha, Sushil Sharma **2nd Row (Left to Right):** Swastika Lamichhane, Namuna Rasaili, Sapana Baral, Preeti Thapa, Swastika Paudel, Durga B.K., Bhawana Kunwar, Isha Mishra, Riya Adhikari, Prasamsa Hamal, Phenjo Aangmo Gurung **3rd Row (Left to Right):** Anuja Sharma, Jyonus Gurung, Surag Baral, Sumit Gurung, Srijan lamsal, Bishal Gayak, Sandesh Thapa, Mukesh Yadav, Sambar Dhakal, Aashirbad Timilsina, Ashojonik Bikram Shahi, Sajina Bhandari **4th Row (Left to Right):** Pratik Poudel, Amulya Gurung, Saugat Gurung, Satsang Shrestha, Prashant Rabee Shrestha, Suraj Gurung, Bigyan Bikram Bista, Anup Adhikari, Saaransh Raj Jojiju, Purav Shrestha, Biraj Karki, Aryan Tajhya

Asst. Class Teacher: Matrika Prasad Baral

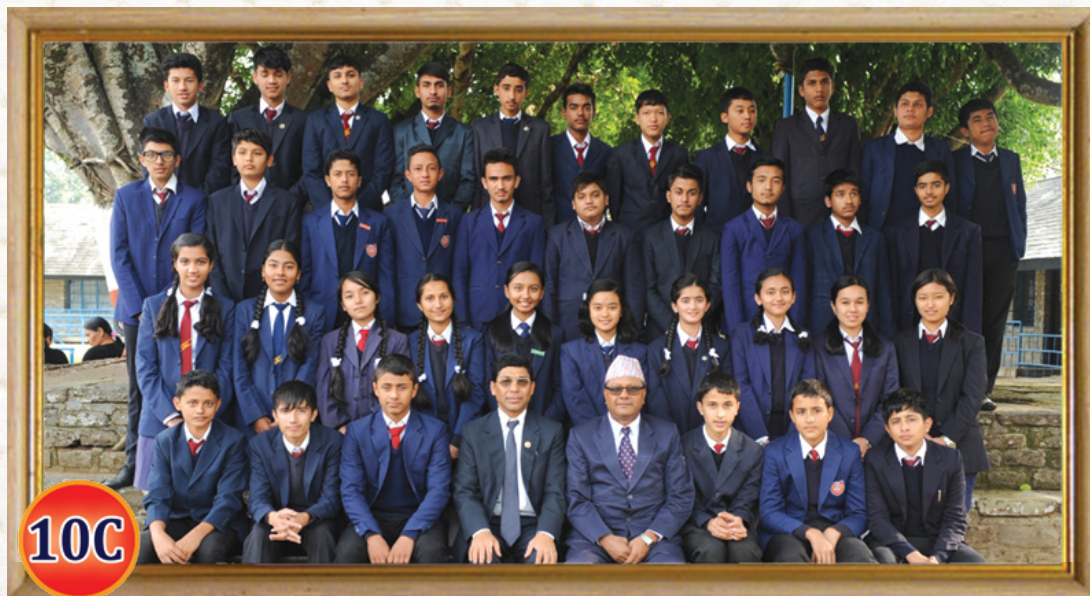
Class Teacher: Gajendra Basnet



1st Row (Left to Right): Sony K.C., Sabigya Pokharel, Dikshya K.C., Anushka Parajuli, Prashamsa Thapa, Crishma Pun, Swekchya Makajoo, Anisha Dhakal, Dipa Bhattarai **2nd Row (Left to Right):** Rojit Bajimaya, Apekshya Acharya, Jeny Rai, Shreyanka Acharya, Sofiya Sharma, Prakriti Baral, Sudip Chhetri **3rd Row (Left to Right):** Swopnil Parajuli, Riden Baral, Suman Darji, Sandesh Chhetri, Abisekh Basyal, Sanjay Timilsena, Dixit Timilsina, Abinash Khadka, Gaurab Baral, Bishop Basnet **4th Row (Left to Right):** Bikal Bhujel, Manish Bohara, Dikshit Parajuli, Sankalpa Thapa, Mandeep Gurung, Avash Palikhe, Sajan Poudel, Kritim Rijal, Swikrit Subedi, Bikram Adhikari, Bishwas Gurung

Asst. Class Teacher: Tika Ram Neupane

Class Teacher: Sujan Lamsal



1st Row (Left to Right): Pratik Bhandari, Sangam Pokhrel, Adhip Tiwari, Suman Sigdel, Sushant Tripathi, Hemanta Parajuli **2nd Row (Left to Right):** Kiran Poudel, Bandana Khatri, Samriddhi Gurung, Ashmita Adhikari, Prasamsa Bajracharya, Pratima Gurung, Rakshya Sapkota, Samikshya Adhikari, Srinka Malla, Supriya Gurung **3rd Row (Left to Right):** Ashbin Koirala, Saksham Thapa, Manish Banjara, Saroj Shilpakar, Shirish Basnet, Ishwor Bastola, Milan Baral, Arjan Ojha, Subash Lamichhane, Sanjay Poudel **4th Row (Left to Right):** Ishan Shrestha, Bibudh Dwa, Diwakar Bastola, Dinesh Subarnakar, Pranir Poudel, Sabal Ranabhat, Amrit Tilija, Anukul Gurung, Sandesh Pokhrel, Sandesh Thapa, Sachin Gurung

Class Teacher: Santa Bahadur V.K.

Asst. Class Teacher: Ganesh Bahadur Thapa



1st Row (Left to Right): Samskriti Subedi, Sudha Singh Bhandari, Mandira Khadka, Dipti Ghimire, Diplove Thapa Magar, Sandhya Acharya, Shreya Sharma **2nd Row (Left to Right):** Namuna Chapagain, Sabita Bastola, Sandhya Bhandari, Namuna Ghimire, Deepika Baral, Anupriya Koirala, Asmita Dhakal, Pooja Thapa, Tika Midun, Susmita Parajuli **3rd Row (Left to Right):** Samip Raj Poudel, Sachit Baral, Mukti Prasad Gurung, Pragyan Shrestha, Saurav Aryal, Manish Raj Timilsina, Barun Dhakal, Pradum Adhikari, Amit Parajuli **4th Row (Left to Right):** Samrat Subedi, Ashok Gurung, Asheem Baral, Roshan Raj Regmi, Prashish Gurung, Nishan Baral, Prashant Pandey, Dibesh Bahadur Basnet, Prawesh Mohan Bhattarai

Class Teacher: Buddhi Bahadur Adhikari

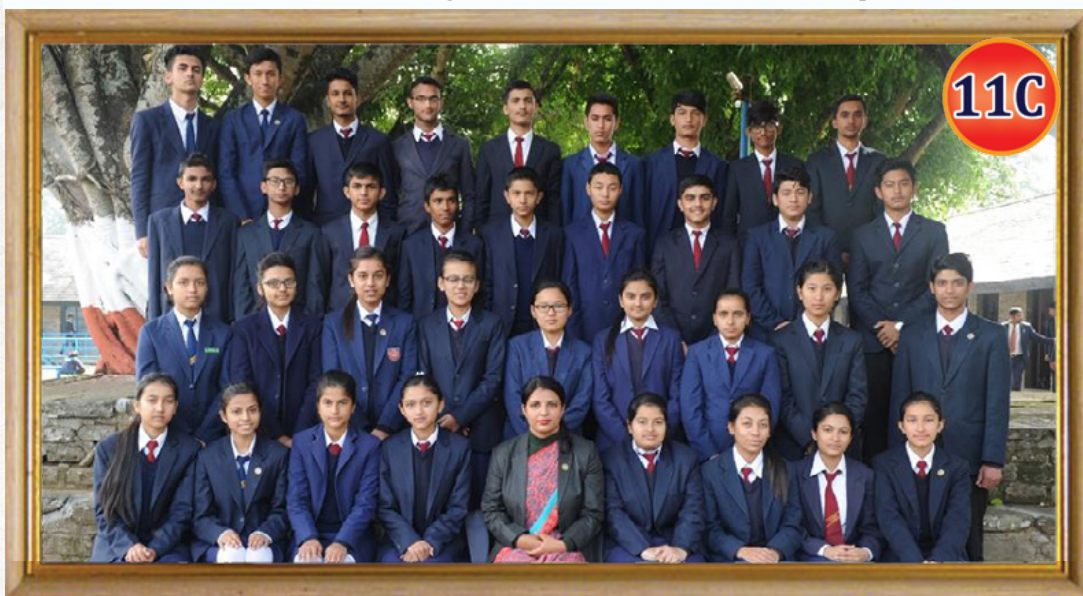
Asst. Class Teacher: Dharma Raj Koirala



1st Row (Left to Right): Amrisha Chaurasia, Richa Shrestha, Asmita Rijal, Sapana Gurung, Asmita Poudel, Sajani Kunwar, Manila Aryal **2nd Row (Left to Right):** Santosh Subedi, Arati Thapa, Prabina Rana, Utsabi Thapa, Ojaswi Pokhrel, Shreya Parajuli, Nisha Khadka, Anu Pun, Anisa Gurung, Rabinson Rai **3rd Row (Left to Right):** Chetan Tilija, Sujan Subedi, Mandeep Tiwari, Bishnu Nepali, Anuj Adhikari, Saroj Aryal, Bikash Jaiswal, Sanjib Bastola, Ashish Gautam, Ashish Poudel **4th Row (Left to Right):** Bikal Bhujel, Saugat Dhakal, Prashant Mani Paudel, Subodh Poudel, Ritish Thakali, Umanga Kamal Poudel, Pratyush Poudel, Adarsha Kumar Gupta

Class Teacher: Krishna Prasad Dhungana

Asst. Class Teacher: Jhapindra Adhikari



1st Row (Left to Right): Alina Timilsina, Sarita Rimal, Dipisha Gautam, Merina Gahatraj, Aafrin Banu, Garima Thapa, Sadikshya Bhattarai, Binita Karki **2nd Row (Left to Right):** Srishti Poudel, Saru Sharma, Samrina Sigdel, Prerana Shrestha, Ena Gurung, Smriti Sharma, Aakriti Lamichhane, Aswini Gurung, Anushil Upreti **3rd Row (Left to Right):** Saroj Khanal, Prajwol Joshi, Prashanna Shankar Poudel, Bipin Panthi, Diwas K.C., Bikal Raj Gurung, Aashish Regmi, Rohan Batajoo, Nishant Rabee Shrestha **4th Row (Left to Right):** Nirman Thapa, Rahul Thapa, Sujit Sharma, Uttam Kumar Mishra, Manish Upreti, Rabindra C.K., Bigyan Karki, Sanjay Sharma, Nawaraj Regmi

Class Teacher: Ambika Paudel

Asst. Class Teacher: Mahesh Pahari



1st Row (Left to Right): Sleshma Gautam, Samiksha Neupane, Sony Shrestha, Pratibha Sapkota, Bijaya Subedi, Shivangi Singh Bhandari, Sadikshya Pokhrel, Aishwarya Bhari **2nd Row (Left to Right):** Erica Lama, Pabita Kshetri, Samita Sapkota, Isha Acharya, Nikita Parajuli, Swikriti Subedi, Elisha Yadav, Archana Shrestha **3rd Row (Left to Right):** Vijay Shrees, Sarad Parajuli, Devraj Bhattarai, Shishir Aryal, Mahesh Bahadur Sunar, Sashank Bhattarai, Abinash Koirala, Alok Thapa, Sweekar B.K., Subarna Subedi **4th Row (Left to Right):** Tarun Timilsina, Sameep Timilsina, Asim Pandey, Ankit Poudel, Gyanendra Khadka, Amit Sharma Poudel, Ajay Baniya, Subarna Paudel

Class Teacher: Babu Ram Sankhi

Asst. Class Teacher: Nani Maya Poudel



1st Row (Left to Right): Kajal Pun, Laxmi Bhusal, Bishnu Gurung, Asmita Bishwokarma, Aaradhana Pokhrel, Susmita Ghimire, Srijana Acharya, Garima Lamichhane **2nd Row (Left to Right):** Rima Thapa, Aashna Batajoo, Sanju B.K., Asmita Thapa, Manisha Gurung, Anuradha Chaudhary, Anupa Tiwari, Anjela Dahal **3rd Row (Left to Right):** Bishal Neupane, Sunil Poudel, Robins Gautam, Sunil Shrestha, Saksham Gurung, Suman Pariyar, Scrip Raja Shrestha, Saugat Dhamala, Aashish Mulmi **4th Row (Left to Right):** Sabin Ghimire, Apil Sapkota, Sundar Lamichhane, Joel Pun, Prabesh Chhetri, Sandip Bhandari, Sangam Wagle, Samrat Gayak, Saugat Shrestha

Class Teacher: Shekhar Subedi

Asst. Class Teacher: Dil Shova Gurung

12C



1st Row (Left to Right): Prashrit Sapkota, Sandesh Pandey, Rajan Subedi, Monica Subedi, Akriti Thapa, Bibek Bhujel, Ram Bahadur Thapa, Asim Poudel **2nd Row (Left to Right):** Sushil Lohani, Siddharth Gurung, Anish pariyar, SagarShrestha, Samrat Gurung, Niraj Baral, Prajwal Sharma, Ashish B.K., Umesh Pun, Raj Kumar Jaisi **3rd Row (Left to Right):** Abishek Aryal, Mahendra Poudel, Bikalpa Adhikari, Sumit Shrestha, Roshan Rimal, Binay Parajuli, Niraj Tamang, Shishir Gurung, Akash Kandel, Pujan Gautam **4th Row (Left to Right):** Prakash Man Basnet, Udip Parajuli, Mukunda Adhikari, Prashant Dhoju, Nishan Neupane, Nishan Poudel, Steven Gurung, Prakash Thapa Chhetri, Bibek Gurung, Ananta Bastola

Class Teacher: Surya Narayan Khanal

Asst. Class Teacher: Ravi Karki

AS



1st Row (Left to Right): Taranath Ranabhat, Prithivi Gurung, Anushruti Koirala, Sabi Shrestha, Sushant Karki, Anjan Tiwari **2nd Row (Left to Right):** Sameer Baniya, Mabin Dahal, Sandeep K.C., Manish Gurung Bipin Subedi, Sandesh Ranbhat, Nischal Shrestha, Pradeep Timilsina, Birat Thapa **3rd Row (Left to Right):** Bishal Lamichhane, Willson Basyal, Suraj Giri, Sunil Ranabhat, Sudip K.C., Dev Raj Kandel, Sudeep Ranabhat

Class Teacher: Krishna Prasad Adhikari

Asst. Class Teacher: Dayaram Gumanju



1st Row (Left to Right): Soniya Bhujel, Alisha Basnet, Simran Sapkota, Sahil K.C., Shreya Baniya, Roshni Subba, Jonita Pun Magar, Rashmi Roka Magar **2nd Row (Left to Right):** Dipson Bhandari, Anish Karki, Milan Poudel, Baivab Basnet, Sujan Ale, Sudip Thapa, Misson Nepali, Abin Bhochhibhoya
Class Teacher: Bharat Poudel **Asst. Class Teacher: Nabin Bandhu Koirala**

मेरो प्यारो गण्डकी

मेरो विद्यालय हो गण्डकी
उत्पादन गर्छ यसले राम्रा राम्रा मोती
छरेर सधैं ज्ञानरूपी ज्योति
बढ्दै जाओस् सधैं यसको सन्देशमूलक गति

गर्व छ मलाई भएकोमा यहाँको विद्यार्थी
बढौं अग्रसर नाम राख्नलाई साथी
रोबोट स्कुल हो यो वैज्ञानिक जन्माउने
असल, कर्मशील योद्धा देशको लागि चाहिने

गण्डकी हो हाम्रो शान
त्यसैले राख्नुपर्छ यसको मान
बनी ज्ञानीगुणी अनुशासित विद्यार्थी
प्रयत्न गरौं देशको नाम राख्नलाई साथी

आयुषा अधिकारी, द'क'

भैंसी : कालो सुन

सेतो छ दुध मेरो
रङ्ग कालो पाए पनि
पोषिलो दुध दिने गर्छु
घाँस, पराल खाए पनि ।
पाल्छन् मलाई दुधको लागि
लिन्छन् मासु र काम समेत
सन्तुष्ट छु विक्री हुँदा
र, मालिकले पाउँछ दाम समेत ॥

मलाई हेला नगर
र, कृपया माया गर
प्रोटीन, एस.एन.एफ. र फ्याट भएको
पोषिलो मेरो दुधलाई हेर ।

बिन्ती छ मेरो बिन्ती छ
मलाई अबै सुधार गर
निखर कालो सुन हुँ म
यो सत्यलाई विचार गर ॥

सुमन पोखेल, ९'क'

GCES SECTION

Members of the Academic and Administrative Personnel 2072 (2015/16)

Mr. Rabi Prasad Baral	Principal
Mr. Ashok Raj Parajuli	Vice Principal
Mr. Krishna Bdr Thapa	Administrative Officer
Mr. Sanjay Niroula	System Administrator /Lecturer
Er. Sujan Tamrakar	Lecturer, Project Head
Er. Dilip K Shrestha	Lecturer
Er. Mahesh Shakya	Lecturer
Er. Rajendra Thapa	Lecturer
Er. Amrit Dahal	Lecturer, Project Coordinator, ICT in Education
Er. Bidur Devkota	Lecturer-Parttime
Er. Ramesh Thapa	Lecturer-Parttime
Mr. Hit Kaji Gurung	Lecturer-Parttime
Mr. Parash Bhandari	Lecturer-Parttime
Mr. Shreeram Adhikari	Lecturer-Parttime
Er. Hari K C	Lecturer-Parttime
Mr. Krishna Dhungana	Lecturer-Parttime
Mr. Santosh Karki	Lecturer-Parttime
Er. Sunil Dahal	Lecturer-Parttime
Mr. Krishna Psd. Adhikari	Lecturer-Parttime
Mr. Bharat Koirala	Lecturer-Parttime
Mr. Kishor Bhandari	Lecturer-Parttime
Mr. Ekendra Lamsal	Lecturer-Parttime
Mr. Ram Chandra Acharya	Study Leave
Mrs. Rukmina Pageni	Secretary
Mrs. Shobha K. C.	Librarian
Mr. Surya Thapa	Lab Assistant
Mr. Phadindra Paudel	Assistant
Mr. Kamal Bagale	Assistant



GCES Personnel



First Year



Second Year



Third Year



Fourth Year



**Vice Principal with Felicited Software Engineers on the occasion of
Convocation Ceremony in Pokhara University**



College Startups, 5 Things We Should Focus on

Dudhraj Parajuli
5th Semester, GCES

First of all, what is startup? Startup is an entrepreneurial venture or a new business in the form of a company. The essence of startups is generally related to the concepts of ambition, innovation, scalability, and growth. But according to Dave McClure, an angel investor who has already invested in more than 500 startups, a 'startup' is a company that is confused about - 1. What its product is 2. Who its customers are 3. How to make money?

Observing the trend and mentality of students who are currently in the technical field like software engineering is to work on a concept and run a successful business on that. This trend and mindset is fueled by the success stories that we keep on hearing almost every day. It's obvious that failure stories rarely get space in our life. But it's true that only few stories are shared extravagantly.

If we want our startup story to be shared as a success story, we should focus on few things.

1. **Team:** "You don't need to have a 100-person company to develop that idea."- Larry Page. Of Course we need not have a team of hundreds but we need a team of self motivated, energetic people who can support, share and guide you through ups and downs.
2. **Ideas:** "It's not about ideas. It's about making ideas happen."- Scott Branson. Now it's all about what you will be doing. Your idea, concept, product whatsoever.
3. **Business Model:** "Startups don't win

by attacking. They win by transcending. There are exceptions, of course, but usually the way to win is to race ahead, not to stop and fight.- Paul Graham. Don't go chasing waterfalls. It's easy to get caught up chasing competitor taillights but focus on how you are going to be different while solving true pain and the rest will come.

4. **Funding:** It's almost impossible to manage perfect resource for seamless working. Either hiring a qualified team member or managing basic needs for team, without more or less fund, startup's journey may or may not reach the destination.
5. **Timing:** "If you are not embarrassed by the first version of your product, you've launched too late."- Reid Hoffman. Basically, startups are simple concepts turned into business. If that simple concept is not launched or the decision is not taken in perfect time then it's worthless.

But no one cares unless you can deliver what you have so you need a great communication skill. Either you are sharing ideas with your team mates or convincing your investors or clients, all you need is to communicate. Besides that, you need patience. "Don't worry about failure, you only have to be right once." - Drew Houston. You should adapt to the environmental changes because markets come and go. Good businesses don't. Try to be in field. Learn about the market, your customer's need and interact with them. It is the only way you learn.

Reminiscence



Days pass by somehow.
But nights now are a wagon of pain.
Injuries may heal with time.
But marks will always remain,
Restless on my comfortable bed!
I toss and turn, trying to sleep.
But thoughts are bulking my head,
And have formed a huge heap.
Past is flagship its scorching light beams
Tearing and breaking me apart.
Darkness of life is more visible in dark.
And now I am trying to give it a voice,
Trying to speak my heart.

Kamala Baral,
BESE 1st Semester

SMILE



After the mighty days
Finally,
I witnessed some light.
Then I left the ground beneath my feet
And happiness made it to some height
Together with the edge of your lips
My spirit was lifted
And when the light came to me,
I was gifted with your smile.

Sandeep Bhandari,
BESE 3rd Year

Social Human Psychology

Swoichha Adhikari
BESE 1st Year



In Psychology social psychology is the scientific study of how people's thoughts, feelings and behavior are influenced by the actual, imagined or implied presence of others. The terms like thoughts, feelings and behavior include all psychological variables that are measurable in a human being. Social psychologists typically explain human behaviour as a result of the interaction of mental states and immediate social situations.

Social psychologists, therefore, deal with the factors, lead us to behave in a given way in the presence of others, and look at the conditions under which certain behaviour or actions and feelings occur. Social psychology is concerned with the way these feelings, thoughts, beliefs, intentions and goals are constructed and how such psychological factors, in turn, influence our interactions with others. For example, how we react differently to same thing depending upon the circumstances, people around us and mostly upon who is saying it.



Er. Hari K.C.
Lecturer, GCES

E-Waste Management

INTRODUCTION:

Life is becoming trendy and easy. This is due to the evolution of Information technology. During the last twenty years, IT and electronics market is continuously growing, while the life period of e-products are becoming shorter and shorter. Advancement in IT and increment in the number of Electronics manufacturing company has drastically changed the lifestyle of human race. Every year people purchase new and new e-products ranging from mobile chargers to smart LED TV. People are busy managing their life with these e-products but they are not aware of the problems that arise due to the mismanagement of those products. After the useful period of e-products is over, they are thrown out carelessly or dumped. The challenge is to manage those e-products.

It is obvious that new technology brings new challenges. To manage e-waste is also a challenging task. Today, electronic products are purchased for different uses in houses, colleges, offices, hospitals, and entertainment centers. For example: The CRT TV set, that is replaced by smart LED TV, consists of different components that contain toxic metals, gas, biological materials, acids, plastics, mercury, lead, cadmium etc. They are very hazardous and pose threat to health and environment. If they are not properly managed, serious problems may arise.

DEFINITION OF E-WASTE:

E-Waste means electronic waste. It refers to any goods or consuming electronics and information technology hardware that are near the end of their useful life. The products such as batteries, VCR, radio, fax machine, refrigerators, air conditioners, mobiles, and computers are discarded by their owners and considered as e-waste. Certain components of e-products are harmful, depending upon their condition.

EFFECTS ON HEALTH:

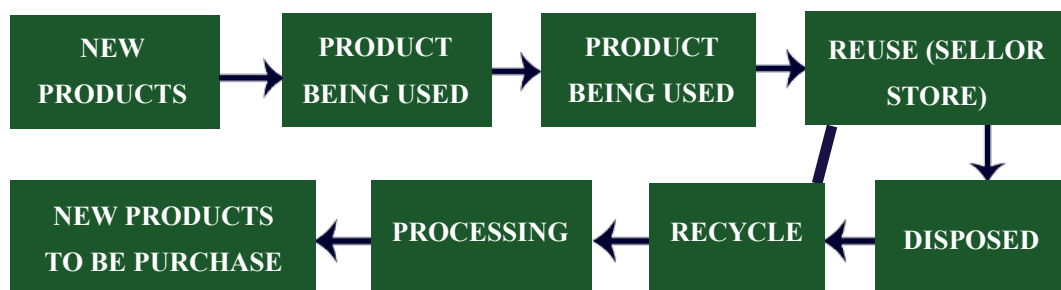
1. PVC produces dioxin that damages immune system, hormones and cause reproductive problems.
2. Barium causes muscle weakness, damage to heart and liver.
3. Beryllium causes skin diseases.
4. Mercury cause chronic diseases to brain and respiratory disorders.
5. Cadmium cause neural damage.
6. Lead damages central and peripheral nervous system and kidney system.

E-WASTE MANAGEMENT TECHNIQUES:

1. **RE-USE:** The electronic equipment that is still functioning can be donated for the ones that are in need. They can also be sold at low prices. By reusing the equipments, the life of the products can be increased. So, it is necessary to minimize the use of product for a short time and their dumping.

2. **RECYCLE:** Recycle of those e- products is necessary which cannot be recovered and repaired. Recycle is a good way to manage the e-waste but the workers who are involved in recycling companies are severely affected by the toxic presence on those waste items. During the recycle of products, the valuable parts of the products are taken out and the remaining part is recycled.
3. **REDUCE:** Maintenance of the electronic products and equipment is a better way to reduce the e-waste. Similarly, procurement of the electronics product can also help in management of e-waste.
4. **EXPORT:** Exporting the e-waste to the different countries is also a technique to manage the e-waste. This is not a good technique as there is a violation of law. The countries such as Ghana, Nigeria, China, and India are exporting the e-waste.
5. **LANDFILL:** E-waste is disposed in large land area. Million tons of e-waste is buried in the land. Over the time, the toxic chemicals are released in the atmosphere and they affect the environment and human lives near the landfill.

LIFE CYCLE OF E-PRODUCTS:



NEPAL SCENARIO:

Recently the e-waste management project/workshop was conducted by WEPCO in Nepal. The main motive of this workshop was to provide the information about the e-waste and its hazards that may arise due to their mismanagement. This workshop also concentrated on raising awareness rising. The main sources of e-waste are from household, organizations, government offices, NGOs, INGOs, Electronics shops, and repairing shops.

In Nepal, awareness is necessary in people about the harmful effects of e-waste. It is necessary to formulate the policy regarding this. Suggestions from experts are equally important. Awareness Commercials are also necessary to acknowledge the public. Management and conduction of e-clubs plays a vital role in e-waste management. Since there are not many electronic manufacturing companies here, there is not much risk of those toxic chemicals. Nepalese are just the consumers and the electronic products are in the stage of reuse. But when the stores of old products become too large, the problem may arise. At that time, management is necessary. So, information should be distributed to provide awareness in time rather than regret in future.

CONCLUSION:

12.5% of e-waste is currently recycled. This

shows that human beings are somehow aware of these e-wastes but at the same time they are not aware of using the products for a very short period of time. Manufacturing companies are still using toxic in the devices. Electronics companies are making profit double every year. Poor workers and developing countries are suffering. 20-50 million metric tons of e-waste are disposed worldwide every year. Disposing is creating air and water pollution. Minimize illegal dumping of e-wastes. Educate people about e-waste management. Similarly, implement strict rules and regulations for managing e-waste.

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Rojina Thapa

BESE 5th Semester

Women in Software Industry

Software industry is a vast field that leads nation towards self-dependence. The group of technically forward women is a great asset to the nation. SE can be one of the most flexible careers; especially for women because physical strength has no concern in this field, instead intellectual power is the major that has no discrimination between men and women. SE offers many opportunities in salary and flexibility. Yet, percentage of women employed as engineers at technical company is comparatively low (i.e., 15% - 17%) which is a troubling number. Hence, they should be encouraged to enter in this field. Entering this field, women can expose themselves to a whole new world of employment possibilities, and raise their standards. There are different areas as career in software engineering such as programmer, developer, web designer, system analyst, network engineer, etc.

Inspiring Reasons:

- The potential for flexible schedules, working from home or anywhere in the world
- Tech can require a lot of collaboration – a skill often valued in women
- It is considered prestigious and is likely to increase over time.
- Job security
- IT job lists which helps to upgrade the status of women
- And so on



Lost in the Queue

Sudip Dhakal
GCES, 4th Year

January 25th 2016
Simalchaur-8, Pokhara

Santosh: Hey...wake up! It's already 7 a.m. already and don't blame me if you get late this time around. I've been shouting for like 10 minutes.

I moved my hand around my bed to find my phone and cursed it like hell for not alarming me up. Much to my astonishment, I forgot to set the damn alarm. Then I started cursing myself. I swiftly finished my morning rituals and got ready for I was going to get a full tank of fuel that day. Yes...finally....it was the day, the day I've been waiting for about 5 months. I was more than excited and so was my bike. It had been 5 freaking months that my bike hadn't had the taste of some good fresh fuel. I was quite thrilled at the prospect of getting to fill up the tank and I was weaving myriad plans on how to spend the fuel I was to acquire.

I reached the petrol pump at 7:15 a.m., hoping that I would be among the first ones to get the tank filled. To my horror, there were already almost 100 bikes up before me and they were maintaining a two way queue to the pump. I took my place behind one rickety-looking bike and turned off my engine since whatever few drops of fuel was left in my tank was very dear to me at that moment.

On the other side of the queue, right next to me came an angelic girl. As soon as I saw her beautiful face, her mind boggling hair which was adding a perfect beauty into her face and

her charismatic eyes, I was lost into the world of imagination and thoughtfulness. For a second or so I completely forgot the prospect of getting fuel, in fact I also forgot why I was there. I was lost in her presence. The smell of her perfume drove me into the wilderness of beauty and fascination.

"Hey bro, move forward." someone behind me was shouting. I hurriedly started to pull my bike forward. The rider of the rickety old bike in front of me kept his engine running and the black emission from his exhaust was really sickening. I asked the rider, "Bro, why don't you turn your engine off? It seems like you have enough fuel to burn even in this queue." To this he replied, "No brother, if I turn off the engine, this damned thing won't start again. What to do, if I don't get some fuel today, I'll have to drag this ugly thing back home." I smiled wryly and stood at my place trying not to suffocate from the discharge of the engine ahead.

The queue on the other side also moved and I again reunited with her. I am one of those guys who find it very hard to make the first move; in fact I have never done so in my entire life. Much to my surprise, she asked me if I had any idea about how much fuel we were going to get. To which I replied timidly, "Full.....we are getting full tank today. And she smiled like I knew her for ages. Believe me she smiled back at me. I fell for her right there; right in front of the stationary where I was standing...well at least I thought it was

a stationary. Or maybe it was not...but who cares right? The door was open wide and clear, she had started the conversation and I was there as always to perpetuate to the full extent. We shared our ideas on the ongoing blockade and protest. She started cursing the Madhesh based parties. Wow, we share the same philosophies, I thought. I backed her statement and joined the cursing thing lustfully and passionately. I didn't care about the subject matter, I was happy to be taking to her. We laughed, shared almost everything, and even mirthfully promised to share fuel in case one of us didn't get to fill the tank.

As we waited in the queue, another bike came in front of me. The rider looked as huge as his ride and before I could say anything he smiled his huge smile. I could easily see the shining gold tooth. Well, what was there to say? From his body language and of course the size, there was no point in arguing about my rightful place which now he has just claimed. I just stood there expressionless. The beast of a bike he was riding made such a sound that I thought I would go deaf. Other bikers in front of the line turned their heads back as if to confront this anti-social act. But when they saw the structure performing the act, the angry scorn in their faces immediately melted away and in no time their heads moved to their initial position.

She was different from others, I thought when she out of nowhere yelled, "don't you realize there are other people in this queue? Can you stop this noise pollution?" The guy, on the other hand, responded with the same smile that he had greeted me with and continued with his noise polluting act. She whispered to me, "idiot" and tried not to give any attention to the noise. Her facial expression said otherwise.

I was still few bikes behind in the queue. I looked at my watch impatiently. She was

constantly asking me about the time. "Any important work?" I asked. She said she had to attend some family ritual.

The fuel attendant was shouting at the crowd as if he was shouting at the herd of cattle. Well, there was nothing to be said as he was the one who held in his hands the fuel distribution pipe, that all of us were waiting to get a share.

Finally it was the turn of the intruder in front of me to get his tank filled. I kept my eyes fixed on the dispenser meter of the pump. Liter after liter his tank guzzled in the fuel, "15 liters", said the attendant and collected the sum. The big guy again squeezed the accelerator and made an even louder noise before zooming into the traffic down the road. This time most of the bikes in the queue boldly shouted, cursed at him regaining their lost courage which seemed to have revived with the disappearance of that guy. Well all is well that ends well, I thought, and moved my bike forward. Finally, it was my turn and she was right behind me. She even congratulated me and I smiled back at her. I also smiled smugly to the attendant as if he were a friend. He didn't give a **sh*t** and I wasn't surprised.

How many liters?" asked the attendant.

"Make it a full tank", I said as I breathed a sigh of relief. It was good to be finally back to the good old days. The attendant then pushed the nozzle into my fuel tank. I was elated. Finally a full tank after ages, I thought. After sometime, merely 20-30 seconds later, the expression on the attendant's face changed. He started cursing the pump and hammered the dispenser with his palm. Now it was his turn to smile. He looked at me and said, "Sorry dai, we don't have any more fuel left. I looked at the meter dejectedly. It read 2.3 liter. I almost broke down. I gave him the money and turned around. And then I saw her. She was right behind me. In fact she was the next person

in the line to get fuel but unfortunately it was over. She looked at me full of hope, a hope of sharing fuel may be, I thought. Well, we have made some promises earlier didn't we? I thought. Others people in the queue started shouting and cursing the pump attendant.

It was a complete melt down situation. I was in huge dilemma. I didn't know what to do. First I thought of all those promises we

made earlier, and then I realized I had to go to college and I wouldn't be getting petrol anytime soon. I buried all those promises, buried everything including my feeling for her, including her charismatic voice, her gorgeous hair, her alluring scent of perfume which was fading anyway with the scent of fuel, and her charming appearance, squeezed the accelerator and flew away like a rocket.



A Report on GCES Sport Fest 2016

Tahira Urusha Niroula
3rd Year, GCES

The Sports Fest of GCES 2016 organized by 3rd Year students from 8th April to 12th April 2016 held at the college ground is one of the major events of GCES. Five days were allocated for the accomplishment of the Sports fest.

The event of the first day was marked by a spectacular Opening Ceremony graced by the presence of our respected Principal Mr. Rabi Prasad Baral, Administrative Officer Krishna Bahadur Thapa, college officials and other students who were brimming with enthusiasm and sportsmanship. The ceremony was auspicated with the national anthem followed by the speeches of respected Principal and then President of Sports Fest Mr. Dudhraj Parajuli. The Vice President of the Sports Fest then administered the solemn oath to the participants. After that, the Principal officially declared the Sports Meet Open, by refereeing to the first game that was TUG OF WAR.

The long awaited Sports Fest was held for five days. The events incorporated eight games which were basketball, football, volleyball,

cricket, chess, table tennis, tug of war and badminton.

The daily events of the Sports Fest were table tennis, chess, football, badminton, and volleyball. The event 'tug of war' was held on the first day; the cricket tournament was held on the 4th day and 5th day, and the event 'basketball' was held on the first three days.



All the participants participated actively in the events and played with sportsmanship and enthusiasm. The outdoor games like basketball,

volleyball, tug of war, badminton, and table-tennis included the participation of both boys and girls. However, the remaining outdoor games like football and cricket included the participation of only boys. The indoor game called chess included the active participation of both boys and girls. The events table-tennis and badminton had both types i.e. they had a single participant each and double participants for both boys and girls. Almost all the games had events followed by semifinal and finally finishing at finale.

All the students and lecturers participated in the games very enthusiastically. The group games like football, basketball, volleyball, cricket, tug of war were inter-semester while the other events like chess, table-tennis, and badminton were played randomly among the students. The winner team or student would add points to their semester as the Sports Fest also had competition for semester cup.

Winners:

- Basketball
 - Girls: 3rd year
 - Boys: 3rd year
- Volleyball
 - Girls: 1st year and 2nd year
 - Boys: 2nd year
- Football
 - Boys: 3rd year
- Table-Tennis
 - Boys: Paras Bhujel (4th year)
 - Girls: Swoichha (1st year)
 - Boys(double): Ujjwal Panta & Sparsh Shrestha (3rd year)
 - Girls(double): Jharna Gurung and Nabina Subedi (3rd year)
- Badminton
 - Boys: Bishal Pun (3rd year)
 - Girls: Swoichha (1st year)
 - Boys(double): Kamal and Shankar (Staff)
 - Girls(double): Jharna & Nabina (3rd year)

- Tug of War
 - Year: 3rd year
- Chess
 - Winner: Sandesh Giri (1st year)
- Cricket
 - Year: 2nd year
- Semester Winner
 - Year: 3rd year



The Closing Ceremony was held on 12th April 2016 in the presence of respected Principal Rabi Prasad Baral, Vice-Principal Mr. Ashok Raj Parajuli, students and teachers. The winners were distributed medals and certificates. Also, appreciations were granted to those who helped for the grand success of Sports fest 2016.

The students of 3rd year especially the coordinators of the events along with the managing committee of GCES Sports Fest 2016 played the most important role in the successful completion of the sports events.

This conduction of the Sports Fest was really a fruitful one and we believe that such activities must be continued by the upcoming semesters so as to maintain a strong relationship and enthusiasm.



A Trek to Muktinath

Deepti Baral
4th Year, GCES

Every year after the successful organization of 6th GCES IT Mahotsav, there is a trend of outing for the students of 3rd Year. And we were waiting for it eagerly.



Choosing a destination was quite confusing, en masse we decided to go for trekking to Muktinath; a place with devastating beauty of nature. As per the plan, we packed our bags and moved ahead for trekking. It was the month of Poush so we wrapped our clothes as much as we could.

At first we reached Beni by bus. After having lunch in Beni, we moved towards Jomsom.



The atmosphere was cold and foggy. The view from the window was blurred as the windows were misty with the condensation. At evening around 6:00 p.m., we reached Jomsom. As it was already late, we had our meal and had a sound sleep.

On the next morning, we woke up early, had our breakfast and started our trekking to the Muktinath Temple. The physical beauty along the Jomsom Muktinath trek was breathtaking. The views of the mountains were spectacular, and the route actually crossed the other side of the main Himalayan range for some unusual



views of the northern flanks. The diverse landscapes and cultures to be found along this trekking route gave a marvelous insight into the rural life of Nepalese people.

We took our time on the trip, so that every stop gave us enough time to see the towns. On our way to Kagbeni, the town we stopped at before our final plunge towards Muktinath, we went

through the strongest winds. After walking for 5 hours through the hills and riversides, we finally reached to Lower Mustang. We were so worn out and drowsy that we just went to our hotel and slept.



Another day, we woke and headed towards Muktinath temple, which was around 20 min away from our hotel on foot. As we walked out from the hotel, our body was shivering, teeth were clattering and fingers were benumbed. It was freezing cold outside. There was a pall of frost, water was frozen, and there was no ray of sun visible on the Earth.



Finally, we reached Muktinath Temple. Muktinath is a religious place for both Hindus and Buddhists. The main shrine was pagoda shaped temple dedicated to lord Vishnu and there were 108 water spouts around the wall of temple. There was a Jwala mai temple nearby, which contained a spring and an eternal flame fed by natural gas underground. And from

ancient times, it has been worshipped as the goddess of flame (Jwaladevi).

We spent a lot time on the temple and came back to the hotel, and left for Jomsom. This time, we planned to return by bus, as per plan we returned to Jomsom. After reaching jomsom, we moved towards Marpha, the apple capital of Nepal.

We walked around 45 mins from Jomsom to reach Marpha. Marpha is the most beautiful place that I have ever seen. It has got magnificent view of landscapes. We stayed that night at Marpha.



At our last day of Trek, we left Marpha by bus and came back to Pokhara at evening.

These 4 days were full of adventure and fun. We collected the most memorable memories of our lives.





Farewell Programme 2016

Deepti Baral
4th Year, GCES

Every year GCES endorses talented Software Engineers with a farewell program. As in the past years, a farewell program was conducted where all the staff, 4th year students and 3rd year students were present. This program was conducted under the supervision of our Principal Mr. Rabi Prasad Baral and the Vice Principal Mr. Asok Raj Parajuli. The program was hosted by Rajan Lamsal and Deepti Baral (3rd year students).



All the 4th year students were congratulated and were awarded with the tokens of love. Our Principal said that he was proud of his students and also shared some memories of other pass out students as well. Finally, he

wished everyone to be successful on their career.

The Vice Principal advised the students to



go confidently and live with their dreams. As the representative of 3rd year Batch, Mr Amir Bastola bade farewell to his seniors and wished them best of luck for their bright future and requested them to enlighten the name of GCES.

Final speech was given by Susil G.C., the representative of 4th year batch. He thanked all the lecturers, administrative staff and basically the college administration for their overwhelming love and support. He advised the juniors to be more devoted toward their studies and career.

Finally the program ended with photo session and celebration.





अमिर बास्तोला
जि.सि.इ.एस, चौथो वर्ष

आइटी महोत्सव २०७२

सूचना प्रविधिको क्षेत्रमा आमूल परिवर्तनको लागि “आइटीको माध्यमाबाट एकत्रित होऔं” भन्ने नाराका साथ गण्डकी कलेज अफ इन्जिनियरिङ्ग

राई हुनु हुन्थ्यो भने मूल आयोजक समितिका संयोजक अमीर बास्तोला थिए । अमानवीय नाकाबन्दीले असहज परिस्थिति निम्त्याएका



बेलामा पनि यति भव्य कार्यक्रम गरेर सबैजना मिल्ने हो भने जस्तोसुकै अप्ठ्यारोको पनि सामना गर्न सकिन्छ, र एकतामा बल हुन्छ,

एण्ड साइन्समा अध्ययनरत २०६९ ब्याचका विद्यार्थीहरूको संयोजनमा २०७२ पौष २४ र २५ गते ऐतिहासिक छैटौं जि.सि.इ.एस आइटी महोत्सव सम्पन्न भयो । दुई दिन चलेको उक्त कार्यक्रममा प्रमुख अतिथि नेपाल सरकारका सूचना तथा संचार मन्त्री माननीय शेरधन



भन्ने कुरालाई २०६९ ब्याचका विद्यार्थीहरूले प्रमाणित गरिदिएका छन् । यस कार्यक्रमलाई भव्य र सभ्य रूपमा सुसम्पन्न गर्नका खातिर हामीलाई साथ, सहयोग र मार्गदर्शन गर्नु हुने सम्पूर्ण महानुभावहरूलाई हार्दिक धन्यवाद दिन चाहन्छौं र आउँदा दिनहरूमा पनि सहयोग, सल्लाह र सुभाषको अपेक्षा गर्दछौं ।



सन्तोष पन्थ

जिशिइएस, द्वितीय वर्ष

राष्ट्र निर्माणको एक अङ्ग इ-गभर्नेन्स

वि.सं. २००५ मा स्थापना भएको मोहन आकाशवाणीबाट सुरु भएको नेपाली सूचना प्रविधि तथा सञ्चार विभिन्न नेपाली राजनितिक परिवर्तन पार गर्दै आउँदा अन्य विकास निर्माणका काम भन्दा केही फड्को मारेको देखिन्छ। शिक्षाका लागि इ-लर्निङ, स्वास्थ्यका लागि इ-हेल्थ, मनोरञ्जनका लागि मल्टिमिडिया, सञ्चारका लागि इ-मेल इन्टरनेट जस्ता विभिन्न प्रविधि सूचना सञ्चार प्रविधिका आयामहरू हुन्। त्यसै गरी सुशासन, छरितो प्रशासन र जनमुखी राज्य सञ्चालनका निम्ति आवश्यक एउटा अङ्ग इ-गभर्नेन्स हो। राज्यका सेवा सुविधा जनतासामु लैजान, गाउँदेखि सहरसम्म निजी तथा सार्वजनिक आर्थिक कारोवारलाई पारदर्शी र करको दायराभित्र ल्याउन पनि इ-गभर्नेन्सले महत्त्वपूर्ण भूमिका खेलेको हुन्छ।

हाल विकसित देशमा इ-गभर्नेन्स मार्फत जनता सामु छिटो र छरितो सेवा सुविधा पुर्याउने लहर चलेको छ। यही अभ्यास नेपालमा केही वर्षयता गर्न खोजिए तापनि नागरिकले इ-गभर्नेन्स सेवाको महसुस गरेका छैनन्। एकाध गाउँ सहरमा इन्टरनेट जोडिँदैंमा, फेसबुक तथा ट्वीटरका प्रयोगकर्ता बढ्दैमा राष्ट्र प्रविधिमय बन्न सक्दैन। अहिले राज्यले नागरिकलाई दिने सेवा सुविधा र राज्यका विभिन्न निकायमा निकै ढिलासुस्ती हुने गरेको छ। सरकारी कार्यालय जस्तै यातायात व्यवस्था विभाग, मालपोत

कार्यालय, शिक्षा कार्यालय, कृषि कार्यालयमा नागरिकले घण्टौं लाइन लागेर बस्नु पर्ने अवस्था छ। यस्ता यावत समस्याहरूको समाधान इ-गभर्नेन्स हुन सक्छ, जहाँ राज्य र नागरिकबीच तथा राज्यबीचका हरेक कार्य सम्पादन सूचना प्रविधिको माध्यमबाट हुन्छ।

समृद्ध राष्ट्र निर्माणको निम्ति सर्वप्रथम राज्यका हरेक अङ्ग पारदर्शी, सुशासन दिन सक्ने र छिटो छरितो हुनु आवश्यक छ, त्यसको एक मात्र विकल्प इ-गभर्नेन्स हो। यसको निम्ति राज्यले त्यस्ता खालका सफ्टवेयरको निर्माण तथा प्रवर्धन गर्नु पर्छ साथै ती कार्यालयमा काम गर्ने कर्मचारीको गभर्नेन्स सम्बन्धी सफ्टवेयर सञ्चालनमा दक्षता बढाउनु पनि उचितकै आवश्यक देखिन्छ। नागरिकले घण्टौं लाइन लागेर बस्नुको सट्टा आफ्नै घर दैलोबाट आवेदन गर्न पाउने र राज्यका सेवा सुविधा पाउने पाउने खालका प्रणालीको व्यवस्था, इ-गभर्नेन्स सम्बन्धी विभिन्न सफ्टवेयर र वेबसाइटद्वारा गर्न सकिन्छ। इ-गभर्नेन्स एप्लिकेसन जस्तै भू-अभिलेख सूचना व्यवस्था प्रणाली (लड रेकर्डज् इन्फोर्मेशन म्यानेज्मेन्ट सिस्टम), इलेक्ट्रोनिक्स लाइसेन्स सवारी दर्ता प्रणाली (इलेक्ट्रोनिक्स ड्राइभिङ लाइसेन्स एण्ड भिडिओ रजिष्ट्रेशन सिस्टम) तथा राष्ट्रिय परिचय पत्र (न्यासनल आइडेन्टिफिकेशन कार्ड) जस्ता प्रविधिको प्रयोगले नागरिकलाई छिटो छरितो सेवा प्रदान गर्न सकिन्छ।

त्यस्तै, स्थानीय निकायमा हुने कार्यहरू जस्तै

जन्म दर्ता (वर्थ रजिस्ट्रेशन), बसाई-सराइ दर्ता (माइग्रेसन रजिस्ट्रेशन) मृत्यु दर्ता (डेथ रजिस्ट्रेशन) आदि जस्ता दर्ता सम्बन्धी कार्यहरू नागरिक घरमै बसेर गर्न सक्छन् । यसका निम्ति आवश्यक मापदण्ड र प्राविधिक जटिलता समाधान राज्यले गर्नु पर्छ ।

नीजि क्षेत्रले अन्लाइन मार्फत घरदैलोमा सेवा पुऱ्याइ सकेको अवस्थामा सरकारी कार्यालय खुल्ने समय बढाउनु भन्दा राज्यका प्रशासन संयन्त्रमा सूचना प्रविधिको व्यापक प्रयोग गर्न सक्नु पर्छ । यसो गर्न सकेमा मात्र राज्यका अन्य विकास निर्माणका कामले गति लिन सक्छन् र साँच्चिकै इ-गभर्नेन्स राष्ट्र निर्माणको एक अभिन्न अङ्ग बन्न सक्छ ।



मेरो शैशव काल र बाबुआमा

सन्तोष शर्मा

जिशिइएस, चौथो वर्ष

साथी भाइ मिली हामी लुकामारी खेल्दाखेरी ।
कोही लुक्ने आँगन पिँडी, कोही लुक्ने त्यो मभेरी ॥
कोखाइ कोखाइ बुबुमाम ख्वाउँनु हुन्थ्यो आमा मेरी ।
बिताएको बाल्यकाल त्यो, बाँच्न मन लाग्छ फेरि ॥

दुःख पीडा बिसाई दिने, आमा तिम्रो न्यानो काख ।
लड्कन लाग्दा समाउने, बाबा तिम्रो प्यारो हात ।
जीन्दगीमा ठक्कर खाँदा आज ती दिन आउँछन् याद ।
जन्म दिने बाबा आमा, धन्यवाद छ लाखौं लाख ।

सानो हात सानै औँला, तर ठूलो मन थियो ।
बुझ्दा संसार बेग्लै रैछ, स्वार्थी मन बनाइ दियो ॥
हाँस खोज्दा, नाँच खोज्दा टाउकोमा बोझ खन्याइदियो ।
चाहे जस्तो कहाँ हुन्छ ? छिटै ठूलो बनाइ दियो ॥



फुल कि प्रकृतिको भुल ?

कृष्ण अधिकारी “अजेय”
लेक्चरर, जिशिइएस

फुल भनी पछि लाग्दा भुक्किएको हुँ कि ?

आफैसँग जुध्न जाँदा ठोक्किएको हुँ कि ?

भँवरको रूप लिई मस्किएको हुँ कि ?

कोही पछि आयो भन्दै भस्किएको हुँ कि ?

छोउँ छोउँ लाग्छ फुल तिमीलाई हेर ।

उकुस मुकुस हुन्छ छुँदा तिमीलाई हेर ।

कता कता यो मनले के पो सोच्न पुग्छ ।

च्चास्स च्चास्स त्यो काँढाले दिल घोच्न पुग्छ ।

तिलोत्तमा, उर्वशी नै तिमी जस्ती हुन ।

तिमीलाई दुःख , पीडा, व्यथाले नै छुन ।

अधरका रूप तिम्रो नसजाऊ हेर ।

प्रणयले बोल्न खोज्दा नलजाऊ धेर ।

शरदमा ढकमक्क तिमी फुलि दिन्छ्यौ ।

दर्शकको हृदयमा तिमी भुलि दिन्छ्यौ ।

भट्ट हेर्दा तिमीलाई टिपूँ टिपूँ लाग्छ ।

तिमी जस्तै फुल्ल भुल्ल सिकूँ सिकूँ लाग्छ ।

तिमी देख्दा घायल भैँ लोलाएर बस्छु ।

अगम्य त्यो गन्तव्यमा टोलाएर बस्छु ।

माहुरीको रस स्वादन हेदैँ म छु ठिक्क ।

वर्गतले भ्याएन कि यसै हुन्छु दिक्क ।

“यो कविता २०५२ मा रचिएको हो ।”



Suraj Shrestha
2nd Year, GCES

Ethical Hacking

Let us take out our computing devices with an internet connection and search for the meaning of the term “Hacking”. We will find hundreds of definitions for this word. One of those I prefer would be “Hacking refers to the unauthorized access of a system by an individual or a group of individuals to take control over the system, get access over the core information and modify them for their own purpose.” By its definition every reader would term it as illegal. If we look at the history of how its meaning has changed with time then we would find various definitions again. During 1960s hackers meant those individuals with the knowledge of coding. Similarly, during 1980s those who could illegally access others system were called hackers. By the word ‘hacker’ we may refer to those people as criminals or thieves but they can also work to provide more security to a system.

What is Ethical Hacking?

Ethical means philosophy with morality. Ethical hacking can be described as a method of safety check of an organization. Other words to describe it are penetration testing, vulnerability and security judgments. It is the process that leads to the solution to how an organization can be prevented from security breach. It is being practiced by most of the organizations in modern days because if their information's are leaked then they will have to deal with great loss. Many organizations are encouraging ethical hacking professionals in order to control their business operations effectively. For the purpose of ethical hacking

an organization hires computer experts who with the authority of the particular organization get access to the system, find possible limits and how it can be illegally breached. Some ethical hacking services include application testing, war dialing, network testing and system hardening. An ethical hacker uses the same procedures as a normal hacker. The only thing that separates them is the authority given to the ethical hacker by an organization. It helps to identify the attacks before it affects the organization. At first the hacker tries to collect sensitive data so that the target can be focused. After that, the information is scanned and extracted. Then the hacker gets access to the operating systems and applications that control the system or the network. Then he tries to sustain the ownership of the system. After that, the hacker clears the track so his identity would never be found.

Problems:

In ethical hacking, a major problem is that we are not sure whether the appointed ethical hacker is trustworthy or not. The hacking report must be very confidential. If it is accessed by wrong people then the organization will have to suffer a great loss. Ethical hacking may not be an ultimate solution but acts as a security to a problem. An ethical hacker also can use his knowledge for doing various criminal activities such as cyber crimes. Its disadvantage is information disclosure. Another major problem is the massive security breach.



राजेश तिमिल्सिना
बिइएसइ, प्रथम वर्ष

कथा

सुन्ने व्यक्तिका निम्ति यो कथा ध्वनित नै हुन्छ । यो कथाको अन्त्य गतिलो छैन, अनि छेउ न टुप्पोको । त्यसैले यस कथालाई बिचबाट सुरु गर्ने अनुमति चाहन्छु । रेडियो कान्तिपुरमा हरेक विहिवार साँझ ८:१५ बजे “यो माया भन्ने चिज नै यस्तै हो” भन्ने कार्यक्रम आउँछ । प्रस्तोता सविना कार्कीको स्वर यति सुस्वादन दिने प्रकारको छ कि उक्त स्वरले निस्तो भात निलिएला जस्तो । एक पटक मैले उनैबाट वाचित कथामा सुनेको थिएँ कि हामीले कतै कसैसँग भेट नभइन्जेलसम्म ऊ यस्तो हुनुपर्छ भनेर सीमा तोक्छौं, तर जब कसैसँग भेट हुन्छ, हामीले यी सबै कुरा तपसीलमा राख्छौं या भुल्छौं नि एउटा कुरा मात्र सोच्छौं ऊ या उनी मेरो या मेरी सब थोक हुन् ।

साँच्ची, मलाई पनि एक पटक यस्तै भयो । मैले ठानेको मेरी उनी होची थिइन्, जितु नेपाल या मुन्द्रेजस्ती । उनी आफ्नो ओठलाई एक छिन पनि फुर्सत नदिइकन एकोहोरो मुस्कान छरि रहन्थिन् । उनलाई मैले काठमाडौंको नेम नामक संस्थामा भेटेको थिएँ । हामी एउटै कक्षामा पढ्थ्यौं । पढ्थ्यौं नि के भन्नु । मात्र इन्ट्रान्स प्रेपरेसन सँगै गथ्यौं । यस्तो लाग्थ्यो उनले मलाई पहिलो दिनदेखि नै अत्यधिक हेरि रहन्थिन् । कक्षाकोठामा मात्र नभएर बाहिर निस्केपछि पनि उनको नजररूपी वाणले मलाई धावा बोलिरहन्थे । मेरा आदरणीय पाठक वर्गलाई लाग्दो हो कि त्यसरी हेरिरहन त अनुमतिको आवश्यकता पर्दैन र ? कहिलेकाहीँ कलेज ढिलो पुग्दा कक्षाकोठाका सिटहरू खाली नभएको अवस्थामा म लुरलुरु पछाडि गएर बस्न बाध्य हुन्थेँ । अनि यस्तो प्रतीत हुन्थ्यो मेरो मनभित्र डेरा जमाउन सफल सुन्दरी पनि मेरा पदचापहरू पछ्याउँदै मेरो समीपमा नै बस्न पाउँदा उनी

आफूलाई बडो भाग्यशाली ठानिरहेकी छिन् । उनका चर्म चक्षुका तिखा वाणहरू मतर्फ वर्षा भइरहँदा म बबुरो निरुपाय रही टुलुटुलु हेरिरहन्थेँ । अनि म बडो हतप्रभ हुन्थेँ । अनि अवाक पनि । यस्तै एक दिन उनले मतिर नजर तेर्स्याइरहँदा म लज्जा बोधले पानी पानी भएँ । अनि अनायास मेरा घायल नजरहरू उनको सामु टिक्न नसकी उनको अभ्यास पुस्तिकातर्फ लम्किए र चामत्कारिक शैलीमा उनको पुरा नाम पढ्न सफल भए । त्यस पछि मलाई केही त्राण मिले जस्तो अनुभूत भयो । मेरो सुस्त मुस्कानको जवाफमा उनले पनि मेरै अनुशरण गरिन् ।

छात्रवृत्तिमा चिकित्सा शास्त्र अध्ययन गर्ने उद्देश्यले गरेको तयारी पछि आइ.ओ.एम.को इन्ट्रान्स परीक्षाको नतिजा पनि आफ्नो पोल्तामा पार्न सकिन् । विचरी उनको हालत के रह्यो मलाई औपचारिक या अनौपचारिक कुनै प्रकारको जानकारी हुने कुरा पनि भएन । होस् पनि कसरी ? अलि दिनपछि बल्ल बल्ल एउटा उपाय मथिङ्गलमा फुच्यो । अनि सोही मुताविक उनै सपनाकी साम्राज्ञीलाई सामाजिक सञ्जाल फेसबुकमा दर्ज गरें । भाग्यमाथि लागेको खडेरीलाई बिस्तारै पन्छाउँदो म उनले मेरो निम्छुरो अनुरोधलाई स्वीकार्ने बित्तिकै मेरो आत्मविश्वास स्थलित हुनबाट जोगिँदा म थोरै आल्हादित त भएँ नै । लगत्तै हामी अनलाइनमा लामवद्ध भयौं तर गफ शिवाय केही उपहार मिलेन । फगत् उनले म तृषित पथिकलाई नचिनेको अभिनय पस्किन् । अनि उनलाई भर्चुअल गन्तव्यमा भेट्न कैयन् निरर्थक प्रयासहरू गरें । अभिशप्त यो दिललाई मल्लम लगाउँनको खातिर पाठकवृन्दले कुनै उपाय सुझाउनु हुन्छ कि ?

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