



# EVEREST WALL JOURNAL

Issue : 01 : Month : Aswin : Bimonthly : Year : 2074

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## Editorial

It is our great pleasure that we have started to publish "Everest Wall Journal" after some intervals. Though it is after long gap, we believe that there won't be any break on upcoming days.

The Journal aims at developing overall aspect of our students and faculties by enabling them to participate in extra and co curricular activities. Besides core curricular related class room activities, Everest Management is dedicated to provide multi-disciplinary activities to its students.

Writing nobles, essays, explaining events etc. and participating in extracurricular activities (ECA) is vital for overall development of the students. Keeping this fact in consideration, Everest Management has started to publish Journal on regular basis.

The content of Journal mainly focus on Science, Technology, Education, Environment, Activities in the society as well as various field which directly or indirectly related with learning. So, we editorial team would like to thank all students, faculties and concerned for providing their valuable articles, innovative ideas and support to the editorial team.

Thanks all for constructive suggestions, precious time and their love.

Hope this Journal would be a mile stone on the way of ECA.

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*Chief Editor*  
*20 Bhadra, 2074*

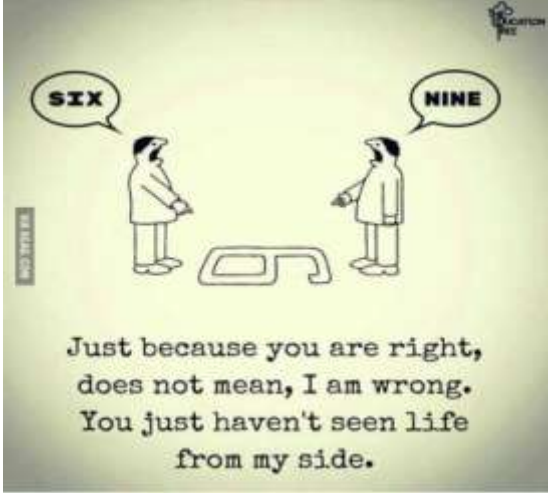
*"All good writing begins with terrible first efforts. You need to start somewhere". — Anne Lamott,*



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## Paradigm Shift:



Most of the people in this world perceive things from their own perspective. This is main reason for difference in ideology and feeling which result misunderstanding in the school, society and nation as a whole. Different people could have different culture, feelings, psychology, need, attitude and behavior. To understand others, we need to compromise or release our ego and thought for some time. So, perceive from other side, try to be other and think from other perspectives (paradigm shift), then only we can realize the true situation and understand each other in true sense.



@Revarty

Respect your Teachers  
because you are able to  
read this only because of  
Them.

If you see the figure from left side, it is 6 and from right side it is 9. Both are correct from their side, but to accept other's view, we have to move from left to right or right to left. So, we have to change our perception to find out the reality and understanding of others. If we do not change our perception, we can't understand each other.

### मेरो देश

गोर्खाली नाम लिदा काफ़्द यो विश्व  
जताततै वनपाखा र हिमशिखरले ढाकिएको  
पृथ्वी नारायण शाह अनि उनको वीरता  
मेरो देश स्वर्गभै लाग्छ, जतातता ।

अपार सुन्दरताले भकभकाउ भएको  
हिमालको चुचुरोमा रातो भण्डा फहराईरहेको  
पुर्खाहरुको वरदान हो मेरो देश  
विश्वमा अद्वितीय मेरो देश, मेरो परिवेश ।

विशाल गिरीशिखर हरिया वनपाखा  
अतिथीलाई मुस्कुराउँदै गरिदिन्छ स्वागत  
छमछमी नाच्ने नौरंगी डाँफे राम्रो  
मुटुको टुका हो मेची काली हाम्रो ।

*अशिमता वगाले (कक्षा १२, विज्ञान समूह)*

### Friendship Poem

Bikash Koirala  
(Grade 12, Mgmt)

Oh what joy it is  
to have a friend like you  
For giving me strength  
the way you do.

For lifting me up  
when I'm falling down  
And putting a smile on my  
face  
When I'm wearing frown

Thanks for being there  
and helping me grow  
Your friendship means a  
lot this I'd like you to  
know.

### What gives you the motivation to keep in life?

We just have this life. We weren't  
have before this and there is no  
guarantee that we'll have after this  
life.

we just have this life. If we don't do  
anything remember able, make our  
life worth it, then nobody will  
remember us. Once we'll be gone,  
we'll be gone for forever. After five  
years of our demise, nobody will ever  
care about our existence. After we'll  
be gone, we'll be gone forever.

This is what motivates me to live my  
life and keep going in life. I try to  
make my life worth it so my friend  
make your life worth living.

*Shikshya Sharma (Grade 12,  
Science)*

### चूटकिला

अरुणा बस्नेत (कक्षा ११, कर्मर्स)

एक दिन राम स्कूल गएछ। त्यो बेला :बमक ले छोटकरीमा भन्ने  
वारे सिकाई रहनु भएको थियो ।

Madam : विद्यार्थीहरु तिमिहरुले Mummy लाई Mum पनि  
भन्न सक्छौ ।

राम : Madam त्यसो भए Madam लाई हामीले Mad पनि  
भन्न सक्छौ हैनत ?

Haha Haha Ha !

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## How to become a Successful Student

- Schedule your classes at a time best for you.
- Regularly attend ALL of your classes
- Form a strong relationship with your instructors.
- Plan Ahead
- Following your syllabus as a road map in your classes
- Study for your tests and exams
- Submit all assignments on time

## Student Life



Life is all about learning. A student has to work hard like a bee. They start their journey in search of knowledge. To fulfill their goal, they join the company of the teacher and scholars. The life of a student is like clay; however, the teachers and they shape it will be like that.

In this stage, we must learn many things. Our first duty is to study, second duty is to study, and third is to follow the rules of college, practicing human values. The

success in student life depends upon how we respond and behave. We should be genius and hard working. We must not waste time for unnecessary things. We should keep our health physically fit. In our life, as a good student, we should abide by all the rules of the college and obey our parents and teachers who guide us to be a good citizen to reach our destination without any obstacle.

Riwaj Malla (Grade 11, Management)

## Dreams

Hold fast to dream  
for if dream die  
Life is a broken winged-bird  
That can not fly

Hold fast to dreams  
For when dream go  
Life is a barren field

Try to cultivate it.

Siman Rijal (Grade 11, Management)

★  
Education  
is the  
  
to unlock  
the golden  
door of  
freedom.

★ George Washington Carver ★

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## पृथ्वी नरहे

रहन्नौ हामी पृथ्वी नरहे  
धरतीको माया मनमा नरहे ।  
घट्टै छ आयु भन्दै छ विज्ञान  
वचाउन पट्टी विचार नगए

धर्तिमा बोझ वन्दै छ दिन दिन  
के होला भोलि त्यो भार नसहे ।  
मेट्टै जान्छ जिवको जीवन  
हिजोका गल्ती सपादै नगए

मिलेर लागौ पृथ्वी वचाउन  
सकिन्छ पक्कै अझै छ समय

अशिमता दहाल (कक्षा १२, विज्ञान समुह)

## Mother's pray for late Child

Sushila Tamang (Grade 12, Management)

When I hold you first time in my hand, I felt very happy & began to laugh. You were the only one who I believed. Because when I saw your face, I got relief. Why did you leave me Oh ! my dear. I see you in my dream coming to me near and near. When I wake up and can't see you, then I began to search you with my heart full of fear. Just like the sun which shines after every night, I think you'll come to me and everything will go right. But, I know it can't happen anymore. I've everything but without you I'm the poorest than poorer.

व्यक्ति ज्ञान र  
संस्कारले बन्दछ  
चाहे जुनसुकै जाती,  
समुदाय, वर्ग, वर्णको  
किन नहोस।

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## नयाँ नेपाल

नया नेपाल हाम्रो नेपाल  
हामी सबै मिली रचौ नयाँ नेपाल

हातमा हात मिलाई काँधमा काँध मिलाई  
बुद्धि र विवेक मिलाई रचौ नयाँ नेपाल  
छोडौ लडन कहिले राजतन्त्र भन्दै  
कहिले गणतन्त्र त कहिले लोकतन्त्र भन्दै ।

देश वचाउ भन्दा भन्दै वगाउन सम्म वगाई सके  
रगत हाम्रा पुर्खाहरूले  
अब त नमिली बस्दा सरापै लाग्ला पूर्वजको गाथाले ।

विन्ती छ मेरो हिजो भन्दा अब राम्रो  
चिनियोस् यो गाखाँलीहरूको देश नेपाल  
बुद्धको तपोवन नवनोस अशान्तिको विशाल  
चलाई आफ्नो पौरख जगाई आत्मा विश्वास  
हामी सबै मिली रचौ नयाँ नेपाल ।

वर्षा पुडासैनी (कक्षा १२, विज्ञान समुह)

## Life (Happiness and Sadness)

At the start of life,  
its like the birds hive,

Bringing a stream of happiness,  
Flowing away the dirt of sadness,

But, in truth it is a small hurdle,  
where happiness and sadness circle.

Once ends the eventual happiness,  
then ascends the deep sadness

Though, looks like a truth,  
is just a illusion in brute.

So, always remember in happiness  
there hides a huge sadness.

Raj Bajracharya (Grade 11, Management)

## Student Life

A student has to work hard like bee. A bee moves from flower to flower, collects juice and turns it into honey. Exactly in the same way, a student sets out on a journey. He starts his journey in search of knowledge. To fulfill his goals, he joins the company of teachers and scholars. This is the most important stage of life. The life of a student is like a clay however the teachers and they shape it will be like that. In this stage, his future will be bright. If he can't do better in this stage, his future will be dark.

But today, a student is not considering the education for a successful life. He aims at a successful career like doctor, engineer, professor etc. He only learns an art of earning but doesn't learn the art of living. A student must prepare himself to face the realities of life. He shouldn't get lost in a land of dreams and world of fashions.

The success of life depends on the education so that we shouldn't forget our duty of study. We should not spent our valuable time for unnecessary activities. We should think about physical fitness and posture, getup as well as neatness while in college and in our home. A student must respect his elders love to the juniors. He should have respect for the views of others. He should be polite and gentle. Overall, he should be well disciplined. It includes good manner, obedience, diligence, punctuality and regularity.

On the whole, the student life is the best phase of our life. In this stage, our first and sole duty is to study. In conclusion, a student's life should be simple and hardworking. Rest or leisure is also necessary in our life for which we have to manage out daily calendar.

As a good student, we positive and don't forget that the whole of our life is student life.

Eliza Lama  
Grade 11, Management

## Interesting Facts of Nepalese Games

- Dandi Biyo is the National Sport of Nepal. Kabaddi is also referred as the National Sports of Nepal, at times.
- The first Swiss Bagchal Tournament was held in Bern in January 2003. The event was organized by David Levine who loved the board game after his visit to Nepal. Among the 200 participants, Ruth Kaesar won the tournament and also the Bronze Tiger Trophy.
- Nepal participated in the 2007 Kabaddi World Cup hosted by India. Nepal lost to Bangladesh in quarter final. India won the world cup.
- Tiger Tops Report is the headquarter of Elephant Polo in the world. Tiger Tops is also the site of the world elephant polo championship held every year.

Rahita Tuladhar (Grade 11, Management)

## भूकम्प

महसुस गर धर्ति काप्यै छ  
उच्च शिखरले गहिराई नाप्यै छ  
भीषण भरी हुरी चल्दै छ  
हुँगा र माटोको सम्बन्ध तोडिदै छ  
भूकम्पले मानिसहरूको मन शरिर जोड्दै छ ।

हेर सबैको कोलाहाल र विचल्ली हुँदै छ  
कठै निरीह धर्ति किंकर्तव्यमूड हुदै छ  
इतिहासको धरोहर धरहरा ढलमलाउदैछ  
लौ न नी के गरौ भूकम्प आउदै छ ।

देविसा आले मगर (कक्षा १२, कर्मस)

## Important Qualities of the Parents

Successful parenting requires more than providing for the physical needs of one's children. It means being committed to their developmental well-being and overall success. If we talk of now, the generation gap between parents and the children makes things all the more difficult. It becomes really tough to be good parent. So whatever ways you may choose towards parenting there are certain qualities that are a compulsion for you to possess. Lacking those leads to more complicated situations. Have a look at these qualities and inculcate them in case you lack any because these will help you become good parents.

Trust	Understanding
Compromise	Frankness
Loving	A Good teacher
Patience	Accept changes
Supportive	Encouraging

## IN OUR CLASSROOM



"All good writing begins with terrible first efforts. You need to start somewhere". — Anne Lamott,