CHERISHING
HUMANITY
THROUGH JOYFUL
LEARNING

kanjirowa
Newsletter

001/
APRIL 2023

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OUR ICT, OUR LEARNING

WHEN SOMEBODY TALKS ABOUT DIGI

When somebody talks about Digi, it brings a big smile on my face because it made me capable of using technology as a part of my life. Digi course does not only engage us with book and computer but also enhances our learning with the help of different competitions among which my favourite is Changa Chet.

Last year, when I heard about it I did not take it seriously. But, this year I was excited about it from the very beginning. I was nervous as well. Our teacher introduced us to different programs through which we could design or prepare our work. It gave me confidence to participate in the competition. The theme for this year's competition was 'Festivals of Nepal' and I choose Canvas for my project.

My teacher and my parents helped me to complete the project and this not only became my project but an award winning one. Amongst so many projects submitted from various schools, my project won the third prize. And to collect my certificate, I went to Digi office which is located at Putalisadak, with my parents and teacher. We had lots of fun and got opportunity to look after other various projects on robot, moisture indicator, etc. I am really thankful to my school, teachers and my parents for giving me this opportunity and helping me in my journey.

Aashiv Bhandari
Three 'Limi'



25 YEARS OF EXCELLENCE !

MOMENTOUS OCCASION TO CHERISH...

Kanjirowa completed a glorious 25 years of its founding, and it is a momentous occasion to cherish for all of us. The silver jubilee has not only been the occasion to celebrate the accomplishments of the past, but also become an opportunity to look forward to the future.

Established in 1998 with the motto of 'Whatever is worth doing is worth doing well.' our school has been dedicated to providing students with a holistic education that focuses on academic excellence through learning based on activities and human values. Over the years, our school has grown and evolved, adapted to the changing needs of our students, society and the world.

The inauguration ceremony organized in the Nepal Academy Hall, Kamaladi on July 1 brought all our school community both present and past together strengthening our bonding and collaboration. We had various fun-filled programs showcased by our students on the occasion. Throughout the year, we involved in diverse activities to make the silver jubilee memorable. Various inter and intra-school activities in sports, culture and community services were organized. STEAM Symposium of 13 November, has reinforced our commitment of integrated learning of Science, Technology, Engineering and Mathematics blending with Arts. In collaboration with Karkhana and Robotics Association of Nepal, scores of students from dozens of schools participated in design challenge and robotic competitions. Experts from Nepal Academy of Science and Technology, Ministry of Education, Kathmandu University and Kathmandu Metropolitan City took part in a lively debate in the symposium.

As we look back on the last 25 years, we can see the many milestones that have made our school the symbol of excellence it is today. From academic achievements to victories in co-curricular activities competitions, from community services initiatives to cultural events, our school has truly been a place of fineness.



But it is not just the achievements that make our school special. It is the people - the teachers, staff, students, parents, and well-wishers - who have made our school a true community of warmth, learning and human values. Our school has always been a place where students feel safe, supported, and challenged to be their best selves.

As we move forward with better programs, we will continue to build on the strong foundation that has been laid and to strive for even greater achievements. We will continue to provide our students with 21 century education that prepares them for the challenges of the future. We make commitment to strive to instill in our students the values of democratic openness, integrity, empathy, and responsibility that are the hallmarks of our school programs. And we will rededicate ourselves to work together to make our school a place of joy-learning that is a source of pride for all of us.

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A TRIP TO REMEMBER

GORKHA-CHITWAN & SHASWAT DHAM

One of the most well-known tourist locations in Nepal, Gorkha-Chitwan and Shaswat Dham, were the destination of a three-day, two-night educational and recreational tour organised by our school.
We boarded the bus early in the morning and had fun during the long drive. Gorkha, a historic town renowned for its rich cultural heritage and architecture, was our first stop. We learned about the town's significance in Nepalese history as we saw the historic Gorkha Durbar, a palace constructed in the 17th century by King Ram Shah. It has ornately carved wooden windows and doors, and traditional paintings and murals adorn the walls. We had to ascend a difficult staircase to get to the palace, which is perched on a hilltop and offers a fantastic panoramic view of the surrounding hills and valleys. Then the Gorkha museum displays the wares, armaments, and way of life of the inhabitants of Gorkha and the surrounding areas. Historical texts and records, as well as traditional clothes and jewellery, are among the exhibits.

We then moved in the direction of Chitwan. A district in southern Nepal well-known for its extensive jungle, abundant animals, and vibrant culture. The Chitwan National Park, a UNESCO World Heritage Site and one of Nepal's most popular national parks, is found in the Terai area of the country.
The uncommon one-horned rhinoceros, Bengal tigers, Asian elephants, as well as several deer and bird species, are just a few of the rare animals that may be found in the diverse flora and wildlife of Chitwan National Park. To explore the park and see these magnificent animals in their natural habitat, we chose jeep safari.

In addition to its abundant wildlife, Chitwan is renowned for the distinct Tharu culture. A native ethnic group known as the Tharus has been residing in the Terai region for millennia. By visiting one of the Tharu villages in Chitwan, we learned about their unique culture, language, and way of life. And the Tharu cultural program gave us the wonderful chance to see it all. We also went canoeing in the Rapti or Narayani River, and visited an animal breeding centre which was a marvellous experience on its own.
The Hindu temple complex Shaswat Dham, located on the outskirts of Pokhara, Nepal, was our last stop. The temple was dedicated to Lord Shiva and was built in the early 2000s. The large temple complex includes numerous shrines, a Shiva temple, and a Vedic Karmakanda gurukul. The temple complex also includes a meditation centre, a cultural museum, and a traditional Nepalese market.

The visit allowed us to immerse ourselves in Hindu culture and heritage, observe the flora and fauna in its natural form while also soaking in the surrounding natural beauty.

FROM TRASH TO CASH

THERE ARE NO SECRETS TO SUCCESS. IT IS THE RESULT OF HARD WORK, PREPARATION AND LEARNING FROM THE FAILURE.



This year is remarkable for us not just because we celebrated our school's silver jubilee but also because we got to participate in something challenging and engaging. Yes, we took part in 'School Enterprise Challenge'. School enterprise challenge is an international competition for schools to establish profitable student-led businesses. For this enterprise challenge, we started our vermicompost business. Vermicompost changed the garbage into gold.

The first thing we had to do was to take a session with an expert who taught us how to treat the worms. We divided our roles amongst ourselves to make it easier for us to work. We took care of the worms and did our best in every possible way. We watered the compost, checked up on it and even made reports about it in order to view the progress. Our teachers and mentors helped us get through all our hardships one by one. They gave us suggestions and advice which helped us grow more.

After we ran the business, we were all happy that our hard work and dedication paid off. We were in fact surprised by how much our sales was increasing. This participation was not a one-time thing. This was the start of a new tradition in our school. We focused on sustainability then.
Our business was and is having a positive impact on the environment as the use of vermicomposting (humidified material) for treating wastewater, remediating polluted soils, and improving agricultural productivity. The main advantages of vermicomposting comprise easy investment, low costs, structural, chemical, and biological characteristics responsible for exceptional adsorptive capacities as well as pollutant degradation, and of course promoting biocontrol. If we talk about the positive impact on our community then, it controls the major problem of biological waste by making it vermicompost. It also helps to switch people from using chemical fertilizers to organic fertilizers. Also, it protects the environment, helping to maintain ecological balance. It is shown to be a profitable enterprise as a circular economy. Through this challenge, we experienced our growth in creativity and analytical skills, leadership, teamwork and problem solving skills.

Now, we are focusing on how we will expand our business and keep progressing consistently. We are very grateful for "SCHOOL ENTERPRISE CHALLENGE" and our school for giving us the opportunity to participate in such a challenge. Lastly, we are also delighted to be a part of a global movement of young entrepreneurs.

Nilisha Bhusal and
Pragyatmica Khadka
Nine 'Tilicho'



मोतीजयन्ती विशेष

नेपाली भाषा साहित्यको उन्ननयनमा अतुलनीय योगदान पुऱ्याउने युवाकवि मोतीराम भट्टको १५७ औं जन्मजयन्ती तथा विद्यालयको २५ औं वार्षिकोत्सवको अवसरमा आयोजित मोतीजयन्ती विशेष कार्यक्रम काञ्जीरोवा नेसनल माध्यमिक विद्यालयमा २०७९ भाद्र १२ मा सम्पन्न भयो । सो अवसरमा विद्यालयले उपत्यकाव्यापी अन्तरस्कुल छन्दोबद्ध कविता वाचन प्रतियोगिता आयोजना गरेको थियो ।

काठमाडौं, ललितपुर र भक्तपुरका गरी कुल २२ विद्यालयको सहभागिता रहेको उक्त प्रतियोगितामा अक्षरा स्कुलकी निताशा अधिकारी प्रथम, मोक्षदा स्कुलकी रक्षा खतिवडा द्वितीय तथा काठमाडौं प्रज्ञाकुन्जका अवसर सुवेदी तृतीय र युनाइटेड स्कुलका सम्यक कोइरालाले चौथो स्थान हासिल गर्न सफल भएका थिए ।

विजयीसहित सहभागी प्रतियोगीलाई प्रा. व्रतराज आचार्य, विद्यालयका कार्यकारी निर्देशक महेन्द्र खनाल तथा प्रधानाध्यापक रन्जित थापाले पुरस्कार तथा प्रमाणपत्र वितरण गर्नु भएको थियो । कार्यक्रममा बोल्दै आचार्यले मोतीराम भट्टले कम समय बाँचेर पनि नेपाली भाषा र साहित्यमा पुऱ्याएको योगदानको साथै बहुआयामिक व्यक्तित्वबारे चर्चा गरे । प्रमुख अतिथि रामबाबु सुवेदीले नेपाली भाषा र साहित्यलाई प्रज्ज्वलित तुल्याउने मोतीरामको सम्झनामा कार्यक्रम आयोजना गरेर बालबालिकालाई आफ्नो क्षमता र सिर्जनशीलता प्रदर्शन गर्ने अवसर दिनु सराहनीय कार्य रहेको धारणा व्यक्त गरे ।

उपत्यकाव्यापी अन्तरमाध्यमिक विद्यालयस्तरीय छन्दोबद्ध कवितावाचन प्रतियोगितामा नेपाली साहित्यका दिग्गज प्रतिभा एवम् बालसाहित्यका धरोहर रामबाबु सुबेदी सम्मानित भएका थिए । नेपाली साहित्यमा कम समयमा अतुलनीय योगदान पुऱ्याउने युवाकवि मोतीराम भट्टको १५७ औं जन्मजयन्तीको अवसरमा विद्यालयमा आयोजित मोतीजयन्ती विशेष कार्यक्रममा सुवेदीलाई सम्मान पत्र, नगद तथा दोसल्ला ओढाएर सम्मान गरिएको थियो । नेपाली साहित्यका महान स्रष्टा सुबेदीलाई सम्मान गर्न पाउँदा विद्यालयले गौरवान्वित महसुस गरेको छ ।

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ALMOST CAUGHT !

A STORY OF A FIFTH GRADER.....

It was a sunny morning. I was going to school. Just as I reached school, I rushed to my classroom and sat on my seat. That day, I was full of joy because I had brought a packet of chocolate cream biscuits. I took my Nepali book out and closed my bag with caution. I knew that if my teacher knew about it, I would be in trouble.

My bench partner was Mugna and on my right was Siki. After some-time, our class teacher came and told us that she was going to get our bags checked. Siki started checking bags as she was the bag checker. I started to panic because our row was first. I had only told Mugna that I brought biscuits.

In a couple of seconds, it was our turn. I thought that my biscuits would get seized but Siki couldn't find it. She searched every single place in my bag. Then, Mugna decided to jokingly tell Siki about my packet of biscuits. I tried to stop her but Siki got suspicious of me and checked my bag again. Thanks to my good luck, she couldn't find anything in my bag. It was such a relief!

Bag checking was over. But there was still a problem. Siki was sitting right beside me. So, every time I took something out from my bag, I had to close it immediately. I still had to be careful that Siki doesn't look into my bag. We still had six periods left till we go home. But hiding it from Siki was very easy because she would always be concentrated on her work or would be talking. So, I was out of the limelight.
Time went pretty quick and it was almost departure time. Finally the bell rang and I decided to tell Siki about what I brought to school today. But, she ignored me and ran towards her van. Later, I ate the biscuits and shared it with some brothers and sister in my bus.

Though I was happy that I didn't get caught, I didn't feel good about myself as I did not follow the rules. I made a promise to myself that I would never take eatables or other stuffs to school without permission.

Aarohan Shrestha
Five 'Dingboche'



MOMENTS TO TREASURE

This year 2079 was full of excitement and thrilled all because of the field visits and nature walk. The most purposeful and electrifying one was Ekadeshma Agroculture Farm visit by third graders, where they felt the typical essence of our nation and its customs as well.

First graders visited Tiger Lily Petty Farm in the month of Falgun. The students really enjoyed the day while simultaneously learning a great deal about farm life and how food is produced.
'One Day 3D Art Museum visit by second graders on 16 February 2022 was a unique, exciting and engaging experience which allowed students to interact with art in new and innovative ways.

To felicitate and thank dear grandparents of our beloved Kanjirowans, Kanjirowa National School organized Grandparents' Day on 18 September 2022. Caring Kanjirowans of grade One to Three paid tribute to their ever-loving grandparents via musical performances, skits, and presentations.

"A LEARNING COMMUNITY DEDICATED TO BUILDING RESPECTFUL AND RESPONSIBLE CITIZENS AND EMPOWERING ALL LEARNERS."

DHAMPUS DIARIES

LIVE LIFE WITH NO EXCUSES, TRAVEL WITH NO REGRETS

TRAVEL IS NOT ALWAYS ABOUT FUN, IT'S ALSO ABOUT DIFFICULTIES WE HAVE TO SUFFER.

We, the students of grade nine went on a trip to Pokhara, a few days ago during our winter vacation and our day started with a trip taken by road. Our journey started from our school, where we boarded the bus. The ride was bumpy and lasted for several hours, but we didn't mind. In fact, we danced for quite a time in the bus, enjoying the music and the scenery passing by. It was a great way to bond with our friends and teachers, and to start our adventure on a high note.

Once we arrived in Pokhara, we were greeted with a good meal, which was much appreciated after the long journey. We then took a tour of the city, which is known for its stunning natural beauty and picturesque landscapes. We visited some of the city's most famous landmarks, such as the Phewa Lake and the World Peace Pagoda.

After a day of sightseeing in Pokhara, we boarded the bus once again, this time headed for Dhampus. The journey was shorter but just as scenic, with lush green hills and beautiful valleys unfolding before us. When we finally arrived in Dhampus, we rested and got refreshed. A much needed campfire and dance to hike the fun quotient was a great way to unwind and relax after a long day of travel.

The next day, we woke up early in the morning with excitement to see the sunset but to had to walk for literally more than two hours which was really difficult for some of us. But the mountain with the most peculiar shape stood clean, white and beautiful which made all of us to forget the difficulties. We waited for such long period of time to see the sunset but because of the fog, we couldn't. The locals were friendly and welcoming, and we learned a lot about their way of life and traditions.

All in all, our Dhampus trip was an unforgettable experience, filled with adventure, new experiences, and wonderful memories. We can't wait to go back and explore more of this beautiful part of Nepal.

Kristina Chapagain
Nine 'Tilicho'







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MY ROBOTICS EXPERIENCE

MY PASSION FOR ROBOTICS

The future of robotics technology is advancing rapidly and robots are becoming more capable of performing complex tasks. In the near future, robots will be able to work alongside humans, performing tasks such as manufacturing, construction, and health care. In long term, robots will be able to think and act independently and will be able to handle more complex tasks. Ultimately, robotics technology has the potential to revolutionize the way we work, live, and interact with one another.

I'm Raunak Kushwaha, a member of RAN. Robotics has always been a fascinating field for me. Ever since I was a child, I was interested in learning how a robot works and how they can help us with our daily task.



My first encounter with robotics was when I was in fifth grade. We were taught robotics where teachers teach about robots. My knowledge and skills kept on growing from then onwards. I have learned that passion is really important to pursue anything. This year, our school organized STEAM Symposium on 13 November.

Robotics competition was a part of the symposium, where students from various schools in Kathmandu participated with great enthusiasm. I and my team also participated in the robotics competition where we were able to bag second position. This was my first achievement and I feel that it added more confidence and strength in me.

My passion for robotics led me to take part in several other robotics competitions in schools, in national and international level, both. I was amazed by the different designs and technologies that other students used to build their robots.

In conclusion, my experience with robotics has been both exciting and challenging. I have learned a lot about programming, engineering and the importance of teamwork. I am grateful for the opportunities. I am excited to continue learning more about this field in the future.

Raunak Kushwaha
Eight 'Khaptad'



BEEN TO THE MUN

MODEL UNITED NATIONS (MUN) PROGRAM

I still vividly recall my first MUN conference, but this year's KNS MUN was unique because all of the students came together to attend the MUN in person rather than participating virtually. I served as co-chair of the conference for grade 10, where delegates from grades 8 to 10 discussed about urgent global concerns. We approved a resolution, held the conference, and learned the importance of stock cards, as well as how to use the veto power. Prior to all of this, it appeared scarier than I had anticipated. However, I was speaking confidently that day since we were being trained by Abishek brother, a former pupil of our school who participated in roughly 11 other MUN exercises. However, it was odd reading about it in the book and putting it into practice in our daily lives. This was the best part of all and gave us more certainty that we truly understood the subject.

The World Trade Organization, the Commission on the Status of Women, and the Economic and Social Council were all topics of discussion at the event held on September 11, 2022. We young students at Kanjirowa are able to learn to acquire an awareness of the UN, global challenges, and the manner in which the UN functions; thanks to the simulation of the General Assembly.

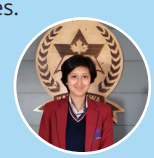
We, young students, took on the roles of diplomatic delegates from other countries, producing position papers and country summaries, drafting resolution papers, and enlisting the support of the member countries to win their approval. Using his or her veto, a representative from the Russian Federation completely rejected the motion that encouraged the country to cease the situation in Ukraine, a simulation of the UNGA (United Nations General Assembly).



Our distinguished visitors Mr. Bhogendra Lamichhane (Head of English Programs, British Council), Ms. Simrika Sharma (National Information Officer, United Nations Office in Nepal), and Mr. Sudarshan Subedi were there as well (BCSA). We were so very grateful for their presence and encouragement given to us. KNS's main goal was to introduce new languages and the ostensibly complex MUN procedure. Additionally, we sought to make MUN simple and enjoyable in a more pleasant tone.

I am extremely appreciative that my school sponsored Model United Nations, which not just provided a platform to develop various twenty-first century skills but also broadened and deepened our understanding of diplomacy, international relations and of course, the United Nations. It not only helped us learn, but it also boosted our confidence and informed us about current global issues.

Ruby Thapaliya
Ten 'Chaudandi'





Abacus & Karkhana Learning

Our school has given us
many opportunities
To boost our knowledge
from extra activities.

Karkhana science and abacus
are some of the activities
Which helps us to enhance
our creative personalities.

Science is a magic
lots of fun to learn
For the practical based education
Karkhana is the one.

Mental math is necessary
to sharpen our mind
By the use of abacus
Math calculations can be
simplified.

Mathematics and science
are easy with the tool
Thank you all the teachers
and thank you to my school.

Anshuman Bhattarai
Six 'Phikkal'



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STEAM सिकाई चौतारी

Kanjirowa National Secondary School, in collaboration with Karkhana and the Robotics Association of Nepal [RAN], organized STEAM सिकाई चौतारी - STEAM Symposium for Future of Work on Sunday, 13 November 2022. The symposium aimed to promote STEAM education and empower students to use their knowledge and skills to solve real-world problems in their communities. It also aimed to inspire students to pursue STEAM education and careers. The event featured several components, including the Mini - भविष्य STEAM Challenge, Robotics Competition, STEAM Project Showcase, a one-day teachers' workshop and a panel discussion in STEAM Methodology in Education.

The Mini- भविष्य STEAM Challenge was a hands-on learning activity where 150 students from 30 schools in the Kathmandu valley worked in teams to solve problems related to the UN Sustainable Development Goals (SDGs). The Robotics Competition challenged students to design and program robots that can navigate through a course and complete tasks. The STEAM Project Showcase provided a platform for students to display their projects that focused on solving problems in their community. A panel discussion was also organized to bring together STEAM leaders from all over the country and amplify their voices to prepare students for the future of work.
The event aimed to promote STEAM education. The panel of esteemed experts in the field of education discussed the importance of STEAM education and its impact on the future workforce. The panelists included Mr. Indu Bikram Joshi, Joint Secretary of Science & Technology, Ministry of Education, Science and Technology, Prof. Bal Chandra Luitel, PhD, Dean of School of Education at Kathmandu University, Dr. Rabindra Dhakal, Chief of Faculty of Technology at Nepal Academy of Science & Technology, and Reshu Aryal Dhungana, Director of Habeli Outdoor Learning Center and Education Advisor at Kathmandu Metropolitan City.

During the discussion, the panelists emphasized the need for STEAM education to be integrated into the curriculum from an early age. They also discussed the challenges faced by schools in implementing STEAM education and suggested strategies to overcome them.



The panelists also highlighted the importance of equipping students with the necessary skills and knowledge to succeed in the 21st century workforce, which requires not only technical expertise but also soft skills such as critical thinking, problem-solving, and communication. The Principals' Meet provided a platform for open dialogue and collaboration, which will help to further promote STEAM education in Nepal.

The STEAM Symposium for Future of Work was a huge success, drawing a large crowd of students, teachers, and education professionals across Kathmandu Valley. The symposium provided a great platform for students to showcase their skills and knowledge in STEAM and make meaningful contributions to their communities.



THE WITCHES

The Witches by Roald Dahl is a classic children's novel that follows the story of a young boy who discovers a real-life witch's convention. Through the help of his grandmother, the boy is able to save the day. The Witches is a captivating and imaginative story that will delight the readers of all ages. The story is full of suspense, with the young boy trying to figure out the witches' plan.

The characters in the novel are well-developed and lovable. The young boy is brave and resourceful, and his grandmother is wise and protective. The witches themselves are creepy and menacing, and the reader is kept guessing as to their true intentions until the very end.

Overall, The Witches is a great read for children and adults alike. It has all the charm and whimsy of a Roald Dahl novel, and is sure to be enjoyed by the readers of all ages.

Niprupam Pokhrel
Five 'Dingboche'



KANJIROWA: HOME FOR LEARNING AND GAINING EXPERIENCE

From the day I have joined Kanjirowa, everyday has been an excellent learning experience. Our school has always done its best to provide us with the excellent opportunity to enhance our knowledge. Our school incorporates different learning methods each year according to our class and our capability.

Last year our school started abacus when I was in class five. At first, I was a little bit confused about the abacus kit as it looked like a toy to me. But just after few days, I enjoyed abacus classes so much and quickly excelled in everything our abacus teacher taught us. Abacus teaches us to become skilled in rapid mental mathematics where we can use our hands to manipulate beads initially. Gradually after practicing, it teaches us to memorize the abacus beads and perform calculations mentally without the help of calculator or abacus beads. I think abacus has really helped us to improve our concentration, focus and our logical thinking. Abacus classes are also super fun and a break from our regular classes.

This year our school gifted us students with another nice surprise! It was science experiment kit, the 'Karkhana Kit'. Learning science has never been so interesting. Here we get to do our science experiments on our own with our own materials. Every kit is provided with complete materials for several experiments. This kit allows us to bring lab settings into the classroom and learn complex scientific processes through fun and engaging hands-on minds-on activities. This has tremendously helped us to improve our understanding of the experiment.



By replicating the experiments we learned in books on our own we have the depth knowledge about the process, the result and the conclusion. Every week I look forward for my karkhana class as it is my best class where I get to learn with fun. Our dear teachers are always there to help us and make our experiment experience more fruitful. All the experiments we did this year have really been interesting ones. I am highly looking forward for more interesting experiments in the next grade!

Thank you kanjirowa for providing us with excellent learning environment incorporating new activities every year. Not a single day in our school is boring. We learn new things not only through books but through different engaging activities which will definitely help us to become a global citizens in the future.

Aebi Bhuju
Six 'Barah'



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SOME GLIMPSES OF 2022-23

















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SEA OF KNOWLEDGE: AMERICAN CENTER

Last month our school took us for an educational tour to American library located at Maharajgunj, Kathmandu. I can still remember how all the books were stacked in an orderly manner and the feeling I got looking at them.

The American library is one of the renowned library of Nepal. I had never been to a public library before and I can hardly explain how the space and the facilities made me think. Books has always been my best friend and it was a heaven for a book lover like me. Growing up I have always loved warm and silent places to read, where I can be alone with books and the library was definitely the place for me. All the books including novels, short stories, encyclopedias, dictionaries, research papers were kept there, guarded by a librarian. People were reading silently holding a book on their hands, forgetting everything of their life, drowning in the sea of knowledge.

When I picture myself as an adult, I think I'll also write books. The idea of other people reading the books written by me in a library really excites me. Maybe someday when I visit a library, I will find people reading my book. I will see so many Ojashwis like me staring at me, thinking of their future.



Ojashwi Pandey
Five 'Syangboche'





PARENTS' DAY

We, the family of Kanjirowa National Secondary School (KNS) celebrated the highly anticipated 'Annual Parent's Day-2079' on 1 Jan 2023 in Nepal Academy, Kamaladi. It was dedicated to the most valued and cherished people in our life - our parents. It honored these selfless beings in our lives and appreciate their commitment to making our lives smoother.

We began the program with a welcome note by our Student Council Head- Ms. Ava Khatri. She introduced the dignitaries who graced us with their presence, and all the invited guests were also honored. Then an Orchestra: The blend of Shiva Tandap was performed invoking God's blessing on each one of us.

Students adorning various traditional as well as modern costumes took to stage and performed beautifully to catch the audience's attention. The beautiful programs performed by the children such as musical performances, salsa, satara dance, jhagad, kauda and shastriya dance, rhymes, King Corona play and taekwondo and wushu drills as well as a musical play to pay tribute to the soldiers who lost their lives for the country added colour to the day.

The hall was illuminated with sheer pleasure and pride and smile felt by our parents to witness their child perform on the stage. Mr. Mahendra Khanal our Executive Director proposed the vote of thanks on behalf of KNS family, who enlightened the audience through his valuable words. He also advised the parents to inculcate in the children the good values and allow them to grow as responsible children developing their skills.

Sarvani, Darshan and Priyusha
Eight



PROFESSIONAL DEVELOPMENT PROGRAM

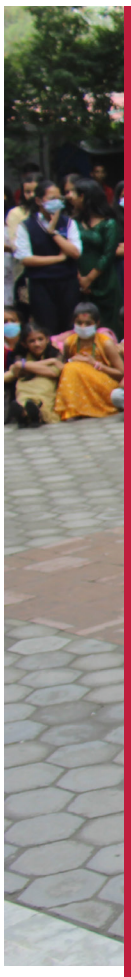
CURRICULAR SETTING AND PEDAGOGICAL MODEL TO SCHOOL

Kanjirowa National School focuses on enhancing teachers' capacities in order to raise educational standards. The school administration put up a one-week workshop for teachers on curriculum development and pedagogical models ( ) by Mr. Rajendra Dahal, CEO of AaryaShree International. The training's goal was to advance the objectives established for school pedagogy so that creative instructional activities may be carried out physically in the classroom. A training session was held to prepare lesson planning (in their own subject) and assessment processes in order to accomplish this goal.

The goal of the workshop on "Curriculum and Setting Pedagogical Model to School" is to establish school pedagogy in order to undertake cutting-edge instructional activities both in-person and online. The training provided to teachers enabled them to develop their own common pedagogy and equip teachers with the knowledge, tools, and abilities to address the soft skills required by national education program Additionally, the program gave the teachers access to common educational ideals and apply them to their daily activities.

Teachers were led by an issue-based, project-based instructional methodology. The course covered the interrelationships between connect, concept, reflect, and context. Utilizing the three Cs and one R idea in the classroom to incorporate transformative skills. Also, the teachers were helped by this session to compare learning outcomes, differentiate between curricular elements, content in the text book, and locate and write content that includes its outcomes with soft skills.

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DIVERSITY & DEMOCRACY: CULTURAL ACCEPTANCE

Cultural acceptance is becoming increasingly important in today's world as people now-a-days are becoming more aware of the need to be inclusive of all cultures. It is essential to create a harmonious society and allowing everyone to feel included and respected. Cultural acceptance is the process of understanding and accepting different cultures, values, beliefs and practices. It involves recognizing the diversity of cultures and their various backgrounds. It is also the process of learning and respecting different cultural norms, customs and traditions. Thus, it's an important part of social cohesion. In simple words, cultural acceptance is about recognizing the value of each person's culture and accepting it as a part of the larger whole. It's about being open – minded and understanding and recognizing people's differences and that these should be respected and appreciated.

Recently, we had a program on Dashain and Tihar at our school. On this occasion, all the students of our school came in various cultural attire from various ethnic groups and they performed several songs and dances. During this event, our school had also organized a program of potluck for all the classes and every student brought various food items related to several ethnic groups. The students enjoyed the performances presented by their seniors, juniors and classmates along with learning that there are people belonging from several culture and ethnic groups present in the same class and the same school. From this event, we learnt that every ethnic group has a different way of celebrating festivals and preparing several dishes. It was a great opportunity for all of us to get familiar with each other's culture and learn to respect and appreciate it.

Cultural acceptance is important for many reasons. It helps to foster understanding and respect between the people of different cultures. It also encourages people to become open-minded and tolerant of those who are different. It plays a vital role in creating a more equitable society which helps to reduce inequality and discrimination based on cultural differences. It also leads to more open and accepting environment which can lead to positive social change. Cultural acceptance helps to reduce conflict and violence between different cultural groups. It also helps to create an environment of acceptance and understanding which can lead to a more peaceful and harmonious society. Cultural acceptance may also create more opportunities for economic growth. It can also help to foster innovation and creativity. It can improve the educational outcomes and helps to create a more inclusive and supportive environment. It can also help to create more sustainable environment. By valuing different cultures and beliefs, it can help to reduce environmental damage and promote sustainable practices.

Building cultural acceptance can be challenging. One of the most common challenges is dealing with stereotypes and prejudice. People may have spread misconception about other cultures that might lead misunderstanding. It's necessary to address these issues and work to create an environment of respect and understanding. Another challenge is dealing with language barriers. People of different cultures may not be able to communicate effectively due to language differences. It's important to provide support and resources to help bridge the communication gaps. It can also be difficult to create a sense of belonging in the multi-cultural society. It's important to create an environment where people from different cultures feel accepted and respected which can be done by providing support, resources and opportunities for people to come together. It's extremely important to create a sense of unity and understanding by recognizing and celebrating the festivals and traditional events or programs of different cultures and ethnic groups.

Cultural acceptance is an important part of creating a strong feeling of brotherhood among the people residing in the society. By embracing cultural acceptance, we can create a more inclusive and harmonious world. We can reduce inequality and discrimination and promote peace and stability in order to improve economic and educational outcomes. So, let's all work together to create a more inclusive world by embracing cultural acceptance.

Shreyashi Khanal, Rishav Bhandari
Eight 'Khaptad'



25TH ANNIVERSARY: A HISTORY TO COMMEND

Kanjirowa National School recently completed its 25th Anniversary and on this auspicious occasion KNS hosted Silver Jubilee program. Many activities were planned and almost all the students and staff were engaged to make this program a grand success. We, the students of class ten were not allowed to directly participate in the program; instead we were working as volunteers. Working as a volunteer was a completely new experience for me as I previously used to participate in various programs. We, the entire school members were constantly practicing and doing different tasks to successfully complete the program. We constantly worked for a whole week and the day finally arrived.

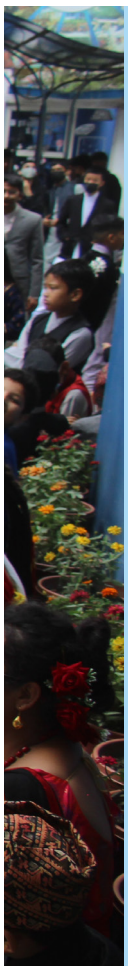
On the day of the program, we were dropped at the school by our parents as all of our buses were getting ready to take us to the hall where the program was going to be held. When I arrived at school, everybody was getting ready to board the bus. After half an hour we finally started heading towards the hall. When we reached the hall many students and teachers had already began to prepare and were getting ready for their performance. We also started to help with different tasks. We started arranging different stuffs and also helped our parents with their inquiry and information. We helped our juniors to get ready for their performances and coordinated different off stage tasks. After a while some of us were sent to the auditorium to help parents and other important visitors find their seats and guide them around. Then after some time the program started. As we were at the auditorium we got to watch for a while then we went back to the back stage to help with other works. After working for another hour or so we got chance to watch the program. I went off with my friends to watch the show from the auditorium and get some rest. After watching for a while we went outside to eat. After a while the program was almost over that's when our parents started heading out. Finally, only students and teachers left and some special programs were performed for us. We watched the final performance and then our Principal delivered a speech and told us that the program was a huge success.

That was my experience of our school's greatest program. I enjoyed it a lot and got new experience. I am very glad that I got a chance to take part in this program in the final year of my school life. Not everyone gets to celebrate school's silver jubilee, after all.

Saman Ale
Ten 'Sinja'



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3 ON 3 BASKETBALL

THE TOURNAMENT THAT WAS INTENSE

The 3 on 3 inter school basketball tournament held from 10th to 12th December saw a total of 36 teams from 16 schools participating in the event. The tournament had three categories: senior boys, girls, and junior boys. The competition was intense, and the teams battled it out on the court to win the coveted trophy.

In the senior boys' category, St. Xavier's School emerged as the winners after a hard fought battle against OASIS. Both teams displayed exceptional basketball skills, but it was St. Xavier's School that emerged victorious in the end. The first runner-up position was bagged by OASIS.
In the girls' category, SCIB School emerged as the clear winner after dominating the tournament from the start. The girls displayed excellent teamwork and coordination, and their hard work paid off as they lifted the trophy. The first runner-up position was secured by Himalayan School.
The junior boys' category saw a tough competition between SCIBS and Unique Academy Nepal. In the end, it was SCIBS that emerged as the winners, displaying great skills on the court. Unique Academy Nepal was declared the first runner-up. The tournament was well-organized, and the teams displayed great sportsmanship throughout the event. The players exhibited remarkable skills, and the spectators were treated to some thrilling matches. The tournament was not just about winning; it was also about promoting teamwork, discipline, and healthy competition.

The organizer of the tournament congratulated the winners and the first runner-up for their outstanding performance. They also thanked all the participating schools for their enthusiasm and support. The tournament was a huge success, and the organizer is already planning to make it even bigger and better next year.



FIFA WORLD CUP 2022

THE BEST EDITION EVER.....

The world cup in football is a quadrennial tournament of 32 men's national teams that is organized by the Federation Internationale de Football Association (FIFA). The FIFA world cup started from 1930 AD. It was hosted by Uruguay and won by Uruguay itself. The total number of FIFA World Cup that has happened till now are 22. Brazil has won comparatively more number of FIFA World Cups.

This year, Qatar hosted it. The inauguration took place on November 20 and the World Cup ended on December 18. There were 5 FIFA official songs this year. I didn't like any of them. I was supporting Brazil because the team was very strong and confident but unfortunately Brazil lost the match against Croatia with 4-2 in quarter finals. I then supported Argentina as I am big fan of Messi. As I expected from Argentina, they won the FIFA world cup 2022. The final was very competitive because they scored same number of goals. But in penalty shootout, Argentina managed to win. My friends and I were very happy and busy teasing France supporters.



Our school organized the Predict & Win competition during the world-cup. Everyone gave their prediction and I also wrote that Brazil would win but my prediction was wrong. The other day of final match, the winner of Predict & Win was announced in the school assembly and was gifted a world-cup ball. This world cup was one of the best world cups for me till now.

Riken Shrestha
Nine 'Ghandruk'

मनोवाद: स्नेह केयरको भ्रमण

स्थान: सुत्ने कोठा
समय: राति १० बजे

पात्र: सुहाना (सुहाना आज विद्यालयबाट स्नेह केयरको भ्रमणमा गएकी थिइन् । रातिको १० बजिसक्दा पनि निदाउन सकेकी छैनन् । उनका मनमा विभिन्न कुराहरू खेल्छन् ।)

आज त कस्तो आनन्द आयो । घुम्न जाँदा त रमाइलो पनि भयो । साथीहरू पनि कति खुसी भए होलान् ? अब सुत्नुपर्छ (ओछ्यान मिलाउँदै) । निद्रा नै लाग्दैन । सायद त्यो दिन म मेरो शिक्षक-शिक्षिका तथा साथीहरुसँग स्नेह केयर भन्ने संस्थामा नगएको भए केही कुरा पनि थाहा हुँदैनथ्यो । जुन संस्थाले घाइते, अपाङ्गजस्ता थुप्रै जनावरहरूको रेखदेख गर्दथ्यो ।

कस्तो अचम्म त्यहाँ मैले धेरै घाइते जनावरहरूलाई स्नेह केयरले धेरै राम्रोसँग उपचार गरेर राखेको देखें । मेरो मनमा अनेकौं प्रश्नहरु आए । अहिलेको युगमा मानिसहरूले आफ्नै बुवा आमालाई त हेर्दैनन्, बृद्धाश्रममा लगेर राख्छन् भने स्नेह केयरले यति धेरै घाइते अपाङ्ग जनावरहरूलाई कसरी यति राम्रोसँग उपचार गरेर राख्न सकेको होला ? फेरि यति धेरैजनावरहरूको रेखदेख गर्न पनि त कति धेरै खर्च लाग्छ होला ?(अचम्म मान्दै) के भयो निद्रा नै लाग्दैन ?(घडी हेर्दै) ओ हो ! १० पो बजेछ । मेरो मनले के के सोचेको होला ? अब गुगलमा खोज्नुपऱ्यो के रहेछ स्नेह केयर ?(ल्यापटप खोल्दै) सबै प्रश्नहरूको उत्तर भेटिएला अब । स्नेह केयरको संस्थापक स्नेहको श्रेष्ठ हुनुहुँदो रहेछ । उहाँलाई सुरुमा जनावरप्रति त्यति माया रहेनछ । पछि उहाँको इच्छा नभए पनि घरमा दुईवटा कुकुर पाल्नको लागि ल्याउनु भएको रहेछ । एउटा कुकुरको नाम चाहिँ जारा रहेछ । त्यो कुकुरसँग स्नेह धेरै नजिक हुँदै जानुभएछ । स्नेहले जारालाई आफ्नै घरको परिवारको सदस्यझैं मान्नुहुन्थ्यो । एकदिन स्नेह घर फर्किदा उहाँले जारालाई देख्नुभएनछ । पछि उहाँले जरालाई रगत छादेको अवस्थामा भेट्नुभएछ । जारालाई बचाउन धेरै प्रयास गर्दा पनि जारा बाँचेनछ । पछि स्नेहलाई थाहा भएछ कि उहाँकै छिमेकीले जारालाई विष दिएका रहेछन् (चिन्तित हुँदै) । छिमेकीका लागि त्यो एउटा भुक्ने कुकुर मात्र थियो तर स्नेहको लागि जारा एउटा घरको परिवारको सदस्य थियो । स्नेहले जाराको यादमा आफ्नो टोल समाजमा भएका कुकुरहरुलाई खाना दिने, उनीहरूको उपचार गर्ने गर्दागर्दै स्नेह केयरको स्थापना भएको रहेछ । स्नेह केयर लाई पछि देशविदेशबाट धेरै आर्थिक सहयोग आउन थालेछ । (सोच्नमग्न हुँदै) त्यो छिमेकी जसले जारालाई विष दिए, कति निर्दयी रहेछन् ? जनावरहरूलाई पनि त मानिसहरूलाईजस्तै बाँच्ने अधिकार हुन्छ । उनीहरूको पनि त हाम्रोजस्तै परिवार हुन्छ । उनीहरूलाई पिट्दा हामीलाई जस्तै पीडा हुन्छ । मानिसहरू कसरी झन् जनावरको मासु खान सक्छन् हँ ? (रिसाहा बन्दै) त्यो सबै सम्झिदा त म पनि साकाहारी बने कि ? पछि गएर म पनि स्नेहको केयरजस्तै घाइते जनावरहरूको रेखदेख गर्छु । यस्तो निर्दयी संसारमा स्नेह श्रेष्ठजस्ता महान् व्यक्तिको उदाहरणीय कर्म पनि हुँदा रहेछन् । उहाँलाई नमन गर्छु । (बाहिर कुकुर भुकेको आवाज सुनिन्छ । सुहाना शौचालय जान्छिन् र आएर घडी हेर्छिन्) ओहो ! १२ बजिसकेछ । अब चाहिँ निदाउनुपर्छ । (सुहाना सिरकमा गुटमुटिन्छन् र एकैछिनमा निदाउँछिन्) ।

सुहाना श्रेष्ठ
६ 'बराह'



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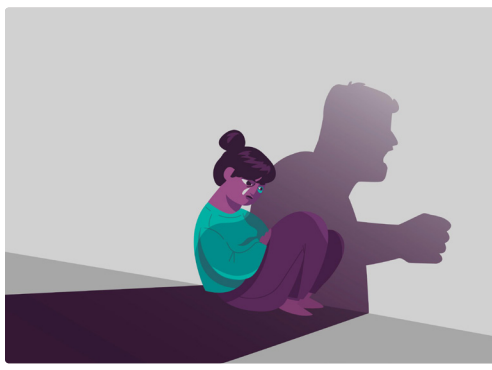


मेरो देश

कति खोजँ मैले देश बोकी मानचित्र
आखिरमा देश पाएँ आफ्नै छातीभित्र
जुन दिन छातीभित्र मैले देश भेटें
डाँडाकाँडा जतातै देश मैले देखें
देश हेर्न तराई, बँसी, लेक सबै धाएँ
बुझ्दाखेरी आफ्नो देश आफैंसित पाए ।

पहाड, मधेस, हिमाल सबै मेरो घरबार
सबै जात, सबै वर्ग मेरो परिवार
मेची, कोसी, काली सेती कर्णालीका तीर
आफ्नै रगत बगेजस्तै आफ्नो मुटुनेर
नेपालीको आँसु पुछ, मलाई देशले भन्छ
नेपालीलाई बिसँ भने मलाई कसले गन्छ ?

आभास चालिसे
तीन 'साया'



DOMESTIC VIOLENCE

Take a look at life some choose
Slap until cheeks are bruised
Kick until teeth become loose
Hate and love may be sometime confused.

But victim have their own views
And I also saw the accuse
Run back forgivingly to the abuser
And I was certainly not amused
I observe with scorn in my passive silence
Some people are born to do massive domestic violence
Personal confidence is reduced
Regular beatings are introduced
Until there is no aggressive juice
Victimizer is on loose.
While from this low extreme glaring excuse
Never will they show you final bad news
Can't you see a poor little child screaming?
You are thinking you get happiness for that
You are just day dreaming.

Bibhor Budhathoki
Four 'Lomangthan'

WONDERFUL ISLAND, BEAUTIFUL CAMP

EDUCATIONAL TRIP TO SRILANKA



Last November, I had what I can call; 'A Trip to Remember'.... It all started on the first of October when all of a sudden, our class teacher told us about a trip to Sri Lanka by the Goethe Institute and I was nominated for the trip. I was very excited as it was going to be my very first international trip but at the same time also a bit doubtful to convince my parents to allow me for the trip. My parents were in India at that time for my mom's treatment. Despite that, my parents agreed to send me for the trip.

There were five countries (Iran, India, Nepal, Pakistan, Srilanka) with a total of 52 participants and 9 teachers from the institute. As I was the only participant from Nepal, I had a kind of pressure to represent our country and perform well. In the early morning of 24 November, we departed for Delhi. Before taking the next flight to Colombo, we had a 6 hours long transit in Delhi. Then, we took our next flight and reached Sri Lanka.

Next morning, I attended our very first session, 'Breaking the Ice". It was amazing getting to know each other. After an hour, we headed for the excursion. We went to the botanical garden. I even got to see the longest river of Sri Lanka, Mahaweli. I had an amazing experience there. We went to the Buddha Temple there, in the evening. There was some evening ritual happening; it was pleasant and I felt blessed being there.

The very next morning, we went to the Lions Rock in Sigiriya. After we walked half-way, we had to climb a huge rock. It is believed that the rock was made by the brothers of Rawan for him to hide after he kidnapped Sita. After all, it was an awesome experience being there.

Pajama-party at night was something I shouldn't miss to share. We were all dancing and screaming our lungs out. It was a fun night. I was really enjoying it to the fullest. On 27 November, we went for a morning walk and jogged alongside the lake. The weather was decent and walking alongside the lake was calming. We then had the session and we were divided into 4 groups. We were given various activities to perform. The topic was 'A WORLD FOR ALL' where we discussed various factors which are harming our surroundings. Done with that, we started preparing for the cultural evening. I gave my dance performance in a Tamang song. I was proud to represent our cultural dance and Nepal on such a big platform. We had our flight that evening, so we immediately left after the program.

I am very grateful to Kanjirowa National School and Goethe Institute for providing such wonderful opportunity which indeed helped a lot to boost my confidence and represent our country. It was indeed the most memorable trip of my life.

Anwesha Marsani
Nine 'Ghandruk'



MHA PUJA

Grade Three students recently marked Mha Puja with a grand celebration at the school premise. Mha puja is an annual ritual performed by the Newari people of Nepal. Mha Puja translates to "worship of self," and it is a celebration of one's essence, as well as a way to clean and empower the soul. During the ceremony, the participants invoke prosperity and longevity for themselves.

The students were excited to participate in the Mha Puja ceremony and to learn about its significance. The Newari people have a unique method of worshiping the body and the divine within it. They create a beautiful mandapa, which depicts Ashta Chiranjeevi and Ashta Aishwarya, and they treat themselves to various food items on the mandapa. This is done in accordance with the belief that bodily tranquility is necessary for world peace.

Overall, the celebration of Mha Puja was a wonderful way for the third-grade students to learn about a unique cultural tradition and to appreciate the importance of self-care and empowerment. It has been a tradition at Kanjirowa to mark and celebrate various festivals of diverse cultures. The cultural celebrations are a great way for students to learn about different traditions and to appreciate the diversity of their community. The events also helped to promote inclusivity and understanding among the student body.

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A CHAMPION IS BORN!

A STUNNING DISPLAY OF SKILL & DETERMINATION

In a stunning display of skill and determination, a young student has emerged as the winner of the Bagmati Province Interschool Taekwondo Championship organized by Vedic School. The event was organized on 11 February 2023. The championship brought together some of the most talented martial artists from across the province, but it was Resha who bagged the gold medal, making Kanjirowa proud. She has worked hard to master the art of this ancient martial art, dedicating countless hours to practice and training. And, all of that hard work paid off in a big way.

Resha's performance at the championship was nothing short of impressive. She executed every move with precision and skill, demonstrating her mastery of the various techniques that make Taekwondo such a formidable martial art. Her opponents had no chance against her, as she dominated each round of the competition. But Resha's victory was about more than just her physical skill. It was also a testament to her mental fortitude and determination. Throughout the competition, she remained calm and focused, never letting the pressure of the moment get to her. And when she was faced with adversity, she dug deep and found the strength to overcome it.

In the end, it was clear that Resha was the deserving winner of the championship. Her hard work, dedication, and talent had all come together to make her a true champion. And as she stood on the victory stand, holding her medal and certificate high, she knew that she had accomplished something truly special. For Resha, this victory is just the beginning.

She knows that there will be more challenges and more competitions to come, and she is ready to face them head-on. With her talent and determination, there is no doubt that she will continue to excel in Taekwondo and become an even greater champion in the years to come.





MINI-MARKET FOR A CAUSE

YOUNG ENTREPRENEURS OF KANJIROWA

Young entrepreneurs of Kanjirowa, studying in grade Four, set up a mini-market on 15 March 2023 within the school premises. The particular event aimed at providing the students with an opportunity to learn about entrepreneurship, basic economics, and how a market works. The students were involved in the planning and execution of the market, from deciding on the products to be sold, pricing them, and setting up the stalls.

The mini-market had a variety of stalls selling different products, including snacks, stone art, face painting and exciting games. The products were priced reasonably, with the students applying the concepts of supply and demand to determine the prices. The students also learned about marketing and advertising, with some stalls displaying posters and signs to attract customers. They also learnt math concepts such as addition, subtraction, and multiplication. They were encouraged to be creative and come up with innovative ways to market their products.

The mini-market was a success, with many students and teachers, and visiting the stalls. Parent volunteers were invited to help the students in running the market. The students gained valuable insights into the world of business and entrepreneurship, and learned about the importance of teamwork and collaboration in achieving their goals. With just a couple of hours in the mini-market at Kanjirowa, fourth graders were able raise fund for a local charity. Caring fourth graders donated daily needed food items to Maitri Karuna Foundation, a non-profit organization working for needy children and children with cancer, on 24 March 2023.

In a nutshell, the mini-market set up by the grade four students at Kanjirowa National School was an excellent learning opportunity for the students, and helped to develop their skills in entrepreneurship, basic economics, marketing, and teamwork. Donating to a charitable cause definitely helped them develop a sense of social responsibility and empathy.



यात्रा

जीवन यात्रा हो । मानिस जीवानरूपी यात्रामा हिँड्ने यात्री हो । यस जन्मको यात्रा होस् या जन्मजन्मान्तरको यात्रा होस्, जीन्दगी एउटा यात्रा नै हो । यात्रा आन्तरिक र बाह्य दुवै हुन सक्छ । यसलाई भ्रमण पनि भनिन्छ । यात्रा अहिले मानिसको अभिन्न अङ्ग र अनिवार्य जीवनशैली भइसकेको छ । सृष्टिको उषाकालदेखि नै प्राणीको जीवनचक्र यात्राको अक्षमा घुमिरहेको छ । यात्रा नै सृष्टिको मुहान र आविष्कार भएको हो ।

मानिस सभ्यताको प्रारम्भमा समूह समूहमा मिली जीवन यापनका लागि घुमन्ते जीवन व्यतीत गर्दथ्यो । त्यो यात्रा आहारका लागि र सुरक्षित जीवनका लागि थियो । समयको यात्रासँगै मानिसको जीवनयात्रामा पनि निकै परिवर्तन आयो । दुई खुट्टाको भरमा गरिने यात्रा घोडा हात्ती जस्ता छिटो दौडिन सक्ने पशु साधनमा विकसित भयो । पशुले तान्ने रथ , गाडाजस्ता साधनहरू विकसित गए । पानीमाथि सैर गर्न डुङ्गाहरू बने र मानिसले समुद्रि यात्रा सुरू गऱ्यो । पेट्रालियम पदार्थको आविष्कारले मोटरगाडीहरू बने । एक ठाउँबाट अर्को ठाउँमा यात्रा गर्न सुगम भयो । यात्राको क्रम र विकासको द्रुत गति रोकिएन् । वायुयानहरू आविष्कार भए । आज मानिस सजिलैसँग पृथ्वीको एक कुनाबाट अर्को कुनामा पुग्न सक्ने भयो । त्यति मात्र होइन, अन्तरिक्षको यात्रा र ग्रह उपग्रहहरूको खोजीमा यात्रा अगाडि बढिरहे को छ । यात्रा नै सभ्यता र विकासको साधन र स्रोत हो ।

यात्राको उद्देश्य एक ठाउँबाट अर्को ठाउँमा पुग्नु मात्र होइन । प्रारम्भमा मानिस जीवनयापनका लागि यात्रा गथ्र्यो भने आज ज्ञानको लागि, विज्ञानको लागि अनि आनन्द र मो जमस्तीका लागि यात्रा गर्दछ । जिज्ञासस र उत्सुकताले नै मानिसलाई यात्रातिर डोऱ्याउँछ । नयाँ कुरा देख्न र जान्न खोज्नु मानिसको स्वभाव हो । उसले नयाँ कुरा देख्न चाहन्छ । नयाँ कुरा पत्ता लगाउन चाहन्छ र नयाँ कुराको अनुभव गर्न चाहन्छ । यही चाहनाले मानिसलाई यात्रातिर डोऱ्याउँछ । यात्रा आफैमा एक महत्त्वपुर्ण कुरा हो । यात्राबाट मानिसले जीवन जगतका बारेमा बुझ्नेर आफूलाई महान बनाउँछ । समुद्रियात्राबाट कोलम्बसले अमेरीका पत्ता लगाए, भास्को डिगामाले युरोप र भारतीय उपमहाद्वीप बिचको मार्ग पत्ता लगाए समुद्रि यात्राबाटै चार्ल्स डार्विनले विकासवादी सिद्धान्तको प्रतिपादन गरे । सिद्धार्थ गौतम शान्तिको खो जी गर्न यात्रामा निस्के र शान्तिका दुत गौतम बुद्ध बने । हिमाली यात्रामा निस्केका तेन्जिङ शेर्पा र एडमन्ड हिलारी प्रथम सगरमाथा आरोही बने । चिनियाँ यात्री हुएन साङ्ले नयाँ इतिहासको निर्माण गरे । बालक ध्रुवलोकका अमर राजा भए । त्यस्तै युरी गागरिन पहिलो अन्तरिक्ष यात्री बने, निल आर्मस्ट्रङ् पहिलो चन्द्रलोकका यात्री बने पृथ्वीनार ायण शाह विजय यात्रामा निस्की राष्ट्रनिर्माता बने । भानु, सम, देवकोटा साहित्यिक यात्रामा कलम बोकेर निस्की अमर साहित्यकार बने ।

यात्राका उद्देश्य अनेक हुन्छन् । एउटा भूगोलवेत्ता विभिन्न भौगोलिक क्षेत्रको यात्रा गरी पृथ्वीको भौगोलिक अध्ययन गर्दछ । पुरातात्विक स्थलहरू यात्रा गरी प्राचीन वस्तुहरूको इतिहास पत्ता लगाउँछ । धर्ममा आस्था राख्नेहरू विभिन्न धार्मिक स्थलहरूको भ्रमण गरी आत्मिक शान्ति र आनन्द प्राप्त गर्दछन् । यात्राबाटै ज्ञान र विज्ञानका ढोका खुलेका हुन् । यसैबाट नै विकास र सभ्यता अगाडि बढिरहेको छ ।

मातृका प्रसाद खनाल
नौ 'घान्द्रुक'



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CHANDRAGIRI AND CHITLANG

NATURE MEETS CULTURE

We couldn't have been more thrilled when it was revealed that our annual educational and recreational tour would take us to Chandragiri and Chitlang. It was quite thrilling for me to learn that we would be seeing both of these locations because I had heard a lot about them but had never had the chance to visit.

We start off by travelling to Chandragiri Hills by cable car. The trip's cable car ride to the top of the hill was among its most exciting moments. We boarded the cable car at the base station to begin the journey up the hill, where the trip began.
I could feel my heart thumping quicker as we began to soar from excitement. We were able to see the neighbouring hills and valleys in their entirety from the cable car. The magnificence of the landscape that was emerging in front of me astounded me. The lush vegetation, clear skies, and distant mountains all added to the ride's exhilaration.

I could see the magnificent Bhaleshwara Mahadev Temple as we ascended the hill. The temple is a sacred location that is enlightening both culturally and spiritually due to its distinctive architecture, fine sculptures, and tranquil settings.
I could see the Himalayan mountain ranges in the distance, and the view from the top was beautiful. From there we descended down to Chitlang. Chitlang is a picturesque village located in the Makwanpur district of Nepal. The first thing that struck us was the serene environment and the stunning beauty of the village. We had the chance to stay at the first resort in Chitlang, the organic village resort, which opened in 2010. It is a well-known tourist site for both domestic and foreign visitors.

It offered guests a very traditional Nepali meal and a peaceful place to stay promoting local tourism and sustainable farming.We went to the historical Chitlang Dada, the historic 18th-century Bhairav Nath temple, and had the chance to tour an organic farm and a goat cheese factory. We were able to visit some of Chitlang's undiscovered gems, such as a stunning waterfall and a well-kept cave.

We took part in a cultural program presented by the locals in the evening. Traditional Nepalese music and dance performances kept us enthralled, and we even got involved. We went back to our homes with cherished memories and a fresh appreciation for the beauty of the countryside and the simplicity of rural living.



UNFORGETTABLE BALTHALI

On December 11, 2022, the grade 6 students of Resunga, Baraha, and Phikkal classes from Kanjirowa National School embarked on an educational and cultural adventure at Balthali Village Resort in Balthali, Panauti Village. The purpose of the trip was to develop cultural understanding and tolerance, to learn about the local culture and history, expose students to the world outside of their own, to build bonds among the students and of course to create lasting memories.
Upon arriving at the resort, the students were warmly welcomed by the staff and introduced to the local culture. The resort itself was nestled in the midst of lush green hills and offered a stunning panoramic view of the Himalayan mountain range. The students were excited to explore the surrounding area and were given a guided tour of the village by the resort staff. During the tour, the students were introduced to the local way of life and customs, which included farming, handicrafts, and traditional items. They were fascinated to learn that the village had a rich history dating back to the ancient era, with its culture deeply rooted in Hindu traditions. They loved the simplicity and the beauty of the village.

As the sun began to set, the students were given the opportunity to participate in a group bonfire, where they shared stories and experiences from their lives. As the evening progressed, students started to hit the dance floor. They were seen singing and dancing with their friends in some popular numbers and even the shyest of students found themselves on the dance floor. This was a great opportunity to build the sense of community among them. They had the opportunity to bond and learn more about each other, fostering a sense of understanding and friendship.

As night fell, the students retired to their comfortable and cozy rooms, which were adored with traditional Nepali décor. The students were delighted to experience a different way of life and were appreciative of the opportunity to learn about a new culture.
The following morning, the students were up early to take in the breathtaking sunrise and enjoy a hearty breakfast before heading back to school. The trip to Balthali Village Resort was a resounding success, achieving its goals of promoting cultural understanding, exposing students to new experiences, and building bonds between classmates.

The night stay at Balthali Village Resort was an unforgettable experience for travelers of grade Six. It was an excellent opportunity to have fun, socialize, learn and grow. It was a night that they will remember for a long time, and one that they will talk for years to come.

अनुशासनः एक अत्यावश्यक गुण

जीवन अनुशासनबिना असम्भव छ। अनुशासन एक अत्यावश्यक गुण हो जसले हाम्रो सफलताको बाटो तय गरिदिन्छ। यसको साथले गर्दा व्यवस्थित तथा अनुकुल ढंगले बाँच्न सकिन्छ साथै हामीलाई अनुशासनले जीवनको प्रत्येक क्षेत्रमा सफलता प्राप्त गर्न सहयोग गर्दछ।

अनुशासनले नै व्यक्ति र समाजको उत्थान हुन्छ। यसले नै व्यक्तिमा समयको व्यवस्था, कामको व्यवस्था, नियमको पालना, तनावमुक्त जीवन जिउने शक्ति दिन्छ। समाजमा पनि अनुशासनले व्यवस्था र नियमको पालना गर्न सहयोग गर्दछ। अनुशासित व्यक्तिकै कारण समाज अनुशासित हुन्छ जसको फलस्वरूप समृद्धि र विकासमा सहयोग पुग्दछ। त्यसैले अनुशासनरूपि आभूषणले सजिएर सबैको नजरमा सकारात्मक तरिकाले अटाउन खोजौँ।

जीवनमा अनुशासन नभएमा हामी विफल हुन्छौँ। हामी बिफल हुँदा त्यसको असर समाज र सिङ्गो राष्ट्रलाई समेत पर्ने हुँदा यो गुण सदैव हामीमा हुनुपर्छ।

अपेक्षा भण्डारी
पाँच 'डिङ्बोचे'



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