



# The Sallaghari Post

A Monthly Bulletin

Sainik Awasiya Mahavidyalaya, Bhaktapur



बैशाख २०८१

Apr/May 2024

## Editorial

### Beat the Heat, Stay Smart

*As we know that, summer is really a beautiful season, filled with warmth, sunshine, and a vibrant atmosphere. Absolutely, there's an undeniable magic to be found in the summer air. However, amidst all the joy and excitement, it's crucial to remember the importance of self-care too.*

*Dear students, it's essential to pause and consider the significance of self-care during summer. While the sun's rays may invigorate us, they also carry the potential for harm if we neglect to protect ourselves. Maintaining a basic routine can provide structure and stability. Set a regular wake-up time, meal schedule, and designated study or activity hours to maintain a sense of balance.*

*With warmer temperatures and increased outdoor activities, it's important to stay hydrated. Keep a reusable water bottle with you wherever you go and aim to drink plenty of water throughout the day to prevent dehydration. In the midst of our summer days, it's easy to lose track of time and neglect our body's needs. But self-care gently reminds us to listen to the whispers of our own well-being. It encourages us to seek shade when the heat becomes too intense, to replenish our bodies with cool, hydrating drinks, and to prioritize rest when fatigue sets in.*

*Lastly, don't forget to carve out time for yourself to relax and recharge. Whether it's spending time outdoors, indulging in a favorite hobby, or simply enjoying a good book, prioritizing self-care is essential for overall well-being.*

## An Orientation Program Held

Mahavidyalaya organized an orientation program for the newly admitted Grade VI students and their parents on 12<sup>th</sup> Baisakh 2081 in the Gorkha Hall. The main objective of the program was to acquaint the parents and students with the various aspects of the Mahavidyalaya. In the program, Mr. Yogesh Maharjan, through his elaborate slideshow presentation, made the parents and students familiar about the various aspects of the institution.

Likewise, Mr. Suraj Thapa Magar, the Hostel Superintendent, elucidated the SAMB Code of Conduct for the students. His informative session not only highlighted the rules and regulations governing student's life but also reassured parents about the safety and well-being. Meanwhile, Mr. Nabin Kumar Maskey, the Computer In-charge, offered important information about the use of SAMB App and the Online Payment System.

The Principal, Mr. Dal Prasad Pun, extended a warm welcome to the newcomers and their families. On behalf of the institution, Col Arjun Adhikari, the Head of Management, expressed his gratitude acknowledging the trust upon SAMB by the parents and students alike. As the event drew to a close, Mrs. Rakshya Adhikary, Grade-VI Co-ordinator, ensured smooth coordination in SAMB's spirit of teamwork.



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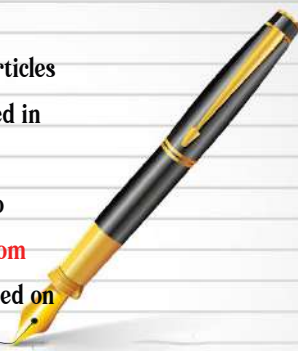
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### Grade VII Organized Welcome Program

Grade VII students organized a welcome program for the newly admitted students of Grade VI on 20<sup>th</sup> of Baishak, 2081 in the presence of Grade VI students, teachers and Mahavidyalaya dignitaries.

On this occasion, the students of Grade VII showcased various cultural items as a warm gesture of welcoming the new students of Grade VI.



### General Assembly Conducted

The first General Assembly of the New Academic Session 2081 was conducted in the Mahavidyalaya Ground on 23<sup>rd</sup> Baishak 2081. The event was hosted by the Grade-X students. The assembly was attended by the students of Grade VI to X, teachers, and the management team. Along with the regular items of the assembly, the Annual Exam toppers from Grade VI to IX were awarded with the prestigious Academic Excellence Award 2080.

In his address, the Principal extended heartfelt congratulations to the academic achievers, accentuating the importance of dedication and resource utilization in nurturing academic success. Meanwhile, the Head of Management advised all students to embrace discipline and punctuality.



### SAMB Bade Farewell to Grade XII

Mahavidyalaya organized a Farewell Program to the outgoing students of Grade XII (43<sup>rd</sup> Batch) in the Gorkha Hall on 26<sup>th</sup> Baishak 2081. The students of Grade XI conducted the program and showcased various cultural items to formally bid farewell to their seniors.

On the occasion, the Principal, in his farewell words, offered best wishes to the students of Grade XII for the upcoming venture of their life. Likewise, the Head of Management, delivering his farewell speech, advised the outgoing students to take away the positive memories and move forward to have a successful life ahead. The program was hosted by Miss Adrina Thapa Shrestha, Miss Aditi Chapagain, Miss Sweta Thebe and Master Abhinav Khadka.



### Grade VI Taken to Educational Visit

On 28<sup>th</sup> of Baishak 2081, the students of Grade VI were taken to the Central Zoo at Jawalakhel, Lalitpur as part of their educational visit. The visit was led by the teachers and assisted by SAMB staff.

The main idea behind this trip was to give the students a chance to learn things outside the classroom. On this visit the students enjoyed seeing different animals and birds. They learned about habitat as well as the importance to protect them.



### Welcome and Farewell Held

Mahavidyalaya hosted a special event on 16<sup>th</sup> of Baishak, 2081 to welcome new teachers/staff and bid farewell to the retiring teachers. The program was attended by the Mahavidyalaya dignitaries: the Principal, Head of Management, Deputy Head of Management, Vice Principal and Class Coordinators.

On the occasion, the new teachers Mr. Ashok Tamang and Mr. Jayaram Karki along with five staff members were welcomed and the retiring teachers Mr. Rajkumar Mathema and Mr. Shivkumar Rai were bade farewell.



The retiring teachers were extended gratitude for their long service to the Mahavidyalaya and honored with Khada, Tika and Tokens of Love.



## SAMB Triumphed in U-16 Inter-school Cricket Tournament

SAMB Cricket Team got victory in the Jaykumar Nath Shah Memorial U-16 Inter-school Cricket Tournament. In an exciting final match played in the Mulpani ground on 30<sup>th</sup> Baisakh, 2081, SAMB Cricket Team defeated the Mokshda School by 10 wickets.

The win was a testament of the hard work and dedication of the players, coaches, and supporters. It was a true a moment of pride for the Mahavidyalaya and her well-wishers.



## Debate Contest Conducted

Mahavidyalaya organised the English debate contest among the students of Grades IX and X in the Gorkha Hall on 30<sup>th</sup> Baishak, 2081. With their brilliant presentations amid a cutthroat competition, Miss Sanchita Adhikari of X 'C' and Miss Rijana Khadka of X 'H' secured the first position and second position, respectively. Likewise, the third position was occupied by two contestants- Miss Sahisha Subedi of X 'J' and Miss Pratistha Bagale of X 'I'. The Consolation prize was given to Miss Arya Parajuli of IX 'H'. Addressing the audience in his closing remark, the Head of Management congratulated the winners, and advised the students to cultivate presentation skills and communication skills besides excelling in the academics.



## You Are Beautiful



**Arya Parajuli**  
Grade IX

You are beautiful when you are helping  
Around town

Not when you are putting other  
People down

You are beautiful when you complement  
a care

Not when you make fun of  
Someone scare

You are beautiful when you respect boundaries;  
Not when you prefer revenge over peace.

You are beautiful when you  
Are busy

Not when you are lying  
Around like lazy

You are beautiful when you do the best things;  
Not when you hurt an innocent being

## समय



**रोमी भुजु  
कक्षा : ९**

आफ्नो या पराइ कोही मान्दैन,  
रोदन र हाँसोको भाव यसले बुझ्दैन  
यो ठिक त्यो बेठिक केही भन्दैन  
महिनाँ वितोस् वा बसौँ यसले गन्दैन ।

भविष्य राम्रो हुन्छ कुनै भर हुन्न  
विगत राम्रो थियो यसले फर्काउन्न  
हामीसँगै हुन्छ तर कहिल्यै हाम्रो हुन्न,  
अनि यसले जान्दैन कुनै जाल बुन्न ।

हिजोको राम्रो आज खराब बन्छ  
हिजोको धनी आज गरिब बन्छ  
हिजोको बच्चा आज वृद्ध बन्छ  
मनोरञ्जन दिने यो खेल बन्छ ।

न दिन भन्छ न रात छैन केही भय  
निरन्तर आफ्नो गतिमा चल्छ समय  
भाषा, धर्म, जाति छैन केही परिचय  
अरुलाई बुढो बनाई सधैं जवान हुन्छ समय ।



## Physical Exercise



**Sukriti Sara Sharma**  
Grade : VII

In our daily life we seldom do exercise, whether it is mental exercise or physical exercise.

Physical exercise is the movement of our body which keeps us healthy. It is an important part of our life. It helps preventing many diseases and obesity.

Obesity also known as overweight is harmful. Obesity especially abdominal obesity increases fat around our abdomen and chest. Due to fat in our chest, we can get many cardiac diseases and heart attack.

At present, obesity is increasing in Nepal too, and the very easy and simple medicine of obesity is physical exercise. Physical exercise doesn't have to be in the gym. By running for 10 minutes around the house we can have a physical exercise. The thing that matters is doing it every day.

Physical exercise keeps us healthy. In Japan and Italy people seldom use vehicles to move. They all walk more. They move or do physical exercise every day and they say that's the secret of their long life. They are active till the very end.

The government put high taxes in cars, so in Singapore many people have bicycle or just walk around everywhere. Physical exercise helps us live longer. We should always be physically active and we should promote it in our life. Next time if you are going somewhere, try your best to walk or just use a cycle. Then, every morning have a physical exercise realizing its importance in your life. Always remember that "prevention is better than cure" and in many cases physical exercise is the cure.

## Path of Becoming



**Rijana Khadka**  
Grade X

In the forge of growth, I mold my soul  
A journey of self, making me whole  
Each step forward, a leap in sigh.  
A canvas blank awaiting my light

Through trials and triumphs, I refine  
Unveiling depths a treasure to find  
In the vessel of change I learn to soar  
Embracing challenges, craving more

With every lesson I carve a new,  
Shaping dreams into realities true.  
The path unfolds a winding road  
Each obstacles, a talk waiting to be told  
In the pursuit of better I find my grace.  
An ever evolving transcendent space  
for delft development is not a race  
But a dance with time, in endless embrace.

So, let me journey on with open heart  
In the art of becoming. I 'll pay my part  
For in the quest for self, I find my way  
Towards the light of a brighter day.

## मेरो देश : नेपाल



**प्राचीन न्यौपाने**  
कक्षा : ६

भृकुटी, सीता र बुद्धको  
यो हो जन्मभूमि  
म जन्मिएको मेरो देश  
यो हो मातृभूमि ।

कालु पाँडे र भीमसेन थापाको  
यो हो वीर भूमि  
हजारौंको आँखामा प्रकाश छर्ने  
सन्दुक रुइतको कर्मभूमि ।

सर्वोच्च शिखर सगरमाथा  
हाम्रो उच्च शिर  
अमृतभैं जडिबुटी  
यहाँ सबैतिर ।

दर्शन, तिहार, छठ र माघी  
यहाँका चाडबाड  
फरक फरक संस्कृति छन्  
विविध भाषा भेष ।

## Mother



**Eva Bhushal**  
Grade VII

In mother's arm world unfolds  
Where tender love and warmth beholds.  
She cradles dreams in gentle care  
A heaven safe from all despair.

Her touch, a balm for every ache;  
In her touch embrace, all fears forsake  
With wisdom deep and patience vast;  
She guides us through each challenge cast.

In every laugh, her joy abounds;  
A melody of love that resounds.  
Through trials faced and battles won;  
Her strength endures, a shining sun.

She sacrifices without regret  
Her love, a bond we won't forget  
In every heartbeat, breath and prayer;  
Her love sustains beyond compare.

So here's to the mothers, pure and true  
Whose love creates, sustains, renews  
In every act of love we find  
A reflection of her heart, divine.

## Mother Nature



**Pratistha Bagale**  
Grade X

The light wave touched my bare skin;  
All my worries and grief  
Flew away like an autumn leaf.

All those thoughts that troubled me  
Blew away like a pile of dust.  
When I see the beauty within the greens  
It heals my inner soul, cause it surrounds me with serene.

It has its own beauty neither stolen nor taken;  
It reflects its own light  
Cause the beauty within itself is so appealing.  
Surrounded by fresh roses and lilies,  
I remember my childhood full of glee.

She is our mother , even a touch of her makes  
Us feel so free.  
So, if we care her,  
What more things is she gonna bring?

## Getting Back to Mahavidyalaya



**Ichchha Timalisina**  
Grade VIII

The feeling of walking back the same Mahavidyalaya in Grade VIII has changed the way I walked two years ago in Grade VI. Maybe, the Mahavidyalaya has not changed but the way I used to look at it has changed. The nervous and scared girl who came to the Mahavidyalaya two years ago , who thought this place as a strange place. Now, the same girl is happy and confident to be here. The same strange place feels home now. It feels like yesterday when I first stepped here but it's been two years and now the scared girl is more confident to be in Mahavidhyalaya. The excitement is still the same but the nervousness is gone. The place where I thought I would never be able to settle is now my comfort place.

I used to think that I would never be able to get mixed up with these strangers, but now the same strangers are my beloved people. The strangers I used to avoid are now the people I talk the most. Maybe, I missed the lunch break chaos, the feeling after the bell ring, the short break moment and so on. After getting back to the Mahavidyalaya my mind and heart are at peace. The feelings that took place in my heart when I first entered the Mahavidyalaya was mixed of many feelings and the same feelings took place in my heart when I entered the Mahavidyalaya after two years. I don't know about my other decisions but I know that the decision I made by joining the Mahavidyalaya is the best I've ever made.

Stepping into the Mahavidyalaya in Grade VIII made me feel just as I came to Mahavidyalaya in Grade VI; the feeling came back rushing to me. I can say the memories I made in the Mahavidyalaya will never be forgotten. Coming back to the Mahavidyalaya feels like coming back home my after a long vacation.



## मेरो सपनाको सहर



सञ्चिता अधिकारी  
कक्षा : १०

मेरो कल्पनामा एउटा निकै सुन्दर सहर छ  
त्यो सहर रह्रै रह्रले भरिएको छ  
करोडौं मान्छेका करोडौं सपनाले सजिएको छ  
त्यस्तो सहर जहाँ कसैको भावनामा ठेस लाग्दैनन्  
त्यस्तो सहर जहाँ पुरुषको आँखाबाट  
आँसु खस्नुलाई अस्वाभाविक ठानिँदैन  
त्यस सहरमा कामकाजी महिलाहरू  
अवेर राति घर आउनु अनौठो हुँदैन  
त्यो सहरमा घरका लक्ष्मीहरूलाई चार दिन  
अछुत बनाई भान्सांमा जानबाट रोकिँदैन  
म ठूलो र तँ सानो भन्ने भाव  
कसैको मनमा पाइँदैन  
जहाँ बाहिरी आवरणभन्दा भित्री  
सुन्दरतालाई मान्यता दिइन्छ  
मेरो कल्पनाको त्यो सहरमा  
बुहारी पनि छोरी बन्न सकिन्छन्  
एउटी सासूले पनि आमाको स्थान  
हासिल गरेकी हुन्छिन्  
एउटा विधुवा नारी रातो सारीमा  
निर्धक्क हाँस पाउँछिन्  
त्यस्तो सहर जहाँ पैसाको बिटोले  
चरित्र किनबेच हुँदैन  
भ्रष्टचारी, घुसखोरी जस्ता अपराधीको  
लागि कुनै ठाउँ हुँदैन  
मेरो सहरका युवाहरू सपना महल  
ठड्याउन विदेशिदैनन्  
ती बुढा बाआमा सन्तानको पर्खाइमा  
बसौं तड्पिनु पर्दैन  
त्यो सहरमा सबैले समान  
स्थान पाउँछन्  
हरेकले आफ्नै क्याम्बसमा रङ पोतेर  
जीवन रङ्गाउँछन्  
सूर्य, चन्द्र, पृथ्वीभै एकअर्कालाई बाधा  
नपुऱ्याइ आफ्नै कक्षमा घुम्छन्  
आफू चम्किएर अरुलाई पनि  
चम्कन सघाउँछन्  
आफ्नो हिस्साको एक खित्का हाँसो  
बाँडेर सहर नै हँसाउँछन्  
मेरो कल्पनाको सहर यी र यस्तै  
रहरहरूले भरिएका छन्

## ईर्ष्याको परिणाम



शाम्भवी पौडेल  
कक्षा : ९

हरि र राम दुईविचको मित्रता गहिरो थियो ।  
उनीहरू दुवै भगवान् श्रीकृष्णप्रति निकै आस्था र  
लख्थे । हरि भगवान् कृष्णका अनेक लीलाहरू निकै  
मनोहर ढङ्गले सुनाउँथे भने राम कृष्णलीला  
सुनेर आनन्दित हुन्थे ।

एकदिन विद्यालयबाट घर फर्किँदै गर्दा रामले हरिलाई उत्सुक भएर  
राधाकृष्णका अनन्त प्रेम गाथाका बारेमा केही सुनाउन आग्रह गरे ।  
रामको आग्रह स्वीकार गरी हरि श्रीकृष्णका अनेक गाथाबाट एउटा  
कथा सुनाउन थाले ।

द्वारिकाधाममा श्रीकृष्ण र माता रुक्मिणी शयनकक्षमा बसेर कुराकानी  
गर्दै थिए । कुरै कुरामा रुक्मिणीले कृष्णलाई सोधिन्, “ हे श्रीकृष्ण !  
राधारानीमा त्यस्तो के गुण छ ? जसले हजुरलाई सधैं उहाँकै नाम  
पुकार्न प्रेरित गर्छ ? ” श्रीकृष्णले भने, “ ए मेरी रुक्मिणी ! तिमी  
अनुमान पनि गर्न सकिदैनौ राधामा कति गुणहरू छन् ? ” श्रीकृष्णका  
कुरा सुनेर रुक्मिणी ईर्ष्याले चुर भइन् ।

राधाको प्रसङ्ग के आएको थियो ? कृष्णले राधाको नृत्यकला,  
गायनकला, पाककला आदिको लामो बेलीविस्तार लगाए । उनले  
राधाको सुन्दरता, प्रेमभाव, नेतृत्वका बारेमा वर्णन गरे । कृष्णले  
राधाको निःस्वार्थ भाव र महानताको निकै प्रशंसा गरे । राधारानीको  
यति धेरै प्रशंसा गरे कि श्रीकृष्णले खाना खाने समयमा समेत राधाको  
वर्णन गरिरहे ।

यो देखेर रुक्मिणी ईर्ष्याले क्रोधित भइन् । कृष्णले भने भैँ राधामा सबै  
गुण छन् त ? भन्ने कौतुहल बढ्यो । रुक्मिणीले राधालाई भट्टै उनका  
गुणहरू अवलोकन गर्ने निधो गरिन् ।

रात्रिको समयमा सुत्नुअघि श्रीकृष्णले रुक्मिणीलाई दुध तताएर  
ल्याइदिन आग्रह गरे । ईर्ष्या भावमा ढुबेकी रुक्मिणी भान्सा कोठामा  
गएर दुध उमाल्न थालिन् । उनले तात्तातै दुध कृष्णका अधि राखिन् ।  
श्रीकृष्णले दुध पिएर सुते ।

भोलिपल्ट रुक्मिणी राधारानीलाई भेट्न उनको वासस्थान पुगिन् ।  
राधाको महलमा पुगेकी रुक्मिणी राधाको दर्शन गर्न आतुर थिइन् । एक  
जना दासीले उनलाई राधाको कक्षमा पुऱ्याइन् । राधालाई रुक्मिणी  
नियाल्न थालिन् । राधाको ओठभरि घाउ नै घाउ थिए । सुन्निएका  
ओठले कुरूप देखिएकी राधालाई रुक्मिणीले सोधिन्, “ हजुरको मुखमा  
कसरी घाउहरू भए राधारानी ? ” राधाले जवाफ दिइन्, “ हिजो राति  
श्रीकृष्णले निकै तातो दुध पिउनुभएछ । उहाँको पोलाइको अनुभूतिले  
मेरा ओठमा घाउ भए । ”

राधाको जवाफ सुनेर रुक्मिणी अरु केही नसोधी आफ्नो दरबारमा  
फर्किइन् ।

हरिको कथा सुनेर राम निकै भावुक भए । ईर्ष्या भावले गरिएको  
कार्यले आफूसँगै अरुलाई पनि पिडा दिने रहेछ भन्ने कुरा बुझी दुवै  
आआफ्नो घरतिर लागे ।



# Class Toppers of Annual Exam - 2080

## Grade 'VI'



Miss Jasmine Rajlawat  
GPA (4.0)



Miss Eva Bhusal  
GPA (4.0)

## Grade 'VII'



Miss Alka Mishra  
GPA (4.0)



Miss Noming Limbu  
GPA (4.0)



Miss Penchhen Bimala Tamang  
GPA (4.0)



Master Susil Chauhan  
GPA (4.0)

## Grade 'VIII'



Miss Siddika Kandel  
GPA (3.95)

## Grade 'IX'



Miss Prapti Niraula  
GPA (3.98)



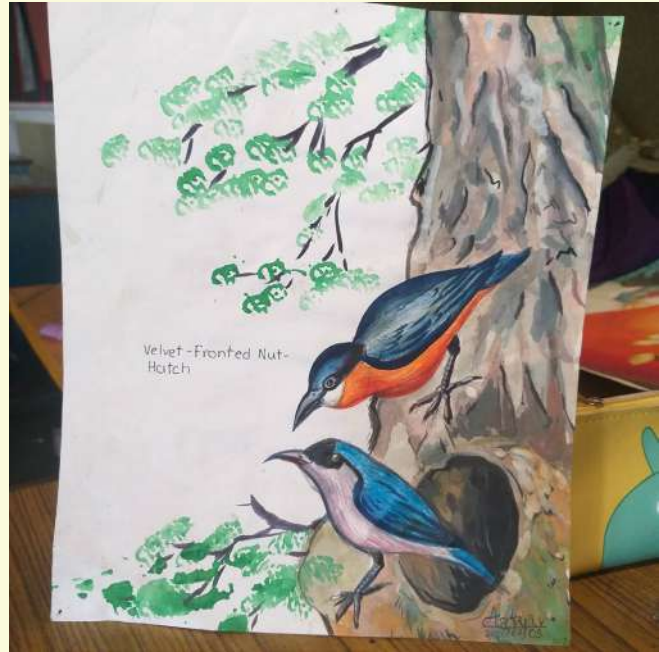
Master Ramit Karki  
GPA (3.98)



# ART GALLERY



- By Prithak Samrat Pun, Grade 'IX'



- By Aaryav Singh Thapa, Grade 'VII'



- By Nishant Khadka Grade 'IX'



- By Belief Bhandari, Grade 'VIII'

<b>Patrons:</b>	<b>Advisors:</b>	<b>Editors:</b>	<b>Designer:</b>
Mr. Dal Prasad Pun (Principal) Col Arjun Adhikari (Head of Management)	Lt Col Manoj Karki (Deputy. HOM) Mr. Mahendra Bdr. Bam (VP) Mr. Bishnu Pd. Adhikari (HOD, Nepali) Mr. Dinesh Kumar Gajmer (HOD, English)	Mrs. Shrijana Sharma (English) Mrs. Sirjana Poudel (Nepali)	Mr. Manoj Kumar Sah (Asst. Librarian) Mr. Jagat Gurung (Photographer)