

**QUEST 2082 (2025)**

# **SHREE MELAMCHI GHYANG SECONDARY SCHOOL**

**HELAMBU -1 SINDHUPALCHOK**

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## **QUEST TEAM**

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## FROM THE FORMER (FOUNDER) PRINCIPAL DESK'S

### How to Make Success in Life

Success is a concept that has intrigued and inspired people for centuries. While it means different things to different people—fame, wealth, happiness, impact, or simply peace of mind—there are universal principles that often lead individuals toward a fulfilling and successful life. Here's a guide to help you navigate your own journey to success.

#### 1. Define What Success Means to You

Success is personal. For some, it's climbing the corporate ladder. For others, it's building a family, creating art, or traveling the world. Before you pursue it, take time to reflect on what success truly means to you.

Ask yourself:

- What makes me feel fulfilled?
- What do I want to achieve in the next 5 or 10 years?
- What am I passionate about?

Clarity is power. When you know your own definition of success, your path becomes much clearer.

#### 2. Set Clear and Achievable Goals

Once you've defined your version of success, break it down into goals. Set short-term and long-term objectives. Use the SMART method:

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound

For example, instead of saying "I want to be rich," say "I want to save \$50,000 in the next 3 years by increasing my income and reducing expenses."

#### 3. Build Strong Habits

Daily habits shape your future more than occasional bursts of effort. Discipline often outweighs motivation.

Start small:

- Wake up early.
- Exercise regularly.
- Read every day.
- Plan your tasks.

The key is consistency. Success is often the result of small, repeated actions over time.

#### 4. Invest in Learning and Growth

Lifelong learning is a cornerstone of success. Read books, take courses, learn new skills, and surround yourself with people who challenge and inspire you. The more knowledge and abilities you acquire, the more opportunities you create.

Remember: In a fast-changing world, adaptability and learning are survival tools.

#### 5. Embrace Failure as a Lesson

No one achieves success without setbacks. Failure is not the opposite of success—it's part of the process. Each failure is a lesson, and often, your biggest growth comes from your toughest moments. Don't fear mistakes; learn from them.

#### 6. Build a Strong Support System

Success is rarely a solo journey. Surround yourself with supportive, positive people—mentors, friends, family, or a community that encourages your growth. Don't be afraid to ask for help or to collaborate with others.

#### 7. Practice Gratitude and Mindfulness

While striving for success, don't forget to appreciate the present. Practicing gratitude helps keep your mindset positive and grounded. Mindfulness helps you focus and avoid burnout. Balance ambition with inner peace.

#### 8. Take Action

Many people have great ideas and dreams, but only a few take consistent action. Execution is what separates dreamers from achievers. Don't wait for perfect conditions. Start now, and adjust as you go.

#### Final Thoughts

Success is a journey, not a destination. It's built day by day through vision, discipline, learning, resilience, and relationships. Whatever your goals may be, remember that you have the power to shape your own future. Stay committed, stay humble, and never stop growing.

As the old saying goes, "Success doesn't come to you. You go to it."

Source – CHAT GPT

#### Purna Bahadur Gautam

Former head teacher / Founder



## Why to study in Melamchi Ghyang School

At high attitude, cool environment, peace and calm waking up with the chirping bird sound, students start their morning fresh up early-5 A.M. on the school yard with very short Morning.

Each and every year, the number of enrolment students are very hard to hold in our school. Within 5 days this year 130 students got admission in Melamchi ghyang School ,After 5 days, we closed new enrolment, it's so sad to jot down here. Now in the present time 410 students are studying in Melamchi Ghyang School on the elevation of 2550. This is the pick point every one why to be in Melachi Ghyang ? of course, we have catchy answers

Every teachers those who are working over here in Melachi Ghyang, they believe and think that a teacher is always responsible, kind and helpful for the children. They always think and questions themselves why am I a teacher, and how am I a teacher in order to help children for teaching learning activities. A part from above, we never ask anyone who am I? and we don't trust about the matter of who am I ? it doesn't matter who is what ? the matters comes over here in school who does it what and how does he/she do work?

How can we inspire children for teaching and learning activities has vital role in school, Keeping such objective and aims teachers are moving a head . So Melamchi Ghyang became one of the choice for children.

A part from that above line, Melamchi Ghyang school is looking for dynamic and qualitative universal education. This school is not only teaching textbook, we feel and trust that survival education like behavioural changing education. So, this school is on the eyes of student and parents.

Students are keen to be here for good education from different angles and aspect .This school has Nice ICT and computer classes as well as separate physic ,chemistry and Bio labs. Some of classes are running in digital classes with smart board. Sports, music and other physical activities are also part of co-curricular activities for teaching learning activities . Field visit, educations tour, practical classes, excellence result in every year from board exam are iconic parts of this school. So, why not study in Melamchi Ghyang school ?



**Tika Ram Limbu**  
Principal

## नास चाहने

तिमी अहमताको शिकारी रहेछौ ।  
तिमी त कुटिला शकुनि रहेछौ ॥  
आफ्ना भान्जा बहिनी सर्वनास चाहने ।  
तिमी त साँच्चै कायर रहेछौ ॥  
खाएको थालमा थुक्ने तँ ।  
तिमी त लाचार रहेछौ ॥  
तिमी त कर्ण रहेछौ ।  
आफ्नै दाजुभाइलाई नचिन्ने ॥  
तिमी त दुर्योधन रहेछौ ।  
आफ्नै वंशको नास चाहाने ॥



राजेन्द्र भट्ट  
मा. वि. नेपाली शिक्षक

## गजल (साथी)

दुःख जति मलाई देउ,  
सुःख तिमी लेउ साथी ।  
गरीव भए पनि धनि भई,  
तिमी उपहार देउ साथी ।  
दुःख आशु नफालि,  
सुःख मा हाँसो नछाड्नु ।  
बन्दछ साथीको सपाना,  
हिम्मत कहिल्यै नहार्नु ।  
साथी तिमी त्यसलाई गर,  
जसले तिमीलाई वर दिन्छ ।  
माया तिमी त्यसलाई गर,  
जसले तिमीलाई जिवन भर साथ दिन्छ ।

माया भन्ने शब्द प्यारो,  
कस्ले सुरुमा गर्यो ।  
माया लाको एक जनालाई,  
धोका खानु पर्यो ।

- स्याङ्गे डुन्डुप  
कक्षा : ५



## प्यारी आमा

समयसँग थोरै अतीत उधार मान्न मन ६.  
तिम्रो काखमा १ निन्द्रा निदाउन मन ६.  
मेरो उमेरले भन्ने गर्दछ म ठूली भएकी कुरा  
मलाई त फेरि तिम्रो नजरमा बच्चा हुन मन ६.  
तिम्रो सारीमा आफैलाई लुकाएर औधी रुन मन ६.  
तिम्रो फाटेको आँचलमा आँसु पुछेर हाँसुन मन ६.  
तिमीले को खाई को खाई नानी भनेको सुन्न मन ६.  
म खाई भन्दै तिम्रो हल्केला समातेर खाना खाने मन ६.  
भोकाको छु दुनियाँको गाली खाए..  
मलाई त तिमीले कराउँदै खुवाको खाना खान मन ६.



म बोल्न थाल्दा खेरीएको तिम्रो खुशी  
सम्झेरफेरि पहिलोचोटि बोली फुटाएर आमा भन्न मन ६.

याङ्जी लहामु लामा,  
कक्षा: नौ

## हस्यमय व्यक्ति बन्ने तरिका:

1. मुख बन्द गरेर मुस्कान दिनुहोस्।
2. आफ्ना योजना बारे धेरै नबोल्नुहोस्, परिणाम देखाउनुहोस्।
3. सार्वजनिक स्थानहरूमा किताब पढ्नुहोस्।
4. "हो" भन्नुको साटो टाउको हल्लाउनुहोस्।
5. सधैं उपलब्ध नहुनुहोस्।
6. आफैँबारे धेरै कुरा नगर्नुहोस्।

From Quest Team

## देशको सेवा

सधैं स्कुल आएपछि, पढ्न लेख्न जानेपछि ।  
एकदम राम्रो देखिन्छु स्कुल ड्रेसमा आएपछि ॥

राम्रो पढी, राम्रो लेखी, देशको सेवा गर्ने ।  
सोचेको छु आजदेखी गुणी व्यक्ति बन्ने ॥

राम्रो खाना, राम्रो नाना दिनु आमा मलाई ।  
पढी लेखी ठूली बनी देशको सेवा गर्नलाई ॥

असल शिक्षा, ज्ञानको ज्योति, गुरुबाट लिन्छौं ।  
त्यो शिक्षालाई जीवनभर परिमार्जन गर्छौं ॥

भन्ने गर्छन् मलाई कर्णधार मलाई हु अरे ।  
यी सपना कुनै दिन पुरा गरि छाहुंला ॥

असल शिक्षा लिए, गुरुको प्यारो भएपछि ।  
सकारात्मक लिइन्छ, राम्रो कुरा सुनेपछि ॥

निमा छिरिङ शेर्पा  
कक्षा ५



- The intelligent people appear to be fools. fools pretend to be intelligent people!"
- To stop dreaming is like giving up on life"
- Some time" silence is the loudest answer"
- "The light you seeking is within you!!
- Dream need action, not just wishes.
- Kindness costs nothing but means everything's

## नखोज है अरु बन्न

संसार र सृष्टि हेर्दा, छैन यहाँ समान ।  
पुष्प, वृक्ष कयौं छन्, थरीथरी ती जमान ॥

नरोज अरु बन्नलाई बन, आफू महान ।  
अरुभन्दा फरक हौं, सृष्टिकै छौ है समान ॥

सिर्जना छन् तिमीमा, सम्भावना लुकेका ।  
तिम्रो देखि प्रतिभा, सारा संसार झुकेका ॥

गरेर ध्यान साधना, मनलाई तिमी माझन ।  
तिमी भित्रै हेर, लुकेका कला राजन ॥

के गर्छौं हेर संसारमा, अरूको तिमी तुलना ।  
बदल तिमी सृष्टिलाई, अरूलाई तिमी भुलन ॥

पहरा फोरी फुलेका, फूललाई तिमी हेरन ।  
सफल तिमी हुनलाई, सजिलो बाटो फेरन ॥

तिमि भित्रै छन् हेर, सम्भावना छानी छानी ।  
देख्नुपर्छ सपना, भए पनि सानी नानी ॥

तिमी गीत, तिमी मित, तिमी सारा कलाकृत ।  
तिमी भित्रै लुकेका छन्, संसार फेर्ने माया प्रीत ॥



हेमहरी ढुङ्गेल  
मा . वि. सामाजिक अध्ययन  
शिक्षक

- जिन्दगी को गन्तव्य मृत्यु हो, त्यसैले यात्रामा रमाईलो गर घमण्ड होईन् ।
- सपना देख्न छोड्नु भनेको जिन्दगी बाँच्न छोड्नु जस्तै हो।"
- तपाईंले खोजेको उज्यालो तपाईंभित्रै छ ।
- सपना पुरा गर्न चाहानाले मात्र पुग्दैन काम गर्नु पर्छ ।
- दयालु हुनु कुनै मूल्यमा आउदैन, तर, यसले सबै कुरा को अर्थ राख्छ ।

## Mary Had a Little Lamb

Mary had a little lamb,  
Its fleece was white as snow,  
And everywhere that Mary went,  
The lamb was sure to go.

He followed her to school one day,  
Which was against the rule;  
It made the children laugh and play  
To see a lamb at school.

And so the teacher turned it out,  
But still it lingered near,  
And waited patiently about  
Till Mary did appear.

**Sumitra Tamara**

Class: 5



Life humbles you , as you grow older , you stop chasing the big things and start valuing little things :

- Alone time
- Enough sleep
- A good diet

Long's walks and quality time with loved one

## Dog is Man's Best Friend (Article)

Among all the domesticated animals, the dog is the most friendly and faithful of all. It has been man's best friend in the animal world for thousands of years. In history, dogs were used for guarding.

Today, dogs are not used for guarding houses and properties alone. Their purposes have increased. Dogs are trained to sniff out drugs and bombs. These dogs are called police dogs, and they have helped in discovering many loads of drugs, bombs, and even catching criminals. There are also hunting dogs, and many tribes survive and get food to eat because of their dogs' hunting abilities.

Dogs have also served in wars. They were used extensively during the Vietnam War in the 1960s.

Dogs are used to help blind people. These dogs are trained in such a way that they guide the blind while walking or crossing the road. In Alaska, dogs known as Huskies are used to pull sleds in the snow and cold weather. Doctors even recommend sick people to keep dogs as pets. This helps depressed people recover faster.

There are two problems that many may face if they keep dogs. One is that dogs might bite people and cause serious injuries. The second is that they might carry rabies — a fatal disease that can spread to humans. One must make sure that their pet is vaccinated against rabies. If a dog bites someone, it should be muzzled. A muzzle covers the dog's snout, allowing it to breathe but preventing it from biting people. Some countries have passed laws requiring dangerous breeds like Pit Bulls and German Shepherds (Alsatisans) to be muzzled in public. Dogs certainly are the best friends we can ask for. They have served and loved us and will always continue to do so.

**Swostik Bhandari**

Class: 9



## A Letter to My Future Self

**Dear Future Me,**

I hope you've stayed true to your dreams. Right now, I am working hard balancing responsibilities, teaching, learning, and trying every day to become the best version of myself. I face challenges constantly, but I face them with purpose.



**Dhiraj Dhami**  
Secondary Level  
Science Teacher

I want you to remember where you came from the struggles, the effort, the long nights, and the unwavering belief that all this hard work will one day lead to something meaningful. You've always believed in quiet discipline, in doing what's right even when no one is watching. Never forget that this principle shaped your character more than any achievement ever could.

I hope by now, you've grown not just in success, but in wisdom, in empathy, and in kindness. That you've not only chased dreams but also helped others believe in theirs. That you've taken care of your health, your mind, and your soul, just as much as your goals. Always remember the journey is as important as the destination. In moments of doubt, remind yourself why you started. In moments of pride, stay grounded. And in moments of silence, listen to your inner voice it knows the path.

***"Success is not final, failure is not fatal: It is the courage to continue that counts."***

– Winston S. Churchill

***"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."***

– Christian D. Larson

If you're reading this now know that I'm proud of the progress you've made whether big or small. Keep striving, keep growing, and never let comfort replace courage.

With hope and faith....

May 2025

## CHALLENGES

Challenges is the factor which happens in human life before success. It is small or big but hard and painful . challenges are ways which we pass get success challenges make us strong and brave. challenges are unseen power which lead to success life. let's make challenges a positive attitude .



**Karuna Dhungana**  
Class : 9

## The AI War: A Positive Competition Fuelling Global Innovation

Dear students and respected educators at Shree Melamchi Ghyang Secondary School, Artificial Intelligence (AI) is changing the world at an incredible pace. While some fear this global "AI race" as a battle for dominance, we should instead view it as a healthy competition that is driving innovation and improving lives even in remote places like our own community in Helambu. Let's explore how.

**1. Accelerating Technological Breakthroughs**  
Nations like the United States, China, and India are investing heavily in AI research. This competitive spirit has led to amazing breakthroughs—such as AI programs that can help detect diseases earlier, forecast floods more accurately, and automate boring or dangerous tasks.

**Use Case Example for Students:** Imagine AI being used to predict landslides in Sindhupalchok by analyzing rainfall patterns and soil moisture through satellite data. Such technology is already being tested in Nepal to prevent natural disasters and save lives.

**2. Creating New Jobs and Opportunities**  
Yes, AI might replace some jobs but it also creates many more. New industries now need AI engineers, data analysts, software developers, and even AI ethics experts.

**Local Impact Example:** In Nepal, companies like Fusemachines are training young Nepali students to become AI developers. With free online courses and scholarships, even students from remote areas like Helambu can learn AI and compete globally.

**3. Collaboration Through Competition**  
Even though companies and countries compete, they also collaborate. OpenAI, for example, shares tools like

ChatGPT (which you are reading now), and research papers are available for free worldwide.

**School-Level Example:** Your school could participate in inter-school tech events or coding competitions. These healthy rivalries often lead to sharing knowledge, learning from each other, and working together on community projects just like in the global AI world.

### 4. Enhancing Safety and Disaster Management

AI is being used in cybersecurity, disaster alerts, and even search and rescue operations. This is extremely useful for countries like Nepal, which face frequent earthquakes, landslides, and floods.

**Realistic Scenario:** After the 2015 earthquake, AI-driven tools helped locate survivors and analyze damage from drone images. In the future, AI could help your school and village prepare better for emergencies.

### 5. Guiding Ethical and Fair Use of AI

As AI grows, so does the need for ethical guidelines. Countries are making laws to ensure that AI does not invade privacy, spread misinformation, or cause unfairness.

**Student Awareness Example:** You can start small by learning how AI makes decisions—for example, how YouTube recommends videos—and discuss whether it is fair or biased. Developing this awareness early helps create responsible future developers and users.

### In Conclusion: Why Does This Matter for You?

Dear students, the so-called "AI War" is not a dangerous conflict, but rather a race of ideas and creativity. It shows how even rural schools like ours in Helambu can dream big. With dedication and access to technology, you too can be a part of this global movement.



**Suryodaya Aidi**  
Secondary Level Computer  
Science Teacher

## School

I am very cool, I am very cool  
My school is beautiful  
My friends is very funny  
This school give us learning  
The fat pipe, school is our life  
paper is the fold, school is our world

we should cut our nail help of nail with the help of  
nail cut  
school and teacher is our god  
teacher helps to be polite  
school make our future bright

pilot can fly Airplane when we get inside to our  
school Then we have to be in discipline  
in school we wear tie  
I will say all to good by

**Dolma Tamang**  
Class : 7



## Positive Thoughts

- Life is like a riding a bicycle to keep your balance you must keep moving.
- push yourself because nobody else is going to do that for you.
- Everyone notice your smile but they don't know the pain behind it.
- The future belongs to those who believe, in the beauty of their dreams.
- The most powerful thing in life is our thinking which have ability to change any situation.
- Motivate yourself Don't listen to those who only see your mistake.
- If you cannot do great things do small thing in a way.

**Lhakpa Diki Sherpa**  
Class : 7



## Positive Thoughts

- 1) Be rich with your thought's not with money.
- 2) You, future is created by what you do today not tomorrow.
- 3) Good Days start with knowledge.
- 4) If you are a good student of life ,wisdom become your rain falling heavily on your brain.
- 5) I am surrounded by opportunities to learn and grow.

**Yuna Danuwar**  
Class : 8



## Positive Thoughts

- Every morning brings a new chance .
- Don't compare your journey with other's.
- Your path is unique and your time will come .
- Small steps every day lead's to big results .
- You don't have to rush just don't stop .
- Progress is progress, no matter how small.
- I am growing and becoming a better version of myself each day.

**Rhythm Chalise**  
Class : 9



## My experience in teaching at Shree Melamchi Ghyang

My Teaching Experience at Shree Melamchi Ghyang Secondary School, in the serene village of Helambu, Nepal, has been one of the most meaningful, heartwarming, and transformative experiences of my life. Nestled in the Himalayas, far from the noise of cities, the school offers not just a classroom, but a community built on values, simplicity, and deep respect for learning. Each day brings new opportunities to connect, to learn, and to shape young minds. The classroom is not just a place of books and whiteboards—it is a world full of curiosity, dreams, challenges, and joy.

From the very first day, I was welcomed with warm smiles, curious eyes, and open hearts. Most of the students come here from remote villages of different parts of Nepal, and their dedication and eagerness to learn are incredible. Teaching them was not just about books—it was about bridging worlds, inspiring dreams, and growing together.

When I first entered the classroom, I was a bit nervous. Would the students listen to me? Would I be able to make a difference? But slowly, with each lesson, a bond began to form. I realized that teaching is not just about delivering content—it is about inspiring, guiding, and listening.

The school has great infrastructure, is rich in spirit. Lessons often go beyond the classroom—into the gardens, into the mountains, into life. I learned quickly that teaching here means adapting to the rhythm of nature and the lives of the students. Whether we were solving science problems, reading English stories, or discussing daily life challenges, every moment felt meaningful.

Of course, teaching in a rural mountain school came with challenges—limited resources, weather disruptions, or the occasional language barrier. But these were overshadowed by the resilience of the students and the unwavering support of the local community. The school stands as a symbol of hope and opportunity in a region that deeply values education.

What touched me most was the students' gratitude and curiosity. They taught me to slow down, to listen more, and to appreciate the small victories—a raised hand, a new word learned, a confident smile. These are moments that stay with you long after the bell rings.

Teaching comes with its share of challenges. Handling different learning styles, managing discipline, and ensuring that no child is left behind requires patience and creativity. But these challenges are what make the profession so dynamic. Every child is unique, and every day brings new lessons for the teacher as well.

Before coming here, I've also set my mind that teaching is a two-way street. Teaching is not only my responsibility, but learning from students and the school is also one of my responsibilities. While I teach my students about science, language, and values, they teach me about resilience, innocence, and imagination. Every time school and students remind me to stay curious and keep growing. Teaching at school has not only been about educating others but also about discovering myself. It is a role that demands hard work, love, and consistency, but the impact it leaves is lifelong.

Every moment, this school reminded me that education is not confined to fancy buildings or technology. It is about connection, purpose, and the courage to imagine a better future. And in the quiet classrooms of Helambu, that future feels very possible.



**Semsal Tamang**  
Secondary level Science  
(Biology) teacher

## गजल ( माया )

मेरो मुटु त चोरी लग्यै तिप्रो त चोर्न सकिन  
मायामा तिमिले धोका दियौ तर मैले छोड्न सकिन  
माया तिमि चन्द्रमा भए म सूर्य बनि दउला  
तिमि हुन्छ मात्रै भन यो सारा संसार तिप्रै नाममा  
गरीदिउला ।

फुल टिप्न सक्छु, काडा टिप्न सक्दीन ।  
माया गर्न सक्छु, तर तिमिलाई धोका दिन सक्दिन  
माया तिमि धाम भए तिमिलाई छेक्न म बादल  
बनिदिउला  
तिमि फुल भए तिमिलाई कसैले टिप्न खोज्दा म काडा बनि  
दिउला ॥

I go to Sindhupalchok ko bato  
के तिमि नि जान्छौं र ।  
मेरो नाम सविन के तिमि नि मसँग माया लाउछौं र .....



Sabin Adhikari  
Class : 7

ध्यान भनेको के हो ? ध्यानका प्रकार र यसका फाइदा  
यस्ता छन् ।

ध्यान (Meditation) एक मानसिक अभ्यास हो जसले मनलाई  
शान्त, एकाग्र र जागरूक बनाउन मद्दत गर्छ। विभिन्न ध्यान  
प्रविधिहरू छन्, जुन संस्कृति, परम्परा र व्यक्तिगत  
आवश्यकतामा आधारित हुन्छन्। यहाँ केही प्रमुख ध्यान प्रकार  
संक्षिप्त विवरण दिइएको छ:

### १. विपश्यना ध्यान

यो बौद्ध परम्पराबाट आएको प्रविधि हो, जसमा आफ्नो विचार,  
भावना र शारीरिक संवेदनाहरूलाई निरीक्षण गरिन्छ बिना कुनै  
प्रतिक्रियाकसरी गर्ने?:

शान्त ठाउँमा बस्नुहोस्, आँखा बन्द गर्नुहोस्, श्वासमा ध्यान केन्द्रित  
गर्नुहोस् र शरीरका संवेदनाहरूलाई क्रमबद्ध रूपमा अवलोकन  
गर्नुहोस्। लाभ: आत्म-जागरूकता र मानसिक स्पष्टता बढ्छ।

### २. माइन्डफुलनेस ध्यान

वर्तमान क्षणमा पूर्ण जागरूक रहने अभ्यास। यो विपश्यनाबाट प्रेरित छ तर  
आधुनिक र गैर-धार्मिक रूपमा पनि प्रयोग हुन्छ। कसरी गर्ने?: श्वास,  
वरपरको आवाज, वा शारीरिक अनुभूतिमा ध्यान दिनुहोस्। विचारहरू  
आएमा तिनलाई बिना आलोचना स्वीकार गर्नुहोस् र फेरि ध्यान केन्द्रित  
गर्नुहोस्। लाभ: तनाव कम गर्छ, एकाग्रता बढाउँछ।

### ३. प्राणायाम ध्यान (Breath-Based Meditation)विवरण:

श्वास-प्रश्वासलाई नियन्त्रण र अवलोकन गरेर मनलाई शान्त गर्ने योगिक  
प्रविधिकसरी गर्ने?: अनुलोम-विलोम, कपालभाति, वा भ्रामरी जस्ता  
प्राणायाम अभ्यास गर्दै श्वासमा ध्यान केन्द्रित गर्नुहोस्। लाभ: मानसिक  
तनाव र शारीरिक ऊर्जा सन्तुलनमा राख्छ।

### ४. मन्त्र ध्यान (Mantra Meditation)विवरण:

कुनै मन्त्र (जस्तै "ॐ", "सोहम्") को जप गर्दै ध्यान केन्द्रित गर्ने। कसरी  
गर्ने?: शान्त ठाउँमा बस्नुहोस्, मन्त्रलाई मौन वा उच्च स्वरमा जप  
गर्नुहोस्, र त्यसको ध्वनिमा मन केन्द्रित गर्नुहोस्। लाभ: मन शान्त हुन्छ र  
आध्यात्मिक जागरूकता बढ्छ।

### ५. ध्यान योग (Dhyana Yoga)विवरण:

योग सूत्रमा आधारित, यो गहिरो एकाग्रताको अवस्था हो जसले मनलाई  
विचाररहित बनाउँछ। कसरी गर्ने?: शान्त वातावरणमा बस्नुहोस्, कुनै  
वस्तु, श्वास वा आन्तरिक बिन्दुमा ध्यान केन्द्रित गर्नुहोस्। लाभ:  
आत्मसाक्षात्कार र गहिरो शान्तिको अनुभव।

### ६. चक्र ध्यान (Chakra Meditation)विवरण:

शरीरका सात चक्रहरू (ऊर्जा केन्द्रहरू) मा ध्यान केन्द्रित गरेर ऊर्जा  
सन्तुलन गर्ने। कसरी गर्ने?: प्रत्येक चक्रमा ध्यान केन्द्रित गर्दै सम्बन्धित  
मन्त्र जप गर्नुहोस् (जस्तै मूलाधार चक्रको लागि "लं")। लाभ: आन्तरिक  
ऊर्जा र भावनात्मक सन्तुलन।

### ७. ट्रान्सेन्डेन्टल मेडिटेशन (Transcendental Meditation)विवरण:

महर्षि महेश योगीले विकास गरेको, यो मन्त्रमा आधारित ध्यान हो। कसरी  
गर्ने?: प्रशिक्षित शिक्षकबाट व्यक्तिगत मन्त्र प्राप्त गरी दिनमा १५-२०  
मिनेट जप गर्नुहोस्। लाभ: तनाव कम गर्छ, रचनात्मकता र एकाग्रता  
बढाउँछ।

### ध्यान अभ्यासका लागि सुझावहरू:

- नियमितता: दैनिक १०-२० मिनेट अभ्यास गर्नुहोस्

- शान्त वातावरण: कम आवाज भएको ठाउँ छनोट गर्नुहोस्।
- सजिलो आसन: सुखासन वा पद्मासनमा बस्नुहोस्, तर कुसीमा पनि ध्यान गर्न सकिन्छ।
- धैर्य: शुरुमा मन भट्किन्छ, तर अभ्यासले सुधार हुन्छ।
- समय: बिहान वा साँझ ध्यान गर्न उपयुक्त हुन्छ।

#### ध्यानका प्रमुख फाइदाहरू:

##### १. मानसिक फाइदा:

- तनाव कम हुन्छ: ध्यान गर्दा दिमाग शान्त हुन्छ र तनावबाट राहत पाइन्छ।
- चिन्ता (Anxiety) घट्छ: नियमित ध्यानले मानसिक बेचैनी र डर कम हुन्छ।
- एकाग्रता बढ्छ: पढाइ, काम वा कुनै पनि कार्यमा मन केन्द्रित गर्न सजिलो हुन्छ।
- सकारात्मक सोच आउँछ: मनमा शान्ति र आनन्द महसुस हुन्छ।

"मान्छेको काम नै हो अरुको आलोचना गर्नु"

यदि कुनै व्यक्ति दिनरात मिहिनेत गर्छ,  
भन्छन् - "पैसाका लागि मरिराछ।  
" र मिहिनेत नगरेर चुपचाप बस्यो भने,  
भन्छन् - "नालायक, निखट्टू रहेछ!"  
जति कमाएको छ, खर्च गर्यो भने,  
भन्छन् - "फजुल खर्च देखाव गर्छ!"  
र खर्च नगरी बचत गर्यो भने, भन्छन् -  
"कन्जुस, मकखीचुसा!"  
जसको साथमा धेरै पैसा छ, भन्छन् -  
"दुई नम्बरको धन्दा हो, नत्र कहाँबाट आउँछ यति धेरै पैसा?"  
र जसको साथमा थोरै छ, भन्छन् -  
"थोरै अक्ल हुन्थ्यो भने आज यस्तो हालत हुने थिएन।"  
जिन्दगीभर पसिना बगाएर, दुःख सहेर जम्मा गरेको पैसालाई देखेर  
पनि भन्छन् -  
"के गर्यो धन कमाएर? सुख भोग्नै सकेन, अनि कमाएर के फाइदा?"  
संसार यस्तो छ।  
यहाँ तपाईं जे गरे पनि, कसै न कसैले आलोचना गरिरहन्छ।  
तर याद राख्नुस् - तपाईंको मेहनत, तपाईंको सपना, तपाईंको  
संघर्षको मूल्य तपाईंलाई मात्र थाहा छ।  
अरुको बोलीमा होइन, आफ्नो आत्माको आवाजमा बाँच्नुस्।  
जीवन तपाईंको हो, हिसाब तपाईंलाई आफ्नो आत्मसँग गर्नु छ, अरु  
मानिससँग होइन।

##### २. शारीरिक फाइदा:

- रक्तचाप नियन्त्रणमा रहन्छ।
- निन्द्रा राम्रो हुन्छ (Insomnia मा लाभदायक)।
- प्रतिरक्षा प्रणाली बलियो हुन्छ।

##### ३. भावनात्मक फाइदा:

- आत्मविश्वास बढ्छ।
- रिस र द्वेष कम हुन्छ।
- धैर्यता र सहनशीलता बढ्छ।

##### ४. आध्यात्मिक फाइदा:

- आत्मचिन्तन र आत्मज्ञानमा वृद्धि हुन्छ।
- आन्तरिक शान्ति र मुक्ति (inner peace and liberation) को अनुभूति हुन्छ।

## Proverb's

1. Action speaks louder than word's .
2. The stitch in the time saves nine .
3. Look before you leap
4. Practices make perfect
5. Better late than never
6. You can't judge a book by its cover.
7. Fall seven times, stand up eight.
8. When in Rome, do as the Romans do.
9. A bird in the hand is worth two in the bush.
10. Better late than never.
11. Too many cooks spoil the broth.
12. He who laughs last, laughs best.
13. Where there's smoke, there's fire.
14. A rolling stone gathers no moss.
15. All that glitters is not gold.



Sujata Lamsal

Class : 8

## Because of You, I Became Me: A Thank You to My School

As I look back on my life's journey, I am filled with deep emotion and overwhelming gratitude.



**Mingmar Dhiki Hyolmo**

Primary Science Teacher

The place that shaped me, inspired me, and helped me

become who I am today is none other than Shree Melamchi Ghyang Secondary School—the school where I spent 12 unforgettable years, from nursery to Class 10.

It was not just a school. It was my second home, my foundation, my safe space to grow. Within its simple walls, I learned not only the subjects in textbooks but also life lessons—discipline, respect, determination, and compassion.

This school shaped me in such a way that I could compete not just locally, but even on an international level.

After completing my SLC, I appeared for the HSEB scholarship examination, which granted me a waiver of tuition fees to study at Xavier International College in Kalopul, Kathmandu. Though it wasn't a full scholarship, being freed from the burden of college fees was a huge support for me and my family. Those two years at Xavier helped me grow both academically and personally.

My path then led me to an extraordinary opportunity: I received a full scholarship to pursue my Bachelor's degree at the Central Institute of Higher Tibetan Studies (CIHTS) in Varanasi, India. I am proud to have studied on a land gifted by India's first President, Pandit Jawaharlal Nehru, to His Holiness the 14th Dalai Lama, the living spiritual leader of

Buddhism, to build an educational institute promoting peace and wisdom. Studying there was an honor—a life-changing experience that deepened not only my knowledge but also my values.

In 2024, I graduated with a B.A.B.Ed degree, and to my great joy, I was awarded the silver medal for academic excellence.

And now, life has come full circle. Today, I am proud to serve as a teacher at the same school that once nurtured me as a student—Shree Melamchi Ghyang Secondary School. To walk into the same classrooms, not as a learner but as a guide, is a privilege beyond words.

Though we are a public school, I say with confidence and pride that our quality of education stands equal to, and sometimes even exceeds, that of private schools. Our strength lies in our committed teachers, our eager students, and the enduring support of our community.

To all the students reading this:

Don't ever limit your dreams because of your circumstances.

If I could walk from a small classroom in Melamchi Ghyang to international opportunities, to earning a medal, and returning as a teacher—so can you. Believe in your roots, stay grounded, and never stop learning.

Because of you, Shree Melamchi Ghyang Secondary School, I became me.

And for that, I will always be grateful.



**During Admission Session 2082**



**Teacher Staff with Teachers Trainer from Kathmandu University**



Teacher staff with Metological Department officer



Students at Chemistry Laboratory

Teacher staff with Guest



Students at Assembly



## QUIZ QUESTION AND RIDDLE

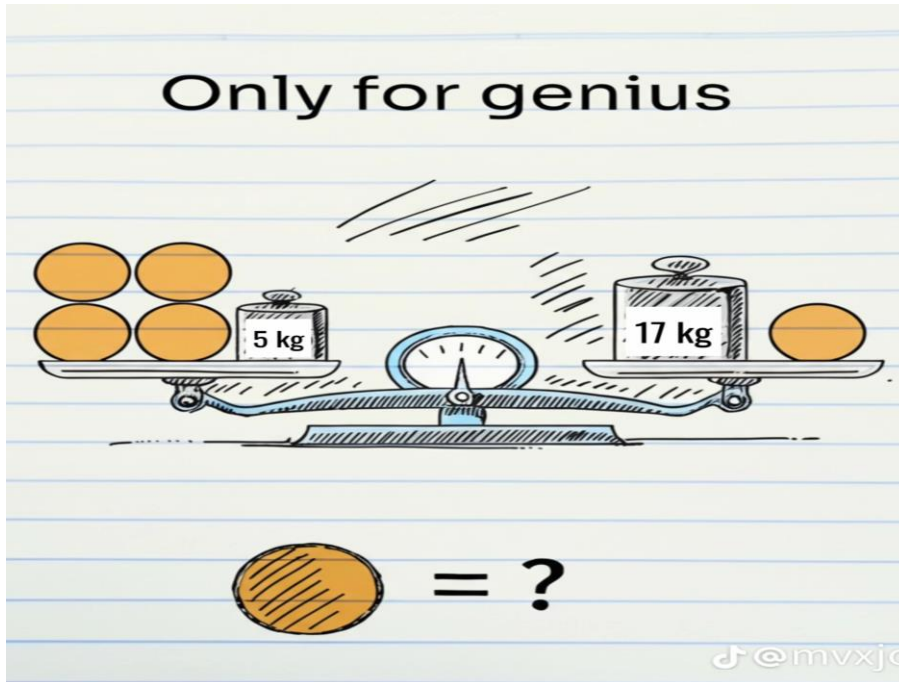
1. What organelle is known as the powerhouse of the cell?
2. What type of bond involves the sharing of electrons between atoms?
3. What part of the nervous system controls voluntary movements?
4. Which enzyme breaks down starch into sugars in the human body?
5. Which organ in the human body detoxifies chemicals and metabolizes drugs?
6. What type of cells produce antibodies in the immune system?
7. What condition is characterized by consistently high blood pressure?
8. During pregnancy, which nutrient is essential for preventing neural tube defects?
9. If the circumference of a circle is 31.4 cm, what is its radius? (Use  $\pi = 3.14$ )
10. Simplify:  $3(2x - 4) + 5x$ .
11. What are the roots of the quadratic equation  $x^2 - 5x + 6 = 0$ ?
12. What is the formula to calculate the area of a triangle?
13. Who developed the theory of relativity?
14. What gas is the primary cause of the greenhouse effect?
15. Name the three most abundant gases in Earth's atmosphere.
16. In which year was the Magna Carta signed?
17. When was Nepal's current constitution promulgated?
18. What is the main difference between a democracy and a federal system?
19. What is the largest district by area in Nepal?
20. Which sector contributes most to Nepal's GDP?

### Riddles:

1. I speak without a mouth and hear without ears. I have nobody, but I come alive with wind. What am I?
2. The more you take, the more you leave behind. What am I?
3. I'm tall when I'm young, and I'm short when I'm old. What am I?
4. What has keys but can't open locks?
5. What comes once in a minute, twice in a moment, but never in a thousand years?

**NOTE : Drop your answer in the notice box within 2 weeks .**

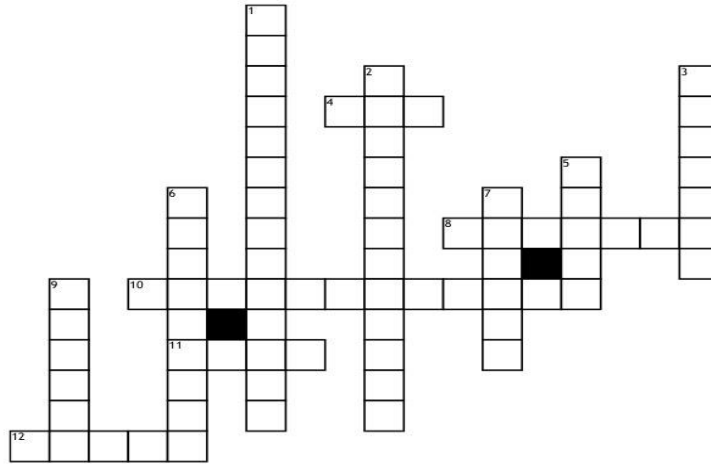
**Winner will get prize :**



Note : Drop your answer in the notice box with in 2 weeks , winner will get prize :

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

## Nepal



**Across**

- 4. What is Nepal's countries animal?
- 8. What is the greeting in Nepal?
- 10. What are the colors of the flag in Nepal?
- 11. What continent is Nepal in?

- 12. What is Nepal's religion?

**Down**

- 1. What is Nepal famous for?
- 2. What is Nepal's highest mountain?
- 3. What is one sport in Nepal?

- 5. What does the blue mean in the flag?
- 6. What is Nepal's capital?
- 7. What does the sun represent in Nepal's flag?
- 9. What is Nepal's language?

## ANIMALS

S.N.	Common Name	Scientific Name
1	Lion	<i>Panthera leo</i>
2	Tiger	<i>Panthera tigris</i>
3	Elephant	<i>Elephas maximus</i>
4	House Cat	<i>Felis catus</i>
5	Dog	<i>Canis lupus familiaris</i>
6	Cow	<i>Bos taurus</i>
7	Horse	<i>Equus ferus caballus</i>
8	Goat	<i>Capra aegagrus hircus</i>
9	Sheep	<i>Ovis aries</i>
10	Domestic Chicken	<i>Gallus gallus domesticus</i>
11	Pigeon	<i>Columba livia</i>
12	Rat	<i>Rattus rattus</i>
13	Leopard	<i>Panthera pardus</i>
14	Red Panda	<i>Ailurus fulgens</i>
15	Peacock	<i>Pavo cristatus</i>

## PLANTS

S.N.	Common Name	Scientific Name
1	Mango	<i>Mangifera indica</i>
2	Rice	<i>Oryza sativa</i>
3	Wheat	<i>Triticum aestivum</i>
4	Maize (Corn)	<i>Zea mays</i>
5	Bamboo	<i>Bambusa vulgaris</i>
6	Neem	<i>Azadirachta indica</i>
7	Tulsi (Holy Basil)	<i>Ocimum tenuiflorum</i>
8	Banana	<i>Musa paradisiaca</i>
9	Potato	<i>Solanum tuberosum</i>
10	Tomato	<i>Solanum lycopersicum</i>
11	Apple	<i>Malus domestica</i>
12	Mustard	<i>Brassica juncea</i>
13	Sunflower	<i>Helianthus annuus</i>
14	Rose	<i>Rosa indica</i>
15	Onion	<i>Allium cepa</i>

Smart Class



Computer Lab and ICT Room

