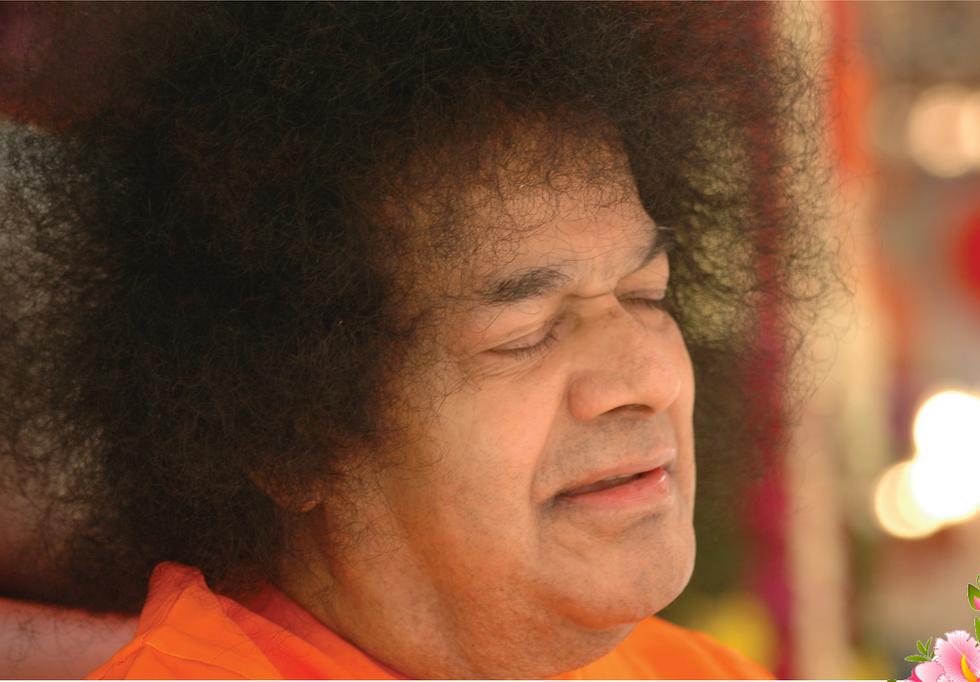




SADAN NEWS

(Education in Human Values)

VOL. 27 NO. 1 | 23 NOVEMBER 2022



Dearest Lord,

We offer our most humble and reverential salutations at your lotus feet. We express our heartfelt gratitude for guiding, guarding and nurturing us and pray that you make us your worthy instruments. Always remain with us in the core of our hearts and inspire us to become better in days to come.



EDITORIAL

The editorial board offers a heartfelt homage to Bhagawan Sri Sathya Sai Baba for providing us such a pious opportunity of publishing the 27th version of school digest *Sadan News* on the auspicious occasion of Bhagawan's 97th birthday and our school's 27th parents' day.

Sadan News is a platform where students get a chance to explore the world of writings and creativity. The newsletter has played a big role in making the bond of Sadan family members still stronger. We would also like to express our gratitude to all the teachers and staff for supporting and cooperating with us to bring out this newsletter. We congratulate the 21st batch of SEE graduates for their excellent performance and also wish the 22nd batch, all the best for the same. We heartily congratulate our first batch of SLC (Grade 12 Science and Management) graduates for their outstanding results. All the comments and suggestions for upcoming *Sadan News* are wholeheartedly welcome. Hope all readers enjoy the newsletter.

Jai Sai Ram

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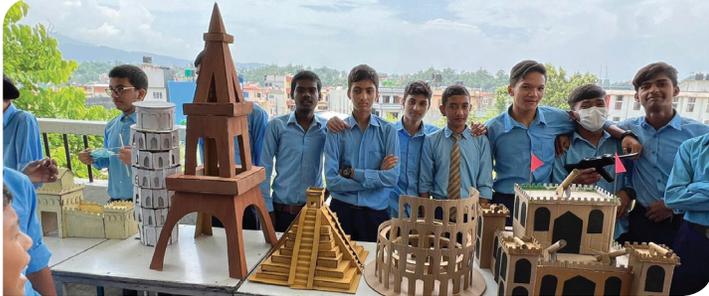


- W WORDS
- A ACTIONS
- T THOUGHTS
- C CHARACTER
- H HEART

SCHOOL ACTIVITIES

Exhibitions

Every year, Sadan conducts various extra-curricular activities. Art and craft exhibition, science and math exhibition, and exhibition on



human values are some of them. These are platforms for students to exhibit their skills and talent. Some wonderful exhibits are on display at the school premises.

Bal Club

In the process of making Tokha a child friendly municipality, the Government began initiatives at schools. Our school is also involved in Bal Club. After a long gap due to the pandemic, we are again resuming the same program this year. Our school is the leading Bal Club of Tokha Ward 3.

Sports

The school premises has three basketball courts, eight table-tennis boards, a football ground, and ample spaces for volleyball and badminton. Students spent good time on the grounds playing games.



Our school encourages students to take part in various inter-house competitions, and inter-school competitions.

Computer Lab

In today's modern age, the development of ICT is accelerating at a rapid pace. Our school has prioritized the use of technology to



facilitate learning. Our school has established a new computer lab with larger working space and internet facilities. We have fifty desktops and twelve laptops for students' use. This lab has made it easier for students to search their interests, research as well as improve ICT knowledge. Students are provided with special extra ICT classes.

Book Club

Our school has organized a Book Club to promote the habit of reading books among students. It's a wonderful means to motivate the students to enjoy the world of books. The Book Club has started publishing a half yearly magazine 'Aspire Zone'.

Sadhana Week

To make students aware about our rich cultural and religious heritage, Sadhana Week is conducted at our school every year. The



students of grade 8, 9, and 10 took part in the collective reading of the holy book 'Tapovanam' based on the life and teachings of Bhagawan Sri Sathya Sai Baba. Students shared a synopsis of their reading with posters and public speech. The week culminated in a vibrant cultural program of devotional singing.

Happiness Program

Students of grade 9, 10 and 11 took part in a five-day program. We had guest speakers Pradeep K.C. and Kanchan Ghimire, to



conduct this event. The program was a fun learning experience for the students to bring some transformations. It turned out to be an effective process to inspire and encourage students.

REVIEWS / समीक्षा

The BGF

Title of the Book : The BGF
 Author : Roald Dahl
 Publisher : Puffin
 Characters : Sophie and the BGF



The book follows a young orphan girl named Sophie living in a girl's orphanage. She couldn't sleep late at night. All the other kids in the dormitory were already asleep. She had mistakenly seen a giant at night. But after some time Sophie and BGF became friends. She was kidnapped by 9 giants. At first, she was afraid but after being friends Sophie and BGF did everything with their hands. Will they be successful in sewing them? Will Sophie ever be free to go back to live with own kind? Or her life would end in the hands of those man-eating beasts one day?

So for the further story of this interesting fiction, please read this book.

✍️ Gungun Sah, Grade VIII



Zero to One

Title of the Book : Zero to One
 Author : Peter Thiel with Blake Masters
 Publisher : Penguin Random House, UK
 Genre : Business, Creativity, Investment, Entrepreneurship



'Zero to One' is one of the most beloved books on notes on startups. It guides us on how to build the future. *The Times* has described this book as "That rare thing", a concise, thought-provoking book on entrepreneurship. Economist describes this book as "Crispy written, rational and practical." This book delivers completely new and refreshing ideas on how to create value in the world. Peter Thiel has built multiple breakthrough companies, and Zero to One shows how. This book teaches us to do new and creative things. If you are copying Bill Gates, you aren't learning new things. Do new things to go from 0 to 1. This book encourages people to learn before university.

✍️ Prabin Khadka, Grade X



K.G.F. Ch 2

Title of the Movie: K.G.F. Ch 2
 Director : Prasanth Neel
 Actor : Yash, Sanjay Datt, Ramika Sen, etc.
 Genre : Action, History

K.G.F. Chapter 2 is a history-changing movie. It has already one part K.G.F. Chapter 1 in theater and by that K.G.F. became an all-time blockbuster beating many records.

K.G.F. Chapter 2 is a movie about a gangster who beats problems that came his way and took control of one of the most precious lands in the world to keep his mother's promise but the government and the keeper of K.G.F. were against him. But at last, he dies fulfilling his mother's dream.

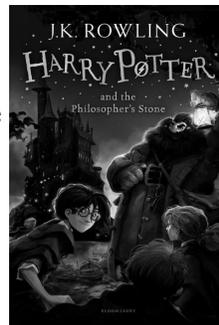
Although the hero dies at last, filmmakers are going to make K.G.F. Chapter 3. I would recommend you to watch this blockbuster movie.

✍️ Himlal Ghimire, Grade VII



Harry Potter and the Philosopher's Stone

Title of the Book : Harry Potter and the Philosopher's Stone
 Author : J.K. Rowling
 Publisher : Bloomsbury
 Characters : Harry, Ron, Hermione, Draco, etc.
 Genre : Fantasy



'Harry Potter and the Philosopher Stone' is a book written by J.K. Rowling which is about the friends who went on a magical journey to save their wizarding world from Lord Voldemort.

Being the first book you feel lazy to read but it was interesting to me because I watched the movie and read the book. You can also do the same if you want to. The book contains 400+ pages which contain magic, thrills, adventure, etc. It is also said that the author J.K. Rowling has become a billionaire just by writing books.

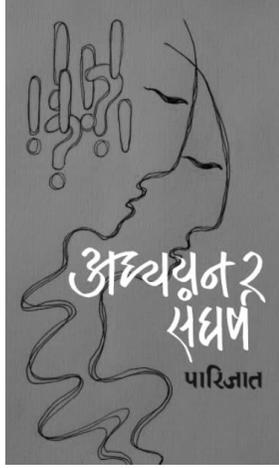
✍️ Shismal Sapkota, Grade VII



अध्ययन र सङ्घर्ष

पुस्तकको नाम : अध्ययन र सङ्घर्ष
लेखक : विष्णुकुमारी वाइबा (पारिजात)
प्रकाशन : फिनिस बुक्स

परिचय : 'अध्ययन र सङ्घर्ष' पारिजातद्वारा लिखित सानो संस्मरण हो । करिब ६८ पृष्ठको यस पुस्तकमा दार्जिलिङबाट काठमाडौं आएकी पारिजातको सङ्घर्ष देखिएको छ ।



कथानक : पारिजात दार्जिलिङबाट भर्खरै काठमाडौं आएकी थिइन् । त्यहाँको संस्कृति उनलाई नौलो थियो । उनले आफ्नी बहिनीसँग आफ्नो पढाइलाई जारी राखिन् । उनले दाजुको डेरामा बसेर आफ्नो शिक्षा आरम्भ गरिन् । उनका कैयौं मित्रहरू पनि भए । सबै मित्रहरूले उनलाई सहयोग गरे । उनी पाठ्यक्रमभन्दा बाहिरका किताब पढ्थिन् । बहिनी मजाले पास हुन्थिन् र पारिजात भुन्डिएर । यति बेला दाजुका सन्तान पनि जन्मिएका थिए । डेरामा भीड बढपछि उनी अर्कै ठाउँमा सरिन् । त्यति बेला बहिनी सुकन्याको विवाह र पारिजातलाई दुख्ने रोगले समात्यो । आफ्नो समस्यालाई मध्यनजर गर्दै उनले एम.ए. पास गरिन् । उनले विभिन्न उपन्यासहरू लेखिन् तर भाषिक अशुद्धता भएकाले उनले आफ्नो पान्डुलिपि जलाउनुपरेको थियो । यस्तै सङ्घर्षहरू सँगै उनको अध्ययनजीवन बित्यो ।

विषयवस्तु : यस पुस्तकमा व्यक्तिगत विषय समावेश गरिएको छ । काठमाडौं आएपछिको आफ्नो अध्ययन र त्यहाँ गरिएको सङ्घर्षको अनुभवलाई पानामा उतारिएको छ ।

भाषा : पुस्तकमा भाषाशैली सरल र सबैले बुझ्न सक्ने छ । भर्खरै भर्खरै नै पारिजात दार्जिलिङबाट काठमाडौं आएकी हुनाले हिन्दी भाषाका शब्दहरू निकै प्रयोग गरिएको छ । ठाउँठाउँमा नेपाली मौलिक शब्दहरू पनि प्रयोग भएका छन् । कतिपय नेपाली शब्दहरूको कोष्ठमा अङ्ग्रेजी अर्थ पनि दिएको छ जसले गर्दा नेपाली बुझ्न गाह्रो हुनेलाई पनि सजिलो भएको छ ।

वातावरण : प्रस्तुत पुस्तक काठमाडौंको परिवेशमा आधारित छ । त्यति बेला देखिने काठमाडौं निकै व्यस्त सहर थियो । गाडीहरू कुदेको, मानिसको चहलपहल निकै देख्न सकिन्थ्यो । अहिले जति काठमाडौंमा भीडभाड थिएन । किसानहरूले खेती गरेको दृश्य त्यति

बेला निकै देखिन्थ्यो । काठमाडौंको जाडो पचाउन गाह्रो हुन्छ । मानिसहरू चिसोबाट बच्न आगो तापेको र ज्याकेट ओढेर आफ्नो काम गरेको देख्न सकिन्छ ।

उद्देश्य : मानिसको जीवनमा दुःख र सुख निकै आउँछन् । तिनीहरूले मानिसलाई बलिया बनाउँछन् । जस्तो उमेर र अवस्थामा पनि हामीले सुख र दुःखलाई समान रूपमा लिनुपर्छ । मानिसलाई परिवार र साथीहरू चाहिन्छ । राम्रो परिवार र मित्र भएको मानिस दुःखबाट चाँडै मुक्त हुन्छ । मानिसले आफ्ना विचारहरू अरूलाई भन्न सक्नुपर्छ ।

निष्कर्ष : मलाई यो किताब मनप्यो । आशा छ तपाईंलाई पनि मन पर्ला । म तपाईंलाई यस किताबभित्र गएर यसको आनन्द लिन अनुरोध गर्दछु ।

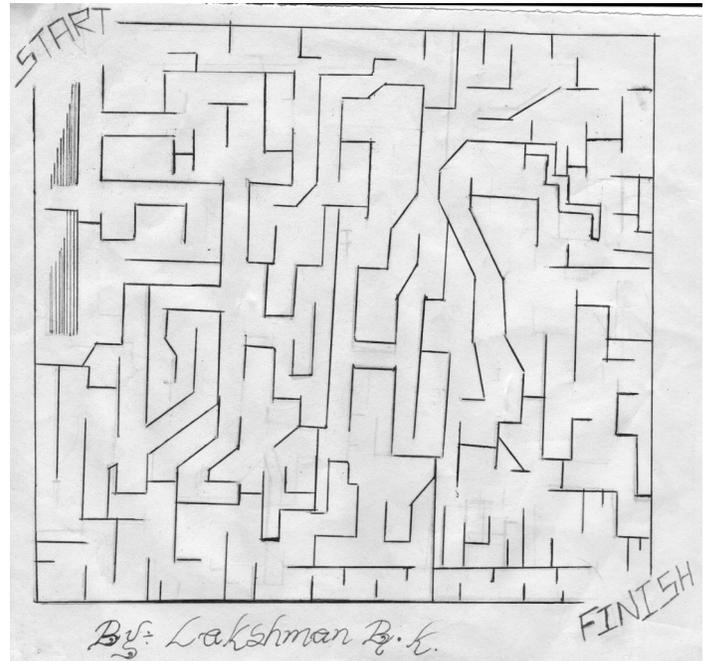
- ईशान न्यौपाने, कक्षा १०

Riddles

1. What comes between me and you?
2. What do you do first when you get up?
3. What is the middle of Nepal?
4. I have eyes, but can't see in the light. What am I?
5. What do we need first to kill Mosquito?
6. Which 9 letter word has all the vowel letters in it?
7. In which month 28 days come?

Answer: 1. And 2. Open your eyes 3. P 4. Bat 5. Mosquito 6. Education 7. All months

Collected by: Shivam Adhikari and Homnath Sharma, Grade VIII



POEMS / कविता

OUR TEACHERS

Teachers teach us lot of good things
Which make us a great human beings,
Teachers are our leaders,
Who always lead us to be seekers,

They make our future bright
By showing us the light,
They always support us
By encouraging us,

They introduce us
A new vision of life,
Which makes us
Sharp as a knife.

✍ Bidushee Rajopadhyaya, Grade VI

□□□

STRONGER THAN EVER

There is no mistake in flowers
They will grow wherever they wish,
However they like to flower
Perfect as they are.

But, a stem may get brown
By a heartless foot
That did not care to
Watch what it was breaking.

With time, they grow again
Stronger season's later
To be watered by
Loving hands instead

So, why do you allow yourself
To be walked upon?
Why change your petals
And hide your leaves?
There is no mistake in you, flower
You are perfect as you are.

✍ Sadisha Thapa Magar, Grade IX

□□□

UNIVERSE

The unlimited vastness
Expansion of space and time
Full of strewn mysteries
Only darkness with no space and shine

The sun, moon, galaxies, stars
Lingered over the void
Radiating cosmic light
With intriguing acronychal abode

Research says you are
Composed of dark matter and energy
Abound with hope and despair
Entangled simultaneously.

✍ Purneema Gurung, Grade XII

□□□

Pass

The darkness has got it's way around,
A ray of hope nowhere to be found
A weak body, suffocation here and there
But it's still not the end here.

The dark night that scares
Things that you had feared
A fallen leaf cannot hang above
So, grow your roots on your own

There is still morning tomorrow
Everyone has their own sorrow,
Don't worry, this will pass away,
A new day will find its way.

✍ Amshu Dahal, Grade X

□□□

SOMEONE SPECIAL

Eyes of an angel, heart of gold
Facing her rough times, looking so bold,
Her little kisses make my day
'I love you' that's all I wanna say

I love her more than anyone could ever,
Accompanying in her journey, always together
It's not only her smile, that makes my day
It's the love of her, that never fades

Her beautiful hands, that work all the time
She is the reason for me to smile
No she is none other
She's just my beautiful mother.

✍ Samridhhi Pokhrel, Grade IX

□□□

FATHER – THE SUPERHERO

The one who cries on your failure
The one who smiles at your success
The one who never cares for his own emotions
He is always carrying his family's tension

He always fulfils all our needs
Without thinking of his own greed
If family is the body, he is the backbone
He never lets us feel all alone
He lives for us
He earns for us
He struggles for us

Father the most precious word in the world,
No wonder how the life turns
He is always there with you to give you returns
He's someone who listens, suggests and defends
He is the one who is always my best friend.

✍ Aayush Jha, Grade IX

□□□

Lost?

Compass is broken
Now the sea furious
Calls the thunder and dark cloud
To rain hard and loud
And drain all my colors
Until there's nothing left
Not even a shedding crowd
To talk about.

Now it's darker than ever all around
Had been running in vain,
Too much tired, lost and betrayed
Begging you for few silence and rest
To admiringly watch this ship sink and break,
Under and around these water
Above the surface
Slowly, tedious, still breathing but decay
Every single time, everyday
until that life-ring out of the blue
Leaves me away

✍ Kripal Karki, Grade XII

□□□

मेरो देश नेपाल

हाम्रो देश नेपाल धेरै महान् हो
कसैले नगर्न सकेको चाहि यो देशमा शासन हो

यो देश बचाउँदा हाम्रो वीरको ज्यानै गयो
यो देशलाई बचाउने हाम्रो कर्तव्य रह्यो ।
सबैलाई यो नेपालीले इज्जत पनि दिन्छ
बदलामा नेपालीलाई इज्जत पनि चाहिन्छ
यो देशमा जात जातिका छन् अनेकौँ संस्कार
यो देशमा सबै मुखमा भुन्डिन्छ नमस्कार ।
यो नेपालीको मनमा छ हिमाल पहाड तराई
कहिले नछुट्ने गरी बस्नेछ हात समाई
नेपाल भनिन्छ स्वतन्त्रताको देश
अरुभन्दा छुट्टै छ यो देशको परिवेश ।

- सुदिप परियार, कक्षा-८

□□□

साईको महिमा

संसारमा पाप बढ्दै जाँदा साई तिमीले जन्म लियौ
मानव बन्न मानिसलाई मानव मूल्यको पाठ पढायौ
सत्यको मार्ग अँगाली सेवा गर्नेलाई मद्दत गर्थौ
सत्यलाई नबुझेन अर्बुदहरूलाई पनि अपरम्पार माया दियौ ।

साई तिमीले हिंसालाई त्यागी अहिंसाको मार्गमा हिँड्न सिकायौ
मानव जन्म लिई सबै कुरा थाहा पाउने अन्तर्यामी बनेर आयौ
साईलाई अविश्वास गर्नेलाई पनि आध्यात्मिक बाटोमा डोर्‍याइरह्यौ
म को हुँ भनेर नचिन्दा पनि साई तिमीले नै चिनायौ ।

- आकृति नेपाल, कक्षा १०

□□□

साथी

अँध्यारो रातमा याद गर्छु, हाम्रा ती पल
साथ नछोड्ने भन्थ्यौ तर
बाध्यताले पुर्‍यायौ टाढा
साथ छोड्ने छैन भन्थ्यौ कहिले
तर साथी निकै एक्लो छु अहिले ।

साना हुँदा सपना साट्यौ
ठूलो भएपछि बाटो काट्यौ
सँगै नहौला तिमी र म
तर सम्भना हाम्रो मनमा छ ।

भेट्नेछौँ कुनै दिन हामी
आजको कता छ को कता छ
तर मनले तिमीलाई पुकान्यो
सँगै बस्ने बानी स्कूल पढ्दा हामी ।

- अनन्त चन्द र विराज केसी, कक्षा ९

आमा

तिमी बिरामी पन्थ्यौ म कुरुवा हुन्थे
कति अत्यास लाग्थ्यो म सँगै बस्थे
हेरेर घडी खुवाउँथ्यौ औषधि समयमै
ती दिन सम्भँदा प्यारो लाग्दैन कति ।

चक्कु चल्थ्यो तिमीमा मलाई दुख्यो कति
म छटपटाएको देखेर मिल्थ्यौ पीडाजति
त्यो दिन सम्भँदा प्यारो लाग्छ कति
आमाले मलाई माया गर्थिन् अति ।

घाउ तिम्नो पाक्थ्यो मेरो पोल्थ्यो छाती
कोल्टे फर्केर तिमी फाल्थ्यौ आँसुजति
ती दिन सम्भँदा प्यारो लाग्छ अति
मेरो हात समाई चुम्थ्यौ कतिकति ।

म बिरामी पर्दा तिमी कुरुवा हुन्थ्यौ
म निदाएपछि तिमी कति रुन्थ्यौ
मीठो मानी खान्थे त्यो तितो ओखती
त्यो दिन सम्भँदा तिमीलाई कस्तो लाग्छ कुनी ।

- सक्षम भट्ट, कक्षा ८

□□□

नमान्नु हार

सफल बन्ने सबैको मन
छैनौं कोही भन्दा कम
अरूको कुराले पछि नसर
आफूलाई बुझ्ने प्रयास गर ।

खुट्टा तान्ने हुन्छन् धेरै
साथ दिने हुन्छन् थोरै
आफूमाथि भर सधैं
अघि बढ्ने अटोट सधैं ।

के के कुरा आउला मनमा
असर नपरोस् त्यसले हौसलामा
जित्छौं, आशा राख मनमा
अनि सफल हुन्छौं जीवनमा ।

- स्वस्ति मिश्र, कक्षा ९

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हामी सबै एक

देशमा छन् धेरै
जात, धर्म र भाषा
रगत छ सबैको रातो
कसैको छैन कालो ।

कोही छन् धनी
त कोही छन् गरिब
पेट पाल्न खान्छन्
मिठो, नमिठो नभनी ।

कसैको छ महल
त कसैको छ भुपडी
जानुपर्छ एउटै बाटो
यी सबैलाई छोडी ।

त्यसैले मिलेर बसौं सबै जना
यो मेरो त्यो भनेर नभनौं
भै- भगडा नगरी बसौं
आखिर हामी सबै एक हौं ।

- सुजित नेपाल, कक्षा ७

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मेरो बाबा

दिनभरि काम गर्नुहुन्छ,
तर राति हाँसीहाँसी आउनुहुन्छ ।
जति थाके पनि,
माया उत्तिकै गर्नुहुन्छ ।

उहाँ त डाक्टर बन्नु नै भयो,
छ चाहना मलाई पनि बनाउने ।
कहिल्यै गर्नु हुन्न छोराछोरीमा भेदभाव,
जहिले पनि दखाउनुहुन्छ, हामीप्रति सद्भाव ।

होस् मेरो छोराछोरीको राम्रो,
हो यही आशिष सधैंको हाम्रो ।
यो किन्दिनु, त्यो किन्दिनु भन्छु,
सबै किन्दिनु हुन्छ हाँसीहाँसी ।

मेरो प्यारो बाबा!

- राशी साह, कक्षा ९

ज्ञानभूमि नेपाल

यै माटोमा जन्मिएँ
यै माटोमा हुर्किएँ
यै माटोलाई जन्मभूमि
भनी मैले चिनाएँ ।

माता मेरी नेपाली हुन्
स्वाभिमानी छिन्
देशका लागि प्राण दिन
सधैं तयार छिन् ।

गोर्खाली हुन् देशका सेवक
सधैं काममा लाग्छन्
कसैले नेपालमा आँखा लगायो
कि घाँटी काटी दिन्छन् ।

नेपालीका धेरै हुन्छन्
आफ्नै भेषभूषा
त्यसैले त गर्व लाग्छ
आफ्नै नेपाल देश ।

-लक्ष्मण वि.क., कक्षा ७

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SUDOKU								
Impossible								
		9			2			
	5							1
						3		
	3		4					
								6
		1						
				8				5
		7				2		
Possible								
7	6	9	8	1	2	4	5	3
1	4	8	5	3	9	7	6	2
2	5	3	7	6	4	8	1	9
9	7	5	6	2	1	3	8	4
8	3	6	4	9	5	1	2	7
4	1	2	3	7	8	5	9	6
5	9	1	2	4	7	6	3	8
6	2	4	1	8	3	9	7	5
3	8	7	9	5	6	2	4	1
By: Timilajah Maharjan								
Class: 6								

TREATISES / ARTICLES निबन्ध / लेख

What should we sacrifice?

For controlling ourselves and for attaining divinity we have to sacrifice something. It's not that to reach god we should leave home, go to forest and live there. This concept is wrong. We have to sacrifice our bad habits and thoughts. We should sacrifice all bad means of entertainment. We should sacrifice our attachment to the worldly things and shift that attachment to god.

We should sacrifice the sense of ego of me and mine. Once this is done, divinity can be realized. These are the words of loving Bhagawan. We have to work hard for the sacrifice and namaskaram makes it easy for us. Our main aim should be narayana sayuugya mawapnoti i.e. Merging with the eternal. So, for that we have to sacrifice all our worldly attachment and bad thoughts/deeds.

- Prabin Khadka, Grade X

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FOOTBALL

Football is the most watched game in the world. It is not just a game. It's an emotion of all the people. Football is also called association football. It is a game in which two teams of 11 players give their best to win the match. Football was established in the 19th century. Football has many formats, teams, support and rivals. There is no-one present in the world that is unfamiliar with the term football. Football is a main source of entertainment. Besides, football teaches discipline and spirit of sportsmanship.

- Biraj KC, Grade IX

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The Mandela effect

Have you ever wondered if your memory is correct? You may think I am right. But history says a different thing. This phenomenon is called the Mandela effect. It got its name after Nelson Mandela. When Nelson Mandela was in jail, it was believed that he died. Many people too attended the funeral. But Nelson Mandela died in 2013 and the people who attended his funeral in the past were shocked. It is a common but mysterious effect. No-

one can tell why it happens. There are different hypotheses about it. I think it is due to the glitch in the universe. If we have such an effect, we should tell it immediately.

- Hilsha Ghimire, Grade X

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Special One

We used to read together. We don't have lots of memories nor a photo of us together, but we still have a lot of secrets. When we studied together she had to move out due to some reason. And then our destination became far but we are still together. It's been almost a year since she moved out but she still knows each and everything about me. We never hide anything from each other. She is the only one who cares about me. She is my life saviour. She makes me realize that she is the only one friend who is trustworthy and the one who actually cares about me. The decision that she chose for me was never wrong.

She is an example of true friendship. Others don't even care about me as much as she does. She makes me happy when I am feeling down. She encourages me when I get depressed. She chose the right decision when I was confused. She became my strength when I was at my weakest point. I don't think she will ever replace me nor will I.

It's not about making hundreds of friends. It's about making a few friends who truly love, care, understand, motivate and support you. I love you more than you know and I am pretty sure that you love me more than I deserve.

- Bhabya Joshi, Grade VIII

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Opportunity

Opportunity is like the water of a flowing river which never comes back when gone. It is a chance for us to do something. We do get many opportunities but we may not recognize and use it properly.

Opportunity knocks on our door but our laziness forces us not to care. Time spills out and we regret it. We should learn to fight and rise up to a great height.

Then the sun of success will shine on us and we will

enjoy the wonderful time.

So, when we see opportunities flying away, grab it instantly before it flies.

- Ananta Chand, Grade IX



SAI IS SHANKAR

When Prof. Kasturi invented the 108 names of Sri Sathya Sai Baba, He showed it in front of swami. He erased some names, rewrote some names and also added some names. In the process, He had a specific name which was 'OM SRI SAI SHANKARA AANSOD BHAVAYA NAMAHA'. He cleared the name and changed into "OM SRI SAI SHANKARAYA NAMAHA" which says that swami is not part of Shankara but he himself is the SHANKARA.

- Samir Chand, Grade IX



FRIENDSHIP

Friendship is a relationship of mutual affection between people. Friendship is a stronger form of interpersonal bond than an association. Friendship has been studied in academic fields such as communication, sociology, social psychology, anthropology and philosophy. Various academic theories of friendship have been proposed, including social exchange theory, equity theory, relation dialectics and attachment styles.

In my opinion, friendship can change people who are depressed or those who are suffering from anxiety. If the true and real friend is there, you can easily move on and be the happiest ever after. There are lots of kinds of friendship.

- Denisha Dahal, Grade VIII



Career Choice

Life is full of ups and downs. There are many challenges a person has to face. A person should always be ready for such challenges. There are some situations in which a person has to make an important decision, which can change their life forever. Among such challenges and important decision taking, career is one. Your career decides your future. So a person should always choose his/her career by thinking of his/her own future.

Everybody on Earth has their own talent. One should recognize it and choose his/her career accordingly. No one is perfect. Never think of society or what others will say, just do what you want to do. Don't give a care about others' thinking. It's you who are going to do your career, not them. Think of yourself and follow your passion.

- Pawan Gurung, Grade IX



Destination

Destination is a concrete goal that we will do whatever it takes to get there. The journey is all the little and big things that happened on our way to the destination. There are many road bumps, hardships, success and accomplishments that we have encountered along the way towards our destination. Point of destination is the precise location where the property is delivered into the custody of the consignee or its agent. After visiting a destination, an individual obtains a special memory or experience in that direction. They may recall this destination as a dream destination. Life is all about the destination, not the journey.

- Sneha Yadav, Grade VIII



Importance of Education

Education is very important in our life. It leads us to the light out of darkness. It is also an infrastructure of development. Our country is not developed because our country's people are not so well educated. Educated people are pillars of the nation. Educated people can be successful and are respected everywhere. We get formal education from school through the process of getting education from cradle and ends in death. With the help of education, we can be scientists, doctors, pilots, teachers etc. To make people educated, we should send children to school. If all the people are educated, then the whole nation will be developed. To get education is our child right too.

- Prince Rohita, Grade VI



Move ahead

"Nothing is impossible." We know everything is not easy!

Nothing is perfect. Try to be your best version of

yourself. Everything will turn out to be perfect, just try and try.

They're gonna speak whatever they want. None knows what you really are. Smile & move ahead! Don't return your words, show your action and prove yourself. Let your actions have a chance to prove them wrong. Find your fear and do it anyway!

- Hilsha Ghimire, Grade X



Global Warming

The thicker layer of greenhouse gases traps more heat. This results in an increase in average temperature of the earth and the earth gets hotter and hotter, and that is called global warming. Causes of Global warming are increased levels of carbon dioxide and other types of pollution. Global warming is a gradual increase in the earth's temperature generally due to the greenhouse effect. Global warming refers to gradual rise in the overall temperature of the atmosphere of the earth. There are various activities taking place which have been increasing the temperature generally. Global warming is melting our icebergs. So we should start protecting and conserving our environment. This is the first step towards saving our mother earth. Let's make the earth a better place to live in.

- Anosh Rai, Grade VII



FORGIVENESS

One day two friends were walking through the desert. At one stage in their journey, they had an argument and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything he wrote in the sand "Today my best friend slapped me in the face." They kept on walking until they found an oasis, where they decided to have a wash. The one who had been slapped got stuck in a mire and started drowning, but his friend saved him. After he had recovered from his shock, he wrote on a stone, "Today my best friend saved my life." The friend who slapped and saved his best friend asked him "After I hurt you, you wrote in the sand and now you write in the stone, why?" The other

friend replied, "When someone hurts us we should write it down in the sand, where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can even erase it."

Moral: You should value those who you have in your life more than the things or your pride that you have in your life!

Collected by: Hema Bastola, Grade IX



मेरो प्रेरणादायी कक्षा

यसै वर्ष ग्लोबल वार्मिङसम्बन्धी कार्यशालामा बस्ने अवसर प्राप्त भयो। उक्त कार्यशालामा एउटा कक्षा शाकाहारी भोजनसम्बन्धी रहेको थियो। उक्त कक्षाले मलाई धेरै प्रेरित गर्‍यो, मेरो दिल छेयो र म आज त्यो हजुरहरूसँग बाँड्न चाहन्छु।

हामी विभिन्न परिकारका खानेकुराहरू खाँदा हामीले केही विशेष कुरामा ध्यान दिनुपर्छ। हामी अहिले जिउनका लागि होइन स्वादका लागि खाइरहेका छौं। हामी आफ्नो स्वाद र स्वार्थका लागि ती निर्दयी जनावरको ज्यान लिन्छौं र स्वादको लागि मात्र ग्रहण गर्छौं।

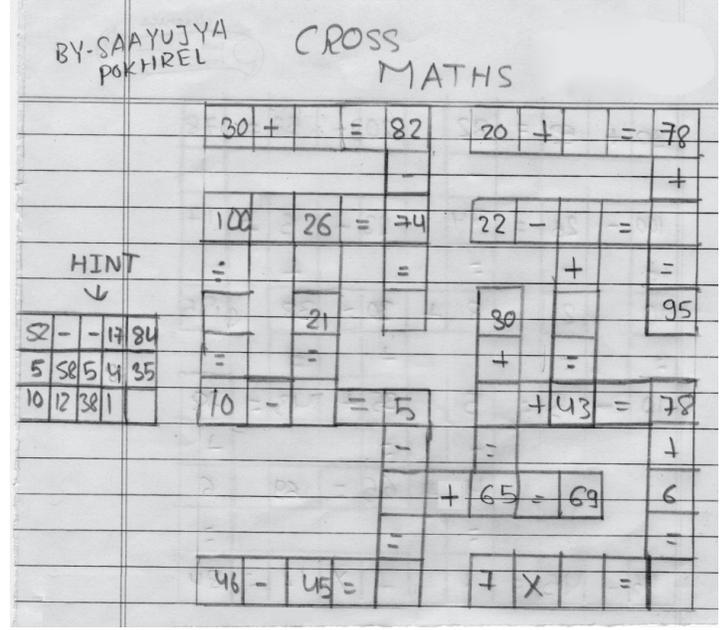
पहिला हाम्रो समाजमा जात, भाषा र संस्कृतिबिचमा छुवाछुत थियो। हाम्रो समाजमा पहिला दाइजो प्रथा, सतीप्रथा, बालविवाह, अन्धविश्वासहरू पनि थिए तर अहिले कुनै हटेर केही कम भयो किनभने यी सबैकुराहरू हटाउन विभिन्न मान्छेहरू निरन्तर लागि रहे। त्यस्तै अब हामीले ती निर्दयी जनावर जस्तै : कुखुरा, बाख्रा, बोका, राँगा आदिको ज्यान जोगाउन प्रयत्न गर्नुपर्छ। जसरी यो हाम्रो समाजको सतीप्रथा हटेर गयो त्यस्तै यो प्रथा पनि हटेर जान्छ भन्ने मेरो आशा छ।

हाम्रो शरीरले मांसाहारी खानेकुराहरू चाहदैन र चाहिदैन पनि। हाम्रो शरीरलाई चाहिने सबै कुरा प्रकृतिले बिरुवामा उत्पादन गरिदिएको छ। हामी बलिप्रथा भनेर जुन परम्परा मान्दै आइरहेका छौं त्यो कदापि राम्रो होइन। यो त अपराध हो। यति मात्र नभएर अहिले हामीले पिउने दूध पनि शुद्ध छैन। अहिलेका मानिस यति स्वार्थी भए कि उनीहरू पैसाका लागि जनावरको प्रयोग गरिरहेका छन्। तीमाथि अत्याचार गरिरहेका छन्। जुन सुन्दा साँच्चै मेरो आँखामा आँसु रसायो। आफ्नो स्वार्थका लागि ती अबोध जनावरलाई मारेर हामीले के हासिल गरौं र? उनीहरूलाई पनि त स्वतन्त्र भएर बाँच्ने इच्छा

होला तर हाम्रो बलि र अत्याचारीले साँच्चै ती अबोध जनावरलाई जिउने मन छैन। हाम्रो समाजबाट सतीप्रथा हट्यो किनभने त्यसको हामीले विरोध गर्यौं, त्यसविरुद्ध आवाज उठायौं तर त्यस पशुको बोलि नै छैन, त्यसले केही गर्न सक्दैन, त्यसलाई जे गरे पनि हुन्छ भनेर अहिले त्यसको व्यापार भइरहेको छ। यसलाई सन्तान जस्तै हुर्काउँछौं, बढाउँछौं, पाल्छौं तर पछि हिंसा गर्छौं र त मेरो मुटु टुक्राटुक्रा हुन्छ। अब ती सफल जनावरको बोली बन्नेछौं भनेर आज हामी सबै बाचा गरौं र विश्वास राखेर अगाडि बढौं, साँच्चै एकदिन यो प्रथा पनि हाम्रो समाजबाट टाढा जानेछ। यो काम अब हामी आजैदेखि, अहिल्यै सुरु गर्नेछौं र अरूले गरिहाल्छ नि भनेर होइन आफै गरेर देखाउँछु भनेर अघि बढौं।

- लक्ष्मण वि.क., कक्षा ७

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दैनिकी

मिति : २०७९/०४/१०
समय : बेलुकी ८:०० बजे

साईराम, मन्द पवनमा चलेको सिरसिर हावा र वातावरणको सुन्दर दृश्य कल्पना गर्दै बिहानको ६:०० बजे मेरा आँखाका परेली खुले। घामका किरणले पृथ्वीमा न्यानो स्पर्श दिँदै थियो। बाहिर हेर्दा सुन्दर हरियालीले यो सिङ्गो धरतीलाई सिँगारिरहेको आभाष भइरहेको थियो। स्वच्छ वातावरणको अनुभव गर्दै आफ्नो दैनन्दिनी नित्यकर्म सम्पन्न गरें।

विगत पाँच दिनदेखि चलिरहेको नगरपालिकास्तरीय बास्केटबल प्रतियोगितामा विजय प्राप्त गरेका थियौं। भाद्र ५ गतेदेखि सञ्चालन भइरहेको खेल अति नै राम्रो भएको थियो र चारै ओटा खेलमा हाम्रो सत्य साई शिक्षा सदन छात्रा बास्केटबल समूहले विजय प्राप्त गरेको थियो। त्यसैले हाम्रो खुसी र उत्साहको कुनै सीमै थिएन। यस सुनौलो नतिजाले अन्तिमसम्म नै जित्छौं भन्ने आत्मविश्वास अझ बढ्दै थियो तर पनि मनको ढुकढुकी भने अझै तेजले बढ्दै गएको थियो। अन्तिम प्रतिस्पर्धाका लागि बिहानको १०:०० बजे विद्यालयबाट शिक्षकहरू तथा अन्य महानुभावहरूबाट आशीर्वाद र सुभेक्षासहित वाहन चढी प्रतिस्पर्धा स्थल ग्रीनल्यान्ड स्कुल, धापासी गर्यौं। खेल समयअगावै पुगेका कारण हामीले समयको सदुपयोग गर्दै केही अभ्यास खेल पनि

खेल्यौं। निर्धारित समयभन्दा करिब एक घन्टा पछि खेल सुरु भयो। हाम्रो खेल भ्याली पब्लिक माविसँग थियो। खेलको सिट्टीसँगै मनको सिट्टी पनि बज्यो तर साथीहरूको हौसला र शिक्षकहरूको प्रोत्साहनले मनको ढुकढुकी दबाएका थियौं। जब खेल मैदानमा प्रवेश गर्नु तब कुनै दैवीशक्ति प्रकट भइरहेभँ खेलमा तीव्रता रह्यो। भगवान्को कृपाले पाँचै दिनसम्मका सम्पूर्ण घाउचोट तथा थकाइलाई बिसर्दै प्रथम स्थानमा विजय हासिल गरी मेडल र शिल्डसहित विद्यालय फर्कने हाम्रो आत्मविश्वास दोस्रो विश्रामसम्म कायम रह्यो त्यति बेलासम्म हामीले जितिरहेको खेल अप्रत्यासित रूपमा उल्टन पुग्यो र हाम्रो महिनैदेखिको मिहिनेत र सपना चकनाचुर भयो। आँखामा आँसु भए तापनि मनमा अटोट बोकी विद्यालयतर्फ फर्क्यौं। विद्यालयमा सबैले सान्त्वना नै दिनुभयो। खेलका आयोजक तथा दर्शकहरूबाट हाम्रो खेलको प्रशंसा पनि भएको थियो।

आजको जितहारले मेरो मनको सपनालाई मनमै डढायो। हार नै जितको आधार हो, तथा असफलता नै सफलताकी जननी हुनु, भन्ने भनाइलाई मनन गर्दै मनलाई बुझाउने प्रयास गरे पनि हारको पीडाले बारम्बार मुटु घोचिरहेको थियो। आगामी दिनमा हारलाई जितमा परिणत गर्ने प्रण गरें। दिनभरिको थकाइले गर्दा शरीर पूरै शिथिल र गलित थियो। कलम र कापीलाई यथास्थानमा राखी निद्रादेवीको काखमा लुटपुटिन लागें।

- रञ्जु नेपाली, कक्षा ९

Forget the harm that anyone has done to you, and forget the good that you have done to others. -Bhagawan Sri Sathya Sai Baba

DRAWINGS



Shristi Thakur
Grade -10



Prachi Thakur
Grade -10



By: Lakshman B. B.



CLASS = 8
NAME = GUNJAN SAH



Art by - Sujit Nepal BUDDHA

Art by - Sujit Nepal

Art by - Sujit Nepal



ART BY
SARVJYA
POKRIEL



- Sushmita



Roll No - 265 name - Mijunka chandrasekhar
class - 3



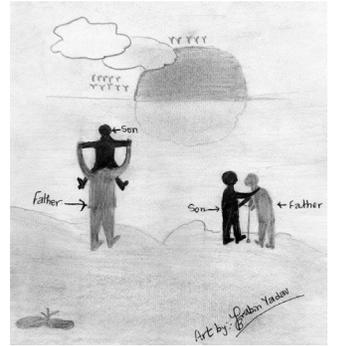
Art by - Anshu
class - 7



Name: Monika
Roll No: 360
class: 3



Art by - Sugam Bhatnagar



Art by - Prabhu Yadav



Art by
Sibani Gurung



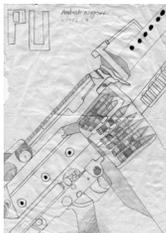
Art by
Kishan



Art by - Murali
class - 10th



Tokyo
REVENGERS



By - Anshu K. Nepal



सत्यमेव जयते



By - Shweta Shrestha



Art by -
Anshu K. Nepal



Art by - Astha Tamang
class - 9

TERMINAL RESULT

The result of the first term exam held on July 7 to 15, 2022 was announced on 23 July 2022. The names and GPA of the first three toppers from each grade are provided below. We heartily congratulate the toppers and hope for better results in the future!

Grade	Name	Position	GPA
I	Jenisha Gurung	1st	3.94
	Subodhraj Subedi	1st	3.94
	Priya Yadav	2nd	3.91
	Divyanshu Raut	3rd	3.89
	Ueana Gurung	3rd	3.89
II	Megh Nath Sharma	1st	3.97
	Shivam Kumar Thakur	2nd	3.94
	Babin Parajuli	3rd	3.91
III	Celeste Rana	1st	3.91
	Manika BK	1st	3.91
	Sarika Paudel	2nd	3.86
	Aayush Kumar Yadav	3rd	3.83
IV	Prakriti Poudel	1st	3.76
	Pranab Khanal	1st	3.76
	Manisha BK	2nd	3.60
	Pratyush Dahal	3rd	3.47
V	Aprameya Subedi	1st	3.79
	Samiksha Yadav	2nd	3.57
	Aaradhya Poudel	3rd	3.55
VI	Ojaswi Aryal	1st	3.81
	Timilajah Maharjan	2nd	3.73
	Aaditya Kumar Sah	3rd	3.71
VII	Aaditya Kumar Sah	1st	3.87
	Anshu Devkota	1st	3.87
	Roshan Sahi	2nd	3.73
	Saayujya Pokhrel	3rd	3.65
VIII	Aanand Pandit	1st	3.80
	Utsab Kumar Mahato	2nd	3.68
	Gungun Shah	3rd	3.58
IX	Samridhhi Pokhrel	1st	3.95
	Diwakar Kumar Sah	2nd	3.85
	Lhakpa Gelbu Sherpa	3rd	3.73
X	Ishan Neupane	1st	3.96
	Aakriti Karki	2nd	3.73
	Anish Kumar Goit	2nd	3.73
	Anushka Chaudhary Tharuni	3rd	3.67
	Prabin Bahadur Khadka	3rd	3.67
XII	Purnima Gurung	1st	3.57
	Prashant Khanal	2nd	3.39
	Shine Panday	3rd	3.33

Education should build character.

-Bhagawan Sri Sathya Sai Baba

INTERVIEW

(We grade 9 students interviewed one of our sadan's teacher. He is one of the most experienced teachers in our sadan. The interview is as follows)

Aayush: Sairam sir, welcome to our interview session. First of all, we would like to thank you for sparing us your precious time.

Niran: I am very pleased to share some of my experiences with you, students.

Rashi: When did you start teaching at sadan?

Niran: After completion of MA I started teaching at this school from 2053 B.S . It's been 16 years teaching at this school. I am also currently working as assistant professor at "Padma Kanya multiple campus".

Biraj: Why did you stay at Nepal and didn't go abroad? You could have earned more.

Niran: Money is important but I never run after it. We can improve our lifestyle and have quality life in Nepal only. However satisfaction is more important than what other people say. I am satisfied with my work and place. My dream is to do something for motherland.

Anush: You are a knowledgeable person. If teaching is your passion, why did you choose this school out of various schools?

Niran: I didn't have any idea about this school before I came here searching for a job. I came here through the link of one of our teachers. I was quite impressed with the fascinating environment. Our principal is kind and humble. He is like our guardian; guided by spirituality. I find this school quite different from the others. It is more inclined towards spirituality and values.

Abhaya: At last what advice do you want to give the upcoming generation?

Niran: For the upcoming generation, we should be hard working. We should have a commitment to set goal. We should be optimistic and not limited within our narrow personal interests. Positive thinking should be promoted.

Samridhhi: Once again, thank you for having a talk with us.

EDITORIAL BOARD

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We heartily welcome the suggestion to make upcoming volume best.

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FUN, FACTS AND KNOWLEDGE

Amazing facts

1. Money notes are not made of paper but mostly of a blend of cotton and linen fibers.
2. African Lungfish can survive without water for several months.
3. Human's height varies (About 10mm) during morning and evening.
4. Americans and Europeans spend US 17 billion dollars per year on food for their pets.
5. The size of an adult whale's heart is equal to a car.
6. If we try to collect all corona viruses present in the world, it would fit in a spoon.
7. Due to bad handwriting of doctors 7 thousand people die every year.
8. Pigs are banned in Israel and people need a license to ride bicycles.

Collected by: Niranjana Yadav, Grade IX



Fantastic Facts

- Bacteria makes up to 1-4 kg of your body.
- The quietest room in the world is in Microsoft's headquarters.
- All ants in the world will weigh as much as a normal human.
- There are almost 18,600,000,000 chickens in the world.
- Domestic chicken is the closest relative of dinosaurs.
- Sweden has over 221,800 islands.
- A jellyfish melts in the sun.
- China has the most bicycles in the world.
- A hummingbird's heart beats up to 1,200 beats per minute.
- Some mountains have pink snow.

Collected by: Jayanta Rimal, Grade VII



Cricket Facts

- Bret Lee is the first bowler to take a hat trick in the T20 world cup.
- Yuvraj Singh has scored the fastest half century in just 12 balls, while AB Devilliers has scored the fastest century in just 31 balls in international cricket.
- Brian Lara is the only player to score 400 runs in an innings.
- Greatest Cricketer AB Devilliers also known as Mr. 360 played 32 tournaments in his life. Out of them he could not win even one tournament.
- Surya Kumar Yadav is the second player to score

1000 T20 international runs in a calendar year after Muhammad Rizwan.

- Shoaib Akhtar has bowled fastest delivery with 163.4 km/hr.
- MS Dhoni is the only captain to win T20 WC, ODI WC and champion trophy.

Collected by: Ankush Singh and Krish Yadav, Grade IX



The line which makes your life visible

- Enjoy life in its different phases in its changing colours and moods.
- Learn to enjoy each state as it comes and realise how necessary this is.
- Each must learn to live a life, hiding nothing.
- Strain comes when you cannot be your true self and you are trying to hide something.
- Wait on me in absolute peace and confidence and know that I will reveal the truth and that the truth will set you free.
- Times when you are alone are so precious; they are quite magical, as so much can happen in you and through you.
- Be still and feel within you the rhythm of life and go with it.

Collected by: Saisa K.C., Grade VII



Quizzes

1. What is a female cat called?
2. Where is the world's biggest bamboo forest?
3. Which car can reach speeds of 267 miles an hour (430 km/h)?
4. True or false: She Hulk is the sister of Incredible Hulk.
5. True or false: There are no active volcanoes in Antarctica.
6. What percent of Antarctica is not covered in ice?
7. What percent of world's ice is found in Antarctica?
8. Earth is largest planet.
9. In which country pizza is being rotten for more than 200 years.

Answer: 1. Queen, 2. China, 3. Bugatti Veyron, 4. False, 5. False, 6. 2%, 7. 65%, 8. Fifth, 9. Italy

Collected by: Himal Ghimire, Grade VII



SCHOOL ACTIVITIES

Volunteer Service

Sadan wants each student to have all round development. Students take part in several voluntary service activities. These activities are fun and help to develop a serving attitude. Some activities



which empower students to lead by example are- maintaining the assembly line, distributing meals, cleaning, helping in the kitchen, conducting Bhajan sessions, etc.

Parenting

Parents and teachers are the ones who wish best for children. Keeping this vision in mind Sadan organizes parents meetings once every year. This has been quite effective as it has helped to address



the curiosity of parents regarding our school. Parents got to know the condition of school as well as their children's progress.

Plantation

Students of Grade 1 and 2 had a plantation program on June 5 on the occasion of World Environment Day.



Career Counseling

Young students need advice and support from professionals to help them make the right career choices. It also enables them to manage their journey through life, learning and work changes. Our School conducted a Career Counseling Session for SEE graduates and grade 10 students.

Workshop on Climate Change

A one day workshop was organized to create an awareness on Global Warming and Climate Change as the world population has hit 8 billion! We had the pleasure of hosting professor Chris Bowen, Indira Timilsina and Babita Timilsina to share their valuable insights.

Secondary Level (+2) at Sadan



Grade XI and XII field trip



Assembly

Students with the Principal and Grade Teachers

