



INSIDE

# THE NAMOBUDDHA TIMES

Episode 1 | 2025/26



## From the Vice-Principal's Desk

It is with immense pride and great pleasure that we are presenting you the first episode of **The Namobuddha Times**. This inaugural publication marks a significant milestone in the journey of Namobuddha Secondary School and stands as a reflection of our commitment to academic excellence and holistic development.

As a fully English-medium institution, Namobuddha School has always strived to provide quality education that meets global standards while nurturing strong values and character. We believe that education goes beyond textbooks—it is about developing creativity, communication skills, critical thinking, confidence and leadership qualities among our students.

**The Namobuddha Times** serves as a vibrant platform for our students and teachers to express their ideas, talents, achievements, and innovative thoughts. This first episode beautifully showcases the literary skills, artistic creativity, and academic accomplishments of our school community. It is truly inspiring to witness the enthusiasm and dedication shown by everyone involved in bringing this publication to life.

I extend my heartfelt appreciation to the editorial team, teachers, and students for their hard work, cooperation, and commitment. Your collective effort has made this dream a reality.

I sincerely hope that **The Namobuddha Times** will continue to grow with each edition, inspiring our students to dream big, think globally, and act responsibly as future leaders of society. Let this first episode be the beginning of a proud tradition that will flourish for many years to come.

*With best wishes for the grand success of The Namobuddha Times.*

Ujjwal Bhatta  
Vice-Principal  
Namobuddha Secondary School

## POEMS THE DREAMS



### CLIMBING A LADDER

I'm climbing a ladder  
I can't see the top  
Don't know where I'm heading  
But still I don't stop

The ladder is sturdy  
I climb past our roofs

I have strange feelings  
This might be goof

The chimney's below me  
I dare not look down  
I know it's a distance  
To fall to the ground

I reach the first cloud,  
And it's thicker than cream.  
I say to myself  
"This is likely a dream"

- JIYA GHIMIRE



# YOUR ATTITUDE DECIDES YOUR ALTITUDE

## MY SCHOOL

My school is a place I love,  
Full of joy and dreams above,  
Teacher guild us every day,  
Showing us the right way.

Friends and books make learning fun,  
Lessons bright like the sun.  
My school helps my future grow,  
It is the best place I know.



- Pranish Pun Magar

## Editorial

Welcome to the inaugural edition of **The Namobuddha Times**, a proud and historic beginning for Namobuddha Secondary School. A magazine is more than just a collection of articles; it is the voice of a school community. It reflects our thoughts, creativity, achievements and aspirations. With this first episode, we are delighted to open a new platform where ideas are expressed freely, talents are showcased confidently, and achievements are celebrated proudly.

As a fully English-medium institution, our school strongly believes in nurturing effective communication skills, critical thinking, and global awareness among our students. **The Namobuddha**

**Times** is a step forward in that direction. It provides students with an opportunity to develop their writing abilities, enhance creativity and build confidence in expressing their perspectives.

This edition features a blend of literary pieces, poems, essays, creative writings, achievements, colourful paintings, drawings and glimpses of school activities. Each page represents the dedication, imagination, and hard work of our students and teachers. The enthusiasm shown by our contributors clearly demonstrates that our learners are not only academically capable but also artistically expressive and intellectually vibrant.

We sincerely thank our respected Vice Principal, Coordinator and panel of teachers, students, and supporters who encouraged and guided us throughout the preparation of this magazine. Their continuous support has made this first publication possible.

We hope that **The Namobuddha Times** will grow stronger with every edition, becoming a cherished tradition of our school and a platform that continues to inspire young minds.

**Editorial Team**  
**The Namobuddha Times**  
**Namobuddha Secondary School**  
**Happy New Year 2083**



## CLIMATE CHANGE

Climate change refers to the changes taking place in the atmosphere of the earth over a long period of time. Though the earth's climate has always changed and evolved scientists first began to worry about climate change toward the end of the 1950s. According to scientists, greenhouse effect and global warming are the major causes of climate change. Scientists have predicted that average global temperature could increase by 6 degrees Celsius at the end of that century, and adversely affect our environment and ecosystem. The main gases responsible for this change include carbon dioxide, methane, nitrous oxide and water vapor. Global climate change has already had palpable effects on the environment. For example, glaciers have shrunk; ice on rivers and lakes is breaking up earlier; plant and animal range have shifted and trees are flowering sooner. Some of these changes like volcanic eruptions, floods and forest fires, but quite a few of them are due to human activities.



## POLLUTION

Pollution is the big problem. It affects our life very badly. It is very dangerous for living being, which harms our environment. Just as our body needs a balanced diet to stay healthy and fit, the environment also needs a balanced amount.

Mainly there are three types of pollution. They are air pollution, water pollution and noise pollution. Air we breathing is poisoned by smoke, harmful gases and dust. It can cause from car, factories and natural sources. Water pollution has many harmful effects. It makes water unsafe for drinking, causing diseases like cholera and diarrhoea. Noise pollution is harmful, loud, and unwanted sound in environment. It is a serious environment issue. It is caused by loudspeaker, traffic, factories, and construction work.

We must take steps to reduce pollution. We should plant more trees, use public transport, recycle, waste and avoid using plastics. Walking cycling, or using public transport instead of driving alone can reduce pollution. These are the best measures to stop pollution.

- Nancy Gurung



**MISTAKES ARE PROOF THAT YOU ARE TRYING.**



## THE QUIET STRENGTH OF HORSE

The horse does not rush the morning  
It stand where the light touches the ground  
Breathing calm into the air

It's strengths rest quietly  
No needing dust and thunder  
Muscles move like memory  
Gentle, certain, unafraid.

It listen before it moves  
Feel the earth  
Through every step  
Freedom its stillness  
As much as in its run

When the world becomes loud  
The horse remain simple  
A reminder that power  
Can be soft and peace  
Can carry great weight

- Eva Basnet



## Leonardo Da Vinci

Leonardo da Vinci, who graced this world with his presence from April 15, 1452 to 2, 1519, was born in the town of Vinci, stay. He is known as an intelligent man of multiple talent. He displayed his talents as an art, scientist, and inventor during the Italian Renaissance. Since he was good at doing many different things, he is also known as the ultimate Renaissance man.

Son of a wealthy man with in many wives, Da Vinci lived with his mother until he was 5 years old and later moved into the home of his father, who had married another woman. Unlike other well-known Renaissance artist, Da Vinci never received any kind of formula education. He did however, received any time.



- Erika Basnet

## My mother

My mother's name is Sajina Basnet. She is the most important person in my life. She is my role model. She takes care of everyone in the house. my mother is very hard working. She prepares tasty meals for my father and me. She is very beautiful. She is very kind and innocent. She is my first teacher. She helps in homework an studies. I love my mother so much.

# THE STRONGEST FOUNDATION OF SUCCESS IS SELF-DISCIPLINE.



## My Village

My village is very big village. The name of my village is Sindhuli. My village is surrounded by field from all sides and here you can see different types of flowers, trees and plants. In my village, there is so much peace in the morning that chirping bird sounds very sweet. In my village all the people live together and it is usually a joint family. The main occupation of the people here is farming and animal husbandry.

- Janish Thapa Magar

## The Talking Pencil

A boy named Aman had an old pencil. It was short and hard many bite marks on it.

One day during an exam, Aman felt scared. "I don't know the answers," he whispered.

Suddenly the pencil spoke "Just try. I am still here."

Aman smiled and started writing. The pencil moved slowly but happily.

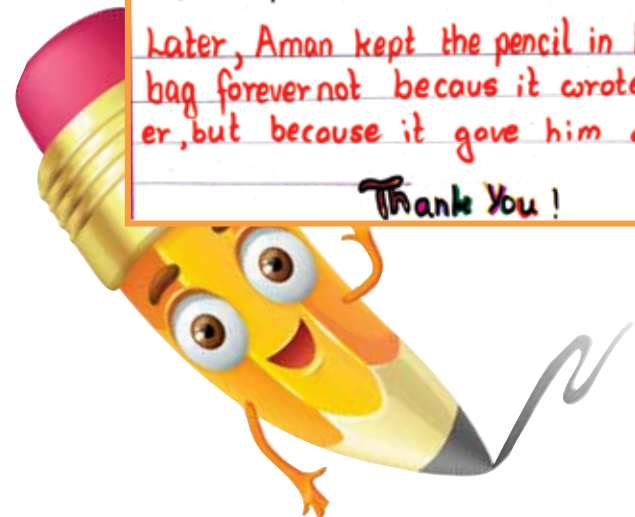
When the exam ended, the pencil broke. But Aman had finished his paper with confidence.

Later, Aman kept the pencil in his bag forever not because it wrote answer, but because it gave him courage.

Thank You!



- Rishika Thapa



## CROCODILE



## POEM

If you should meet a crocodile  
Don't take a stick and poke him  
Ignore the welcome in his smile  
Be careful not to stroke him

- Swastika Khatri



## Tree and Nature

This picture shows a big tree in nature with mountains, sun and clouds. Birds, butterflies, and small animals live around the tree. The tree makes the world a good and beautiful place. It gives shelter to animals and keeps nature peaceful. The tree helps the Earth clean, green, and healthy.

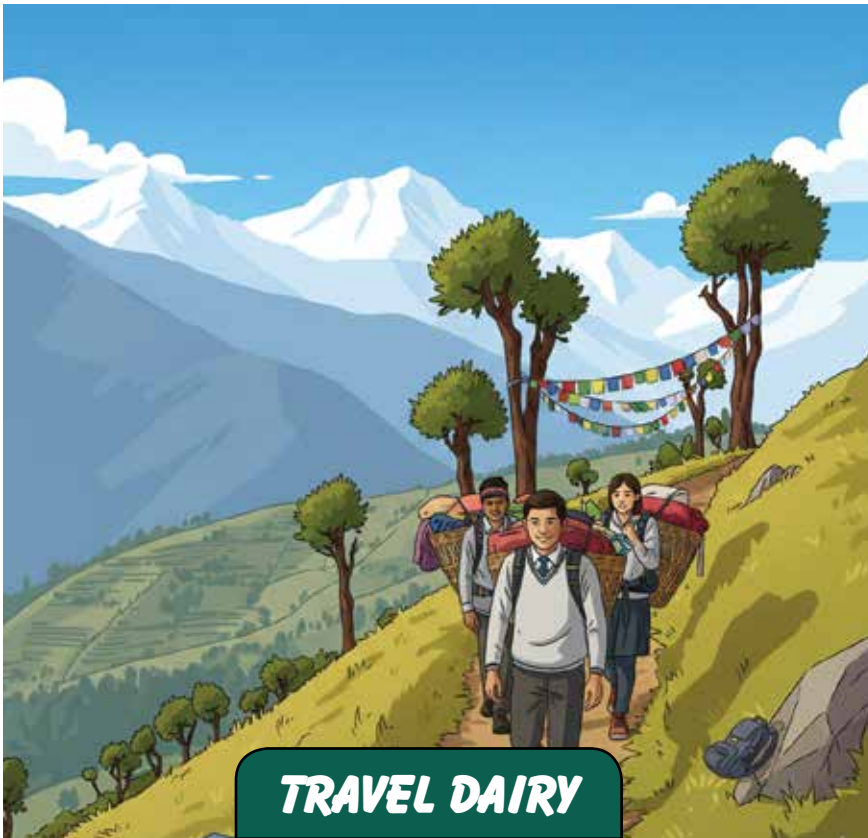
- Kushal Jaishi



## MY MOM

1. My mom's name is Rasmita Gauli .
2. She is 33 years old.
3. She cooks very nice food.
4. She cares about me.
5. She loves me and I also love her.
6. Her favorite color is Pink and Blue.
7. Her favorite food is MOMO and THUKPA.
8. Her house is Jhapa.
9. I love her very much.

- Irisha Khadka



**First day:** The tour started on Friday with departure from home. We stopped at Abu Khaireni for breakfast. After having breakfast we continued our journey. At 12:00 noon we stopped at Damauli place for lunch. In lunch there was Veg khana set & for desert there was curd with fruits. Then we arrived at hotel and check in. The hotel was too good. We went to our room & became fresh, then after we went to eat. In dinner there was Non-veg Khana set. The dinner was very delicious. After eating we rested for a while & then danced.

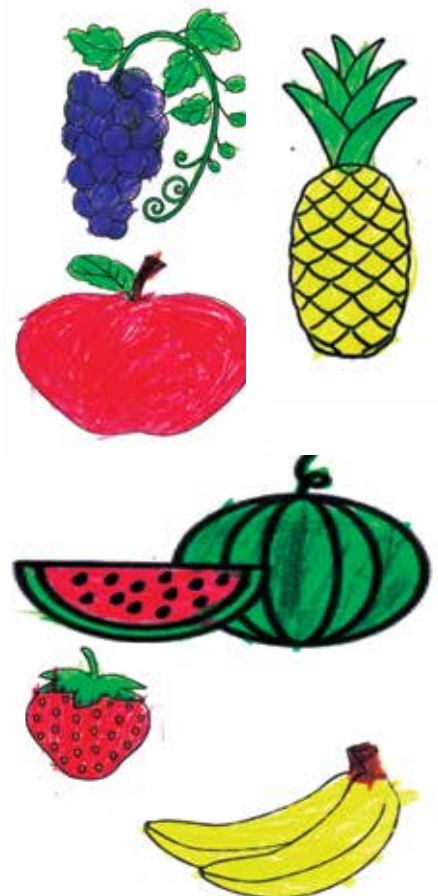
**Second day.** The Next day we checked out of the hotel. And we set off for Mustang We saw lots of beautiful hills, mountain during the travel. We enjoyed a lot there. Then, we stopped on the way for lunch. After having lunch we continued our journey. We arrived at Mustang at 6:35 pm & we checked in at hotel and became fresh. We went to Jerry galli. That was too good. We wore Khambu dress there & made a lots

of video there. We enjoyed a lot there, and returned to our hotel & had our dinner.

**Third day:** Next day we started journey from Mustang to Pokhara. We had our lunch at 11:30 am. After being fresh, we started to continue our journey. We checked in at Niwas hotel. The hotel was too luxurious. We became fresh & we went to Disney land. We took tickets of ferris wheel and played ferris wheel ranger, 360 etc that was too fun. We came back to hotel we had our dinner.

**Fourth day:** Next day we went to Bindabasini temple, we went to Davis fall etc. That was too fun. At last we returned to Kathmandu. This is the description of 3 nights & 4 days tour. We made lots of memory during our journey. This is the best memory we made ever.

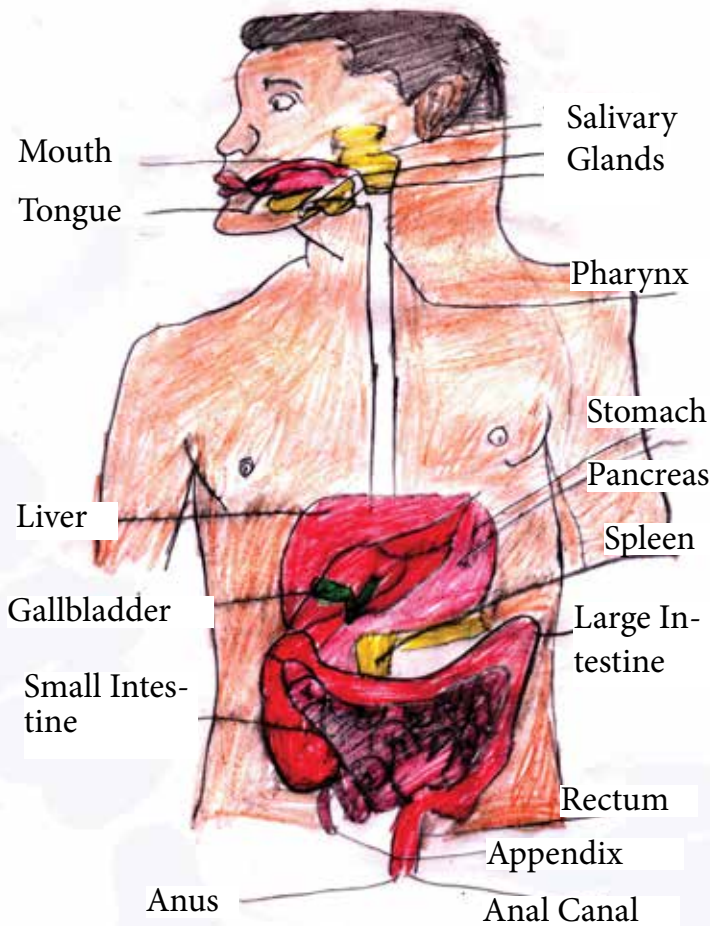
- Eva Basney



- Nabin Thapa



## Human Digestive system



- Akriti Ghale



## The Never Ending Journey

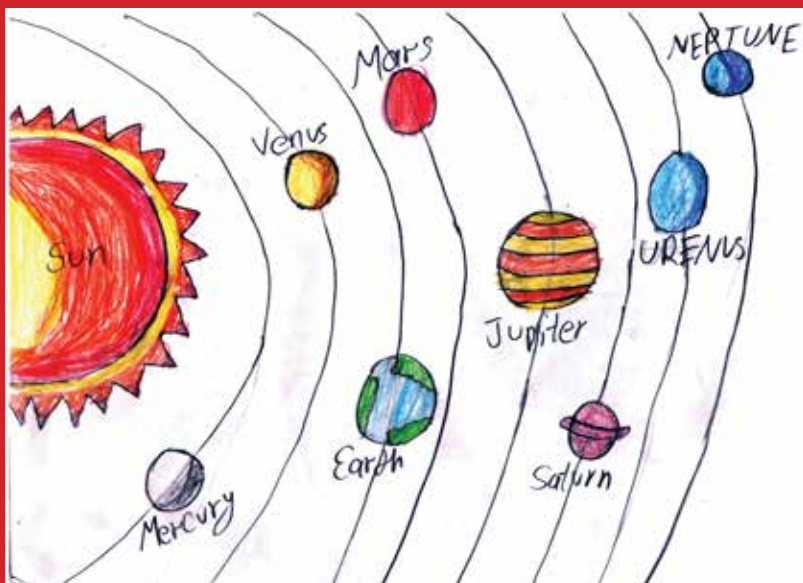
I once believed the road would culminate  
In a quiet place called "enough."  
A final step, A resting breath.  
But horizon kept retreating as I walked

Each mile reshaped my certainty.  
Hope travelled light, doubt followed close.  
Some days the path was illuminated,  
Other days shrouded in hesitant shadows.

I stumbled through seasons of loss,  
Yet gathered wisdom from the dust.  
The echoes of failure did not break me.  
They tempered my resolve like fire on steel.

This journey demanded no perfection,  
Only courage stitched with patience.  
It taught me that becoming matters more  
than arriving anywhere at all.

Now I walk with measured step,  
Aware that ending are illusions.  
As long as time flows through my veins,  
this journey remains unfinished  
- Kritan Mishra



## Solar System

- Kush Adi



# CHARACTER IS THE FOUNDATION UPON WHICH EDUCATION STANDS STRONG.

## THE SOUL'S VOYAGE

The nights were very long on journey,  
The stars were exhausted , but the light never gave up .  
Every way that was shut blocking stone –works fell open silently,  
The storm would not affect anything because patience had control.

The steps were still moving ahead while carrying the wound,  
The passion of the injury cased the courage to be even stronger.  
When faith faltered, hope did not perish.  
The courage to reach for the last door never left us.

Time taught us to fight , not only to blend ,  
Those that were rejected in the previous stages  
did not match the future.  
The dust of defeat has obscured the victory,  
The mind that is ready to wait can even the impossible.

The darkest hour is the harbinger of dawn.  
Fear lost strength only after this was understood .  
The meaning of life is found in the journey that never stops,  
Walking courage because the greatest victory.

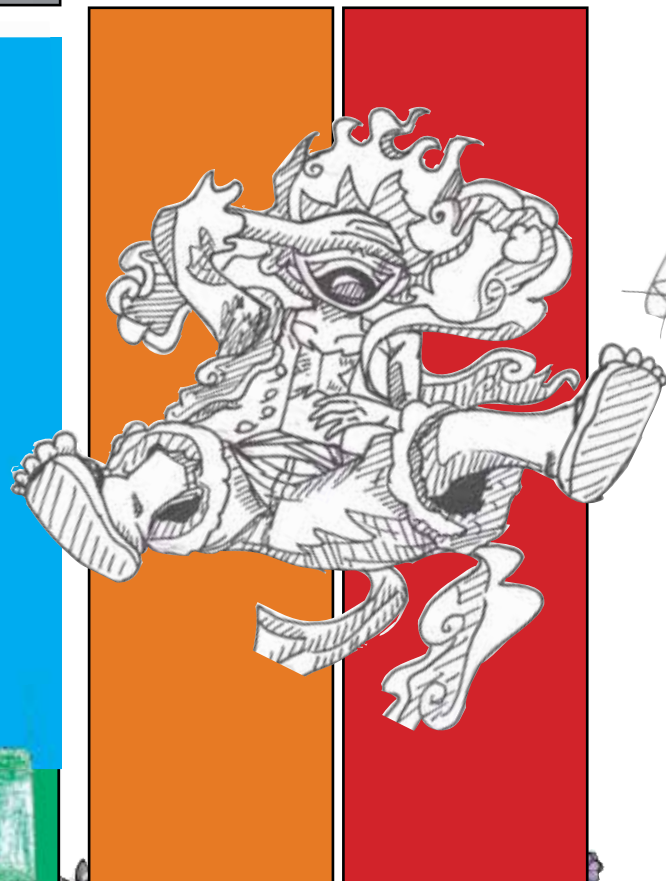
-Babita K.C



-Dipson Rana Magar



- Reyansh Yadav



## Nepali Poems



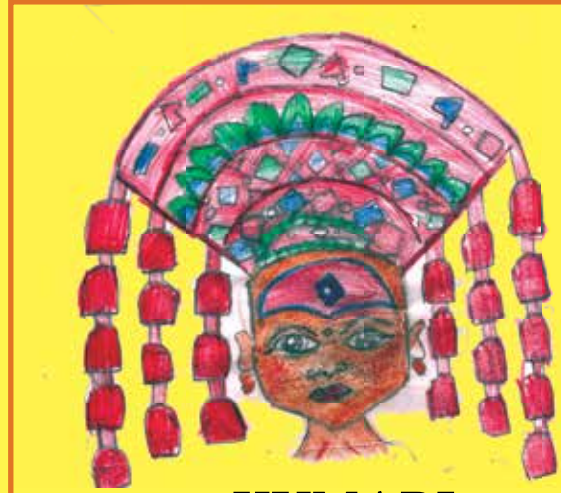
### सरस्वती माता

विणापाणि, हंसवाहिनी,  
ज्ञानकी देवी तिमि,  
अज्ञानको अन्धकारमा,  
ज्ञानको ज्योति देऊ ।

श्वेत वस्त्रमा सजिएकी,  
कमलमा विराजमान,  
हाम्रा मनमा भिरीदेऊ,  
सदबुद्धि र विवेक ।

ज्ञानको भण्डार तिमि,  
शिक्षाका मुहान,  
अज्ञान हटाई बनाउ,  
हामीलाई ज्ञानी,  
कमल, मसी पूजा गरी,  
गाउँछौ तिम्रो गान,  
सरस्वती माता तिमि,  
देउ हाम्रो प्राण ।

Research Chaudhary



### KUMARI

- Saugat Danuwar



- Jenish Chaudhary



**DISCIPLINE IS THE SILENT FORCE BEHIND EVERY GREAT SUCCESS.**

## जीवन यात्रा



पर्खालहरु बिचको बाटो हिड्दै  
सपनाको घाममा पखेटा सिउँदै  
हावा संगै कुरा गर्ने बानी  
नभुक्ने त्यो बाल मनको कहानी ।

जीवन भनेको नदी हो बग्ने  
खुसी र पीडा सबैसँग ल्याउने  
कहिले आँसु, कहिले हाँसो  
कहिले गुनासो, कहिले साँचो ।

हिँडिरहन्छौं ठुंगा र काँडा बीच  
तैपनि देख्छौं उज्यालोको बीज  
किनभने यात्रा नै हो सार्थक  
जब हरेक मोड हुन्छ अपूर्ण र गाढक

- गृणमन शर्मा

## घामछाया

कति राम्रो छाया कति राम्रो घाम  
चउरमा खेल्छन दुवै एकै ठाम  
खोलावारिबाट खोलापारि तर्छन्  
डाँडा वारिपारि लुकामारी गर्छन्

जसै घाम बस्छ नरमाइलो मानी  
उडी आउँछ छाया शीतल पड्खा तानी  
जसै छाया बन्छे विनु कोरीवाटी  
अनि आउँछ घाम कालो मेघ काटी

घामछाया मिली फुलमा रङ्ग मर्छन्  
आफ्नो सीप हेरी आफै दङ्ग पर्छन्  
आकाशको चेलो धरतीको चुली  
सधै बालपान सधै हाँसखेली

सञ्जीव गौतम



# A CLEAN SCHOOL REFLECTS DISCIPLINED STUDENTS.



## आमा

हे नेपाली साथी हो  
माटो लुट्ने घाती हो  
सेरखी उस्को शैलीको  
गछौं निन्दा वैरीको

पुर्खाले हो आजैको  
माटो आफैँ गर्जेको  
लोभी साह्रै पानीको  
खम्ता सार्ने बानीको

लाग्ने माया साराको  
पानी मिठो धाराको  
चिन्ता लाग्ने, बाटो भो  
सेका गर्नु माटोको

भान्सा पाकी गिठाको  
पढ्ने मान्छे डिड्वा भो  
खानी खोजौं तामाको  
माया औधी आमाको

माता काली नेपाली  
छेक्छन् वैरी गोर्खाली  
भाडा लाग्यो दुङ्गाको  
छाती हाम्रो दुङ्गाको ।

- सुहम थापा



-अवि अधिकारी



## ज्ञानको गौरवः मेरो विद्यालय।

टोखा-६, धापासीको पवित्र भूमिमा,  
ज्ञानको उज्यालो दीप प्रज्वलित छ।  
नमोबुद्ध इन्टरनेशनल मोडेल स्कूल  
संस्कार र शिक्षाको गौरव बनेको छ।

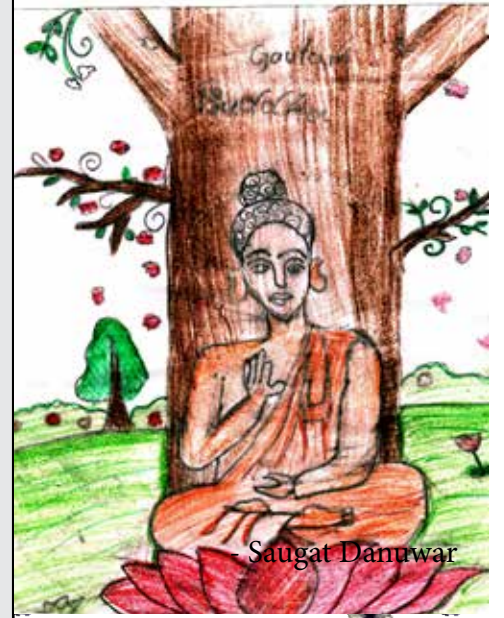
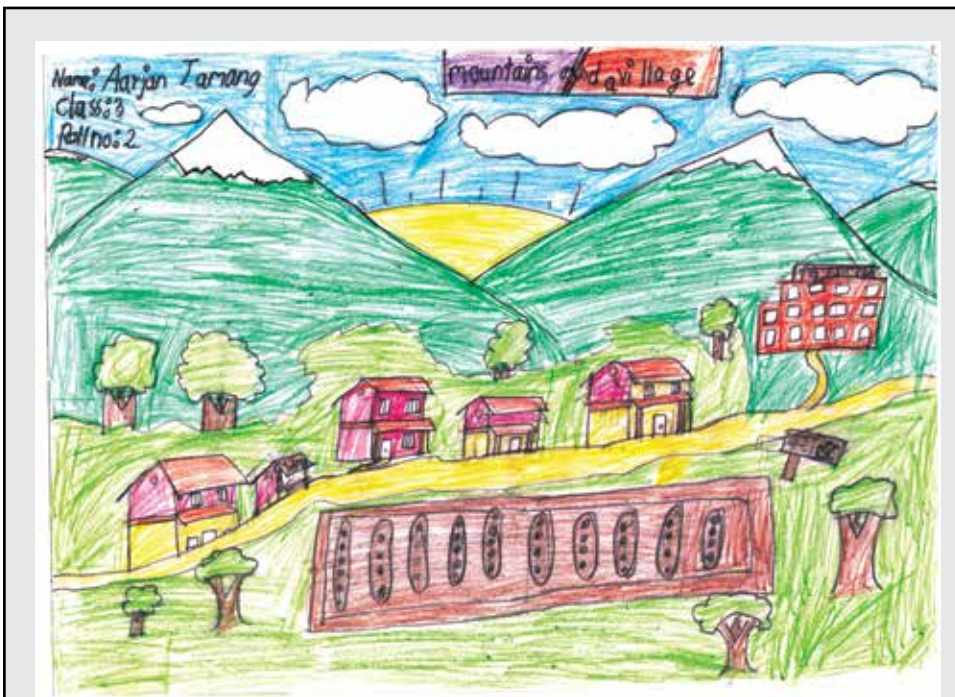
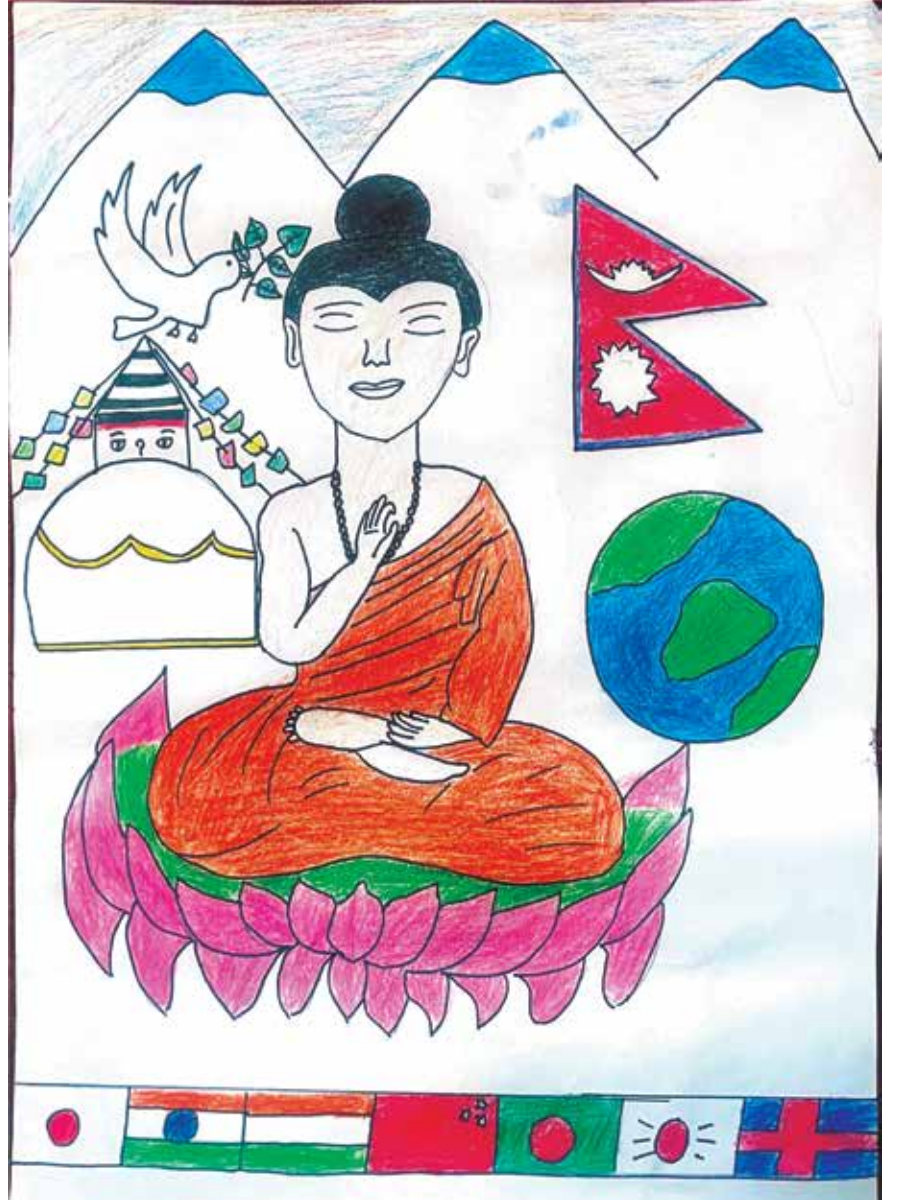
अनुशासनको बाटो देखाउने  
प्राचार्यज्यूको दूरदर्शी नेतृत्व।  
शिक्षकको त्याग, माया र मेहनत  
विद्यार्थीको उज्यालो भविष्यको सेतु।

शिक्षा मात्र होइन, जीवनको पाठ  
नैतिकता, जिम्मेवारी र समानता।  
हामी विद्यार्थी गर्वका साथ भन्छौं,  
नमोबुद्ध हाम्रो पहिचान र क्षमता।

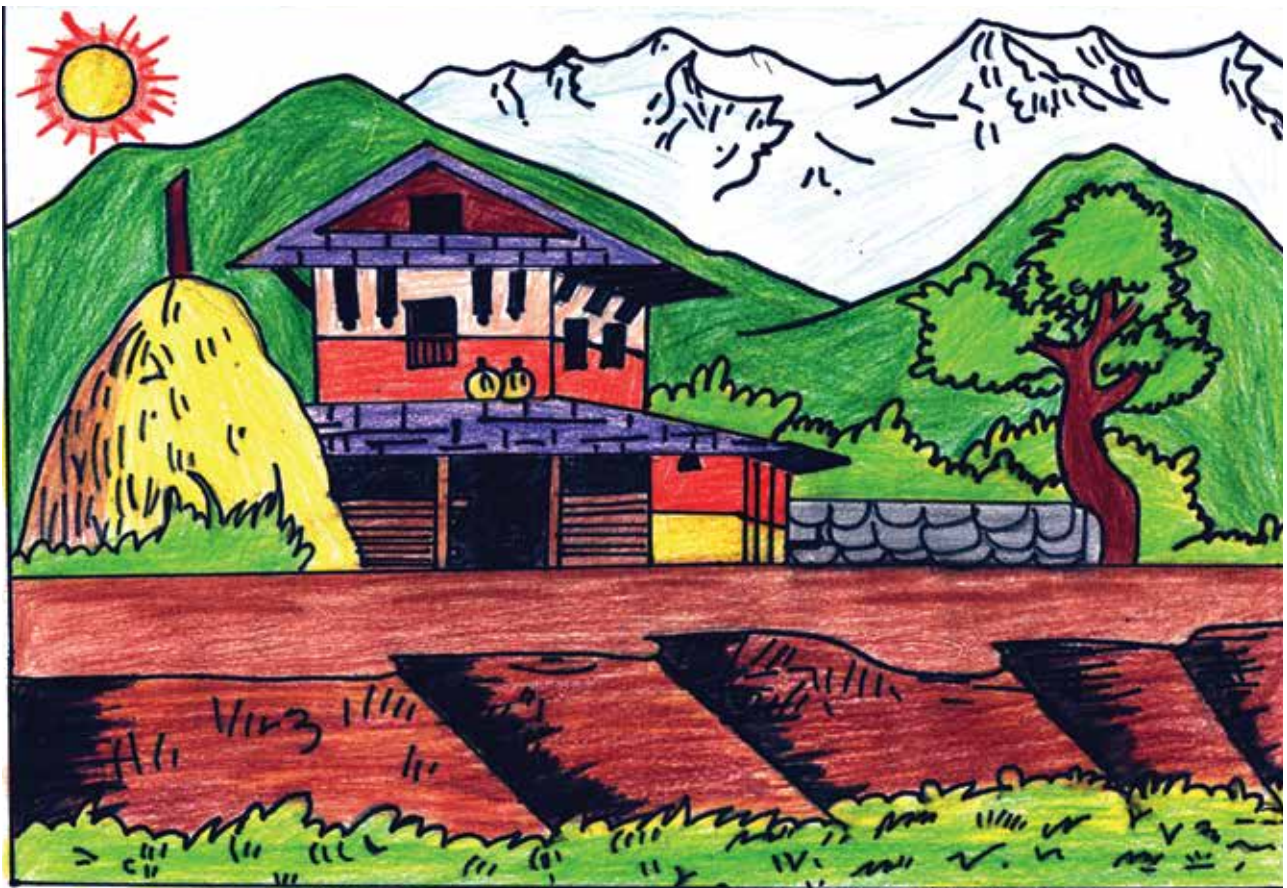
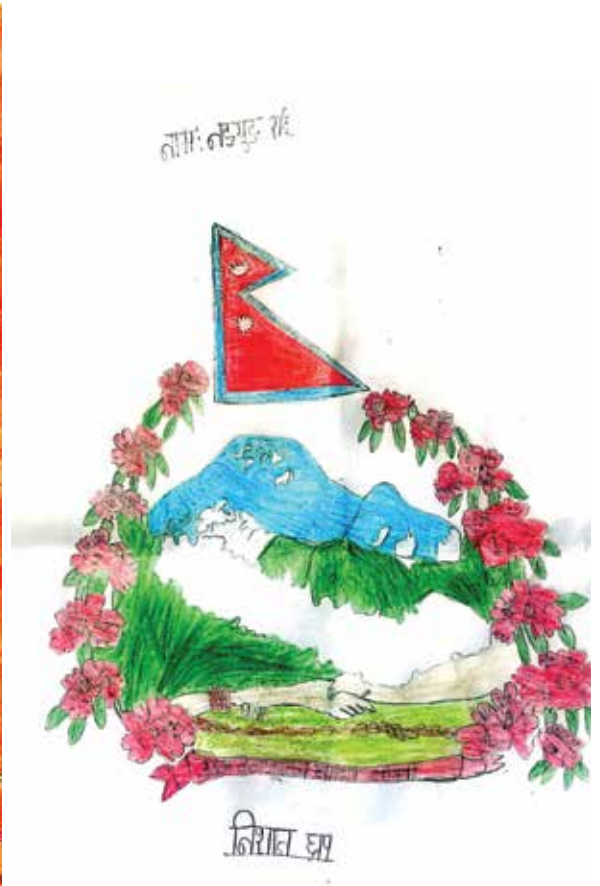
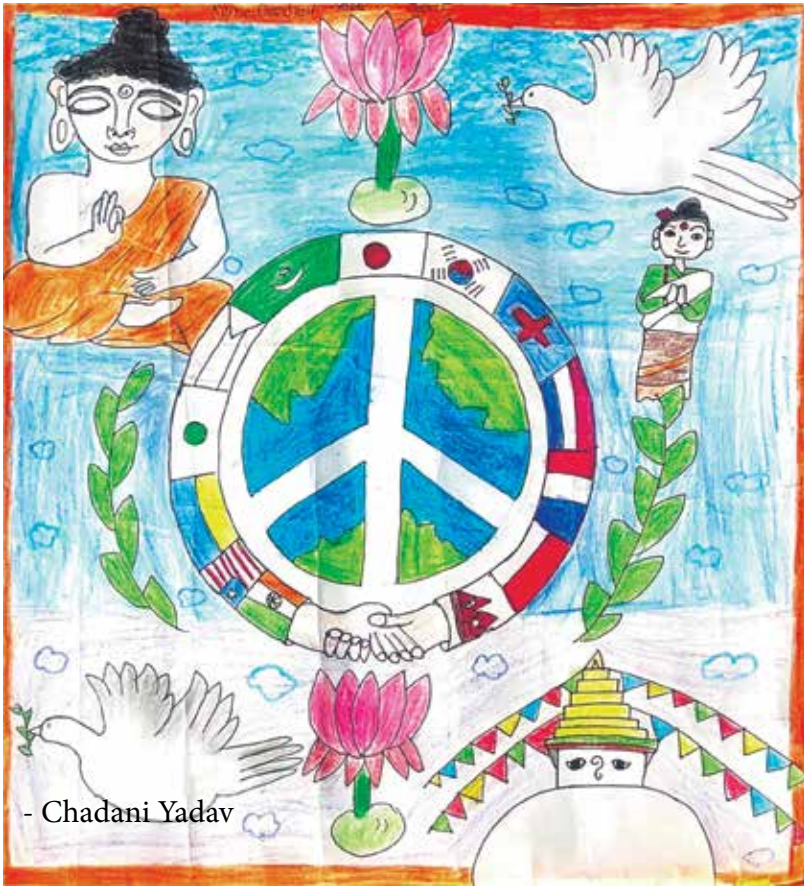
मेहनत, अनुशासन, आत्मविश्वास  
यहीबाट जन्मिन्छ सफलता।  
हाम्रो विद्यालयले सिकाउँछ सधैं  
देशप्रेमी, कर्तव्य र आज्ञाकारीता।

कापी-कलम हातमा समाई  
विद्यार्थी अघी बढ्दैछन।  
गुरुजनको माया र आशिषले  
सपना साकार बन्दैछन्।

-अवि अधिकारी



**DISCIPLINE IS THE BRIDGE BETWEEN LEARNING AND SUCCESS.**



EDUCATION SHAPES THE MIND, BUT CHARACTER SHAPES THE DESTINY.

MERRY CHRISTMAS



- Kushal Jaishe



- Success Tamang

**Santa Claus**



- Sanjeev Gautam





# NAMOBUDDHA SECONDARY SCHOOL DHAPASI, TOKHA-6, KATHMANDU

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