

RISING CHILDREN

Importance of Education Ambika Wasti



Today's world is a competitive world. Education is must for everyone. Education is the process of taking and giving knowledge. Better education is very necessary for all to go ahead in the life and get success. It develops confidence and helps building personality of a person.

The whole education has been divided into three divisions such as the primary education, secondary education and higher secondary education. All divisions have their own importance and benefits. Our good or bad education decides that which type of person we would be in the future. Students who are interested in other areas like sports, game, dance, music, continue their further studies together with their specialties in order to have degree, knowledge, skill and confidence. Education is a very good tool, which benefits all through the life. Each and every kid has his or her own dream of doing something different in the life. It completely changes their mind and personality and helps them to attain the positive attitudes.

We all want to see our kids going towards success, which is only possible through the good and proper education.

What's Inside



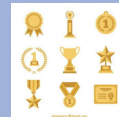
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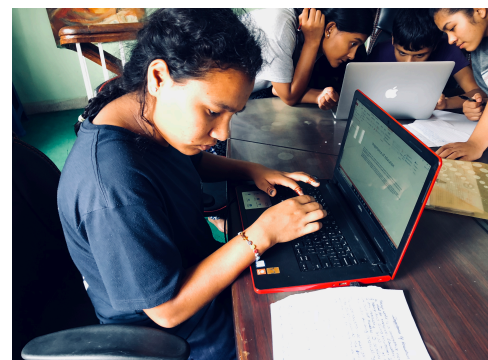
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We must give importance to the education as it provides happiness and is the key to achieving our goals in life. As Robert H. Schuller said, "Not having a goal is more to be feared than not reaching a goal."

Space & Mars Research

Dikshanta Raj Sapkota

Space is very huge. There are estimated to be more than 200 billion galaxies in space but the Hubble Space Telescope has found only a 100 billion of them until now. We only live in one galaxy so just imagine how small we are.



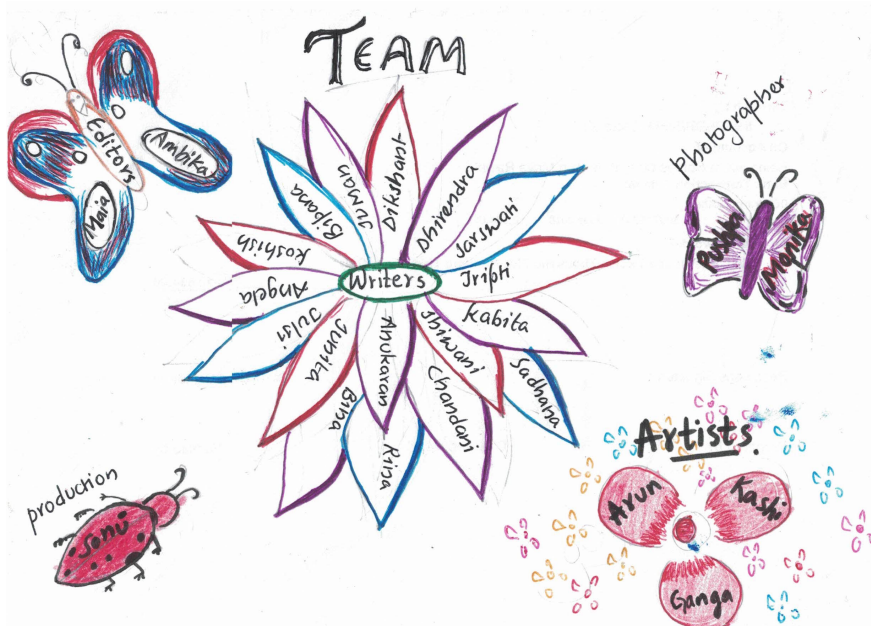
Look at the dot inside the circle. That is our home. Everyone you know of, heard of, every human being that ever lived and still who is still living are all located in the tiny dot, picture of which was taken by Voyager1. And it is also interesting to know how that big space (i.e. universe) was created.

Our universe was born about 13.8 or 7 billion years ago in a massive expansion called The Big Bang. The expansion blew like a gigantic balloon and big

rocks were created and they also created planet and sun. The planet air made the atmosphere and various gas reactions made the sun glow and become very hot. The theory is only being predicted but most people believe it. And after about 9 billion years our home, the Earth, was created.

There is lot of fun research going on about space, but the most known and famous research is about humans going to Mars. According to reports from the Mars rover, scientist think it might be safe for humans to go and research and later on send all of the population to Mars. A human mission to Mars and utilizing its moons, Phobos and Deimos, has been subject of science fiction, aerospace engineering and scientific proposal since the 19th century. A girl named Alyssa Carson, who is currently 15 years, is planning to be the first human (Girl) on Mars. The plan is going to be after 12 years in 2030AD.

There is also another mission in which NASA is utilizing Mars's moon; they think there are many things on Mars's moon, which we have on earth but are about to finish. As we are destroying our earth and if we have to move to Mars that will be a dangerous mission and all or half of the earths might be lost. So 'Save Nature Save Earth.'



Girls' Issues in Nepal's Remote Areas

Kabita Joshi and Sadhana GC

Nepal is small developing country. Some parts of Nepal are developed whereas some are lacking behind in the name of development. Some places haven't got good communication facilities and transport facilities. Some places are lacking behind good education. So, there are many social problems and evils still being practiced. Some social problems are child marriage, chhaupadi pratha, deuki pratha, jhuma pratha, dowry etc.

Due to these problems, the girls are not able to enjoy their freedoms. They are given less priority than the boys. The girls are kept in a cowshed during their menstruation period. The girls are even offered to the temples and monasteries. They believe that offering a girl child to those places can help them to get rid of their sins. The girls have to give cash and expensive goods to the groom's families. The girl and her family are tortured when they are not able to offer them a dowry. People believe that when their children marry before their first menstruation is good for them. Due to this, the girls suffer from malnutrition and other diseases. The girl faces various complications and health issues in the future. The girl loses the freedom to play and learn. Not only does a girl mislay her education but she also experiences emotional difficulties. While practicing these social problems many girls have died.

There is a very famous proverb "if you educate a man you educate an individual, however, if you educate a women you educate a whole family."

Bhaktapur Flood

Tripti Nepal

Floods are an overflowing of water into normally dryland. Floods are a natural disaster. It is a boon as well as a curse living beings.

- ❖ **Advantage of flood:** Flood is a boon because it helps farmers in the agricultural sector to provide nutrients to the soil. Flood increases the fertility of soil and agricultural production.
- ❖ **Disadvantages of flood:** Loss of lives and properties. People will not have more space for human settlement. They face problems of fooding, clothing, and accommodation.
- ❖ **Cause:** The main cause for the flood in Bhaktapur is due to water resources (river, lakes and ponds) gets flushed with excessive water. Unusual heavy rainfall causes flood. On 12th July, 2018 normal life has been disturbed in Bhaktapur after many areas including Madhyapur. Three members of the same family lost their lives while more than 3000 people were displaced temporarily due to the flood. The government must develop drainage system should be covered to prevent litter from getting into them trees, shrubs, and grass helps to protect the land from erosion by moving water.



Bhaktapur Flood (cont.)

Saraswati Tamang

हनुमान्ते बाढीमा रातो गयो भक्तपुर बाढीको
सावती तामाङ

आमा २०८ गते आएको बाढीले भक्तपुरलाई
कहिलेपसि वनाएको छ । आफ्नो ज्यान बचाउन सबै जना
आमा भाग्न बाध्य भएका थिए । त्यही ठाँउ लिएर फर्के
राजकुमार धर्मा भन्दछन् " एकदमै ठूलो सुनो भनेको
आमाको बाढी निस्कियो हरेक वर्षको सबै पानीले
आएको थियो एउटा दिन त अचम्म लाग्यो १ भिनेटमा
यति धेरै पानी कहिले बाढी आयो भने " प्रकृतिक शक्ति
को कुनै पनि मा हरेक दिन होसो नैपलमा हो अझै
बाढीको कारणले गर्दा हामी सबैको जीवन, नयाँ साथी
आमाको कारणले विकास हुन सकेको छैन, नयाँ साथी
पनि हामी कसैले छुट्टै छुट्टै पल्लो हरेक गरी हरेक
हल्लो भइले पनि भक्तपुर जस्तै जस्तै जस्तै भएको छ
लगातार वर्षको कारण भक्तपुरमा निर्माण गर्दा
आएको छैन । मानिसको ज्यान विनाश नगरी पानी अझै
बाटने आमाको आमाको भने सबै बाढीले जस्तै
छ । कुनै पनि समयमा सुनोको जस्तै नभइने भएका छ
हाम्रो सबै जना बाढीको कारणले गर्दा हामी सबै
नयाँपुगएको छैन त्यो दिन बाढीले भक्तपुरको लोभ
लि वाने बाढीले गर्दा हामी सबैको जीवनले गर्दा
त्यस विनाशकारी बाढीमा सबै जनाको ज्यान गएको छ ।
२०८० मा भक्तपुरको छैन । " मानिसो माटो भएको ठाउँमा
ठाउँ भएका कारणले गर्दा अतीवै ठूलो आमाको निम्ति
पनि यस्ता क्षतिहरू हुने अवस्थामा नै छ यो बाढीमा
हरेक दिन दिनहुँमा पानी हुन सक्ने कारणले गर्दा हामी
बाढीमा भन्दछन् । बाढी जस्तै जस्तै भए पछि बाढी
क्रान्तिको विभिन्न सामानको झुण्डा वनाएर पठाएर गएको
मिलीका बाढीको थियो सबै जनाको जीवनले गर्दा

तम्रा पछि हिमेली धुको कसैले बोलाउन बाढी मात्र पुगेको
थिए खेकवाट सबै पानी भित्र पड्यो त्यो समयमा भइले
पानी मात्र सिरीङ्ग हुन्छ " यती भन्दै धनी आफ्नो
ब्याक गर्दै थिएन । आमाको यस्तो ठूलो बाढी काठमाडौं
यो भन्दा पहिले आएको थियो । के कारण आजभोलि या
समान्य देख्ने छैन त ? पहिलो ठूलो बाढीको ठाउँमा
मानिसको बाढी वनाएको छैन भने नदीको किनारो नजिक
जस्तै वसोबास गर्ने र सबै जसो नदीमा नै पानी
आएको कारणले गर्दा राम्रो पानी बाढी लिएर आएको
छ । यदि यस्तो पानी एउटा ठाउँमा व्यवस्थित गरेको
भए आमा यो दिन खेकवाट पड्न थियो ।

रवाना र वल्लो ठाउँमा भइले सबै भएको छैन
सबै जना भइले हामी यस्तो अवस्थाको फोटो बिचै
छैन । हामी भने भइले सबै पानी राखेको आमाको
मानववादा बाढी भन्दछन् । आजको मानिसहरू जस्तै
केलामा भइले गर्दा गर्नुको सदा अझैको क्यामीय
आमाको कोरो विचारले गर्दा छैन । आजको मानिसको मान
मानववादा वन्दै गएको छ । मानिस विचारको अनुमान
पनि पानी पछि नै हुने अझैको वनाएको छैन । पानी
विभिन्न किसिमको किटाणुको कारणले गर्दा पानी शुद्धिकरण
गरी खान्न भने अवलम्ब गर्नुपर्ने हुनको लागि आमा
पनि डाक्टर हुन सिद्ध भन्दछन् ।



Reliance and Kavya students visit Khushi Ghar

Shiwani Nepal

What do they learn at Khushi Ghar? How do they feel when they come to Khushi Ghar from school? Kavya School students came home for 14 days during their summer break and Reliance School students visited for one weekend. When I talked to students about how they feel at Khushi Ghar, the word that comes most frequently is “happiness.” According to them when they come home after long time they feel so happy because they can spend more time with their brother and sisters.



As they feel bored at school reading and reading so that they feel a bit relaxed at home. During the vacation they all involve in different activities and learn many new things in new topics like communication skills, life skills activities, first aid and gender violence. Those activities help them to strengthen their intelligence and to focus on their studies. Most of them like to play basketball and many other games. Reading storybooks and gardening and creating new things are also their hobbies. They said that they love being at Khushi Ghar during their vacations.



Saraswati's Childhood Experience

Saraswati Shiwakoti



When I was eight years old my aunt brought me to the organization and she went back to her own house. After that I was kept there and started studying. Likewise, I started studying hard and passed my grade four final exam. Similarly I passed grade five and six in the same school. In grade seven I was taken to the new school and new organization. I was very happy to be in a new place and with big loving and happy family. I learnt many new things staying in Khushi Ghar. Now, I am studying in Reliance Residential School. The school is very nice and different from other schools. I got an opportunity to learn English staying with my friends. My friends

helped me when I am in trouble. Sometimes in the outing days I come Khushi Ghar. I love helping in the kitchen and play basketball with my friends. I have many friends among them Pratima Thapa is one of the closest friend of mine. She helps me in my studies and I feel very happy to have her in my life. I am very happy to study in new school and live with big loving family.

Chadani wins 3rd runner-up Miss SEE

Chadani Thapa

I always dreamt about participating in a beauty pageant. Finally, that dream came true on 7th June 2018 with the full support of my parents and the faith in them I could do well in the pageant. After I finished my SEE (Secondary Education Examination) from Kavya School I took part in beauty pageant named “Miss SEE Star 2018.” I had training for about a month and I got to learn a lot of things, including time management, public speaking and performance, and being proactive. A month preparation and the training sessions developed each of us into a confident girl. On the finale we went to the pageant hall in Naach Ghar, Jamal and very one of us had mixed feelings of excitement and nervous. First, we danced to a Nepali song called “Shanti lukau khaha,” which means where can we keep the peace safe? Then after the dance the program was followed by an introduction round. I gave my introduction with full confidence and that was the moment I realized that I have now lost the fear of facing the mass crowd. The most fun and the exciting part of the show was the dress round which was based on the theme “reuse and recycle” and I made the newspaper dress with the help of my friends. After the Question-Answer round the final contestant were to be decided by the judge. I was nervous in the beginning but later after the questions were asked I became calm and gave my answer confidently. The final question was asked to the top 11 contestants. Each one of was given the same question and there was a time limit where we had to write the answers in the paper. We were asked what you would choose in your life between love, family and career. I chose family as I always have a support from my HCC family in the decisions and the dreams that I want to pursue. My willingness to participate in this pageant also was possible as aunt and uncle believed in me that I could give my best in the show. After the question-answer round, the top 4 were announced. I was crowned the 3rd Runner-Up Miss SEE Star. Even if I couldn’t make in the 1st place I was content as I got so much to take from the training sessions that will help in my future to stand confident and be determined to do achieve remarkable things in life.



Anukaran’s upcoming China Football Trip

Anukaran Tamang



I have an interest in playing football since my childhood. When I was five years old, I started playing football and practiced. I went for different inter-school football tournaments in grade four. I am a midfielder in my school team. I create chances to score goals. The coach watched my playing style and skills in different tournaments. My skills and passes fascinated him. Due to this, I got a chance to go for the Gothaid Cup, which is going to be held in China. In that tournament, many schools come to play from different parts of the country. I got a visa to go to China. We are going to China on August 12th and I am very excited. When I go to China, I will give my 100% effort to win the title. It is a new place and I don’t know anyone except for my coach and my friend, Manzil. I am a bit scared but happy to visit a new country.

Pushpa and Bina coach wheelchair basketball

Bina Giri

Engage is an organization that helps empower the differently abled people in sports. The sports that assist conduct are wheelchair basketball and blind cricket. Engage helps these players by providing coaches. Coaches are accepted in the team after they are given training for three months. Pushpa and I joined the training session in which we learnt about how to coach the players. Khil Dai told us about it because we were interested in basketball and we were happy to join the Engage program. It was a great experience for us as this was the first time we heard about



the wheelchair basketball programs in Nepal, even though we had both been playing basketball for 7 years. We went to train them every Saturday but there would arise the problem of many school principals not allowing differently abled people to play in their school. I came to know from some teams that the wheelchair basketball players were chased from the school after they went inside the school premises and asked permission to play basketball. I am proud to be a part of Engage as it provides a platform for differently abled people. After one month of us joining, there was a competition in the league with 10 boys' teams and 7 girls' teams. This was the first time for us coaching in a real tournament. We were excited as well as nervous. In the boys' tournament, Army won the game against J.W.C. and Jaulakhel, and in the girls' tournament, W.S.A beat WWBAL. My team, BIAG, and Pushpa's team, NSCI'S, played against each other for the third place position; BIA won and secured the title for third-best female team. We could hear everyone praising the teams for all the improvement the girls' had shown over the season.

Rina's basketball experiences

Rina Bhandari



Basketball is a game that is played all over the world. Similarly it is popular in Nepal too. Basketball is a very fun and energetic game but not easy to play unless you practice. To win matches one must have skills, apply logics and have extra ordinary court vision and awareness. I am Rina and I am very interested in playing basketball. I am in the school basketball team and I am one of the best players in my team. I along with my team take basketball training every evening. There is a saying "hard work is the best way to succeed." And this is absolutely true. Before we used to lose either in finals or semi-finals. But it's been two years we have been winning all the tournaments that we have attended. This proves hard work pays off. We are known as valley champions. Everyone after watching our match prays us and says girls' teams should be like Reliance. We really feel proud about it.

World Cup Highlights

Dhirendra Malla

|  <h1>World Cup 2018</h1> | |
|---|---|
| Country selected for 2018 world cup | |
| 1. Russia  | 17. Brazil  |
| 2. Saudi Arabia  | 18. Switzerland  |
| 3. Egypt  | 19. Serbia  |
| 4. Uruguay  | 20. Costa Rica  |
| 5. Portugal  | 21. Germany  |
| 6. Spain  | 22. Mexico  |
| 7. Morocco  | 23. Sweden  |
| 8. Iran  | 24. South Korea  |
| 9. France  | 25. Belgium  |
| 10. Australia  | 26. Panama  |
| 11. Peru  | 27. Tunisia  |
| 12. Denmark  | 28. England  |
| 13. Argentina  | 29. Poland  |
| 14. Iceland  | 30. Senegal  |
| 15. Croatia  | 31. Colombia  |
| 16. Nigeria  | 32. Japan  |
| Dhirendra Malla | |



The 2018 final took place on 15 July at the Luzhniki stadium in Moscow between France and Croatia. France won the match to claim their second World Cup title, making the fourth consecutive title won by a European team.

Host Country: Russia

Dates: 14 June to 15 July

Champions: France

Second Place: Croatia

Third Place: Belgium

Fourth Place: England

Matches played: 64

Goals scored total: 169

Top Scorer: Harry Kane (6 goals)

Best young player: Kylian Mbappe



Dance classes during school break

Sunita Acharya

The three students from *Khushi Ghar* (Sonu, Ambika, Sunita) took part in dance class for utilization of their three months holiday. All the three students were really interested and active in dance class. They believe that dance is the art of expressing our inner feelings.

Their opinions about dance class:

Sonu: it was interesting and enjoyable. my favourite part about dance class is dancing in the song 'Bom Digi Bom.' Dance class has improved my dancing skills.

Ambika: I enjoyed dance class. After taking class I was really active and cheerful.

Sunita: for me dance is an art where I assume floor as my canvas and my leg as brush. Dancing has really helped to express my inner feelings and made my heart cheerful and light.



Buddha

Kashi Ghale



Mother's Day

Bina Giri

You gave me lessons
When I need it most
Providing me with comfort
Just when I need it.
You listened to my sorrow and happiness
And would be part of it both
Helping me when I need
And giving me support.
Hope you will be part of my life
In this long journey
You shower with love and support
When you really don't have to
So you are a motherly figure to me
Even if not my biological mother

Sanju Review

Tulshi sharma

Sanju is a Bollywood movie based on a real story of a Bollywood famous movie star "SANJAY DUTT". Rajkumar Hirani has directed this movie with some of the outstanding actors like Anuska Sharma, Sonam Kapoor, and Ranbir Kapoor. The main theme of the movie is to make the people realize that Sanjay Dutt is not a terrorist.

Sanjay Dutt started his acting career since he was 22 years old. During his first movie called "ROCKY" directed by his own father, he smoked cigarette. His father knew about it and scolded him in front of everyone. So, for the first time he took drugs just because he was upset with his father. Second time he took drugs because he found out that his mother suffered from cancer. When he started taking drugs in every bad situation he was addicted to it. In 1993 in Mumbai there was a bomb blast and many people got injured. Sunil Dutt helped many people including Muslim peoples. But the people threatened Sanju that if his father still continues to help the Muslim people they would kill his father. Due to this fear he burrowed 3 AK – 56 and kept it with his for his father's security. He was caught by the police because he had AK – 56 and many people blamed that he was involved in bomb blast scandal and said that he was a terrorist. He had to be locked up in jail for 6 years. After 6 years he went to Supreme Court and his justification proved that he was not a terrorist. Dia Mirza who was a famous book writer wrote a biography on Sanjay Dutt with a suitable title "KUCH LOG TOH KAHENGE".

Sanju is such a heart touching movie. This movie shows many events that happened in Sanjay Dutt's life. One of my favorite characters in this movie is Kamlesh Kanhayalal. He was such a trust worthy friend who was ready to help Sanju every time. He even came to India from America in one phone call just to help him.

I would rate this movie five out of five. This movie gives many lessons to children and adults like: do not take drugs, do not carry sharp objects like bullet and guns.



Mother's Love

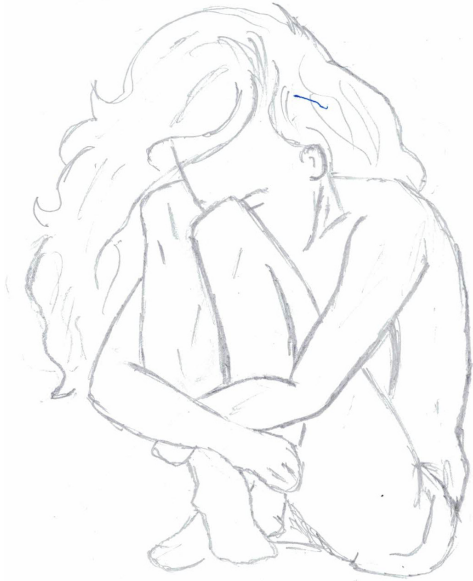
Arya Pariyar

You held me in your womb
Protecting and loving me,
Throughout those hard months
Struggling to feed me.
Stretched belly and swollen legs,
With work, effort and pain,
Felling and bearing my kicks,
It was all about me to gain.
With joy in heart, pain in eyes,
Giving me birth in the new world,
With wonder of life, you reared me up,
And you remained calm and bold.
Simply, you were a lady,
Proudly, now being a mother,
With all changes of life to done,
Facing them with tons of love and care.



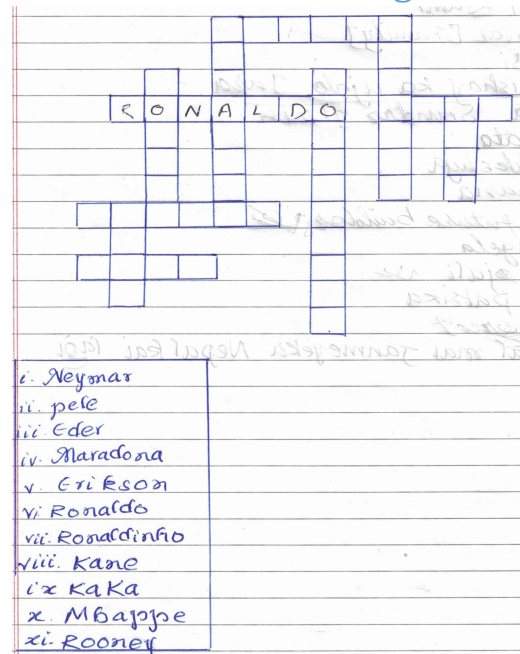
Women Exploitation

Arun Bhote



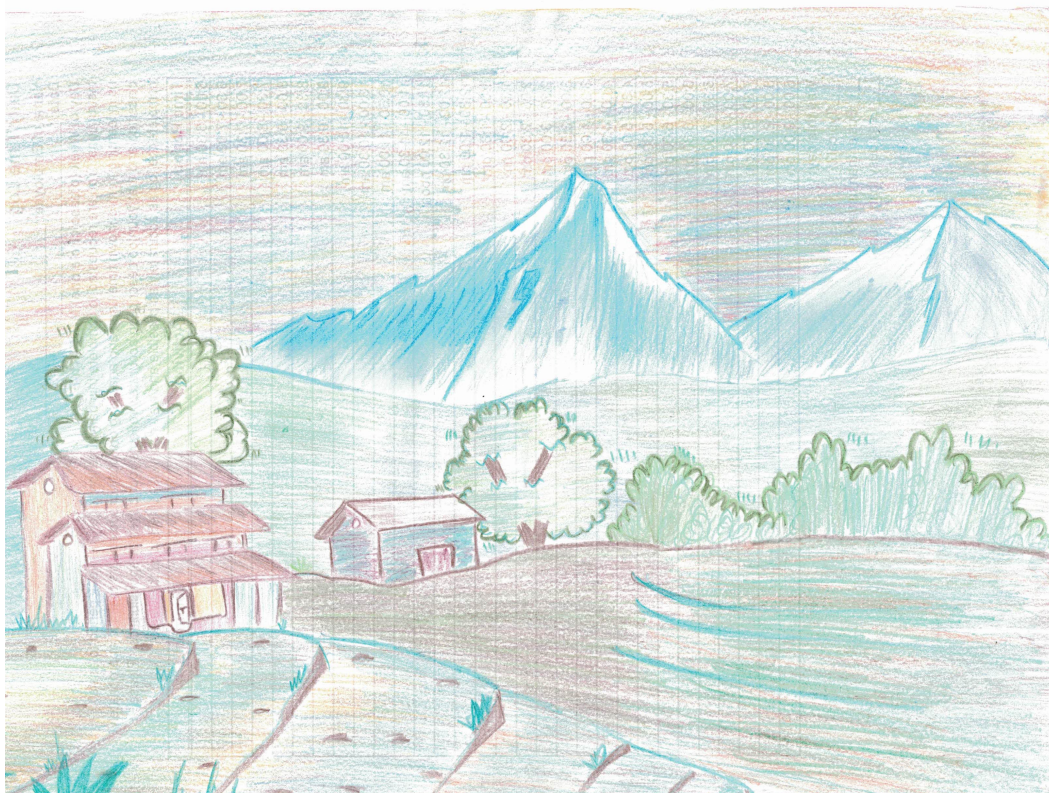
World Cup Puzzle

Suman Gurung



Mountains

Ganga Wasti



Jokes, Riddles, & Quotes

Compiled by Koshish Ghale, Tashi Lama, & Bipana Giri

Jokes

Boy: What do you think about our love?

Girl: Try to count the stars in the sky?

BOY: It's infinite.

Girl: No darling it's waste of time.

Teacher: Behind every successful man there is a woman. What do we learn from this?

Student: We should stop studying and find a woman.

Doctor: You should take at least ten glasses of water everyday.

Patients: It's impossible.

Doctor: Why?

Patient: I have only four glasses at home.

Riddles

Q: Which word begins and ends with an "E" but only has one letter?

A: Envelope

Q: What type of cheese is made backwards?

A: Edam

Q: I'm tall when I'm young and I'm short when I'm old. What am I?

A: Candle

Q: In a one-story pink house, there is a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower— everything is pink! What color are the stairs?

A: There aren't any stairs in a one-story house.

Quotes

Challenges are what make life interesting and overcoming them is what makes life meaningful.

It is during our darkest moments that we must focus in the light.

No matter how good or bad you think life is, wake up each day and be thankful for life, someone somewhere else is fighting to survive.