Annual Day Celebration 2082

ANKURAM
अङ्कुरम् Academy
"School For Life"
Quarterly Bulletin

Menstruation and Touch Awareness Program

Year 8 | Vol. 24 | "World Class Education in Chitwan" | www.ankuram.edu.np | Jan-Mar, 2026

The Power of Effort

Naim Chaudhari
Director, Ankuram Academy

One morning during our school assembly, we celebrated a moment that quietly carried a powerful message. Eleven students were invited to the stage to receive the Director's Card, a certificate given to those who improved their overall academic performance by 10% or more compared to their previous results in the terminal exams.

As the names were announced, students walked forward with excitement and pride. Among them was a young child from grade one. When his name was called, he ran toward the stage with shining eyes and unrestrained joy. At that moment, the certificate in his hand was not just a piece of paper. It represented something deeper; the happiness of progress, the recognition of effort, and the belief that improvement matters.

In many educational environments, recognition is often reserved for the highest scorers or class toppers. Excellence certainly deserves celebration. However, focusing only on perfection can sometimes overlook the most important aspect of learning: growth.

I feel that education is not a race to prove who is best; it is a journey of becoming better.

Education is a journey and no student begins that journey as a perfect learner. Great achievements are almost always the result of small, consistent improvements over time.

This idea is strongly supported by modern educational research. Stanford psychologist Carol Dweck, known for her work on the concept of the growth mindset, emphasizes that students succeed when they believe their abilities can develop through effort and learning strategies rather than being fixed from birth. In her words:

"No matter what your ability is, effort is what ignites that ability and turns it into accomplishment." (Dweck, 2006)

This simple yet powerful idea challenges a long-standing belief that intelligence or ability is fixed. Instead, it emphasizes that students can improve their abilities through effort, learning strategies, and perseverance.

When schools celebrate improvement, they send a clear message to students: your effort is seen, and your progress matters.

A student who improves from 25% to 35% may not appear on the list of top achievers, but that progress may represent weeks of determination, practice, and courage. Recognizing such helps students develop confidence and encourages them to continue striving.

In fact, one of the central principles of the growth mindset is the belief that learning is a continuous process. Instead of asking "Am I smart enough?" students begin to ask a much more powerful question: "How can I improve?"

Such a shift in thinking transforms the learning environment. Challenges become opportunities. Mistakes become lessons. And progress becomes something to celebrate.

The message shared with students during that assembly was simple but meaningful:

Your real competition is not the person sitting next to you.
Your real competition is the person you were yesterday.

When students begin to see learning this way, they move beyond comparison and focus on personal growth. They learn resilience, persistence, and self-belief - qualities that extend far beyond the classroom.

The young student who ran to the stage that morning may one day forget the details of the exam that led to his certificate. But he will likely remember the feeling of that moment, the pride of improvement and the encouragement of being recognized.

And perhaps that is the true purpose of education.

Not merely to produce perfect scores, but to nurture individuals who believe they can continue learning, growing, and improving throughout their lives.

Reference:

Dweck, C. S. (2006). *Mindset: The new psychology of success.* New York, NY: Random House.

Being a Girl

I was taught to dream big,
Yet told to return home before dark.

He was never questioned about his clothes,
But mine were always judged.

It is never,"who was the man?",
It is always,"what was she wearing?".

REALLY?how many more daughters
must live in fear before the world changes?

Just because I am a girl,
doesn't mean I must always sacrifice.
RIGHT?

Leena Tiwari
Grade 9

Message From The Patron

Dear, parents, students, and well-wishers!

As we bring this academic year to a close, I pause with a deep sense of gratitude and quiet pride in all that we have shared and achieved together. A school is not merely a place of instruction; it is a living community where values are shaped, character is nurtured, and young minds begin to understand their place in the world.

Over the past months, I have witnessed moments that truly define education, not only achievements and accolades, but also perseverance, kindness, and growth. Our students have shown us that progress is not always measured in marks alone, but in the courage to improve, the willingness to try again, and the confidence to believe in oneself.

I extend my sincere appreciation to our teachers, whose dedication goes far beyond the classroom, and to our parents, whose trust and partnership remain the foundation of our collective efforts. Together, we have created an environment where learning is meaningful and every child feels valued.

As we look ahead, let us continue to guide our children not only towards success, but towards becoming thoughtful, responsible, and compassionate human beings. The future they will shape depends on the values we instill today.

May we move forward with renewed purpose, holding firmly to the belief that education, at its heart, is an act of hope.

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Still I Rise

I fell, I failed, I lost my way,
but I learned something new each day.
Each mistake became my guide,
Each tear taught me how to rise.
I'm not my marks, my fear, my past,
I'm the strength that's built to last.
I stumble, learn and reach the skies,
I fall, but still... I rise.
Through silent nights and
doubts, that scream,
I hold on tight to one
Small dreams.
When hope feels thin,
When faith is tired,
I walk the path I chose inside.
I fall, I fight and I still... I rise.

Ruhanika Pathak
Grade 6

Nepali Poem

के तिमीले त्यो आमाको पिडा निर्मुल गर्न सक्छौ ?
ति शहिदको घरमा छाएको ति शुन्यतालाई हटाउन सक्छौ ?
उ त्यहा छैन त पुर्पुरोमा आफ्नो हात राखी
रोएका ति बुबाको खुसी ल्याउन सक्छौ ?
नेपाल आमाको लागी लड्न जादा, आफ्नो आमाको
काख शुन्य भयो,
लडाइ सजिलो छैन, उसलाई के थाहा थियो ?
आफ्नो गाँस काठकाटी बनाएको त्यो घर
अब कस्ता कसको निम्ति चिरजिवित रहला ?
भयो, अति भो,
अब त रोकिय, अब त छाडिदेउ
आखिर के पायौ ति कलीला छाती चिरेर
के पायौ तिन्लाई मारी जो हिडेथ्यो स्कुल झोला भिरर
गोली चलाउने आदेश दिदा किन तिम्रा ओठ कामेनन् ?
मारे बचन निकाल्दा किन बोली लड्खडाएनन्
आखिर बच्चा नै त थिए उनी के सन्तानलाई प्रश्न गर्ने अधिकार थिएन
कि प्रश्नको उत्तर दिने तिमीमा सामर्थ्य थिएन ?
किन प्रश्न गर्ने ति मुख बन्द गरिदियौ ?
जुन छातीमा देश र देशप्रेम थियो, त्यो छाती नै चिरिदियौ
के थाहा थियो उनलाई, प्रश्नको जवाफ हतियारले पाइन्छ भनी
उनीहरु प्रश्न गर्न गए, आफ्नो देशको अभिभावक ठानी
गलतलाई गलत भन्नु उनीहरुको गल्ती भयो आखिर प्रश्न गर्न जादा आफ्नो ज्यान नै गयो।

साहारा भट्टराई
कक्षा: ५

Never Give Up

We all know that giving up is the biggest mistake in our life. If we give up we can also miss an opportunity but we don't know even if it's right in front of us. We should not give up, even if the problem is hard or impossible, as the word "impossible" says I'm possible. So we should never give up!

Note: There will be very nice opportunities ahead of you every day. We should grab it, not give up on it! , At last I want to say never give up!

Sarah Rajput
Grade 5

झरना

कति ठुलो झरना,
छङ्छङ पानी खसेको।
यसैमा हामी नेपाली,
प्राणधानी बसेको।

झरना हाम्रो सम्पत्ति हो,
देशको शोभा बढाउने।
नेपालको नाम चम्काउने,
विदेशीको मन लोभ्याउने।

रेविषा अधिकारी
कक्षा: ३

Paper Boats

Day by day I float my paper boats one by one down the running stream.

In big black letters I write my name on them and the name of the village where I live.

I hope that someone in some strange land will find them and know who I am.

I load my little boats with shiuli flowers from our garden, and hope that these blooms of the dawn will be carried safely to land in the night.

I launch my paper boats and look up into the sky and see the little clouds setting their white bulging sails.

I know not what playmate of mine in the sky sends them down the air to race with my boats!

When night comes I bury my face in my arms and dream that my paper boats float on and on under the midnight stars.

The fairies of sleep are sailing in them, and the lading is their baskets full of dreams.

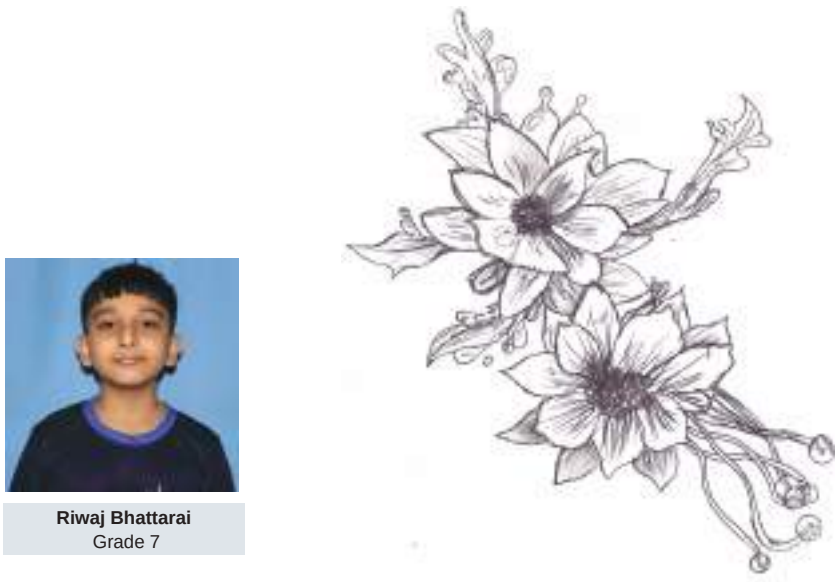
Krinj Kandel
Grade 4

Sammarth Khadka
Grade 4

The One Big Mistake

Once there was a girl. She was excited to meet her friends back !!! As soon as she went to her school she realized that she was separated from her friends who she only talked to. Now that she realized she got nobody to eat with, play with & talk with. Now she wish she can go back to time to fix her mistake.

Samragyee Kshetri
Grade 4



Riwaj Bhattarai
Grade 7

Jayaana K.C
Grade 2

School Activities Highlight

HPV Vaccination Program for Students' Health & Safety

Annual Day Celebration 2082

Preschool Teachers Training by Ms. Meenakshi Dahal

Field Visit for Bio Students: Botanical Garden Hetauda

Space, Science & Innovation Session by Mr. Gabe Gabrielle

Inter-Patrol Cooking Competition 2082

Annual Sports Meet 2082: Strive, Play, Win

Fundraiser for Social Good – Ankuram CSR Club

Media Coverage

सकियो तीन दिने अङ्कुरम्–नमुना राष्ट्रसंघ कार्यक्रम, युएनका वछटा कमिटीद्वारा छवटा संकल्प प्रस्ताव पारित

Ujyalo Times सोमबार, भदौ ०९, २०८२ मा प्रकाशित

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अङ्कुरम् एकेडेमीद्वारा आयोजित हिज्जे प्रतियोगितामा भानु मेमोरियल पहिलो

अङ्कुरममा 'डिजिटल पेडागोजी एक्सलेन्स प्रोग्राम' सुरु

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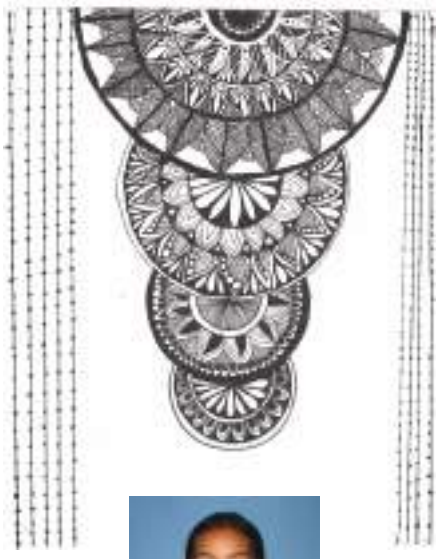
Pratham Agrawal
Grade 6



Niwika Shrestha
Grade 4

Samik Khadka
Grade 4

What if?

What if trees could talk?
or if flowers could walk?
What if fairytales were real?
Would our dreams be real?
What if humans could fly?
Our wings would be flapping in the sky

Aslesha Acharya
Grade 5

We Remember

We remember the young and brave,
who stood up strong and tried to save.

They raised their voices loud and clear,
for hope for truth for a better year.

They walked together hand in hand,
dreaming of a fairer land.

Though their lives were taken soon,
Their dreams still shine like the moon.

We promise now to be kind and true,
To help the world like the way they knew.

We will remember we won't forget
The Gen-2 hearts we've never met.

Shuvanshi Basnet Thapa
Grade 4

Dibija Regmi
Grade 5

Swara Bhattrai
Grade 1

What is Exam?

Exams are a common part of every student's life, and while they can feel stressful, they play an important role in learning and growth. An exam is not just a test of memory-it is a way to understand how much a student has learned, how well they can apply knowledge, and where they need to improve.

One of the main reasons exams are important is that they encourage students to study regularly and stay focused on their goals. Without exams, many students might not take their studies seriously. Exams create a sense of responsibility and discipline, helping students develop good study habits and time management skills. Preparing for exams also teaches patience and perseverance, which are useful qualities in everyday life.

Exams also help teachers and schools evaluate a student's progress. They provide a clear picture of strengths and weaknesses. For example, if a student performs well in Mathematics but struggles in language subjects, exams make this visible so that extra support can be given. In this way, exams are not just about marks-they are tools for improvement.

In a student's life, exams also build confidence. When students prepare well and perform successfully, they feel a sense of achievement. Even when results are not as expected, exams teach valuable lessons about handling failure and trying again. This helps students become mentally strong and more prepared for future challenges.

However, it is important to remember that exams should not define a student's worth. They are only one part of the learning process. True education is about understanding, creativity, and personal growth, not just scores.

In conclusion, exams play a significant role in shaping a student's academic journey. They promote discipline, measure progress, and build confidence. When viewed positively, exams become not a source of fear, but an opportunity to learn and grow.

-Examination Department

The Country Child

My home is a house near a wood
I'd live on a street if I could!
The lanes are so quiet, Oh dear!
I do wish someone lived near.
There is no one to play with at all,
The trees are so high and so tall,
And I should be lonely for hours,
Were it not for the birds And the flowers,
I wish that I lived in a town to see all the trams.
Going down a twinkling street that is bright
With wonderful colours at night!

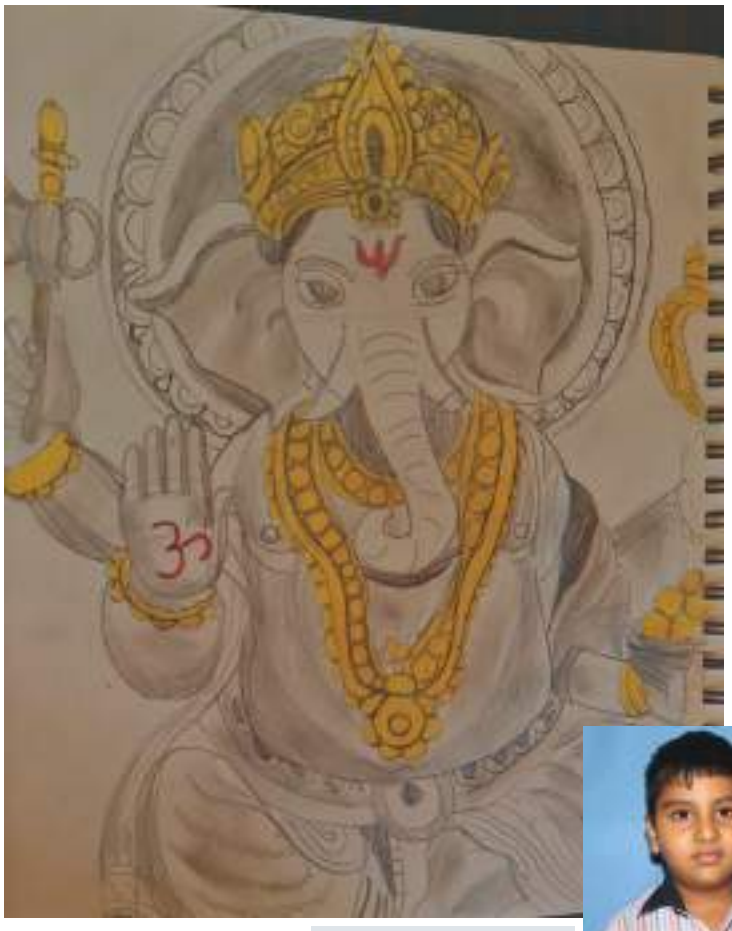
Sashwot Thapaliya
Grade 3

Importance of Education

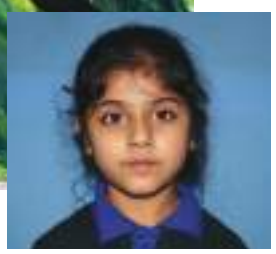
Education helps a person home their communication skills by learning how to read, write and speak. When people are educated, they can work better, create new ideas and help improve society. It is very important in our life. It helps person gain knowledge. Education guides us to become good and responsible human beings. It helps to achieve success in life. People who receive education can get better jobs and earn more money. Education creates awareness. Educated people understand their rights and responsibilities. They become aware of important issues such as health, environment, equality and justice. Education encourages people to believe in themselves and work hard to reach their goals.

Alija Khadka
Grade 5

Pooja Agrawal
Parent



Sourav Nepal
Grade 4



Nirvika Sharma
Grade 2

About my Mom and Dad

My name is Aayushree Adhikari Raut. I am going to tell about my mom and dad. I love my mom and dad so much. My mom and dad are my bestfriend. My mom's name is Prativa Raut and my dad's name is Yubraj Adhikari. My mom and dad are my role model. They inspire me. My mom and dad fullfill my wishes. They lead me to the right way. They support me in every possible way. My mom and dad are my heart. They are like a god to me. My mom cooks tasty food for me and my dad works for Me. I feel like I have the most beautiful and handsome person in the universe. Although my mom and dad are tired, they play with me. I am very lucky to have a that type of parents who love and care about me.

Aayushree Adhikari
Grade 4

Binit Bhattarai
Grade 4

Privacy and Pressure in the Modern Age

Nirmal Acharya
Asst. It Officer

The internet is everywhere now. We wake up and check it. We fall asleep scrolling through it. It has changed how we live, learn, and connect. And honestly, most of us can't imagine life without it. For all the good it brings, like endless information, creative outlets, and staying in touch with people far away, there is a darker side we don't always talk about.

Privacy is a big one. Every click, every search, and every pause on a video gets tracked. Companies know what you like before you even say it out loud. And for a generation that grew up sharing everything online, that loss of privacy feels normal. But it shouldn't.

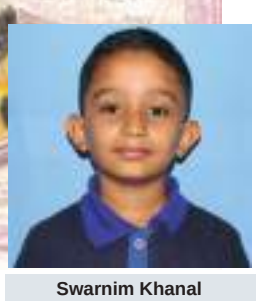
For young people today, the pressure is real. Social media can feel like a stage where everyone is performing. You see the highlight reels of other people's lives and wonder why yours doesn't measure up. The likes, the comments, the constant notifications-it all adds up. Anxiety, self-doubt, the feeling that you're never doing enough. I see it in everyone, every day.

And the hardest part? Nobody really teaches us how to deal with it. We're all just figuring it out as we go.

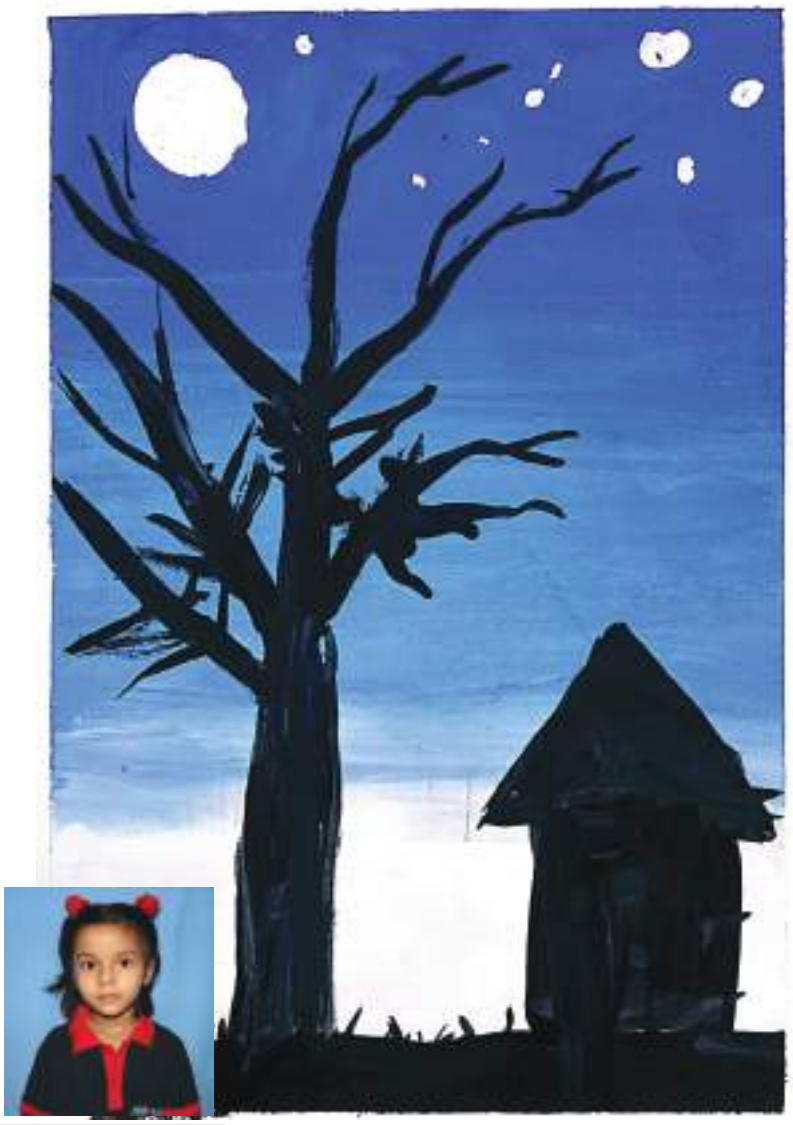
So what can we do? Maybe start by asking ourselves a simple question: *Am I using this, or is it using me?* Take breaks. Guard your personal information like you would your wallet. Unfollow accounts that make you feel small. And remember that behind every screen is a real person with real feelings.

The internet isn't going anywhere. It's a powerful tool. But like any tool, it works best when we're the ones holding the handle, not the other way around.

Let's look out for each other. And maybe sometimes, look up from our screens and just be present. That matters too.

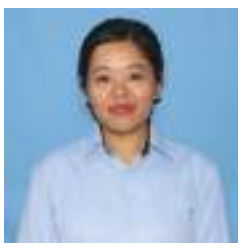


Swarnim Khanal
Grade 3



Swara Bhattrai
Grade 1

The Weight of Words



Subeksha Gurung
Teacher

In our everyday conversations, it has become common to borrow terminology from the world of mental health to describe ordinary behaviour. We might call a tidy friend "so OCD," label a moody acquaintance "bipolar," or describe a stressful experience as "traumatizing." While these phrases are often used without intended malice, they represent a form of "ableist" language (prejudice against people based on their psychological status). Most of these words only started to become common lingo within the past few years, fuelled by use on social-media platforms. You tripped and fell in front of a bunch of people? "How traumatizing!" While it might feel good to call your frenemy who only talks about herself a "narcissist", mental-health experts suggest refraining. Narcissistic personality disorder is a clinical diagnosis that can involve characteristics such as an exaggerated sense of talent and self-importance,fantasies of power and beauty, a tendency to take advantage of others and a deep need for attention and admiration.

Why Precision is Key

When we use clinical labels to describe normal behaviour, it has a real impact on the people around us.

It trivializes real struggles: Using a disorder as a joke makes light of serious, complex conditions. For someone truly suffering, these behaviors aren't "quirks"—they are overwhelming and often painful. **It spreads misinformation:** Casual use erodes the true meaning of these terms. This makes it harder for people to understand what these conditions actually look like. **It creates a barrier to help:** If mental health terms are used as insults, people who actually need support might feel too ashamed to speak up or seek a doctor's help. **It fuels "Social Media Diagnosis":** On apps like TikTok, complex disorders are often oversimplified into "trends," leading people to self-diagnose based on fleeting emotions rather than medical facts.

There is a massive difference between a personality trait and a clinical diagnosis:

OCD vs. Being Tidy: Real Obsessive-Compulsive Disorder is not about liking a clean room. It involves distressing, intrusive thoughts and repetitive rituals that can take up hours of a person's day and cause debilitating anxiety.

Gaslighting vs. Lying: While people use "gaslighting" to describe any lie, the real meaning is much darker. It is a form of emotional abuse where someone manipulates you into questioning your own memory, sanity, and reality.

Triggered vs. Offended: Being "triggered" is not just being annoyed. For a trauma survivor, a trigger causes a physical and emotional reaction that feels like they are reliving a horrible experience all over again.

Bipolar vs. Moody: Bipolar disorder involves intense, long-lasting mood swings that can disrupt a person's entire life, not just change your mind or have a bad day.

Phobia vs. Fear: Being "phobic" is not just being scared or nervous. While fear is a natural reaction to a real danger that goes away quickly, a phobia is an intense anxiety disorder. For someone with a phobia, even the thought of the object or situation can cause a heart-pounding panic attack and lead them to change their entire life just to avoid it.

The Impact on Our Peers

When we use these "buzzwords" mindlessly, we create an environment where it is harder for people to get help. If a condition is used as a joke, someone truly struggling might feel too ashamed to speak up. It also fuels "self-diagnosis" culture on apps like TikTok, where complex conditions are oversimplified into 15-second trends. Precise language is not just about being "correct"; it is about **empathy**. When we use the right words, we validate the struggles of those living with these challenges and ensure that mental health is treated with the seriousness it deserves. Next time, instead of saying "I'm so OCD," try "I'm really organized." Instead of "that's so bipolar," try "that's unpredictable." Our words have power let us use them to build support, not stigma.

Ankuram's Achievements

Subhans Raj K.C earned Best Cadet (NCC Junior Division) and was selected for the Youth Exchange Programme at RDC 2026, Delhi.

Champions of the Aarambha Cup-2082 Inter-School Basketball Competition.

District-Level Rastrapati Running Shield Selection
-Kritika Bhattarai & Shreedi Karmacharya

Inter-School Presentation Competition Organized by Greenland School
-1st & 2nd Positions

District-Level Poetry Competition organized by Usha English Boarding School
-3rd in District

SEE Appearing Students - Batch 2082

"मन"

म कहिले काहि सोच्छु, जिवनको सही अर्थ के हो ? जिवन, आखिर के का लागि ? संघर्ष र मेहनत गरेर सफल हुनु, रमाईलो गर्नु, समाज र देशको लागि के गर्नु, वा धेरै तनाव नलि आनन्दले बस्नु, आध्यामिक चिन्तन गर्नु, वा अरु केही पनि हुन सक्छ। यो सबै व्यक्तिको सोच, विचार, धारणा, संस्कार, अध्ययन, संगत र वातावरणमा भर पर्छ।

यि सबै हुँदा पनि मेरो बुझाईमा मानिसको जीवनमा सबै भन्दा बलवान भनेको मानिसको "मन" हो ।एक पल्ट विचार गर्नु त। हाम्रो मनमा जे सोच आयो अनि त्यहि गर्न तिर लाग्छौ। अफिस जाने व्यक्ति, अफिस जादैन अनि हामी भनेको सुन्छौं आज जान मन छैन। जंगफुड खान राम्रो होइन थाहा छ फेरि पनि खान्छौ किन कि मन लाग्यो। मोबाईलमा धेरै समय खर्च गर्नु राम्रो होइन, अनावश्यक रुपमा फेरि पनि गर्छौं किन कि मन मान्दैन, बिहान चाँडो उठ्नु राम्रोहो, तर उठ्दैनौ किन कि मन मान्दैन। कुनै पनि विषयमा सफल हुन कठोर मेहनत लाग्छ गरे त हुन्छ नि तर पनि भोलि गर्छु आज मन छैन। मानिसलाई हरेक पल हरेक क्षण मनले डोऱ्याई रहेको हुन्छ। जिवनमा गर्नुपर्ने एउटा हुन्छ तर मनले अर्को तिर लगिरहेको हुन्छ। कहिले काहि हामी आफैलाई थाहा हुन्छ यसो गर्नु हुन्न, यो गलत हो तर पनि गरिन्छ किन कि मन मान्दैन। **जुन चिजमा आर्कषण छ, तर जिवनको उद्देश्य र लक्ष्यको हिसाबले त्यो ठिक होइन, त्यसबाट मनलाई रोकेर बुद्धि र विवेक प्रयोग गरेर अगाडि बढ्न सके मात्र जिवनमा ठुलो उचाई हासिल गर्न सकिन्छ।**

त्यसैले मनलाई डोऱ्याउनु र मनले डोऱ्याउनुमा आकाश जमिनको फरक हुन्छ। यदि कुनै व्यक्ति जिवनमा कुनै ठुलो सफलता हासिल गरेको छ भने पक्कै पनि मन लागे अनुसार होइन के गर्नु पर्ने हो, मन लागे पनि नलागे पनि त्यो काम सम्पन्न गरेर मात्र प्राप्त गरेको हुन्छ।

त्यसैले सुन्दर जिवन, सफल जिवन, उत्कृष्ट जिवनको मुल मन्त्र भनेको बिहान उठ्ने बित्तिकै दिन भरिको योजना बनाउने, समय तालिका बनाउने र अघि बढ्ने हो। हरेक व्यक्तिको जिवन प्रतिको योजना फरक हुन सक्छ, लक्ष्य फरक हुन सक्छ त्यसलाई प्राप्त गर्न योजना बनाएर दैनिक कार्यतालिका र समय तालिका (कुन समयमा कुन काम गर्ने) बनाएर अगाडि बढ्न सके एक दिन पक्कै आफुले तय गरेको लक्ष्य प्राप्त गर्न सकिन्छ। हो, हरेक दिन आफुले सोचे जस्तो नहोला तर त्यो भनेर सबै छोडेर बस्ने पनि त होइन नि। क्रिकेट खेलमा कुनै बलमा रन नआए पनि क्रिजमा टिकिरहे चौका, छक्का लाग्न पनि सक्छ ठुलो स्कोर बन्न पनि सक्छ।

यसो भन्दै गर्दा जिवनमा रमाईलो नै नगर्ने, आराम नै नगर्ने घुमफिर नै नगर्ने भनेको होइन यो सबै कार्यले नयाँ उर्जा प्रदान गर्छ। त्यसैले सफल जिवनको आधार भनेको सहि लक्ष्य, सो अनुसार कार्यतालिका, समय तालिका र मनलाई सोही अनुरुप डोऱ्याउने र अघि बढ्ने हो जस्तो लाग्छ।

Kanchan K. Agrawal
Parent

Inevitability of Election: Protection of Sovereignty Wishing Rational Mandates

Arjun Ojha
Teacher

Beautiful side of democracy emanates from the electoral procedure, which has been the contribution of late King Trivbhuvan Birabikram Shah Dev with the change assimilated power Rana Regime. The then Period even Nepal Praja Parisad could not handle the situation and resulted the massacre of four martyrs. Nepal, which has just a 0.622 HDI and $1517 a per capita income is a big threat to the existing leaders, which every pulse haunted the youth, change seekers and ultimate pondered in the present election.

Established religions even the society has already declared change is the fundamental process of Nature. Nothing is static, creation is ephemeral and life is limited as the Black Hole Theory asserts. In the verse of Gen-Z Movement Nepal had already lost its central power politically. The only way to make the Democracy living was establishment of Interim Government making the spontaneous protestor accepts. Fortunately, despite the despair situation, the former Chief of Justice, Government of Nepal Rt. Hon. Sushila Karki filled unpredictable political gap Forming New House of Representatives, which opened the door to make or amend new laws. Here, hopes are opened, wishes are sprayed, and flames are burnt.

The present parliament does not only eager to welcome the youth. Moreover, it is waiting the idea, argument, sustainable peace, and it wants to enter equality, rule by law, constitutionalism, and economic enhancement in the country. The dissolution of parliament stops the formation of laws, norms or acts. The situation is like the stopped earth- disaster occurs, heart beat increases, and foreign interference grows up.

Election salutes the votes of adult suffrage. The absence of parliament or the more gap between the two sessions of the parliament invites autocratic government. Even, the government cannot respect human values and human rights. That moment constitution does not respect the constitutional values. In such a periphery, the new parliamentarian members and government is wished to be people centered. This time political parties seem spending less amount for the election champion. Even, following the former history, one of the voting centers of Chitwan named Bharatpur Secondary School has taken the help of only women officials to conduct the election process.

Indeed, election does not only mean a ballot procedure. It is a contract given by people to their leaders. Foreign Treaties, Formation of Laws, Taxation, Diplomatic Policies, Mobilization of Nepalese Armies all are possible and ratified only in the presence of parliamentary members. This time political leaders and people are expecting to control evils of corruption. Unless the evils are under the court and police custody the country cannot gain seeds of newness. For instance, youth centered policies, economic reformation of the country, lawfulness governments and transparency are the heart of election slogans. People want to make change making health and education accessible to every Nepalese, and peace in the country.

Aabya Agrawal
Grade 4

Why Is Book Reading Important?

Khem Raj Adhikari
Teacher

Reading is more than just an academic skill—it is a powerful force that shapes who we are and what we aim to be. What we choose to read influences how we think, what we value, and ultimately the kind of person we become. When we read for pleasure, we open doors to imagination, empathy, and understanding. Every story connects us to the world in new ways. As we identify with characters in novels, we often see reflections of our own lives, struggles, and dreams. This connection between books and the real world helps us understand society better and builds bridges between imagination and reality.

Books play an important role in the development of children. They help children grow not only intellectually but also emotionally and socially. Through reading, young learners discover different perspectives, learn to appreciate diversity, and develop the ability to understand others' feelings and experiences. Reading therefore helps build empathy and social awareness.

Reading also reshapes the brain by engaging several regions responsible for language, memory, and understanding. Scientists explain that making sense of written words involves a complex network of brain activity. These neural pathways were originally designed for spoken language, one of humanity's earliest communication skills. Over time, reading adapted these circuits to process written text by linking visual recognition with sound and meaning. Researchers note that reading activates thousands of neurons, strengthening connections across the brain and improving cognitive ability (Miller, 2010).

In fact, reading is like exercise for the brain. When we read, different parts of the brain work together. The visual areas recognize words and letters, the language centers interpret meaning, and the frontal regions help us make connections, develop ideas, and imagine new possibilities. Regular reading improves memory, concentration, and critical thinking skills. Research also shows that reading activates areas of the brain responsible for vision, language, and even sensory experiences, helping to strengthen neural connections and improve comprehension (Speer, Reynolds, Swallow, & Zacks, 2009).

Reading is not a natural skill like speaking; it must be learned and practiced. According to Rita Carter in her TEDx talk *Why Reading Matters,* a child surrounded by books will not automatically start reading—it must be taught. When people read, especially fiction, their brains simulate real experiences by imagining scenes and understanding emotions. This process improves imagination, empathy, and cognitive flexibility. Reading therefore becomes both a mental exercise and a bridge between imagination and real life (Carter, 2015).

However, reading habits today face many challenges. Many children lack motivation or access to interesting reading materials, which makes reading feel like a task instead of an enjoyable activity. At the same time, the digital age provides many distractions such as social media, online games, and smartphones. According to a UNESCO report in 2023, only 35% of adolescents read for pleasure compared to 58% in 2010. Increased screen time is one of the major reasons for this decline. In conclusion, reading is far more than a simple hobby. It strengthens the brain, develops imagination and empathy, and helps individuals grow intellectually and socially. Developing strong reading habits is therefore essential for both personal growth and the development of society.

Narbada K.C
Parent

Admission

OPEN Grade 1-9

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