Editorial

"Every sunset brings the promise of a new dawn"

As we progressively move closer to the conclusion of this year and eagerly march towards the new one with enthusiasm, allow me to reflect on and assess the list of achievements and tasks we have accomplished thus far. The theme for this year was "expression". This theme was chosen with intense and passionate belief in the importance of expression. We strongly support artistic self-expression among our students, placing a significant emphasis on cultivating creativity. In alignment with the theme for the year, we organized various activities aimed at uncovering and nurturing the hidden talents of our students. Each student demonstrated their unique strengths and abilities. While some excelled in sports and physical activities, others showcased their academic talent, and many displayed exceptional skills in a variety of co-curricular quests. This exercise has proven to be highly productive, leading to noticeable progress in the students' academic, emotional, spiritual and physical growth. This achievement has been immensely rewarding for us. Looking ahead to the upcoming session, our focus will shift towards adopting self-discipline and developing essential life skills, with an emphasis on the holistic development of each child at **Green Field World School.**

I wish happy reading to all our viewers.

-**Bernard Lama [School Coordinator]**

10 Lines on Technology

1) The knowledge with science implemented for practical use is technology.

2) Technology has completely changed the world and our daily life to a significant extent.

3) Things, which were not possible a few years ago, have become common now.

4) The invention of Wheel, Spears and stone tools were the most significant development in the Stone Age era.

5) From a Simple Watch to Super Computers, the technology has surrounded us in our daily life.

6) Video Conferencing, the preferred way of communication, is a gift by the technology.

7) With the help of technology, we have reached Moon and are planning to set up a human colony on Mars.

8) Technology is not always a boon, but it has also proved dangerous many times.

9) The development of Nuclear Bomb is can both positively and negatively affect the human being.

10) We should always remember that technology is a good servant but a bad master.

गरेर सिक्ने सिकाई

गरेरसिक्ने सिकाई अन्तर्गत कक्षा – ६ का विद्यार्थीलाईसामाजिक सहयोग कार्य सिकाउने उद्देश्यले मिति २०८१\११ \ ०९ गतेका दिनअर्जुनधारा -६ मा रहेकोअपाङ्ग बालशिक्षा सरोकार केन्द्र भ्रमण तथा अवलोकनगरियो | साथै विद्यार्थीले आआफ्ना घरबाट शैक्षिक सामग्री , लगाउने कपडा साथै खाद्य सामग्री समेतल्याएर प्रदान गरे | विद्यालयको तर्फबाट पनि बिभिन्न खेलाउने सामग्री प्रदान गरियो र त्यहाँ रहेका बालबालिकाकोशारीरिक शैक्षिक अवस्थाका बारेमा त्यहाका कर्मचारीसंग विद्यार्थीले छोटो अन्तरक्रिया गरे र विद्यालयबाट९:३० बजे शिक्षकरुज्वल मगर , उषाकिरण गुरागाई र सहयोगी जीवनदाहालको नेतृत्वमा गएको३० जना विद्यार्थी सहितको टोली दिउँसो १२ बजे विद्यालयफर्किएको थियो |

-उषाकिरणगुरागाई

सरस्वती पूजा

"सरस्वती मया दृष्टा वीणा पुस्तक धारणी
हँस वहान संयुक्ता विधा दान करुतुमे"

वाक् देवी अर्थात् बोली र विधाकी देवीको रुपमा पुजित देवी सरस्वती विद्यार्थीहरुकी प्रिय देवी हुन् | सरस्वतीको दिन अर्थात् माघ महिनाको पञ्चमी दिन विशेष गरेर मत सरस्वतीको पूजा र आराधना गरेर हर्षोल्लासका साथ मनाइन्छ | हातमा वीणा र पुस्तक धारण गरेकी सरस्वतीको आराधना गर्दा गीत, सङ्गीत र पठन पाठनमा लागेकाहरुको उन्नति र प्रगति हुने मान्यता रही आएको छ | त्यसैले बिद्यालय, संगीतालय, मन्दिर र घरघरमा सरस्वतीको पूजा अर्चना गरेर पर्व मनाइन्छ |

यसपाली अर्थात् २०८१/१०/२१गते सरस्वती पूजा परेको थियो | विद्यार्थीहरुलाई अक्षरारम्भ गराउनुका साथै सम्पूर्ण शिक्षक विद्यार्थी मिलेर ग्रीन फिल्ड वर्ल्ड स्कुलमा पनि धुमधामसंग सरस्वती पूजा गरियो |विविन्न बन्द र हड्तालका बाबजुत पनि टाढा टाढाबाट विद्यार्थीहरु आएर २१ गते सोमबार बिहानैदेखि पूजा अर्चनाका साथै प्रसाद ग्रहणको कार्यक्रम भयो | करिब बिहान ८ बजेदेखि सुरु भएको पूजा १० बजे समापन भयो र सबै विद्यार्थीले टिका प्रसाद ग्रहण गरेर १२ बजेसम्म आ-आफ्ना घर फर्किने काम भयो | पूजाको तयारीमा कक्षा ६,७,८,९, र १० का सम्पूर्ण विद्यार्थी र विद्यालयका शिक्षक अनि अन्य स्टाफहरु सहभागी भएर त्यस विशेष दिनलाई अझ विशेष बनाएर सरस्वती पूजा पर्व मनाइयो |
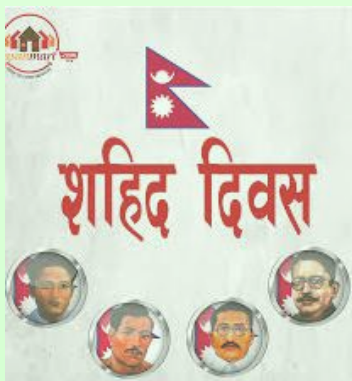

सहिद दिवस

सहिद दिवस देशका लागिप्राण आहुति दिने सहिदहरुको सम्झना गरिने दिन हो | सहिद शब्दले ती अमर व्यक्तिहरुलाई जनाउदछ जसले देश , जनताको अधिकार , संस्कृति र अस्तित्वको रक्षा गर्न र हरेक देशभक्त नागरिककको मन मस्तिस्कमा सधैं भरि रहने गरि स्वतन्त्रताका लागि आफ्ना बलिदान दिए |

नेपालमा हरेक माघ १६ गते सहिदहरुको सम्झनामा सहिद दिवस मनाईने गर्छ | देशका सडक , पार्क र अन्य महत्वपूर्ण सालहरु सहिदको नामबाट नामाकरण गरिएको छ | उनीहरुको सम्झनाहरूमा तस्बिर र मुर्तिहरुमा मात्यपर्ण गरि अनेकौं औपचारिक कार्यक्रमहरुको आयोजना हुने गरेका छन् |तर यतिले मात्र सहिदहरुको बलिदानको कदर हुन सक्दैन| शिक्षाको ज्योति सबै देश बासीको पहुचमा पुर्याउनु, समाजमा भएका कुरितिहरुलाई निर्मुल पार्नु , देशबाट दासत्व, विवेद जस्ता विकारहरुलाई हटाउनु, हरेक नागरिकले स्वतन्त्र भएर आफ्नो हक अधिकारको उपभोग गर्न पाउनु जस्ता सहिदका सपनाहरु साकार पार्न राष्ट्र प्रमुख देखि सर्वसाधारण सबैले पहल गर्नुपर्छ |

रियाना श्रेष्ठ
९ (क)

Mice

I think mice
are rather nice
their tails are long,
their faces small,
They haven't any
Chins at all
Their ears are pink
Their teeths are white
They run about
Without very freight
Anubhav timsina
2B

A poor farmer

Long ago there was a farmer and his wife and daughter and they don't have money to buy anything and one day,farmers daughter said ,I am so hungry can u give me something that I can to eat and his father went to find food for her.He went to the city but he could not get any help from the city so he went very far from his home to ask for help but no one helped him.He went to the pond and brought some water and ram towards home.He came home and said nobody helped him in the city but he showed water and said I got this only.The farmer and his wife went again to find some things for help or to get money.and lucking they worked hard and they got money to but food for them.The moral of story is if we do hardworking we can receive everything.
-Shubham pudasaini
2B

Global warming

In this modern,world full of different technologies we all are busy on using different technologies we all are busy on using different gadgets.Global warming is a warming for the humans.The world global warming itself says that the world is being warmEd and temperature but the sea level is also increasing too.

Vehicle like car,truck etc and factory produces huge amount of carbondioxide gas which causes global warming.Not even though vehicle and modern technologies like AC,refrigerators,cooler are also one of the major cause of global warming.It causes dis balance in ecosystem which promotes the increasing rate of disease in humans and animals.

To save our world we need to imply different preventive measure using of recycle like petrol and diesel vehicle we should use electric vehicles.Instead of burning plastic and other substances we should recycle it. Use of modern technology to make factories and dispose waste so there won't be much pollution .In conclusion, we should follow this preventive measure and save our earth which will also save our life
Sahil agrawal
9A

STOP ! GLOBAL WARMING

AI-the future of the world

For hundreds of years, people have been trying to invent new and complex machine to make our work easier. People started to use different materials and properties to make things that have efficient result in different situation people used natural elements like fire, water, electricity, air etc as the main components or procedures of different technologies. At when first computer was invented, people thought that the computer could be used for many purposes. People used those computers to discover many new things and places. But some people used these computers for negative purposes too. People used it and invented new and advanced weapons as it encourages violence. The discovery of atomic weapons has brought the world to the verge of end very soon.
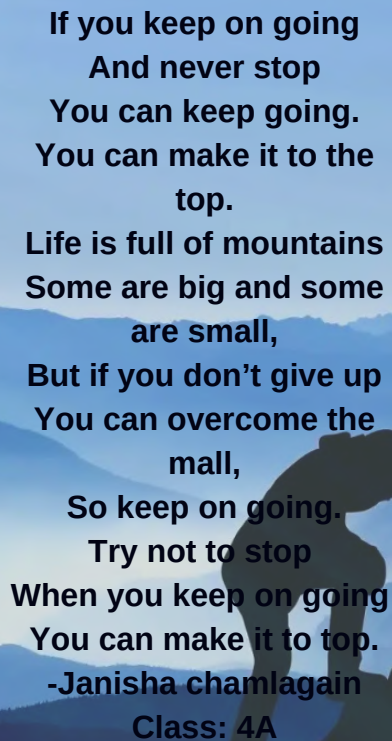
Every action has its advanced effect now people have thought that they have gone too far and were careless. So, they thought not to use these weapons as they finally realized the technologies are made for man kind and it can be used against them.

After that, people tried to advance their technology in the field of computer and achieved a new and even thought before invention called 'AI' which means 'ARTIFICIAL INTELLEGENCE'. People tried to replicate their brains into computer and came up with it. People then started to use AI and tested its capability. Its performance was found to be unbelievable. It came out smart as a person as they use computerto make AI. In these day AI technology has a very high demand as it works successfully. But after invention of AI, some people lost their jobs where as in some areas it gained popularity. Maybe some people are unaware of the possible danger by the use of AI in the future, but many people think its an amazing invention. Shortly, we will find out whether its positive aid to human life or a negative cruse.

Aditya Oli
Class- 9'A'

Don't Give Up

If you keep on going
And never stop
You can keep going.
You can make it to the top.
Life is full of mountains
Some are big and some are small,
But if you don't give up
You can overcome the mall,
So keep on going.
Try not to stop
When you keep on going
You can make it to top.
-Janisha chamlagain
Class: 4A

Loving You

You only saw my flowers yet never bothered to take a glimpse at my roots so when autums came you didn't know what to do, you lay there, motionless.

You realized I wasn't the sophie you had painted for you fantasies although I was still the same person you fell in love with you couldn't bear to see that I looked so Different

You couldn't feel the same I love as you did with the flowers, when I stood naked and bare all you could ever do was stare

I never felt so displeased with myself I felt hideous with spirilng distain you had in your eyes

As though the whole universe had come together just to make a mockery of me, as though I couldn't walk away from the shame you put me through, like I was kept in restraints

I never knew the same eyes I was deeply and selflessly in love with could make me feel so ugly about myself; I never realized that the same arms I was longing to be in were always ready to push me away

I never knew that choosing to love you was so cruel but still I choose it, how could I have known that the true love that I had envisioned would leave me so helpless .

Sophia prasai
class 10A

Social Media

Social media is the fastest growing communication. Social media tells us the latest communication or news and social networking sites through the virtual medium of internet. Nowadays the development of technology and different social media platforms, the world looks smaller. It is not easy for everyone to survive without social media. Kids, teenage and adults use social media. Everyone is addicted to social media which leads to online bulling, money scams etc. We need social media to connect with people. It is the easiest way of communication today. It takes a few second to reach out of person who is living thousands of miles away. To communicate with people and gain a lot of knowledge, and know about the happenings around us, social media is a tool that has become immensely popular among all generations due to its user friendly interface.

Sanaya Meche
 Class 6 A

What is mental health?

Mental health is an important part of how we think, feel, and act. It affects how we handle stress, relate to others, and make decisions. When someone has a mental health issue, such as depression, anxiety, bipolar disorder, or addiction, it can impact their thoughts, emotions, and actions. These problems can make it hard for people to go about their daily lives.

Stress, depression, and anxiety can affect mental health and may disrupt a person's routine

Types of mental health disorders:

- *Anxiety disorders*
- *Mood disorders*
- *Schizophrenia disorders*

Anxiety disorders:- People with these conditions have severe fear or anxiety related to certain objects or situations. Most people with an anxiety disorder try to avoid exposure to whatever triggers their anxiety**.**

Below are some examples of anxiety disorders.

Generalized anxiety disorder:-Generalized anxiety disorder (GAD) involves excessive worry or fear that disrupts everyday living.People may also experience physical symptoms, including:

- Restlessness
- Fatigue
- Poor concentration
- Tense muscles
- Interrupted sleep

Panic disorder:- People with panic disorder experience regular panic attacks involving sudden, overwhelming terror or a sense of imminent disaster and death.

Mood disorders

- **Major depression:** An individual with major depression experiences a constant low mood and loses interest in activities and events that they previously enjoyed (anhedonia). They may feel prolonged periods of sadness or extreme sadness.
- **Bipolar disorder:** Bipolar disorder is a mental health condition that causes extreme mood swings, including manic highs (elevated mood and energy) and depressive lows (sadness and low energy). These mood shifts can affect a person's daily life, relationships, and activities.

Early signs

- withdrawing from friends, family, and colleagues
- avoiding activities they would usually enjoy
- sleeping too much or too little
- eating too much or too little
- feeling hopeless
- displaying negative emotions
- being confused

Treatment

- Psychotherapy, or talking therapies
- Medication
- **Self-help**

1. reducing alcohol intake, if applicable
2. trying to improve sleep quality
3. eating a balanced, nutritious diet
4. taking time away from work, if this is possible
5. practicing relaxation techniques, such as deep breathing, meditation, and mindfulness

A support network, whether through self-help groups or close friends and family, can be helpful to a person's well-being.