

THE EVEREST EXPRESS

A JOURNEY TOWARDS WISDOM

RECENT NEWS WRITINGS PAINTINGS



MAGAZINE

VOLUME 1
ISSUE 1

BHADRA 2080



EDITORIAL

In the dynamic realm of modern communication, the birth of our newsletter marks not just the creation of a group but the emergence of a conduit for ideas, engagement, and community. The formation of this team represents a journey of discovery, collaboration, and a shared commitment to the art.

In the leadership of Abhinab Basnet, the newsletter team was formed. The motive of formation of the team was to enhance the writing, painting and creative skill of students, to explore their true potential. The first edition of newsletter that is featured comprise poems, writings, paintings, facts that students have collected.

In summation, the formation of our newsletter team is more than a mere assembly of talents; it's a symphony of creativity, collaboration, and a shared vision. As we embark on this journey, we remain steadfast in our dedication to crafting content that resonates, sparks dialogue, and fosters a sense of belonging. Together, we illuminate pathways of communication, forging connections that transcend time and space.

Abhinab Basnet
Editor

EDITORIAL TEAM



ABHINAB BASNET
EDITOR



ANUBHAV BASNET
MEMBER



SAMIPYA RUPAKHETI
MEMBER



KESSICA SHRESTHA
MEMBER



APSANI BUDHATHOKI
MEMBER



KHILRAJ DHAKAL
MEMBER



RAKSHYA KOIRALA
MEMBER



SANKHAR YADAV
MEMBER



BAIBHAV GHIMIRE
MEMBER



TABLE OF CONTENTS

Know about Everest

05

Principal Says

06

Top News

07

Poems

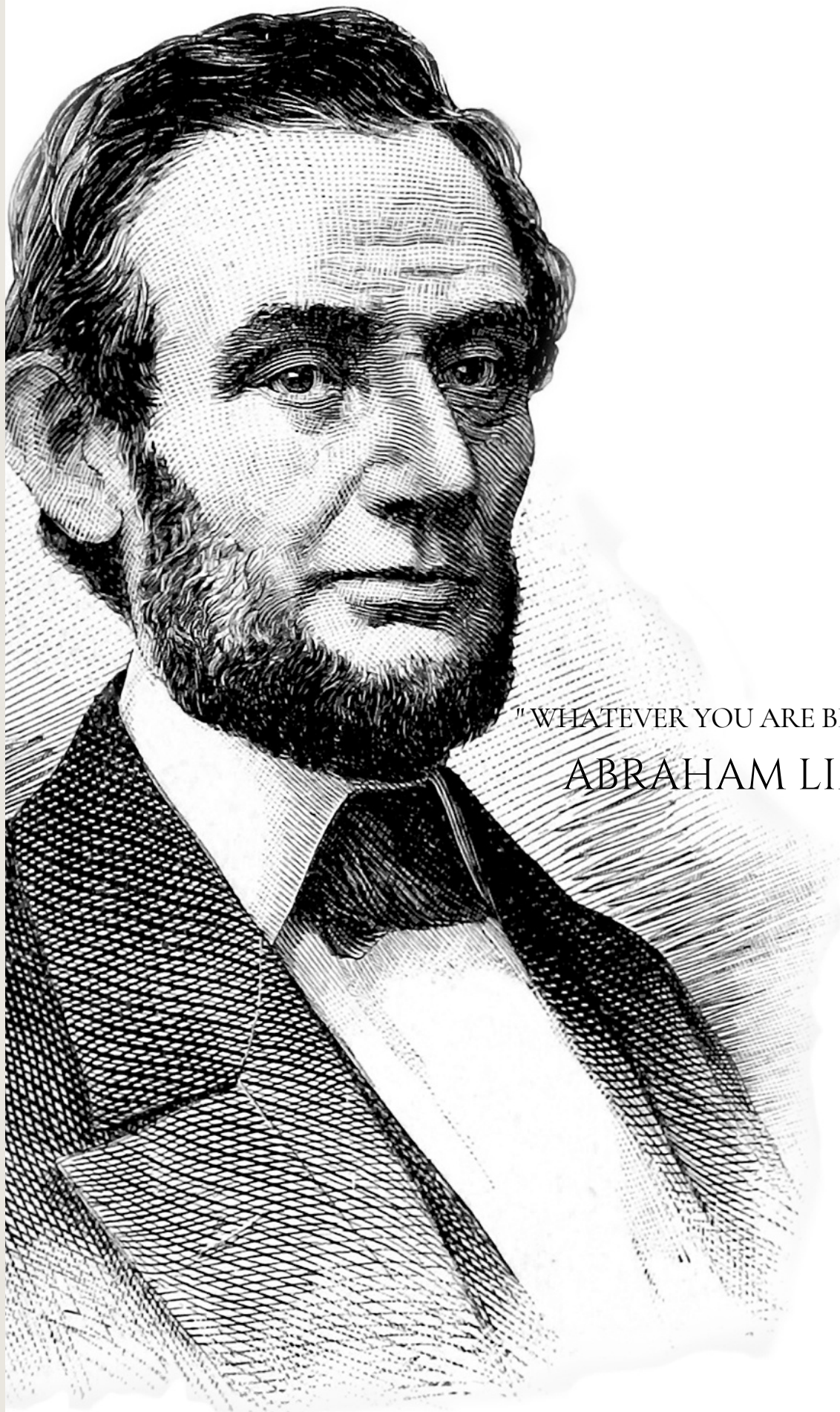
08

Writings

11

Paintings

15



"WHATEVER YOU ARE BE A GOOD ONE"

ABRAHAM LINCLON

KNOW ABOUT EVEREST

Everest Secondary School is the +2 wing of Everest Education Foundation. It was established in 2050 BS to cater to the increasing demand of quality education with clearly articulated goal of peace and prosperity . The year 2072 BS marked the inception of Everest college envisioned by a group of academia with long standing experience and devotion in the field of teaching and learning.

We constantly guide school to better teaching and learning rehearsal. We diligently invest our dedication, motivation, perseverance and hardwork in preparing future generation for broader horizon. In doing so , we thus offer greater improvement in wellbeing of education system veered towards intellectual growth and all round development .

Our syllabus is engineered in a precise manner. All preparatory classes- Pre Engineering , Pre Medical , CMAT and extensive english classes are embedded in our syllabus and lesson plans.



A journey to Excellence, Innovation and Development

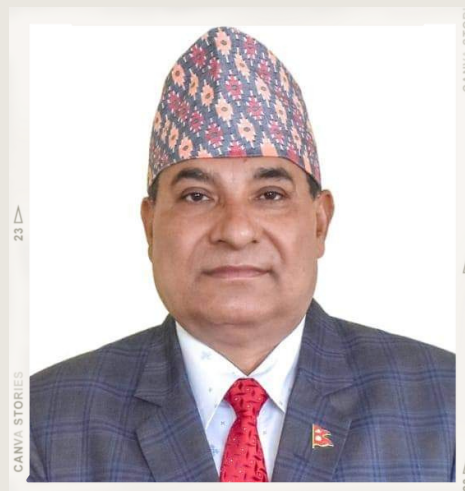
Ahead of time, students gets advantaged with all MCQs. In our teaching methodology, students are put at the centre of focus. Apart from regular classes , we offer students innovatively designed CCA classes , both for outdoor and indoor values. The intelligent pursuit of excellence and a variety of activities , which students are exposed to in college , are indicated to produce leaders who will champion the values of truth , justice and peace.



PRINCIPAL SAYS:

I am enthralled with joy to learn about the publishing of 'The Everest Express' a newsletter of

Everest college. It's a matter of pride to share that this is a wholly student-led project. Everest Education Foundation was established with the vision of enabling students to transform themselves into the most efficient human resource to combat the obstacles and challenges of this ever-expanding world of competition. Academic excellence remains at the core of our institutional values however we leave no stones unturned for the holistic development of our students. The 21st century is not merely a world of competition but also of cooperation and collaboration. Thus, along with the excellence in chosen discipline of studies, the students must also possess several other soft skills including and not limiting to good communication and interpersonal skills, leadership, problem solving, critical thinking, work ethic, time-management and team work. In order to foster these skills in our students and help them evolve as confident and resourceful human assets. Everest has incorporated multiple facilities and amenities within its expanse of 5 acres land. The team of Everest is comprised of highly qualified, motivated and goal driven academicians who have considerable experience and unflinching commitment to quality education.



The publication of "The Everest Express" is solid evidence of the robust relationship between the eminent scholars and the inquisitive learners. I wholeheartedly congratulate the entire team of 'The Everest Express', led by Abhinab Basnet, the seven clubs and their designated heads, the teaching faculties and staff for materializing a fine concept this magazine. I am confident that this will serve as a great platform for the budding authors, poets, artists and journalists in the making. Furthermore, 'The Everest Express' will be a mirror that will reflect the clear picture of the rigorous learning culture at Everest and also the common voice of the students. As the Chinese philosopher Lao Tzu says, 'The journey of a thousand miles begins with one step', the first edition of this newsletter is that significant step in its glorious journey ahead. Let's all march merrily in this Journey towards excellence, innovation and development..



TOP NEWS

BEYOND THE COURSE BOOK

New Everest college is buzzing with excitement as a dynamic new club has emerged, bringing together students with shared interests and a passion that resides within them. The formation of this club not only highlights the diversity of talents and hobbies within the student body but also emphasizes the vibrant and inclusive nature of the college community.

Everest sports club, Business club, Social Service club, Art and culture club, Event Management club, Innovation club and soft skill club was conceived by a group of enthusiastic students who recognized the need for a platform to connect like-minded individuals and foster a sense of belonging on college. What started as a simple idea quickly gained traction, with students from various academic backgrounds expressing their interest in joining.

These all club aims in both physical and mental wellbeing. Its members will have ample opportunities to engage in their passions and collaborate with peers who share similar interests.

Mr. Narayan kadariya, a Vice principal at Everest college, expressed his support for the new club. "It's heartening to see students take the initiative to create spaces where they can explore their interests outside of the classroom.

These club are working actively guided by club head and college is endowing the opportunity for the club to do some exercises on every Friday.

ORIENTATION PROGRAM

New Everest College's immersive orientation on 7th of Shrawan 2080 aimed to bolster the confidence of incoming students and prepare them for their academic endeavors. The event, led by Principal Mr. Tika Ram Puri, underscored the institution's dedication to fostering excellence and inclusivity. Through personalized counseling sessions, students were steered towards specialized programs that aligned with their academic goals and career aspirations. The orientation reached its pinnacle with a concluding ceremony where students received year planners, marking a positive commencement. This event was followed by continuous student engagement, emphasizing open communication and feedback to enhance their college experience. As the calendar turned to the 10th of Shrawan, freshers embarked on their classes, carrying with them the spirit of the orientation program. Empowered by the foundational principles instilled during the orientation, students were poised to maximize their time at New Everest College. The program's impact resonated, fostering growth on academic, social, and personal fronts, setting the stage for a promising and radiant future.





POEMS

WORDS DANCE TO PAINT EMOTIONS ON
THE CANVAS OF THE SOUL

GUIDING LIGHT: MR. TIKA RAM PURI

In the halls of learning, we find a guiding light,
A principal whose wisdom shines so bright.
Mr .Tika Ram Puri, a name revered,
A leader whose presence is always cheered.

With a heart of kindness and a mind so keen,
He nurtures young minds, like a garden serene.
With principles strong and values so pure,
He inspires us all to aim high and endure.

Through challenges faced, he remains
steadfast,
Empowering us to conquer, never to be
surpassed.

With a smile that radiates warmth and grace,
He creates a nurturing and welcoming space.

In every endeavor, he stands by our side,
A mentor, a friend, a source of pride.
With gratitude in our hearts, we stand tall,
Mr. Tika Ram Puri, our principal, the heart of
our school's hall.

ANUBHAV BASNET
XII, MENDEL

WHERE AM I?

Surrounded by flowering rush besides what
seems to be a lake beneath a night sky
squirming incessantly still, in plain aghast
hollowness looms closer, that feeling so sly
a glance of glitter brings me delight, but will
it last?

probing again beneath the night sky, where is
clarity to be found?

Is it something only desired to be sought?
at the lake bottom or in the mind's maze - I've
searched it all

still doesnt cap the wave of loneliness by a
measure any less dull
swamped by numbness by the shore
watching frogs leap and croak

I wonder if it's just me who has to suffer this
and more

I realize that i'm at the edge of the night
tremble in my wrist, goosebumps in my skin
as stars in sight.

KESSICA SHRESTHA
XI, FRANKLIN



MY QUEST OF LIFE

I ask life, what is love?

Life replied: when you see lots of thrones but still eyes
are craving for flowers between them!
that's love!!

I ask life, what it means to LIVE?

Life replied: when you see your heart and souls
overlapped, that is called living!

I ask life, what is REALITY?

Life replied: Life is what happens, reality is what you
feel!

I ask life, what is HOPE?

Life replied: when you are on death bed, but still
waiting for a dream come true!

I ask life, what is JEALOUSY?

Life replied: when you can see them as shining like
star but not you as a moon!

I ask life, what is SADNESS?

Life replied: when you can't see the beauty of shining
moon but only its dark spot!

I ask life, what does being lucky mean?

Life replied: when it is impossible but still heavenly
nature makes it happen!

I ask life, what is PEACE?

Life replied: when your soul becomes as deep as ocean
and as light as feather!

I ask life, what is PAIN?

Life replied: when you can't accept what it is and heart
focus on thrones rather than flower!

I ask life, what it means to die ?

Life replied: when truth is known to you but you
remained silent!

RISHINA NIRLA
XII, MENDEL

लक्ष्य

जहिले देखि सम्हाले होस्
सुन्छु सबैको एउटै प्रश्न
नानी के हो तिम्रो लक्ष्य ?

चार पाँच वर्ष सम्म त सजिलो थियो सबैलाई भन्न
बन्ने छु मा डाक्टर या इन्जिनियर एक दिन
आहिले त कोहि भन्छन् आइ. टि कोहि सफ्टवेर रे
कोहि बिजनेस्मेन भन्छन्, कोहि प्यासन इन्जिनियर रे!
यसो सोचे यो सब त भोलि पढेर गर्ने काम हैन र?
भोलि म इन्जिनियर डाक्टर बन्ने त्यसो भए म आज कोहि
होइन र?

हुन त सबैको बुझाइ यस्तै छ
हुन त सबैको सोचाइ यस्तै छ
आफुले मात्रै धेरै सोच्यौ भन्छौ होला
तर अरु भन्दा भिन्न सोच्ने काम हामी युवाको हैन र?

सबै जनावरले पनि त पाली रहेकाछन आफुलाई र आफ्नो
सन्तानलाई
म मान्छे भएर चाहिँ के काम गर्ने भनेर जन्मेदेखी नै लक्ष्य
बनाउनु पर्छ र?

पाँच वर्षमा एउटा लक्ष्य दस वर्षमा अर्को
बीसमा अर्को र पचासमा त छैन कुनै लक्ष्य
लक्ष्य त यस्तो होस् जुन कहिल्यै नबद्लियोस्
लक्ष्य त यस्तो होस् जुन आफ्नो लागि मात्र नहोस्

एउटा फुल फुलेर बाडि रहेछ सुगन्ध सबैलाई
एउटा कोइलीले गएर आनन्दित बनाइरहेछ सबैलाई
म मानिस भएर चाहिँ बाड्न नसकुला र खुशी सबैलाई ?
त्यसैले मलाई पनि फुलको जस्तै यो संसारमा खुसीको
सुगन्ध छर्न मन छ
मलाई पनि कोइलीको जस्तै सबैलाई आनन्दित बनाउन मन
छ
त्यसैले मेरो लक्ष्य बनाउन मन छ।

NEHASA DHAKAL
XII, TESLA



A close-up photograph of a hand holding a blue and silver pen, writing in a spiral notebook. The background is softly blurred, showing a person's torso in a white shirt. The overall mood is calm and focused.

WRITINGS

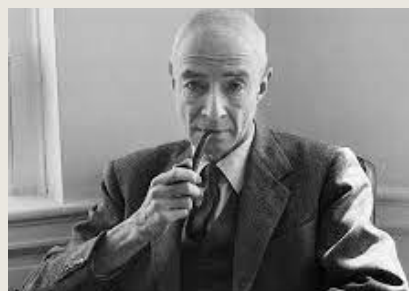
A SYMPHONY OF THOUGHTS, WOVEN DELICATELY
INTO THE TAPESTRY OF EXPRESSION

OPPENHEIMER: HERO OR VILLAIN ?

Oppenheimer is Dumb. Julius Robert Oppenheimer is known as the father of atomic bomb. He was director of Manhattan Project that created the first nuclear weapon. Let's start this story from his childhood. He was born in 1904 to a German Jewish Family in New York city . He was considered child genius since childhood. He was studying high level physics and chemistry at the age of 10 . Later in 1922 when he went to Harvard to study , he completed his 4 years degree in 3 years. He majored in chemistry . But in Harvard , he realized his real passion was physics. Later in 1927, at the age of 23, he did his phd. But there was a dark side hidden behind this genius .He was a chain smoker and was suffering through depression.

"I need physics more than friends" .He was focused only on his studies and remained politically unaware, Until early 1930, When adolf Hitler rose in Germany . Due to Hitlers tyranny many big scientist like albert einstine, john von Neumann, leo Szilard,were flying to America from Germany .Observing the tyranny of Hitler on Jews people now he started donating money to many labour unions and striking farm workers for betterment of his own people.

Before a month of war ,Albert einstine and leo Szilard wrote a letter to American president Franklin D Roosevelt. In this letter, they warned the American president that hitler is working on nuclear weapons.As soon as he read this letter , the American president set up an advisory committee on Uranium which is used to make nuclear weapons. A team of scientists and military officials were ormed . Their job was to research the potential of uranium . Apart from isotope of Uranium , another radioactive element was discovered , which scientist believe could also be used to make nuclear weapons. The name of Element was Plutonium. When Japan attacked Pearl Harbor of America , America officially entered the war. America spent \$2.2 billion in making nuclear weapon.



For this a district of engineers was created and named as Manhattan city on 13 august 1942. Next month on 17 September , Colonel Leslie Richard Groves was appointed as head of this project and he made decision to appoint oppenheimer as leader of design of atom bomb. Now , they were searching for a place where they can actually make a atom bomb and named this mission as Project Y. Oppenheimer knew exactly such a location , the pecos valley in New Mexico. After finding all these things, just a thing was left , to practically test the chain reaction .

General groves personally supported Oppenheimer and said that this project couldnot happen with out oppenheimer . Because of this on 20 july 1943, Oppenheimer was made the lead of this project. To make an atom bomb oppenheimer expertise was required .

Oppenheimer believed that it was necessary to test power of plutonium before actually putting it in bomb. General groves said that they cant test such things because they had produced only small amount of plutonium. But Oppenheimer was adamant that the test was necessary .So General Groves had to finally agree and the trinity test was conducted . The test bomb was called gadget that contained 13 pound of plutonium . Scientist hung Gadget 100 ft in air using a steel tower and on 16 July 1945 at 5:30 am, the bomb was detonated. The bomb was much more powerful than Oppenheimer expected. Observing this Oppenheimer stated" Now I am become death, the destroyer of worlds. "

Less than a month after trinity test ,on 6 august 1945, the little boy bomb was dropped in Hiroshima. Then 3 days later , this plutonium fat man bomb was dropped on Nagasaki too.

ABHINAV BASNET
XII, MENDEL

SOMETHING OVER ANYTHING!!

In our daily life, we constantly face enormous choices and decisions that shape our individual paths. These choices vary from trivial ones to the very significant ones. Some of them are recurring but they are still useless and worthless thinking about but in contrast, we do face many choices that surely are to take huge leap in our lives. By the time, there emerges the idea of valuing something over anything. Something over anything deals with the importance of prioritizing and selecting something of higher significance over others with lesser ones. When there is a choice to be made, there is something which is highly significant known as the power of passion. Passion has the ability to ignite the fire within us helping to move forward and filling our lives with purpose and fulfillment. Trying for something with some amount of passion leads anyone to success but in contrast to it, choosing the one which we get relatively little interest or something with very vague generalities. Something over anything, it's just a minor complexity which may be future deciding problem in human life. It decides where a human turns or where he gets confined until the very end of his life. If he goes with the flow of anything, he gets empty handed regardless of some cases. 'Something' is you want, that you decide as destiny while 'anything' is simply what you had to as the consequence of time. Even a very intellectual person can be turned to choose 'anything' over 'something' due to pressure, psychology and false perspectives.



'Something over Anything' i.e good choices revealing human nature's inclination towards making some choices that resonate with personal values and circumstances. It's not that intricate part to understand but very nullifying act to choose i.e to dance between options and preferences. This concept has a profound significance which helps in pursuing certain goal which can transcend any other competing option in one's life. It helps one to attain lucrative career in his/her expertise following his wisdom and knowledge. It can be very empowering at the same time, very challenging. The empowerment comes from the deep values, authenticity and the sense of fulfillment while the challenges arise between personal desires and societal expectations and realities.

In a nutshell, choosing something over anything is deciding for better life full of purposes and meanings. Going for the same pursuit of one's nature and expectation can be fruitful for his whole life as choosing something is most crucial part for his entire life. The choice gives good result if it emphasizes his thoughts else, it may result in internal chaos and can become meaningless. So, let's try going for something over anything (wants over compulsions).

SAMIPYA RUPAKHETI
XII, TESLA

FACT SHEET

- No number before 1,000 contains the letter A but there are plenty of E, O,U, and Y's.
- An individual blinks 15-20 times each minute on average. This translates to around 1,200 times each hour and 28,800 times per day.
- Honey is the only food that never spoils and can be preserved at severe temperatures.
- Peugeot is considered to be the oldest car company to exist as it was formed in 1810 in France.
- Despite its name, the small intestine is significantly longer than the big intestine. The large intestine is roughly 5 feet long, whereas it is around 20 feet long.
- The sound made by the Krakatoa volcano in Indonesia in 1883 was loud enough to rupture the eardrums of people 40 miles away. the sound was estimated to be 310 decibels



BAIBHAV GHIMIRE
XI, RAMAN

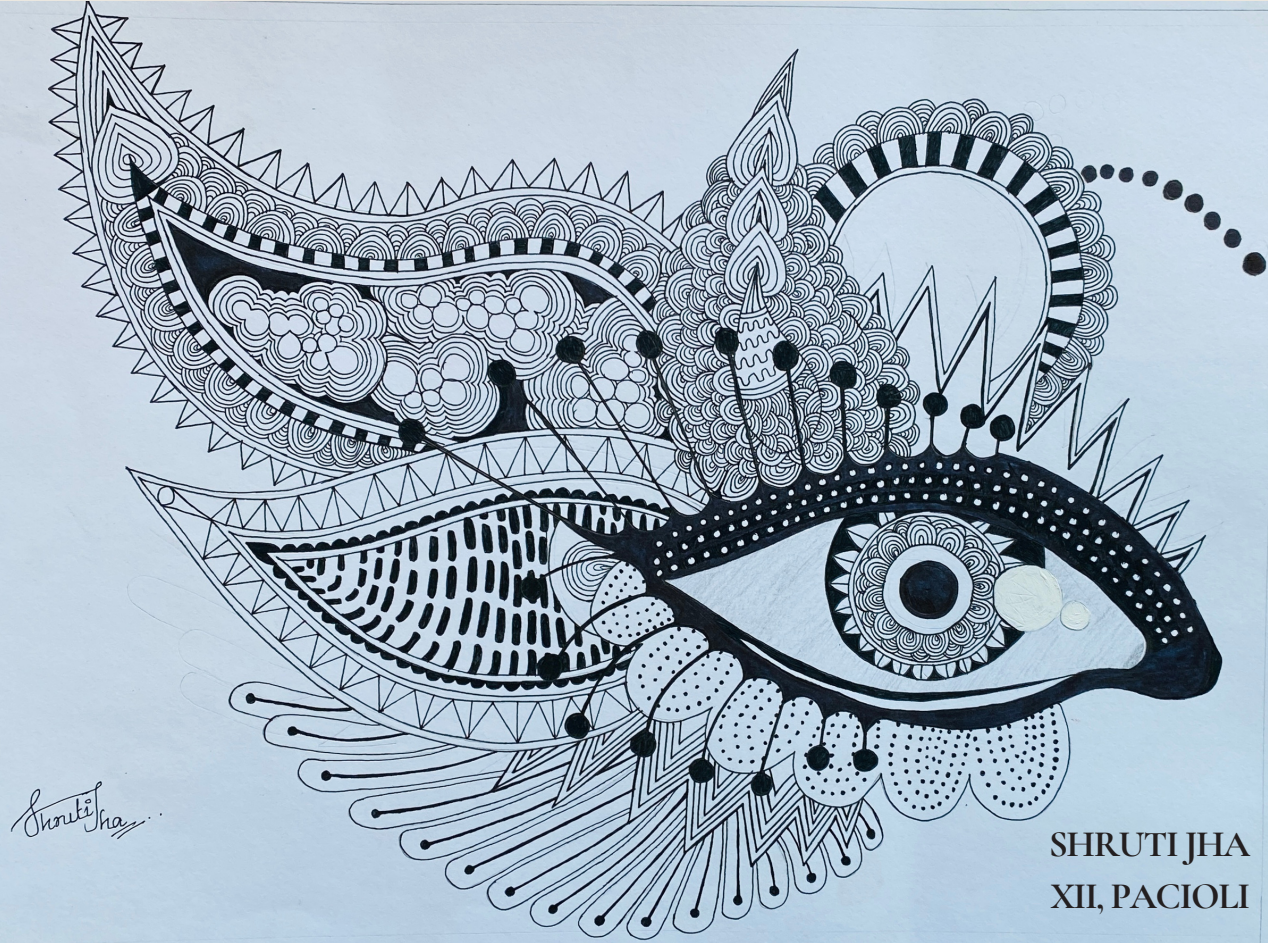


PAINTINGS

UNVEILING EMOTIONS, STROKE BY STROKE

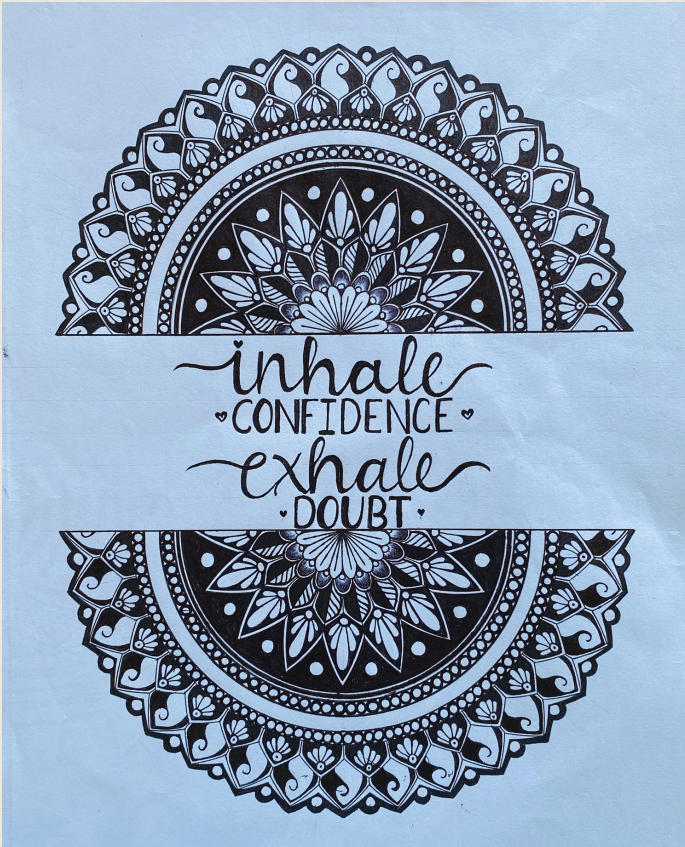


SHRUTI JHA
XII, PACIOLI



Shruti Jha

SHRUTI JHA
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ALISHA SHRESHTA
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