



## Editorial

### Farewell to Fall

"Saying goodbye to autumn is like shedding a skin, as we prepare to embrace winter let us emerge stronger, and wiser. "

As the last leaves of autumn fall and a quiet chill weave into being, a feeling of silence and stillness fills the air accompanied almost unexpectedly by the certainty of change and newness, the year draws to a close and a new one is soon to begin. The year certainly is drawing close, but the memories are imprinted in our hearts as we move forward into the new one. It is a reminder of how life itself is: constant yet changing and so a new season is upon us.



We take out those warm clothes we had stored away and the smell of hot tea and coffee hangs in the air. Staying at home, a nice book in hand and a piece of music is the perfect way to unwind and embrace the beauty of the season. As we embrace the quiet, relaxed rhythm of the season, allow yourselves to savour the present and reconnect with all that renews us. Let us indulge in the pure joy and warmth of the new season. Let us take this opportunity to pause, reflect and settle in for a new adventure. Reflect on what has gone by and embrace the newness with the same audacity and enthusiasm.

**-Bernard Lama [School Coordinator]**

## FAQs About the Winter Season

### Why does it get colder in winter?

Winter is colder because the Earth's axis is tilted, causing some regions to receive less direct sunlight and lower temperatures during this season.

### Why does snow appear white?

Snow appears white because the ice crystals reflect all the colors of the light spectrum, blending them together to create white.

### Why does the sun set earlier in winter?

The sun sets earlier in winter because of the Earth's tilt, which causes shorter days and longer nights during this season.

### Why does it snow?

Snow forms when water vapor in the air freezes into ice crystals, which then clump together to form snowflakes that fall to the ground.

### Why do we see our breath in winter?

In winter, the cold air causes the moisture in our breath to condense into tiny droplets, making it visible.

### Why do we wear warm clothes in winter?

We wear warm clothes in winter to trap body heat and protect ourselves from the cold temperatures.

### Why do we get sick more often in winter?

Cold weather can weaken the immune system, and people tend to stay indoors in close quarters, which increases the spread of germs.

### Why do trees lose their leaves in winter?

Trees lose their leaves in winter to conserve water and energy, as they cannot perform photosynthesis efficiently in cold conditions.



"To have another language is to possess a second soul." In my remarks, with immense pleasure, highlighted the creative methods and initiatives our students are using to help them learn English as a second language both inside and outside the classroom. The following insights were presented at the 4th NELTA Koshi Province Conference and Symposium on the theme 'Ecology, Empathy, and Empowerment: Ensuring Inclusion and Innovation in ELT.' The concurrent session entitled 'Empowering SLA: Practices and Innovation Beyond the Classroom' and the presentation examined various techniques to learn language skills, emphasizing acquisition of language through practices in the best possible ways, focusing in three areas: use of ICT, clubbing, and varied degree of L1 with acquisition of L2.



According to the library's research and experience, it is understood that the teacher who knows the learner's native language and culture is the best teacher. Also, various research has proven that the student can acquire L2 according to the degree of proficiency in L1. Therefore, the connection of L1 in the development of L2 is very important to understand. Here, innovative teaching practice through a holistic approach is the major area of interest that can benefit the comprehensive growth of learners. Altogether, the framework offered the idea of an English language club in the institution, further divided into book reading, creative writing, and public speaking—creating an accessible platform through welcoming gestures. Moreover, focusing on reading, writing, and public speaking can offer wide exposure to language and bring the learners close to becoming bilingual or multilingual. Next, as a part of progressive pedagogy, 'learning by doing' has constructively helped to acknowledge students about the importance of excelling in a second language, as a result of increased social interaction with the larger world. Again, language acquisition is a process that can be experienced with time; therefore, the study offers neo-innovative pursuit in the continuous process of getting better. Hence, it is sad but true that the communicative approach has failed in East Asia not because of unskilled teachers or dull students but because of a lack of practice of skills that they have learned in the classroom.

**- Narayan Sanjel [HOD, Department of English]**

### Fun fact about AI

Did you know that one of the earliest examples of artificial intelligence was a game of chess? In 1951, British mathematician Christopher Strachey (who later became director of the Programming Research Group at the University of Oxford) wrote the first computer program that could play a complete game of checkers (draughts). Later, in 1956, the famous computer scientist John McCarthy coined the term "artificial intelligence" at the Dartmouth Conference, which is often considered the official start of AI as a field of study. This marked a monumental leap in computing history, sparking innovation and interest.

Today, AI has evolved far beyond simple games, powering everything from self-driving cars to personalized recommendations on streaming platforms!





तिहार नेपालको दोस्रो ठूलो महान् चाड हो जसलाई दीपावली पनि भनिन्छ । यो पाँच दिनसम्म मनाईन्छ र नेपाली संस्कृतिमा तिहारलाई, भाइचाराको प्रतीक मानिन्छ। हिन्दु धर्म अनुसार लक्ष्मी पूजाको दिन दीप मिठाइ र परिवार बीच को विशेष महत्त्व दिइन्छ। तिहारका पाँच दिनहरुः

१. काग तिहार : पहिलो दिनमा कागलाई सम्मान गरिन्छ | कागलाई सन्देश वाहक मानिन्छ, र यसलाई खाना चढाएर सकारात्मक सन्देश प्राप्त हुने विश्वास गरिन्छ।
२. कुकुर तिहार: दोस्रो दिन कुकुरलाई पूजा गरिन्छ । कुकुरलाई धर्म र निष्ठाको प्रतीक मानिन्छ, र तिनीहरुको योगदानको कदर गरिन्छ।
३. गाई पूजा र लक्ष्मी पूजा: तेस्रो दिन बिहान गाईलाई पूजा गरिन्छ। साँझमा धन र समृद्धि देवी लक्ष्मीको पूजा गरी घरमा दीप प्रज्वलन गरिन्छ। यस दिनलाई दीपावली;पनि भनिन्छ।
४. गोरुतिहार र म्हःपूजा: चौथो दिन गोरुलाई सम्मान गरी मिठा मिठा खानेकुरा दिदै पूजा गरिन्छ। नेवार समुदायले यसदिन आफ्नो आत्माको पूजा (म्हः पूजा) गर्ने चलन छ ।
५. भाइटीका: पाँचौ दिन दाजु-भाइ र दिदी बहिनी बिचको सम्बन्धलाई विशेष महत्त्व दिइन्छ र दिदी बहिनीहरुले भाइलाई टीका, माला लगाई दीर्घायुको कामना गर्दै उपहार साटासाट गर्न प्रचलन रहेको छ।



यसै क्रममा हाम्रो विद्यालयमा पनि तिहार तथा दीपावलीको उपलक्ष्यमा मिति २०८१/०७/१३ गते का दिन सबै विद्यार्थी तथा शिक्षकहरुले आ आफ्नो सांस्कृतिक पोसाकका साथ रङगोली र देउसी भैलो कार्यक्रम सञ्चालन गरिएको थियो। यसै क्रममा कक्षागत रूपमा **कक्षा १-३** सम्मका विद्यार्थीहरुले सांस्कृतिक पोसाक झल्काउने उद्देश्यले नाच प्रस्तुत गरेका थिए भने **कक्षा ४-१०** सम्मका विद्यार्थीहरुले देउसी भैलो गीत र नाच प्रदर्शन गरेका थिए। अन्य कक्षाको भने प्रतिस्पर्धागत भएकाले **कक्षा ४-६** सम्मका विद्यार्थीहरु मध्ये पहिलो स्थान **कक्षा ६**, दोस्रो **कक्षा ५** र तेस्रो **कक्षा - ४** का विद्यार्थीहरुले हासिल गरे भने **कक्षा ७-१०** मध्ये पहिलो स्थान **कक्षा १०**, दोस्रो **९** र तेस्रो **कक्षा ८** का विद्यार्थी हरूले हासिल गरेका थिए। त्यसैगरी रङगोली तर्फ **कक्षा १ देखि ३** मध्ये **प्रथम कक्षा तीन (A)**, **दोस्रो कक्षा-२ (A)** र **तेस्रो कक्षा २(B)** त्यस्तै मा **कक्षा ४-६** मा पहिलो **कक्षा ५(A)** **दोस्रो कक्षा ४(B)** र **तेस्रो ६**, त्यसै गरी **कक्षा ७ - १०** मध्ये **पहिलो ९(A)**, **दोस्रो ९(B)** र **तेस्रो १०(A)**ले जित्न सफल भएका थिए। यसरी विद्यार्थीहरुको रङगोली र देउसी भैलो पश्चात यसै विद्यालयका शिक्षक वर्गहरुले पनि आ- आफ्नो प्रतिभा सहित देउसी भैली खेली मनोरञ्जन समेत सहित तिहारको रौनक अरु धेरै बढाएका थिए। यसरी हेर्दा तिहारमा देउसीभैलो खेल्ने घर सजाउने र मिठा परिकार बनाउने चलन छ। यो चाडले परिवार, साथीभाइ र समाजलाई एकताको बन्धनमा बाँध्ने एक महान चाडका रूपमा तिहारलाई लिन सकिन्छ।

**-एलिसाश्रेष्ठ [नेपालीविभाग]**

## मेरो देश नेपाल

मेरो देश नेपाल दुई देशहरु द्वारा घेरिएको छ। चीन उत्तरपट्टि अवस्थित छ र पश्चिम, पुर्व र दक्षिण भारतले ढाकेको छ। यो उत्तरी गोलार्द्धमा छ। हाम्रो देश तीन भौगोलिक क्षेत्रहरु छन्। हिमालय, पर्वतीय र तराई। हाम्रो देशमा जाडोमा धेरै चिसो र सुख्खा हुन्छ र गर्मीमा आँधीबेहरी, बर्षा र बाढिपहिरो हुन्छन् । यो प्राकृतिक सौन्दर्य र स्रोतहरु मा धनी छ। यसमा कोशी, गण्डकी र कर्णाली जस्ता लामो र चौडा नदीहरु छन्। हामीसँग रुपा, बेगनास, र रारा जस्ता ठूला तालहरु छन्। हामीसँग हरियो उपत्यका, सुन्दर पानी, झरना आदि छ। यो धार्मिक र ऐतिहासिक सम्पदामा धनी छ। लुम्बिनी, गोरखा, जनकपुर, काठमाडौं प्रख्यात उदाहरणहरु हुन्।

नेपाल अत्यधिक विविध र धनी भूगोल, संस्कृति र धर्महरुको देश हो। हिमाली उत्तरमा विश्वका १४ उच्चतम पहाडहरूमध्ये आठ छन्, सब भन्दा अग्लो, सगरमाथा, अंग्रेजीमा माउन्ट एभरेष्टको रूपमा चिनिन्छ। उर्वर र आर्द्र दक्षिणी क्षेत्र शहरी छ। यहाँ धेरै जाति र धर्मका मानिस बस्छन्। लगभग सय भाषाहरु बोलिन्छन्। हाम्रो लोकप्रिय खानाहरु दाल भाट, डिन्डो, गुन्द्रुक इत्यादि हुन्। दशैं, तिहार, लोसार, आदि सबैभन्दा लोकप्रिय चाडपर्वहरु हुन्। नेपाल सानो छ तर प्राकृतिक स्रोतसाधनमा धनी छ तर आर्थिक अवस्थाले गर्दा गरीब छ। नेपाल विकासोन्मुख देश हो। चाँडै नै विकास गर्नका लागि आजदेखि हामीले देशको सबै नागरिकता बारे सचेत हुनुपर्दछ। पुरुष र महिला दुबै समान हुन र शिक्षा प्रदान गर्दछ, सरकारले अग्रिम कार्यक्रम ल्याउनु पर्दछ र नागरिक र सरकार दुबैलाई फाइदा पुर्याउने बिभिन्न सुविधा प्रदान गरी नागरिकलाई सहयोग गर्नुपर्दछ। नेपाल एक सुन्दर देश हो। त्यसोभए, हामीले यसलाई विश्वभर प्रकाशित गर्नुपर्नेछ जुन प्रत्यक्ष वा अप्रत्यक्ष रूपमा पर्यटकलाई आकर्षित गर्न मद्दत गर्दछ र हामी आफ्नो आर्थिक अवस्था नियन्त्रण गर्न सक्छौं। सफलता हाम्रा बलहरु विकास गरेर प्राप्त हुन्छ, हाम्रा कमजोरीहरु हटाएर होइन।





दोस्रो ठूलो चाड तिहारकोसमापनसँगै सुरु हुने पर्व हो छठ । नेपाल र भारतकाहिन्दु धर्मावलम्बीले मनाउनेछठ एक महत्वपूर्ण पर्व समेत हो । नेपालमाविशेष गरेर तराई क्षेत्रमामनाउँदै आइएको यो पर्व हिजोआज पहाड र हिमालीक्षेत्रमा समेत हर्षोल्लासका साथ मनाउन थालिएकोछ । छठ पर्व विशेषतः सूर्यकोअनुष्ठान हो । प्रकृतिमाथि श्रद्धाप्रकट गर्ने हिन्दु सनातनीहरुले तिथिमितिअनुसार विभिन्नकुराको पूजा र श्रद्धागर्दै आएका छन् । जसले गर्दा कात्तिक शुक्ल चतुर्थीदेखि सप्तमीसम्मछठ पर्वअन्तर्गत सूर्यकोपूजा गर्ने गरिएको छ । सूर्य, मानवजाति र पृथ्वीको अन्योन्याश्रीत् सम्बन्धकालागि सकारात्मकभएकाले सूर्यकोसम्मान स्वरूपछठको प्रारम्भभएको बताइन्छ । पर्व सुरु भएसँगै खोला, तालतलाउलाई विभिन्नकिसिमका वत्तिहरुलेसाजसज्जा गरिन्छ । छठ विशुद्धरूपमा एउटा धार्मिक आस्थाकोपर्व भएकालेयस पर्वलाईमहाभारतमा कर्णलेप्राप्त गरेको अथाह ऐश्वर्य र शक्ति सबै छठी माताको व्रतकोप्रभावका कारण भएको विश्वासगरिन्छ । त्यस्तै, द्रौपदीलेपनि छठी माताको व्रत लिएको कुरा महाभारतमा उल्लेखगरिएको छ ।

मिथिलाञ्चलमा छठलाई लोकविधि-विधानानुसार परम्परागतरूपमा पराशक्तिप्रकृतिको पूजा गर्ने परम्पराछ । यसै तिथि-मितिमा छठिमाईकोपूजा सूर्यपूजासँगै गरिन्छ । छठिमाईकोजन्म प्रकृतिकोछैठौँ अंशबाटभएकाले उनको नाम छठी मैया पर्न गएको धार्मिकविश्वास छ । हिन्दुसनातनीहरुले आफुले श्रद्धा प्रकट गरेको कुनैपनिकुरालाई माताकोसंज्ञा दिने गरेकाले छठलाई छठीमाता भन्ने गरिएको बताइन्छ । छठको दिन विभिन्न समूह बनाएर सामूहिकरूपमा भजन गाउने र माइलोगर्ने चलन पनि छ । यसमा विशेष गरेर मैथली भाषाकागीतसंगितलाई बढी प्राथमिकता दिइने गरेको छ । छठ पर्वका अवसरमाकुनैपनि खालको त्रुटि हुन नहुने विश्वासछ । व्रतपश्चात मान्छेकोइच्छापूर्ति हुने भएकाले मनोवाञ्छितफल पाइने, सन्तान सुख प्राप्त हुने र रोगव्याधीनलाग्ने मैथिल जनविश्वास रहेको छ । श्रद्धा, निष्ठार आत्मिकशुद्धिलाई अत्यन्तैमहत्त्व दिइने यस पर्वकापूजा, प्रसादसामग्री ठकुवा (गहुँको पिठो र सख्खर मिसाएर शुद्ध घ्यूमा बनाइनेखास परिकारभुसुवा (कसार) र अन्य मिष्ठान्न परिकारढिकी, जाँतोमाकुटिएको र पिँधिएको चामल र गहुँकोपिठोबाट नै पकाइने परम्पराछ । यी सम्पूर्णपरिकार पकाउनकालागि पनि छुट्टै चोखो चुलो प्रयोगगरिन्छ । कार्तिक शुक्ल चतुर्थीदेखि सप्तमीसम्ममनाइने यो पर्वमा सूर्यदेवकोआराधना, उपासनागर्दै उदाउँदोसूर्यलाई अर्घ दिएपछि समापन हुन्छ । छठको पहिलो दिन ब्रतालुहरुले नहाय-खाय विधि गर्छन् । यस दिनमा ब्रतालुहरुले हातगोडाकानड काटेर पवित्र स्नान गर्दै चोखोनितो खाएर व्रतको सङ्कल्प गर्दछन् । त्यस्तै दोस्रोदिन नहाय-खाय गरेका ब्रतालुले दिनभरिभोकै बसेर बेलुकी दूध र सक्खरमाबनाइएको खिर तथा रोटी खाएर खरना विधि पूरा गर्छन् । तेस्रो दिनलाईसँझिया अर्घ अर्थात् छठ भनिन्छ । कार्तिक शुक्ल चतुर्थीबाट सुरु भएको यो पर्वको तेस्रोदिन छठ अर्थात् षष्ठी हो ।

पर्वको चौथो दिनअर्थात् अन्तिमदिनलाई विहानियाअर्घ पारण भनिन्छ । चौथो दिनको विहान सूर्य उदाउनुअघि नै घाटमा पुगेर उदाउँदै गरेको सूर्यलाई अर्घ दिएर व्रतकोसमापन गर्ने चलन छ । छठ व्रतमा शारीरिकर मानसिकदुबै रूपबाटशुद्ध हुनुपर्दछ । छठको व्रतका नियम निकै कडा एवम् कठिन हुने गर्दछ । परम्पराअनुसार छठका दिन साँझ अस्ताउँदो सूर्यलाईजलाशयमा उभिएर पूजा सहित अर्घ दिएपछिरातभर नदी तथा तलाउ किनारमा बसी भजनकीर्तन गर्दै भोलिपल्ट सप्तमीकादिन बिहान उदाउँदो सूर्यलाईपुनः अर्घ दिई पूजा विसर्जन गरिन्छ । छठ पर्व मनाउँदापारिवारिक कल्याण, सन्तानसुख तथा मनोकामना पूरा हुने विश्वासगरिन्छ । अग्नि पुराणकाअनुसार चौध वर्षको वनवास र एक वर्षको अज्ञातवासबसेको बेला कुन्ती, द्रौपदीसहित पाण्डवलेयो व्रत गरेको महाभारतमावर्णन गरिएकोपाइन्छ । त्रेता युगमा राजा दशरथकीरानी कौशल्यालेपनि यो व्रत गरेको बताइन्छ । छठ पूजा विशेषगरी सन्तानर दीर्घायुकोकामनाका लागि गरिन्छ । छठी मैया सूर्यदेवकी बहिनी हुनाले यो पर्वमा दुवैकोपूजा गर्ने गरिन्छ । चार दिनसम्मचल्ने यस पर्वमा पहिलो दिन 'नहाय खाय, दोस्रोदिन खरना, तेस्रो दिन सूर्यसन्ध्या अर्घ्य चौथो दिन उदाउँदोसूर्यलाई अर्घ्यदिइन्छ । महान पर्व छठ मनाउनुकापछाडि धेरै कथा छन् । छठ पूजाका केहि रोचक कथा निम्न अनुसारछन्ः राजा प्रियमवादको छठ कथा पुराणकाअनुसार राजा प्रियमवादको कुनै सन्तान थिएनन् । महर्षिकश्यपले पुत्र प्राप्तिका लागि यज्ञ गरे र यज्ञकालागि तयार गरिएको खीर प्रियमवादकी पत्नी मालिनीलाई दिए । पछि मालिनीले छोरो जन्माइन्, तर उनी मृत जन्मिए । प्रियमवाद निकै दुःखी भए । त्यही समयमा ब्रह्माकीछोरी मानस प्रकट भइन् । राजालेसोधे- तिमी को हौ रु ब्रह्माण्डको आधारभूतप्रकृतिको छैटौँ भागबाट जन्मिएकोलेम षष्ठी हुँ भनिन् । देवी षष्ठीले, मेरो पुजा गरी अरुलाई पनि त्यसै गर्न प्रेरणा दियो भने यस दुस्खबाट मुक्तिमिल्छ भनेपछिराजाले पुत्र प्राप्तिको कामना गर्दै देवी षष्ठीको व्रत बसेर पुत्र प्राप्त गरे । त्यसयतादेखि षष्ठी अर्थात् छठिमैयाकोपूजा आराधनागरिँदै आएको छ । सूर्य पुत्र कर्णको छठ कथा अर्को मान्यता अनुसारछठ पर्व महाभारत कालमा प्रारम्भ भएको हो । महान् दाता सूर्यपुत्र कर्णलेसर्वप्रथम सूर्यदेवकोआराधना गरेका थिए । कर्ण बिहारकोअंग प्रदेशवर्तमान भागलपुरका राजा थिए र सूर्य र कुन्तीका छोरा थिए । यो सूर्यदेवबाट कर्णलेदिव्य कवच र कुण्डलप्राप्त गरेका थिए, जसले कर्णको सधैं रक्षा गर्यो । कर्ण भगवान सूर्यकापरम भक्त थिए र उनी हरेक दिन घण्टौँसम्म कम्मरसम्मको गहिरो पानीमा उभिएर सूर्यको पूजा गर्थे । सूर्यको कृपालेमात्र उनी महान् योद्धाबने । द्रौपदीकोछठ कथा छठ पर्वकोबारेमा अर्को एउटा कथा छ । कथा अनुसारमहाभारत कालमा द्रौपदीको परिवारकोसुख, शान्ति र रक्षाकालागि छठ पर्वको निर्माणगरिएको थियो । जब पाण्डवहरुले जूवामाआफ्नो सम्पूर्णराज्य गुमाए, तब द्रौपदीलेछठ व्रत बसिन् । तिनीहरुको मनोकामनापूरा भयो र पाण्डवहरुले राज्य फिर्ता पाए । लोक परम्परा अनुसारसूर्यदेव र छठी मैयाबीचदाजुभाइको सम्बन्धरहेको छ । त्यसैलेछठको अवसरमासूर्यको पूजा गर्नु फलदायीमानिन्छ ।

**-टोलज पोखेल [समजिक अध्ययन बिभाग]**



## Student's Section

### Tihar Celebration at G.F.W.S 2081

Tihar is one of most beautiful festivals of Nepal where houses are lightened up with diyas and faces are enlightened with joy. Tihar celebration was held in our school in on 13th of Kartik 2081. The event was indeed fun where creativity was at its peak and the tradition of that day hung around for each one of us is memorable.

Decorations and Preparations.

With the sunshine it looked so alive and good in school. Classrooms and hallways adorned beautiful paper crafts, decorated with flowers, glowed by bright lights. The preparation made by students and teachers brought the spirit of Tihar alive.

#### Rangoli Competition

The first activity of the day was Rangoli competition. Inter-house competition was held with where students participated with enthusiasm and happiness. They worked cooperatively to make beautiful designs on the ground using colorful "powders flowers and diyas. Some made peacocks, while others created pattern of God and Goddess. The creativity and teamwork of students was really inspiring to the judges. After all the marks calculation, **Grade 9A 'Greycells'** won the competition followed by **9B in second position** and **10A in third**

#### Ethnic Attires.

The students and the teachers wore beautiful dresses of their own culture and traditions. Girls wore beautiful saree, guneucholo, lehenga whereas boys wore kurthas and daura surwals.

Deusi-Bhailo Program.

Another most interesting activity of this day was deusi-bhailo celebration - Groups of students dressed in traditional outfit sang Deusi and Bhailo. It felt like so unreal. It felt like every defeats, egos and anger died bringing joy and light in every faces.

In conclusion, the Tihar celebration in our school was admixture of fun, joy and happiness. From the Rangoli competition to deusi bhailo songs, activities brought us much closer to our traditions and their value. We are very grateful to be part of Green Field world school.

**-Pratigya Mittal [9A]**

### Nepal & Legalization of marijuana

The legalization of marijuana in Nepal may bring significant economic benefits through its agricultural tourism and taxation sectors. With the right climate and suitable conditions Nepal is highly suitable for Cannabis cultivation making it one of the ideal locations for the production of marijuana legally and it would be a lucrative alternative to traditional crops for Farmers. This could greatly improve farmers income and revenues particularly in rural area of our nation where opportunities are limited.

The tourism industry could also benefit. From the Countries that have legalized the recreational use of marijuana, including Canada and some O.S states have got to witness many cannabis Tourists. Since Nepal is already Ramous for its spiritual traditions and natural heritage. Nepal may become desirable destination for cannabis tourists. In such case demand for accommodation facilities and hospitality services & local & businesses might be benefited by increased revenues from tourist.

Legalization would also open up new tax revenue sources for the government. By regulating cannabis production and sales the government could impose taxes on marijuana transactions, generating significant income. These funds collected through tax could be imposed toward public services, infrastructural development, education, etc. contributing to develop the nation. In addition, cannabis industry would create thousands of jobs opportunities across all of the nation through means like agriculture sector, retail & distribution on sectors etc.

Legalization of marijuana could further reduce the illegal drug trade, making consumption safer and more controlled while minimizing the influence of criminal cartels. Altogether the legalization of marijuana could be a transformative step for Nepal's economy creating new industries increasing revenue and improving livelihood.

**-Nelson Upreti [9B]**





In human society it is believed that over 100 years of time only one guru is born at a time. Gurus are those great personalities who acquire a great knowledge, skill and experience with which they guide our society towards the positive path and today let's get some knowledge about a special day of a special guru.

Falgunanda Jayanti is a yearly birthday celebration of guru falgunanda. He was born in ilam, Nepal on kartik 25, 1942 B.S. while growing up he had suffered many ups and downs in his life which he later used as life experience to motivate other Kirat community members. He was the main stream of development, deepening them socially, economically, and culturally also influencing education as a key to develop oneself.

His small piece of motivation about peace and non-violence was effective enough to change anyone's life and due to his contributions towards the kirat community, he became a holy father of the whole religion and about 132 years ago, from now kirants started celebrating falgunanda jayanti on 25th of Kartik every year. In 2066 B.S he was declared Nepal's 16th national hero about 60 years after his death because he is now a national hero, his birthday is celebrated with great pleasure and honor. In that specific day, government declares a national holiday also cultural exhibitions and programs are held, where kirant people gather together, worships him and perform their traditional chayubrung dance. In hilly region and district like ilam, phidim, panchthar, Taplejung football tournaments are organized. As an honor, Nepal government has also established a statue of mahaguru falgunanda in many identical places where people visit and worships him with flowers and respect. Especially, the kirat community not only in Nepal but also in different part of the world celebrates falgunanda jayanti where his names is taken with great pride.

### -Mission Nembang [10A]

### Tips to stay active, healthy, and safe during the winter!

1. Eat a balanced diet with vitamin-rich foods (fruits, vegetables, nuts).
2. Stay hydrated with water, herbal teas, or warm drinks.
3. Take vitamin D if you're not getting enough sunlight.
4. Exercise regularly, indoors or outdoors with proper clothing.
5. Get sunlight during the day for vitamin D.
6. Wash your hands frequently to prevent the spread of germs.
7. Use hand sanitizer when soap and water aren't available.
8. Layer up with moisture-wicking, insulating, and outerwear.
9. Keep your extremities warm (hats, gloves, scarves, warm socks).
10. Get 7-9 hours of sleep each night.
11. Moisturize your skin regularly.
12. Use a humidifier to maintain moisture in the air.
13. Manage stress with relaxation techniques like yoga or meditation.



आँसु

मेरा नेत्रहरुलाई मुहान बनाएर  
मोतीका दानाहरु खस्छु  
ती मोतीका दानाहरु छातीमा गएर  
बिझ्नु अघि  
ओठमा आएर ठोकिन्छु  
र बिलिन्छु  
कहाँ जान्छन् थाहा भएन तर मुटुमा  
पुगेर आगोझैँ पोलिदिन्छु  
सायद आँसुले पनि बाहिरी दुनियाँ  
देखे जस्तो छ |  
बाहिरबाट छातीको छेउ पुगेको भए  
मैले लगाएको लुगा भिड्थ्यो  
यो देखेर मानिसहरुले खिल्ली  
त्यसैले उनीहरु सुटुक्क ओठ भित्र जान्छु  
जिब्रोलाई पनि नुनी लोस्वद  
र मनको एक कुनामा गई पोलिदिन्छु  
यो मोतीका दानाले पोलेको ठाउँमा  
ठुलो घाउ हुन्छ |  
त्यसलाई म आफू सँगै भएको  
प्रेमले निको पार्न खोज्छु |  
तर फेरी कोही आइकोट्याई दिजान्छ |  
फेरी पनि म घाउ भर्न खोज्छु  
आफूलाई सम्हाल्छु  
किन भने मेरो लागि सम्बन्धमहत्त्वपूर्ण छ |  
मेरो घाउ होइन |  
मेरो लागि भावनामहत्त्वपूर्ण छ  
मेरो घाउ होइन |  
-लुना ओली [१०क]



# Book Review: "Wings of Fire: Talons of Power"

**Author:** Tui. T Sutherland

**Protagonist:** Turtle

**Deuteragonist:** Darkstalker

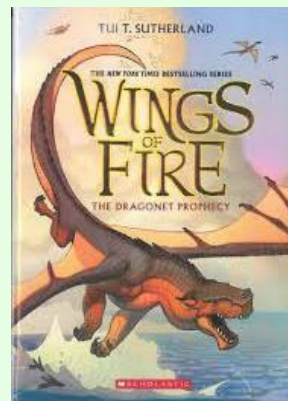
**Tritagonists:** Anemone, Kinkajou, Moonwatcher

**Teragonists:** Qibli, Peril

**Supporting characters:** Tsunami, Clay, Queen Coral, Pike, Flame,

Mindreader, Mightyclaws, Fearless, Queen Glory, Prince Gill, Fin, Cerulean,

Octopus, Deathbringer, Strongwings, Fierceteeth



"Talons of Power" is the eighth entry to the "Wings of Fire" novel series written by Tui T. Sutherland and published by Scholastic Press, a story centered around dragons living in separate kingdoms with their own unique traits and abilities. In this entry, the Seawing dragonet Turtle faces his worst fears after an ancient evil dragon from history, known as Darkstalker is freed from his slumber, as a consequence of the events of the previous book, "Winter Turning". However, everyone seems to believe the charming legendary dragon has changed, and as a result, the hidden Turtle now has to face the pressure of being the only one against the seemingly reformed Darkstalker, as well as the struggle to keep his younger sister, Princess Anemone, safe from harm. Though, with Darkstalker and Anemone being animus dragons, Turtle realizes he may have to step in eventually with his own animus powers, which he'd kept secret from almost everyone.

This book is an interesting and immersive read, starting with a visual introduction of Pyrrhia, the land where all the dragon kingdoms live, followed by a guide to the Jade Mountain Academy, a school that welcomes any dragon regardless of origin, and a short image and description of every type of dragon, of which there are seven. It finishes with a prophecy that was propounded in the previous two books, and starts with a prologue of three years before the current events of the story. The writing is unique and comprehensible for readers of all ages, though is recommended for ages above 10 as the series itself features scenes and mentions of violence.

Along with the plot, the characters are also well-written, and the protagonist, Turtle, is exceptionally relatable to the reader and a fresh breath of air in terms of a main character, as he is very fearful and anxious - a stark contrast to the brave and fearless hero trope that is commonly seen in most media. The characterization of the other dragons is also memorable and interesting, from the smart and level-headed Qibli to the bright and energetic Kinkajou.

The writer does an excellent job at emphasizing the danger and stakes of the story through the paranoid perspective of Turtle, from the thought of Darkstalker still being an evil legend to the potential consequences of letting him mentor Anemone about animus magic.

Turtle's conflict between his suspicions and his friends' beliefs about Darkstalker are also wonderfully depicted, as he is seen as an overthinker by his peers for not believing Darkstalker to have changed.

Besides the current plot, Sutherland also beautifully blends in snippets of Turtle's upbringing, stirring together tales of his childhood in the Sea Kingdom with the plotline to further accent Turtle's character and highlight how he became the self-conscious character he is today. This creates an engaging connection with the reader to Turtle, and allows the reader to understand and sympathize with his thoughts and motives.

Additionally, the writer does an ethereal job in steadily creating tension as the story progresses, developing a sense of dread and helplessness in both Turtle and the reader the more the plot continues, up until the very last chapter, which sets up a dramatic stage for the next book, "Darkness of Dragons" to continue on.

Overall, despite the book featuring dragons, it mirrors a lot of characteristics found in the real world, such as society, communication, and the meaningful relationships between characters. Each character is portrayed in such a way that they seem genuine and full of life, further adding to the immersive aspect of the story. The story also puts emphasis on morality and courage, highlighting the importance of having to eventually overcome fear and face one's troubles.

With a global rating of 4.5 out of 5, it can be easily said that this book deserves the recognition it has, and I suggest reading this book whenever possible, as well as the other books in the "Wings of Fire" series as well.

**-Sumnima Rai [10A]**





## Sunflower



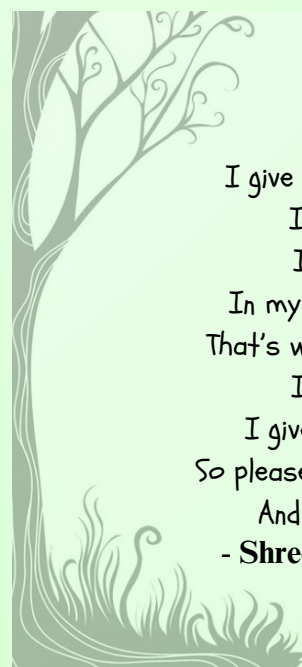
The prettiest flowers in my eye, that shines  
better than how the sun shines.  
Makes me feel alive,  
From all the darkness of my life.  
The brightness of your colour,  
Reminds me of the brighter side of my life,  
Making me forget about all the sad times.  
The fragrance of your pureness, always finds a  
way to make me happy,  
Even when you are far away from me.  
My loyalty will always stand in front for my  
sunflower,  
That shines brighter than how the sun shines.  
-Suruchi Karki [9B]



Love yourself no matter what!  
Remember loving is not a thing to swap.  
Love yourself so unconditionally,  
That people will think twice before judging your ability.  
When people judge you, don't you ever cry  
So, listen loving yourself is the strongest weapon  
To shut their unworthy mouth for the time,  
Cuz you're the only person who belongs to you in your whole life.  
Don't run around the people seeking for attention,  
Who always prefer to enjoy your absence  
Just fall in love with yourself,  
Ultimately it will define your existence.  
Don't defeat yourself for others  
Just prioritize your desires.  
Don't compel yourself to be assertive  
Love yourself and sabotage your enemies...  
-Tejal Agrawal [8B]

## SUNSET

Some days I want to be the sunset  
To be blended with colours  
That gives people 'faith of life'  
The sights for everyone to stare at  
The dawn of orange hues  
The warm glimpse  
That makes you feel comforted  
The sight that makes you feel  
Wild but relaxed  
That makes you feel free and alive  
The blue sorrow sinks  
And the setting sun hugs  
That is what I want to be  
What I would like to think of me  
What I would like to keep and hold.....  
-Tanisha Trital [6 A]



### I am a tree

I give you rain for free.  
I give fruits.  
I am a tree  
In my shade you rest.  
That's why I am the best.  
I am a tree.  
I give you fresh air  
So please let me live my life  
And take my care.  
- Shreeja Gupta [II A]

## The two cats and a monkey

Once upon a time there were two cats who were very good friends. One day they found a piece of bread and decided to share it. While dividing the bread one of the cats makes a big and small piece of bread. So, they began to argue for the bigger piece. As they fought a monkey happened to pass by and noticed their quarrel. The monkey said, "don't fight! Let me help you to divide the bread equally. The cats agreed for it. The monkey took the bigger piece and bit off a portion, to make the bread equal but then the other piece became larger. And again, monkey took another bite from the second piece of bread. The monkey was biting piece by piece in order to balance the sizes. In the end, the monkey had eaten all the bread and ran away happily. The poor cats were left with nothing.

Moral: When people argue or quarrel, third person will enjoy the benefit of the situation.

- Roshin Prasai [II A]

