



The Chandbagh School's

# VOICE OF INSPIRATION

*Unfolding Our Spirit...*

## PRINCIPAL'S MESSAGE

Dear Students, Parents, Teachers and Staff,

I am both honored and delighted to join The Chandbagh School family as the new Principal. The warmth with which I have been welcomed by the school community has truly touched my heart. From the enthusiastic greetings to the friendly conversations, it is evident that The Chandbagh School is a place where kindness, unity, and a commitment to education thrive.



I am excited to embark on this journey of learning and growth alongside each one of you. The holistic development of our students is at the core of our educational mission. We are dedicated to foster an environment that not only imparts knowledge but also nurtures character, critical thinking, and creativity.

Together, we will create an atmosphere where students feel empowered to explore their passions, embrace challenges, and develop into well-rounded individuals ready to face the 21st Century.

As we focus on the overall development of our students, it is equally important to recognize the pivotal role our teachers play. I am committed to support the professional growth of our educators through targeted training, collaboration, and access to the latest teaching methodologies. By investing in our teachers, we ensure that they continue to inspire and empower our students to reach their highest potential.

Moreover, a strong partnership between the school and parents is essential for the success of our students. I encourage parents to actively engage in their children's education, participating in school activities, and discussions. Your involvement is integral to creating a thriving learning community where students flourish both academically and personally.

I am excited to work together with each of you to uphold the values that make The Chandbagh School exceptional in its motto – "In pursuit of Excellence." Together, we will continue to build an environment of not only excellence but also compassion, respect, inclusivity, and justice. Please feel free to reach out to me with your ideas, suggestions, and queries. My door is always open.

As we just completed our first Term, let us embark on this academic year with enthusiasm and dedication, embracing the opportunities that lie ahead. Thank you for your warm welcome, and I look forward to a year filled with shared achievements and growth.

**"Alone we can do so little,  
together we can do so much."**

Sincerely,

**Chandrayan Pradhan Shrestha**  
Principal

The Chandbagh School

## Investiture Ceremony

The investiture ceremony of The Chandbagh School of the new academic session for the year 2080 was held on July 4, 2023 with great enthusiasm and pride. The event marked a significant moment in the school's calendar, as it symbolized the transfer of responsibilities and leadership to the newly elected student council members.

The ceremony begun with a formal procession, led by the school's principal and teachers. The student council members, dressed in their official uniforms, marched in with a sense of dignity and determination. The entire school community, including students, parents, and teachers, was present to witness this important occasion.

The program commenced with a welcome address by the school principal, emphasizing the importance of leadership and the values that the student council members should uphold. Then, the ex-council members handed over the flag and their responsibilities to the newly elected students council. This was followed by the oath-taking ceremony, where the newly elected student council members pledged to fulfill their duties with integrity and dedication.

The chief guest for the event, Mr. Damodar Lamichhane, Chairperson of The Chandbagh School, delivered an inspiring speech,



encouraging the student council members to lead by example and make a positive impact on their peers and the school as a whole. The guest's words resonated with the students, leaving them motivated and inspired.

The event provided an opportunity for the school community to come together and celebrate the spirit of leadership.

Overall, the investiture ceremony was a memorable event that left a positive impression on everyone present. It set the stage for the new student council members to embark on their journey of leadership and service, carrying forward the values and traditions of The Chandbagh School.

**Anshu Gurung**  
School Captian  
The Chandbagh School

## Vice-Principal's Message

Dear Valued Parents and Guardians,

It is a matter of great pleasure, and honor to welcome the new principal at The Chandbagh School, Mr. Chandrayan Pradhan Shrestha. He has previously worked for more than 3 decades at different level in renowned schools of Nepal and India.



On behalf of entire CGEducation, School administration, faculty members, staff and students, I wholeheartedly welcome him to our school. We hope that with the energy, enthusiasm, and focus on education, and learning our school achieves greater excellence. Under your leadership, and guidance, may we reach next level of glory.

Our Principal Sir is a visionary leader who is committed to providing our staff and students with the best possible education and ensuring their success in all aspects of life.

**Som Raj Paneru**  
Vice-Principal  
The Chandbagh School

## EDITORIAL

Dear Readers,

Welcome to the new edition of the Toddlers' newsletter- 'Voice of inspiration'. On behalf of the Voice of inspiration Editorial Team, we would like to extend our warm greetings to the readership of our newsletter and wish all the readers a happy reading.

Each issue of the 'Voice of inspiration' is actually a mile-stone that marks our growth, unfolds our imagination and presents a beautiful mosaic of activities and creative talent of our students, highlighting their success and achievements.

On this inspiring note, we would like to thank our colleagues, students and valuable Parents who contributed to the success of the Newsletter. We are also grateful to the members of School Management for their immense support, guidance and cooperation for making 'Voice of inspiration' an integral part of Toddlers Family.

Happy Reading!

**Satyajit Raj Joshi**  
Jyoti Gurung  
Smriti Acharya  
Sushma Thapa

**Laxmi Narayan Mishra**  
Rekha Gurung  
Shailaja Shah  
Subash Pyakurel

## Flower

My garden is green  
Just like a dream  
Flowers are soft  
Colours are bright  
Oh! What a delight

Daisy and poppy  
Lavender and rose  
Oh, my dear friends  
Let's come close!



A symbol of love  
Hope and grace  
A flower always brings  
Smile in our face!

Aayara Pokharel, IV Karnali

## My School

We get educated by school  
We get playful by school,  
By using the pens and  
balls like a tool.



We get many memories in the school  
But the most fun part is trips and tours,  
It is very fun when we play  
But we get bored in sunny day.

Chitchats everywhere,  
Somebody playing ball over there,  
He is playing in the class  
Recently, somebody broke a glass.

When there is a break  
Everybody gets on fire,  
By the days end  
Everybody gets tired.

Aagaman Paudel, VII Dhaulagiri

## Its high time, to be responsible

We are currently living in the 21st-century where there is lots of technologies and rapid population. Rapid population means Urbanization with the rapid population the space needed for the people to settle increases. Because of the growth in the population there are more and more pollution and harm to the environment, there is deforestation, land pollution, water pollution, noise pollution, air pollution and many more because of all these pollution levels our surroundings and environment suffer the consequences of our actions. The pollution caused by us humans have a great impact on the environment which causes it to lose balance. Global warming is an example of all these activities that the humans have caused, we all live in this planet earth we should be protecting and preserving its natural beauty but instead we are harming and destroying it.

For our own benefits we make plastics and other harmful materials and throw it around, instead of recycling and reusing the material we decide to pollute the environment. All of the smoke that is left out from the industries and factories causes the air pollution which also affects our health, from all the land waste that is let out there is also a stench that is unbearable which also causes diseases to us humans. The new technologies and devices has its advantages and disadvantages. For example the vehicles that run on land creates smoke and noise which makes it hard for people to concentrate on their daily lives, airplanes also give off strong noises that affects the humans hearing system. With the rising population on the earth there needs to be more houses for the people to live this is where the problem arises as to make more houses, we need more land and for that to be fulfilled the nearby forests and fields need



to be bought down it's not only affecting the environment it affects the wildlife that lives in the forest all of the birds and animals have to migrate to another place. Wildlife fire has become more common in these days due to Global warming, if he doesn't stop cutting trees and bringing them down there will be many natural disasters such as landslide, earthquake, tsunami etc.

Although there are many issues with the environmental system of the world there is still a chance to fix all of the mistakes that we have made. Too bad is the environment we can reuse, recycle, and reduce we can also plant more trees, volunteer in different environmental activities, cleaning with the community, picking up trash from the ocean, reminding the people of how wildlife fire can cause the animals great disaster, spreading awareness on environmental issues, reminding your friends and families about the importance of conservation of the environment.

We all live in this planet we should all work together to protect and conserve the natural beauty of the earth. There should also be balance and harmony, lots of awareness, stopping programs and much more which benefits us as well as the environment.

Numa Lawati, X Lhotse

## Overcoming obstacles

Once, there was a girl who had almost a perfect life. But her mother left her when she was 5 years old, but her father tried his best to keep her happy. The girl's name was Sophie. Her father was a rich man. She was living a great life with her father but soon her father married a woman who had a daughter of her age. The woman's daughter name was Lila. Soon they moved to Sophie and her father's house.

First the women and Lila treated Sophie very well. But soon when Sophie's father was not around, they treated Sophie like a maid. But one day Sophie's father went to a trip and unfortunately, he went missing. This news made Lila and her mother very happy. Soon they did not even feed Sophie properly. But she was very brave. She was 16 years old so she picked up a job as a waitress to earn money. Lila was very popular at school so she made Sophie school life as miserable as possible. Sophie was good at singing so she wanted to go for training but her stepmom would not allow it. Sophie decided to move out of the house as soon as she turned 18 but one day, she could not find the savings that she hid under her bed. She immediately guessed that it was the work of Lila. So, she decided to move out, the very day. She was just 17, life was very hard. She worked day and night. She also worked at a music academy as a cleaner where she would not be paid for her work instead, she could train in music.

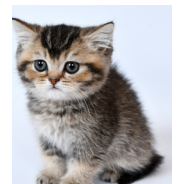
One day she took part in a music competition where she got the first place. Fortunately, a great music director was also present there. He was very pleased by Sophie's voice so he offered her to work with him. At the age of 21 Sophie was one of the most talented singers and was successful.

One day Sophie's dad returned. He was in coma for several years after he met an accident. He was looking for Sophie but he could not find her. Then he saw her in television. He was very happy; he went to meet her and after that father and daughter lived happily ever after.

Surasha Sangraula, VI Lhotse

## Cat Snowy

My cat's name is snowy  
He is a male cat  
He likes to sleep in mat  
He likes to play ball  
But every time he plays  
He falls



He likes to eat milt with rice  
He likes to kill mice  
He tries to follow me wherever I go  
I try to leave him  
But he tries to say no

Anoneya Gurung, VII Dhaulagiri

## The struggle of Amanda

Once upon a time, lived a husband and a wife with a six months old daughter. The family was very rich but always busy with work and the parents could not spend time with their daughter, so, they had kept a babysitter to look after her. The girl's name was Amanda. Years passed by, when Amanda was 11 years old her mother passed away due to cancer, Amanda was heartbroken. After sometime her dad gets married with another woman who also had one daughter named Briana. Briana was almost as the same age as Amanda. Amanda expected her to be kind but she was very rude. Amanda was very studious, hardworking and kindhearted but Briana was the exact opposite. Amanda dream was to become a famous director and seeing Amanda enjoying her journey Briana wanted to be a famous director too. Amanda studied really hard until she was 18 years old. One day Amanda was getting ready for her first interview and Briana came to her room and threw a full bottle of ketchup on her. Amanda broke down into tears and missed her interview. When she tried to tell her mother, she did not care. Amanda got another chance

for her interview and on that day, Briana tried to attack her with a knife which injured Amanda. Amanda's father rushed her to the hospital. When he asked what had happened, then Briana made different story and blamed Amanda. Briana had told her father that Amanda tried to attack her which was not true. Her father believed her and asked Amanda to leave the house. After Amanda went Briana started getting bad marks, she was more rude and spoiled. After some time, Amanda's father, Briana and her stepmother went to visit their grandmother. She told Amanda's father the truth, she knew the truth because Amanda lived with her and she had told everything to her. By then Amanda had already become a famous director and she had earned a good amount of money. After knowing the truth Amanda's father scolded Briana and asked her to apologize to Amanda. Briana apologized to her sister and Amanda forgave her. Amanda started teaching Briana and one day Briana succeeded too. After that they all started living together happily.

Tejaswi Karki, VII Annapurna

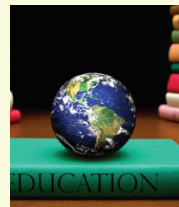
## The benefits of reading books

Books are a part of our daily lives. It is something we have come across several times in life. However, not understanding its benefits and utilizing it rather incorrectly is something done by most of us. Reading books in a particular topic helps us obtain more information and knowledge about it. Especially those books we go through during our school years and in other educational fields. "Reading books" - when we say to read books, it needn't only be related to topics to which we regard as 'educational'. All books are educational one way or another. Reading novels has diverse effects on us. The habit of reading scientific fiction, fairy tales, etc. helps us boost our imagination. Books of fiction based real life stories educate us in the working of the world and the system of our society. Books of facts help us to increase our general knowledge. These books also help us in our academics. Not only this, in general as well, books help us a lot.

Reading books help us enhance reading skills. It develops our way of understanding texts, etc. Reading it out loud helps in our speaking skills as well. In instances, books can help us change our views. It can change our perception of something and allows us to view situations from a different angle.

Every book in its own has its individual significance and according to that also has

its own benefits. Even 5-page fairy tales that is read by kids is important considering how children start in their life with books like that. Starting off with fairy tales, moving on to school books of alphabets and numbers then to more complex books. In life, they will have read other books. Not all books however, are required to have a lesson or moral it can portray. Books can be read for fun or just for the sole purpose of passing of time. Books Like romance books should or should not be called out for being read; as it is not about the storyline but about how the emotions are shown and expressed by the writer. No books should be said to be wrong or right as there is always something to gain from it. Comics and Mangas, Manhwas, etc. should also be encouraged as understanding stories through pictures enhances our IQ imagination and makes our imagination go wild imagining live action scenes.



Apart from this, a child in this world seeks comfort in books and escapes its daily grind of life. Hence, it also helps cope with mental trauma, or simply put, helps a child soothe their inner issues.

Swastika Pandey, IX Annapurna

## The destruction

Once upon a time in the country of America, everyone was living in peace. The flowers were blooming, the birds were singing and everyone was minding their own business. Meanwhile a scientist named Frank was conducting an experiment in his lab. He was working on it for years and finally he made it. While that was going on, in the city of Laos, a girl named Alexa was politely playing Roblox. Then, her mom called her downstairs to have dinner. After dinner her mom told her to go to sleep because she had school the next day. She hesitated but she went to sleep. Around midnight, she started to hear loud stomping. She woke up and looked out of the window. She was frightened as she saw

a huge robot of the size of a skyscraper. She ran down and woke her mom. And they both heard the stomps getting lose. They ran down to the basement. Her mom said, "Alexa, I will go out of that door and let that monster kill me. You need to get out and save yourself." She was frozen. Her mom got out and she watched her dying. She politely got out and she watched her dying, then she ran as fast as she could. There was fire, blood, people, glass and screams everywhere. She ran and ran until she got to a safe place. The robots were all a master plan of Frank, the scientist. But this was not enough for him, he wanted more. This was just the beginning...

Pearl Rani Basnyat, V Karmali

## God

God leads us to Heaven  
God is in our head  
We thank him always  
That is why we get blessing so  
to look for showers overhead.



Anywhere we go  
God will be there  
God will lead us to heaven so  
We will see him over there

Thank you God, for giving us everything  
Thank you God, for giving us life  
Thank you God, for a family  
Thank you God, for giving us everything  
in life

Samrat Singh Lama, IV Koshi

## My School, my pride

We go everyday  
Being clean and tidy  
Teachers are very friendly and wise  
My school, my pride

Located at the heart of city  
Large space at Bansbari  
CG|Education is the umbrella  
The Chandbagh School is the name

Not only teachers make us wise  
They make us good human  
We love our school  
Next after our home

Aveeka Barakoti, IV Karmali

## My Mother

My mother is the best  
She never rests  
She works day and night  
To make my family's future bright  
She teaches me everyday  
And there's time to always play  
She is like a teacher to me  
Because all the people like me

One day I will grow up  
I'll remember she make me always up  
Now its my turn to take care of her  
And after she dies, I'll always remember her  
Kushal Shrestha, VI Makalu

## The advancement of AI

Artificial Intelligence is the theory and development of computers, which imitates the human intelligence and senses, such as visual perception, speech recognition, decision-making, and translation between languages. Artificial Intelligence has brought a revolution in the world of technology.

One of the biggest advantages of Artificial Intelligence is that it can significantly reduce errors and increase accuracy and precision. The decisions taken by AI in every step is decided by information previously gathered and a certain set of algorithms. When programmed properly these errors can be reduced to null.

Ashmi Bhujel, X Lhotse

## इन्टरनेटले पार्ने प्रभाव

विद्युतीय माध्यमबाट सम्पर्क जोड्ने विधिलाई इन्टरनेट भनिन्छ। इन्टरनेटको प्रयोग हाम्रो जीवनमा यति बढेको छ कि यो २१ औं शताब्दीको मुख्य उपलब्धि बनेको छ। इन्टरनेट हालको सन्दर्भमा अमृत समान भएको छ। यसले आम मानवको जीवनमा धेरै सकारात्मक प्रभाव पारेको छ। यसको प्रयोगद्वारा कोरोना महामारीको समयमा पनि हामीले घर बसीवसी पढ्न पायौं। यसको माध्यमबाट रोजगारीको अवसर पनि बढेको छ। यसकै उपयोगबाट घर बसीवसी काम गर्न सकिने वातावरणको पनि सृजना भएको छ। यसले गर्दा स्वास्थ्य क्षेत्रमा, विज्ञान क्षेत्रमा, व्यवसाय क्षेत्रमा धेरै सहजता आएको छ। यसको एक ठाउँबाट अर्को ठाउँमा सम्पर्क जोड्ने क्षमताका कारण यसको प्रयोग घर-घरमा भएको छ। यसको प्रभाव पनि हरेक व्यक्ति, समाज, परिवार, समुदाय, राष्ट्र र समग्र पृथ्वीमा नै परेको छ।

इन्टरनेटको यस्ता उपयोगबाट यो वरदान तुल्य भएको छ तर इन्टरनेट अभिभ्रम समान भएर नाकरत्मक प्रभाव पनि पारेको छ। यसले मानसिक रोगीको सङ्ख्या बढाएको र एकै ठाउँमा बसिरहन बाध्य पनि बताएको छ। इन्टरनेटका कारण सामाजिक पक्षमा पनि ठुलो नाकरात्मक प्रभाव परेको छ। घरमा पाहुना आउँदा चिया भन्दा पूर्व इन्टरनेट पासवर्डको चाहना राख्छन्। पाहुना पनि मोबाइल चलाउँदै बस्छन्। घरमा पाहुना आएको भान्सेलाई मात्र थाहा हुन्छ। पाहुना आएको भान्सेलाई मात्र फरक पर्छ। अरु सबै आ-आफ्नै त्यही मोबाइल चलाउने दैनिक काममा व्यस्त हुन्छ। इन्टरनेटको

प्रयोगबाट भ्रमण्डलीकरण तीव्र गतिले बढेको छ र संस्कृति हराउँदै गएको छ। मानिसहरू स्वार्थी र एक्लो स्वभावका हुँदै गएका छन्।

यसरी इन्टरनेट अमृत सँगैसँगै विष पनि भएको छ। अतः यसको प्रभाव यसको प्रयोगकर्ता अनुसार फरक पर्छ। यसको सदुपयोगले मूर्खलाई विद्वान् बनाउँछ भने दुरुपयोगले विद्वानलाई मूर्ख बनाउँछ। यसको अत्यधिक प्रयोगबाट मानिसमा यस प्रति लत पनि बसेको छ। यद्यपि यसको उचित ठाउँमा उचित मात्रामा प्रयोग गरेमा यो अमृत हुने कुरामा पनि दुइमत छैन। अतः यसको सदुपयोग गर्नु आजको आवश्यकता समयको माग हो।

समिप आचार्य, ९ धौलागिरि

### पानी

पानी पानी धेरै पानी खानुपर्छ है नानी  
सधैं सम्झी राख है नानी  
यही सम्झेर, ज्ञानी बन है नानी।  
पानीलाई भनिन्छ जल  
पानी विना बाँच्न सक्दैन प्राणी एक पल  
पानी हो हाम्रो जिन्दगीको खाँचो  
नभए हामी मछौं, यो हो साँचो।

सौर्या बराकोटी, ६ मकालु

### मेरो विद्यालय

विद्यालय भनेको पढ्ने ठाउँ हो। हामी विद्यालयमा पढ्न जान्छौं। विद्यालय ज्ञानको मन्दिर हो। विद्यालयमा हामी राम्रो बानी सिक्छौं।

मेरो विद्यालयको नाम द चाँदबाग स्कुल हो। मेरो विद्यालय काठमाडौं उपत्यकाको बाँसवारीमा छ। यहाँ धेरै शिक्षक र शिक्षिका हुनुहुन्छ। मेरो विद्यालयमा धेरै प्रतियोगिताहरू हुन्छन्। यहाँ धेरै अतिरिक्त क्रियाकलापहरू गरिन्छन्। मेरो विद्यालयमा १ देखि १२ सम्म कक्षाहरू छन्। यो विद्यालय उत्कृष्ट विद्यालयहरूमध्ये एक हो।

यहाँ म र मेरो साथीहरू मिलेर पढ्छौं, लेख्छौं र खेल्छौं। मेरो विद्यालय एकदमै रमणीय छ। मलाई मेरो विद्यालय प्यारो लाग्छ।

युहाना राना मगर, ४ कोशी

## देशप्रेम

आफ्नो जन्मभूमि कर्मभूमि प्रतिको आस्था, विश्वास र आत्मीयता नै देशप्रेम हो। आफ्नो मातृभूमिसँग सबैको लगाव हुने गर्दछ। आफ्नो देशलाई माया गर्नु स्वाभाविक नै छ। एक मानिसले प्रकृतिको यस्तो सुन्दर रचना गरेको सृष्टिमा जन्म पाउँदा आफूलाई विश्वकै सौभाग्य व्यक्ति मान्नुपर्छ। त्यसको मान राख्दै आफ्नो भूमि सुरक्षा गर्ने हाम्रो कर्तव्य हो।

यही भूमिमा जन्म लियौं, यही भूमिले प्रदान गरेको जल, खाना, कपडा, बासले अहिले हाम्रो जीवन चलिरहेको छ। त्यसैले जब हाम्रो पालो आउँछ प्रकृतिले हामीलाई दिएको कुरालाई फिर्ता दिन तब हामीले पछि हट्नु हुँदैन। प्रत्येक देशको आआफ्ना परम्परा, संस्कृति, प्राकृतिक सम्पदा, रीतिरिवाज आ-आफ्नै किसिमका आकर्षकका चिज हुन्छन्। ती परम्परालाई अमर राख्नु पर्छ, भविष्यका पुस्तासम्म पुऱ्याउनु पर्छ। पर्यटन विकासलाई अगाडि बढाउँदै त्यसको संरक्षण गर्नुपर्छ। आफ्नो देशलाई विश्वसामु चिनाउने काम गर्नुपर्छ। आफ्नो देशको माटोको सम्मान गर्दै, आफ्नो देशमा केही पनि आँच आउन दिनु हुँदैन, आफूलाई आँच आओस् तर देशलाई आँच आउनु दिनु हुँदैन।

देशप्रेमको भावना राखेर अघि बढ्नु पर्छ। हिंसा द्वन्द्व जस्ता कुरालाई टाढा नै राख्नु पर्छ। आफू त्यसबाट टाढा रहे पछि देश त्यतिकै टाढा रहन जान्छ। देशमा शान्ति स्थापना गर्नुपर्छ।

हाम्रो देशका प्राकृतिक स्रोत जस्तै नदी, नाला, ताल, खोला आदिले यसमा थप सुन्दरता भर्न मद्दत गरेको छ। नेपाल भूपरिवेष्टित देशहरूमा पानीको स्रोतमा दोस्रो ठूलो देश हो। यहाँ भएका पानीका स्रोतले पुरै दक्षिण एसियालाई बिजुली उत्पादन गरी उज्यालो बनाउने सम्भावना बोकेको छ। त्यसका लागि योजना र तत्परताको खाँचो छ।



प्रत्येक मानिसमा देशप्रेमको भावना भए मात्र देश विकास तर्फ लाग्दछ। मानिसमा एकता भावना विकास भयो भने मानिसले देशलाई विपन्नताबाट सम्पन्नता लग्दछ। जटिलताबाट सहजता तर्फ लग्छ। देशप्रेममा यदि विश्वास गरेर यसको मान्यता दिन थाल्यौं भने, यो जतिको बलियो हतियार संसारमा नागरिकले अरु केही हुन सक्दैन। प्रेमको महत्व अमूल्य छ र शक्ति अनन्त छ।

नागरिकले देशप्रेमलाई मान्यता दिएमा मात्र देश संसारको उत्कृष्ट देश बन्न सक्छ। असल नागरिकका लागि देशप्रेम भन्दा राम्रो र सर्वश्रेष्ठ कुरा अरु केही हुने सक्दैन।

सम्पदा के.सी, १० धौलागिरि

## हमारा चाडपर्व

हम बहुत सारे तवहार मनाते है। तवहार हमारे घर मे बहुत सारी खुशियाँ लाता है। तवहार में हम कभी लाइट जलाते है, पटाखे फोडते है, मिठाईयाँ बात्ते है, खुशियाँ बाटते है, अलग-अलग जात अलग-अलग व्यहार मनाते है।

कुछ तवहारो का नाम है- दिवाली, होली, ईद, क्रिस्मस, रक्षा बन्धन इत्यादी। हम घरों मे जाकर मिठाईयाँ बाटते है। कभी कभी हम अपने गाव में भि जाते है तवहार मनाते के लिए। गाँव घर में तवहार साथ मिल कर मनातेका मजा हिं कुछ और है। सब साथ मे पटाखे पोडते है, रङ्गो से खेलते है।

अपने-अपने धर्मों के अपने-अपने तवहार होते है जैसे- मुशलिम का ईद, हिंदू का दिवाली होली, रक्षाबंधन इत्यादि क्रिस्चनका क्रिस्मस और बुद्धिष्ठका लोसार इत्यादि। सब धर्म अपने तवहारोको खुशी से मनाते है। लेकिन सब तयोहारों में सब एक सा नहीं होता है। सब तवहार अपने में ही अच्छे होते है। हम सब तवहारों को धुम-धाम अच्छे से मनाते है। जैसे- होली मे : रंगोसे खेलना दिवाली मे पाटाने एक फोडना, ईद मे भाई-बहनो से गले मिलना, क्रिस्मस में क्रिस्मस ट्री सजाना रक्षाबंधन में अपने भाईयो का राखी वाधना इत्यादि।

तवहार बहुत ही शुभ होते है। तवहारों में कहा जाता है कि हमे रोना नहीं चाहिए क्योकी रोना अशुभ होता है। वहीं ये भी कहा जाता है कि तवहारों में जिव-जन्तु का बली नहीं चढाना चाहिए, या जिव-जन्तु को नहीं मारा जाता है, पर दूसरी तरफ ईद में बकरे का बली दिया जाता है या हिंदू धर्म मे भी कभी कभी काली माँको गाय या भैस का बलि देना शुभ माना जाता है। इसलिए कहते है की हर तवहार अलग होते है। सब तवहार को मनाते का तरीका भी अर अलग होता है।

“मुझे तवहार बहुत ही ज्यादा पसंद है। धर्म कि कोई भी बात नहीं है हर धर्म के तवहार, तो तवहार ही होते है। हर सारवजीनक जगह जैसे- बैंक, स्कूल, आफिस, कॉलेज सब में छुट्टि दि जाती है। सिर्फ हिंदू धर्म के लिए हि नहीं बल्की हर धर्म के लिए छुट्टि दि जाती है। हमें हर एक तवहार को. सामन मानना चाहिए। अभि भि हमारे समाज में कुछ लोग है जो तवहारों में भी भे

दभाव करते है। जरूरी नहीं है की हमें सब तवहार मनाना है तो मनाना ही है, हम तवहार नहीं मनाना चाहते तो नहीं मनाएंगे लेकिन कमसे कम जो मना रहे है उनको तो मनाते देगे ही।

हमें सब तवहारों को एक समान मानना चाहिए, और भेदभाव बिलकुल भी नहीं करना चाहिए। हम सबको मिल जुलकर तवहार मनाना चाहिए। सबके घरों में जाकर मिठाईयाँ बाटना, सबके गले लगाकर, तवहार को शुभकामना देना, बच्चों, बड़ों और दोस्तों के साथ पटाखे फोडना। हमें तवहारों में क्रोध, फगडा, घमंड नहीं करना चाहिए बल्की तवहारों का आदर करके, भगवान का पूजा करके उन्हें अच्छे से, धुमधाम से मनाना चाहिए।

तवहारों में चुपचाप घर में बैठने से कुछ नहीं होता है। सबको मिल जुलकर तवहार का मजा लेना चाहिए। और दूसरों पे गुस्सा नहीं करना चाहिए। मुझे तवहार बहुत ही ज्यादा अच्छे लगते है। तवहार बहुत ही ज्यादा अच्छा होते है।

अक्षरा कुमारी, ७ अन्नपूर्ण

## आधुनिक वैज्ञानिक आविष्कार

घडी - पादरी लिस्वेस्ट  
टेलिभिजन - जे. एल. बेयर्ड  
पृथ्वीको आकर्षण - न्यूटन  
टेलिफोन - ग्राहम बेल  
वायुयान - राइट ब्रदर्स  
ग्रामोफोन-एडिसन  
थर्मोमिटर - फारेन हाइट  
रेडियो- मार्कोनी



अन्तरिक्ष- विजय युरी गागरिन  
एटमबम-आरोहन  
एक्सरे - रोएन्ट जन  
पेन - वाटरमैन  
मोटरकार- डाईम्बर  
ट्रान्जिस्टर -डब्लुलु साक

हर्षिका पनेरु, ७ मकालु

# Prodigious Ninos



CGEIU Drawing Competition



Home Visit



Little Learners Project Work



Relaxing time



Playing with colors



World Environment Day



Keeping the surrounding clean



Clay work



Bhanu Jayanti Celebration



National Paddy Day



Montessori Activity



Little Master Chefs at Cooking Class



Nursery Visit

## स्वस्थ जीवनका लागि योग

सामान्यतया प्रत्येक मानिस स्वस्थ र निरोगी जीवन बाँच्न चाहन्छ। त्यसको लागि हामी विभिन्न प्रकार का शारीरिक व्यायाम गर्ने, विहानै दौडने, खेलकूद गर्ने आदि गर्दछौं। साथै यी सबै प्रयत्नबाट केही न केही स्वस्थ लाभ प्राप्त गर्दछौं। यसका अतिरिक्त हामीले दैनिक योग गर्ने बानी बसालेमा अन्य सबै शारीरिक व्यायाम र क्रियाकलापभन्दा अझ धेरै स्वास्थ्य लाभ लिन सक्दछौं। सब भन्दा पहिले यो भनेको के हो त ? यस बारे विस्तारमा जानकारी हनु जरुरी छ। सरल भाषामा भन्नु पर्दा शरीरलाई सन्तुलित बनाई मानसिक र शारीरिक रूपले मनसँग र आत्मालाई परमात्मा सँग मिल्न गराउने एउटा नित्य गरिने साधना, व्यायाम र प्राणायाम समाष्टि रूप नै योग हो।

योग धेरै किसिमका छन् जस्तै: हठ योग, राजयोग, अष्टाङ्ग योग सामान्यतया स्वस्थ शरीरका लागि अष्टाङ्ग योग नै प्रचलनमा छ। योगको महर्षि पतञ्जलीले गरेका प्रतिपादन हुन्।

अष्टाङ्ग योगले मन, विचार र कर्मको शुद्धीकरण गर्नुको

साथै यसले नाकरात्मक सोच विचार र विकार तत्वलाई विस्तारै हटाउँदै राम्रो मन, विचार र सकारात्मक सोचको विकास गर्नुको साथै सम्पूर्ण शारीरिक र मानसिक सन्तुलन ल्याउनमा ठूलो भूमिका खेल्छ। भनिन्छ, स्वस्थ शरीरमा स्वच्छ आत्माको बास हुन्छ। त्यसैले स्वस्थ र दीर्घजीवी हुनका लागि योग अति नै महत्वपूर्ण छ। अष्टाङ्ग योग अर्न्तगत यसका आठ वटा अङ्ग छन्। यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि, आदि पर्दछन्। यो गले आत्मबल बढाउनु, सद्गुण, सद्ब्यवहार, सद्चरित्रको निर्माण गर्दछ। त्यसैले योग नै जीवन दर्शन हो भन्न सकिन्छ।



आश्विन चन्द, ७ मकालु

## रोपाई जात्रा

चाडपर्वहरू संस्कृतिकै अभिन्न अङ्ग हुन्। हाम्रो देश नेपालको संस्कृति पनि अनेकौं चाडपर्वोत्सवहरूले भरिपूर्ण रहेको छ। यस्ता चाडपर्वहरू मध्ये रोपाईं जात्रा पनि एक हो। असार महिनाको पन्ध्रलाई 'रोपाई जात्रा' भनिन्छ। यो हाम्रो कृषि उत्सव हो। असार महिना मानो छरेर मुरी फलाउने महिना हो। यो महिना किसानहरूको परीक्षाको घडी हो। असार १५ मा असार भाकामा एकल वा लोक दोहोरी गाउँदै हिलोमा छुपुछुपु धान रोपाईं गरिन्छ। रोपाईं गर्नु अघि खेतलाई राम्ररी खनजोत गरिन्छ। रोपाईंलाई गाउँघर तिर चाडपर्व भैं मनाइन्छ। बाउसे गरेको र धान रोपेको दृश्य अनि चिर्टाक्क परेको खेत, पानीमा डुबेका खेतका गरा, त्यसमा सफा र पातलो गरी मिलाएर रोपेका धान जब हल्का हावाले हल्लिन्छ, त्यो जति आकर्षित दृश्य किसानको लागि अरु केही हुँदैन। यसरी दिनभरी काम गरेर थाकेका किसानहरूको शरीर थाके, मन रुवाभै नाचि रहेको हुन्छ। त्यस्तो बेलामा शरीर मा शीतलता प्रदान गर्न दही चिउरा खाने परम्परा पनि छ। यसरी असार १५ मा दही चिउराको अर्कै महत्व छ। यस दिनलाई नेपाल सरकारले धान दिवसको रूपमा मान्यता दिएको छ।

- इप्सिचुड चाम्लिङ, ७ धौलागिरि

## Health is Wealth

Health is wealth is the most famous proverb. Health is wealth means that health is more important than wealth. A healthy body is defined as the



overall ability of the body to function well. It includes the physical, mental, emotional and social health of all individuals. There are uncountable benefits of having a good health. A man enjoys his life more deeply. Good health helps us to protect ourselves from many diseases. Good health alleviates stress and boost activity that adds more energy to work harder and productively. The big advantage of maintaining good health is to live peaceful life. A healthy life is truly the source of happiness, money may buy all the luxuries that are in the world, but it cannot buy good health. A good health enables you to achieve, or live a happy life. Achieve your goal and escape medical expenses. As Mahatma Gandhi quoted, 'Health is the real wealth, not gold and silver. Thus, a healthy person is a happy person on the Earth.

Shitoshna Basnet, VI Lhotse

## इन्टरनेटमा प्रयोग हुने सडक्षेपीकृत शब्दहरू

इडियु - एजुकेशन एशिक्षा)

कम - कमर्स (व्यापार)

इमेल - इलेक्ट्रोनिक मेल

डब्लु डब्लु डब्लु - वर्ल्ड वाइड वाइड वेभ

केवीपीएच - किलोवाइट पर आवर

ओआरजी - अर्गनाइजेसन

जीओभी - गभर्नमेन्ट

आईटी - इन्फर्मेशन टेक्नोलोजी

दिप्सन अर्याल, ७ मकालु



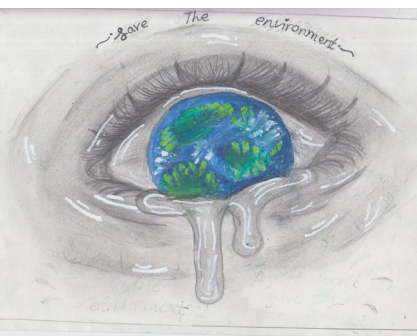
## Colourful Hands



Aadhyansh Adhikari, II Mechi



Saanvi Maskey, IV Koshi



Samragyee Khanal, VI Dhaulagiri



Sibani Lama, I Mechi



Aaradhya Uprety, III Karnali



Krishnaa Shrestha, V Mechi



AYUMI GHALE, VII MAKALU

## Corruption

Corruption refers to a form of criminal activity or dishonesty. It refers to an evil act by an individual



or a group. Corruption primarily includes activities like bribery or embezzlement. Corruption can take place in many ways. Corruption certainly reflects greedy and selfish behavior.

The methods of corruption are bribery, embezzlement, graft, extortion, favoritism, etc. First of all, bribery is the most common method of corruption. It involves the improper use of favors and gifts in exchange of personal gain. The favors include money, gifts, company, shares, sexual favors, employment, entertainment and political benefits. Embezzlement refers to the act of

withholding assets for the purchase of them. It takes place by one or more individuals who were entrusted with these assets. The graft is a global form of corruption. It refers to the illegal use of a politician's authority for personal gain. A popular way for the graft is misdirecting public funds for the benefit of politicians. Favoritism and nepotism is quite and old form of corruption still in usage. This refers to a person favoring one's own relatives and friends to jobs. This is certainly a very unfair practice. Abuse of discretion is another method of corruption where a person misuses one's power and authority.

There are many ways to reduce corruption as well. One way of preventing corruption is to give a better salary in a government job. Since many government employees receive pretty low salaries, high salaries would reduce their motivation and resolve to engage in bribery.

Increasing the number of workers can be another suitable way of reducing corruption. Tough laws are also very important for stopping corruption. Above all, strict punishments need to be meted out to guilty individuals. Applying cameras in workplaces is an excellent way to prevent corruption. Many individuals would refrain from indulging in corruption due to fear of being caught. The government must make sure to keep inflation low. Due to the rise in prices, many people feel their incomes to be too low. Consequently, this increases corruption among the masses. To sum it up, corruption is a great evil of society. This evil should be quickly eliminated from society. Corruption is the poison that has penetrated the minds of many individuals these days. Hopefully, with consistent political and social efforts, we can get rid of corruption.

Ridima Bista, IX Lhotse

## Once in a Blue Moon

She looks into the starlit sky  
And listens as the crickets cry  
There's really a small piece of hope,  
For all the wishes she's groped

Once in a blue moon they say,  
A wish that's miles away  
For it is only in the darkest of nights  
That she sees a blue moon light.

She gives herself a shake  
And sobs till the tears make  
The only other sounds the break  
Of waves and birds awake

The moon is forever deep  
It has promises to keep  
With thoughts of sadness in her head,  
She faces the day, with never ending dread.

Anna Adhikari, IX Annapurna

## My Poem

I don't consider myself a poet  
I never will, and it's a deal  
A deal with myself I have made  
That I won't ever publish my thoughts  
And witness everyone trying  
To give my words some aid  
As my ink is a faithful servant  
And my fingers being my strength  
My mind being a business partner  
My heart being a friend  
I know my servant will move  
with my command and will  
And I am sure my strength  
Is completing it's fill  
My business partner I know very well,  
With it I have made deals  
But my friend being a stranger  
And a little too much ill.

Pragyata Rajya Laxmi Shah, IX Lhotse

## Book Review

### Journey to the center of the Earth

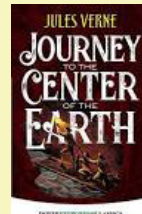
Author: Jules Verne

Genre: Novel, Science Fiction, Adventure

Main Characters: Professor Otto Lidenbrock, Axel, Hans Bjelke, Gräuben, Martha

Date of Publication: November 25, 1864

Original Language: French



Journey to the center of the Earth is a classic adventure novel written by Jules Verne. The book tells the story of Professor Lidenbrock and his nephew Axel who discover a secret message that leads them to an exciting journey to the center of the Earth. They hire an

Icelandic hunter, Hans as their guide. Along the way they face many dangers, obstacles and problems but they still continue on their journey. They also discover various incredible mysteries under the Earth crust. The book has wonderful and imaginative description of how the world under the Earth's crust is. The book is full of fascinating and unsuspecting details like the underground ocean, and giant mushrooms. All of the characters are also well-developed and engaging. Overall, Journey to the center of the Earth is an interesting and exciting novel. I really loved the novel. I would recommend this book to people who enjoy reading fiction and adventure stories.

Saanvi Rana, VII Makalu

## Bhanu Jayanti

Bhanu Bhakta Acharya was the first poet in the Nepalese language who is best known for translating the epic Ramayana from Sanskrit to Nepali. Bhanu Jayanti is the celebration of the birth



of Bhanu Bhakta Acharya who was born on 13th July 1814 (29th Ashadh 1871 B.S.). Bhanu Jayanti is observed as cultural festival, which is widespread among the Nepalese in remembrance of him and his literary work.

This year, The Chandbagh school family celebrated 210th Bhanu Jayanti on 29th Ashadh 2080 inside the school premise. On the occasion of Bhanu Jayanti the school had organized 'Sahitya Saptaha' from 24th Ashadh to 29th Ashadh with different programs related to literature. On the very day, special assembly was organized, where a student dressed up as Bhanu Bhakta Acharya gave a brief introduction of the poet. Later that day, the school organized Inter-House Poem Recitation Competition where the young poets from grade 1 to 10 recited poem in different languages (English/ Nepali/ Hindi/Sanskrit/ Nepa Bhasa).

Samragyee Shah, IX Makalu

## Best Friend

Best friends are angels  
That god sent along  
They always stay beside you  
Whenever things go wrong



Whenever we feel discouraged  
They always cheer us up  
Whenever we frown  
They turn it upside down

Best friends stay with us  
In the highs and the lows  
Best friends are there  
When we fly and we flow

Best friends are  
Loyal, kind as well  
When we are lonely  
They can easily tell

Have each other  
Till the end of time  
I will love you so  
that you will be mine

Shirasa Shrestha & Pranisha Karki, IV Mechi

## Nature

Everything is nature,  
God gave us this feature



Birds fly in the sky,  
The mountains are so high

Trees are green,  
Water is so clean

We are only harming it  
But never betraying

It always gives us right way  
After ruining it what will you say?

Don't ruin the nature  
Because it is your feature

Amoulika Kahdka, VII Makalu

## School

School, the place you always  
meet your friends,  
School, the place where  
the learning never ends  
To help our nation  
in developing  
Or to make us learn  
to take care of our belongings



The place where you  
may get acknowledged  
And where you get scared  
when you get fetched  
School, where we  
learn about phosphorus,  
School, which makes  
our country prosperous

In our exams we get a fright  
But we know it's the reason  
our future is bright  
From Sunday to Friday  
we are learning  
To achieve our dreams  
for which we are yearning

Erika Joshi, VII Dhaulagiri



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## Participation and Felicitation

