



NAMASTE ACADEMY

Newsletter

August 2023



Message from the Principal

I am delighted to share with you all the wonderful experiences I had during my trip to the UK from 26th June to 5th July. During this visit, I had the opportunity to visit several schools in London and Leeds, with the aim of gaining insights into the overall functionality of British schools. I also attended The Great Ambassador gathering, a special event celebrating 20 years of Teach First in the UK.

However, the highlight of the trip was my visit to the Department for Education, which provided valuable insights into the UK's educational services and their evolution over the years. My visit to Cambridge further enriched my perspective on running Cambridge Primary and Cambridge Lower Secondary in our Academy and developing

better assessment practices. Namaste Academy has been at the forefront of providing British Education here in Rupandehi and these learnings will undoubtedly contribute to elevating our overall educational services (you can read more about my experience in this Newsletter).

We have now completed the first half of 2023, it is remarkable to reflect on the achievements we have made in the past six months. We have established partnerships with Cambridge and the Duke of Edinburgh Award, and we are excited to expand our collaborations with other schools and organisations which will provide our students with international exposure through on-site visits and virtual learning opportunities.

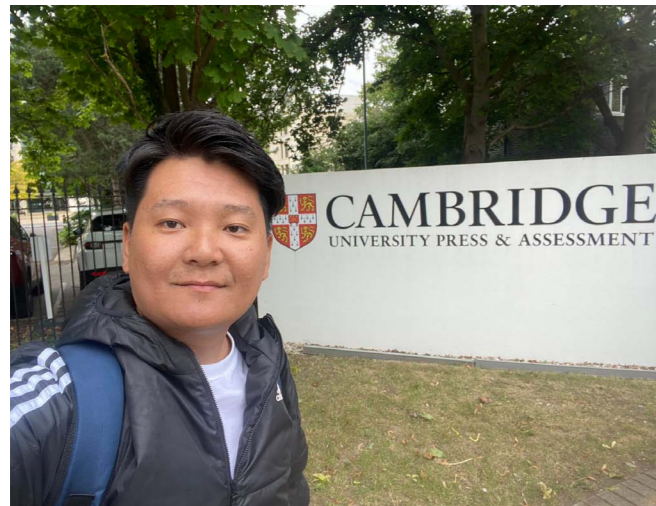
Furthermore, I am pleased to inform you that Namaste Plus 2 has enrolled students for Grade 11 in both the Science and Management faculties. And with your support, we aim to enrol additional students as we welcome the new batch of Plus 2 to our Academy. We are also excited to offer our Plus 2 students opportunities for international exposure this year, enabling them to gain diverse perspectives, especially if they plan to study abroad in the coming years.

I am grateful for your continued support and trust in our Academy. Together, we will continue to provide quality education and foster an environment of growth and excellence for our students.

Thank you, once again, for your unwavering support.

Jigme Sherpa

Principal, Namaste Academy



My Visit to the UK

I had the privilege of visiting the UK for the Teach for All Principal Gathering and Great Ambassador Gathering at the end of June. The event brought together around 30 principals from 15 countries, including myself, who represented Nepal. This gathering was a part of the School Principal Fellowship programme, which is a selective learning development programme for principals and school leaders from the Teach for All community.

One of the highlights of my visit was the opportunity to visit the Department for Education (DfE) who are responsible for children's services and education policies in England. We were hosted by Emma Hubball, a Teach First alumna who is now a Deputy Director at the National Tutoring Programme. Emma and other officials provided an overview of the educational system in England at a policy and standards level, and we learned about the efforts being made to reduce the "attainment

gap" among students, and the significance of inspection bodies like OFSTED in improving the quality of education. It was also a pleasant surprise on the trip to meet Mr. Dev Thapa, a resident of Butwal who works as a security personnel at the DfE and who was delighted to see Nepali delegates visiting the department.

During my visit, I also had the opportunity to tour Dixon Trinity Chapelton School and Carr Manor Community School in Leeds. Dixon Trinity Chapelton is an all-through school that focuses on preparing students for university or a successful career and whilst there we were hosted by Principal Natalie Brookshaw, who showcased the school's community, allowed us to observe classroom activities, and helped us to understand the school's strong values and well-structured systems that contribute to its outstanding reputation, as recognised by OFSTED.

As part of the Teach First 20th-Anniversary Celebration, I attended The Great Ambassador Gathering. This event took place at Totteridge Academy in North London, a school led by Teach First alumni. The gathering brought together over 800 delegates from 50 countries and featured guest speakers who highlighted the importance of collective leadership and community involvement in school leadership.

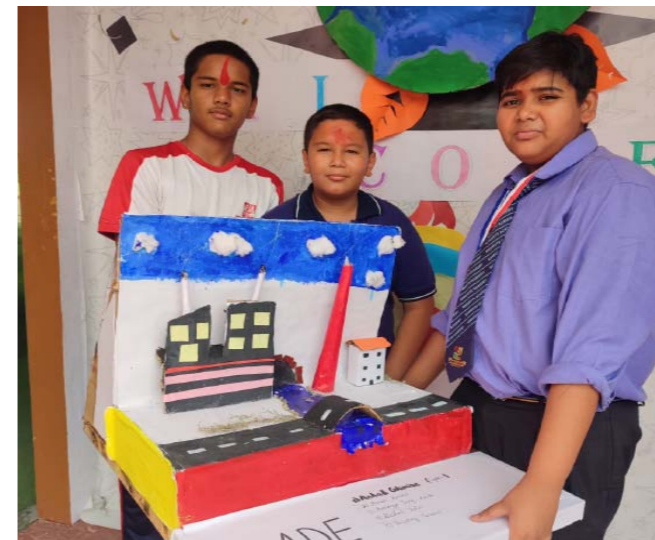
Another significant aspect of my visit was the opportunity to visit Cambridge University and the Cambridge Assessment wing. As Namaste Academy is a registered Cambridge International School, it was insightful to learn more about the university and its assessment processes. And lastly, I had the pleasure of visiting The Woolwich College, a partner school of the British Education Group in London - where I had the chance to

meet with Namaste Academy's Executive Team members, Mr. Mahendra Kandel and Mr. Narendra Kandel.

Overall, my visit to the UK was a tremendous learning experience. I gained valuable insights into the British education system, observed exemplary schools, and connected with professionals from around the world. And I am confident that these experiences will contribute to the ongoing development of Namaste Academy and our commitment to providing quality education.

Online Teacher Training Programme Conducted During The Summer Break

During the summer break, teachers at Namaste Academy got the opportunity to attend online training, which was led by school Principal, Mr Jigme Sherpa. The event was an opportunity for the teachers to reflect on the work they are doing by discussing their values, their personal brand, their personality type, and the need for emotional intelligence in schools.



Environment Exhibition to Celebrate World Environment Day

On 5th June 2023, on the occasion of World Environment Day, students from Grade 4 to 8 participated in an Environment Exhibition. Grade 4 and 5 designed posters and students from 6 to 8 showcased models of various environment related

topics. Headed by EPH teacher, Ms Geetanjali Prasad, and Social Teachers, Ms Ambika Niure and Ms Radhika Sharma - the event brought together the student's parents, along with distinguished guests, including the Director of Namaste, Mr Dillinarayan Pandey. The event was a great opportunity for the students to take initiative and showcase their creativity, and the day was enjoyed by all.

Poster Design Competition (Primary Section)

1. Sakrita Rimal, Himani Mandal, Riyana Khanal, Akesha Bastola (Grade 5)
2. Binamrata Kharel, Rhythm Gurung, Arisha Shrestha, Vanshika Shah (Grade 5)
3. Aabish Gurung, Aarshika Lamsal, Pracesh Shahi , Riwarz Adhikari (Grade 4)

Model making competition (Secondary Section)

1. Anuska Bhusal, Migeen Thapa (Grade 6)
- Topic -Global Warming

The Power of Experiential Learning

Experiential learning has proven transformative in my role as an EPH teacher. It nurtures well-rounded individuals equipped for the ever-evolving world and the recent Environmental Exhibition Project was a great example of this.

Through the project, my students and I discovered the significance of teamwork, leadership, confidence-building, and creative problem solving. They further developed time management skills by balancing their studies with project requirements; teamwork abilities by working in groups; leadership qualities through designating a leader within each group; communication skills through public speaking exercises; and creativity and problem solving skills by engaging with materials like plastic, mud, and glue guns.

They also learnt about environment related topics and got the chance to showcase their learning to other students and parents. And as an EPH teacher, I also learned valuable lessons in event management, problem-solving, and adaptability.



Using Drama to Increase Awareness About the Environment, Namaste Academy

The Drama Project had two objectives: to educate and engage students in sustainable practices and to foster a deeper understanding of environmental issues and their solutions. And the students of Standard 7 were a great success when they used drama as a medium to convey a powerful message about the importance of saving our environment.

The students extensively researched various environmental topics, explored informative videos, and sought guidance from teachers to gather insights. Working in different groups, the students showcased their teamwork and cooperation skills and they performed a series of wonderful dramas that effectively demonstrated the vital importance of nature for the survival of all living beings. And the passion and creativity displayed by our students throughout the project was truly commendable.

This project provided our students with a platform to express their artistic abilities and instilled in them a sense of responsibility towards the environment. And their active participation deepened their appreciation for the natural world and enhanced their understanding of environmental challenges. I would like to thank my fellow teachers who guided and supported the students throughout this project. Your expertise and passion for environmental education have been instrumental in shaping our students and helping them to understand the world around them.

-Radhika Sharma (Social Teacher)



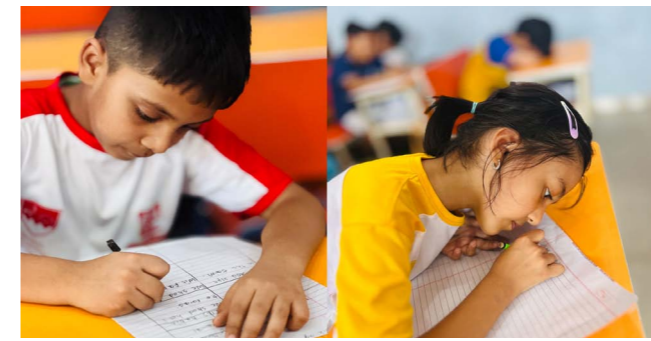
Celebrating Paddy Day

As an agricultural country, it's important for the students to know the significance of Paddy Day and at Namaste it was celebrated with much fun. To celebrate the essence of Asar 15, students at Namaste Academy helped the farmers in planting, played with mud and soil, and most importantly enjoyed Mother Earth in the most organic way possible.



World Yoga Day Celebrated

We are proud to say that Namaste Academy students celebrate yoga every single day during our morning assembly, where they practise poses and meditation before going for breakfast and classes. Regular yoga practice is said to create mental clarity and calmness, increase body awareness and attention, relieve chronic stress patterns, relax the mind, and sharpen concentration.



Essay Writing Competition to Mark Drug Abuse and Illicit Trafficking Day

International Drug Abuse and Illicit Trafficking Day is marked on 26th June every year to strengthen action and co-operation in achieving a world free of drug abuse.

Teenage drug usage is a rising worldwide health concern. Drug use usually starts in teenage years and reaches its height between the ages of 18 and 25. Peer pressure, curiosity, and lack of awareness are often specified as the main reasons for the youth getting involved in drug use. Therefore, it is important to generate awareness and plan activities regarding the negative consequences of drug usage and addiction in schools and universities.

In light of this, Namaste Academy organised an essay writing competition on 11th of Asar. The topic of the essay writing competition was "Drug Abuse and Illicit Trafficking". All students participated in the competition and the programme was conducted in their own classes. This type of competition provides a platform for young, ambitious students to exercise their writing skills and compete with other students. It also enhances awareness amongst students and challenges them to explore different writing styles to ultimately strengthen their writing skills.

Results of Essay Writing Competition [Primary Level]

Date: 12th Ashad, 2080

Topic: Grade 1, 2 and 3: Good Habits and Bad Habits

Grade: 1 Little Daisy Student Name	Grade: 1 Little Tulip Student Name
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Bihan Sharma-1 st	Riyaz Pandey-1 st
Aayan KC-2 nd	Ivana Dhakal-2 nd
Bivisha Adhikari-3 rd	Smarika Kandel-3 rd

Grade: 2 Achievers Student Name	Grade: 2 Reformers Student Name
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Sugam Parajuli-1 st	Hazel Joshi-1 st
Ishan Bhusal-2 nd	Kevin Pokhrel-2 nd
Kneisel Gurung-3 rd	Avik Adhikari-3 rd

Grade: 3 Butterfly Student Name	Grade: 3 Caterpillar Student Name
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Ilesh Jung Thapa-1 st	Adarsh Singh Chhetri-1 st
Prasiddhi Sharma-2 nd	Bivaan Shah-2 nd
Pranit Agrawal-3 rd	Nishma Gurung-3 rd

Topic Grade 4 and 5 : Implication of Drug Abuse in our Lives

Grade: 4 Shine Student Name	Grade: 4 Star Student Name
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Brihat Pokhrel-1 st	Aarshika Lamsal-1 st
Aayansh Agrawal-2 nd	Aabish Gurung-2 nd
Agrima Pokhrel-3 rd	Saanvi Sharma-3 rd

Grade: 5 Jupiter Student Name	Grade: 5 Saturn Student Name
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Sakrita Rimal-1 st	Rhythm Gurung-1 st
Angela Malla-2 nd	Binamrata Kharel-2 nd
Akesha Bastola-3 rd	Abhinav Kashaudhan-3 rd

Judges:

Ms. Meena Bhattarai (Primary Coordinator)
 Ms. Padma Shahi (Social Studies teacher)
 Ms. Tara Adhikari (English Teacher)
 Ms. Tara Thapa (Science Teacher)
 Ms. Himali Malla (Science Teacher)
 Ms. Shilpi Sultania (English Teacher)

Results of Essay Writing Competition [Secondary Level]

Date: 12th Ashad, 2080

Topic: Grade 6, 7 and 8: Children's role in

Eradicating Drug Abuse

Grade: 6 Coral

Student Name

Migeen Thapa-1st

Darshan Bhandari-2nd

Oshen Aryal-3rd

Grade: 6 Gems

Student Name

Nancy Shrestha-1st

Satyam Dhakal-2nd

Dewansh Bhattarai-3rd

Grade: 7 Coral

Student Name

Awantika Karki-1st

Savyata Regmi-2nd

Bisistha Bhusal-3rd

Grade: 7 Gems

Student Name

Abhishree Pokhrel-1st

Aarogya Koirala-2nd

Arbind Berdewa-3rd

Grade: 8

Student Name

Trishay Jaishwal-1st

Anish Kandel-2nd

Anushka Rawat-3rd

Topic: Grade 9 and 10: "Students' Role of Students in Eradication of Drug Abuse and Illicit Trafficking"

Grade: 9 Gems

Student Name

Vaishnavi Verma-1st

Chahat Roka-2nd

Ranishree Karki-3rd

Grade: 9 Coral

Student Name

Shreyasi Panthee-1st

Anjana Neupane-2nd

Asuman Dhakal-3rd

Grade: 10 Gems

Student Name

Bidhya Dhakal-1st

Dilasha Kharel-2nd

Adnan Sheikh-3rd

Grade: 10 Coral

Student Name

Abhilasha Sherchan-1st

Tamanna Bhandari-2nd

Aakriti Kandel-3rd

Judges:

Mrs. Puja Thapa (English Teacher)

Mrs. Radhika Sharma (Social Studies Teacher)

Mr. Mahendra Poudel (Secondary Coordinator)



BLE Graduation Felicitated for Remarkable Results

It's a proud moment to announce and celebrate the remarkable achievement of our students who have shown exceptional academic excellence in their BLE 2079. Their dedication, hardwork, and commitment to their studies have resulted in this outstanding accomplishment and they have set a shining example for their peers, proving that with enough determination and perseverance, great heights can be reached.

Namaste Academy organised the felicitated programme for the students of Grade 8 for successfully completing the BLE with amazing results on the 19th of Jestha and 36 students of classes VIII, along with their parents, were felicitated with a token of love in the prestigious programme. Mr. Shyam Lal Kharel and Rajendra Kunwar were the event's esteemed guests and the felicitation ceremony commenced with the lamp lighting before Goddess Saraswati and welcome speech by Mr. Rajendra Kunwar.

In this ceremony teachers were also honoured for their dedication towards their students. And Principal, Mr. Jigme Sherpa, congratulated all the students, teachers, and parents for their commendable efforts towards providing an atmosphere wherein the students can collaborate with each other. He further emphasised the significance of reading, skills based education, and an interdisciplinary approach towards learning. And the ceremony concluded with a Vote of Thanks by the Vice Principal, Mr. Lilamani Pandey, where he expressed his gratitude towards all of the guests and parents.



Speech Competition Held at Namaste Academy

"Children and young people have the same general human rights as adults and specific rights that recognise their special needs. Children are neither the property of their parents nor are they helpless objects of charity. They are human beings and are the subject of their own rights." (UNICEF)

Children have the right to their own identity. They are the future of humanity. Childhood must be happy and loving for all children. But sadly the scenario of a happy childhood is quite different. Children face everyday life with violence, poverty, abuse, exploitation, injustice, crime, and discrimination in Nepal and other parts of the world. They suffer from acute hunger and homelessness, high infant mortality, insufficient health and life care, and limited opportunities for basic education. They are also forced to live in crisis and work in harmful conditions. Therefore, to create awareness among young minds, we conducted a speech competition for the students - where they shed light on child rights and the significance of celebrating this day.

Results of Speech Competitions Primary School

Date: 28th Jestha 2080

Intra Class Competition

Grade: 1 Little Daisy

Student Name & (Score Points-300)

Bihan Sharma (135)-1st

Aayan KC (124)-2nd

Anmol Pangeni (124)-3rd

Grade: 1 Little Tulip

Student Name & (Score Points-300)

Bihani Thapa (116)-1st

Ophelia Gurung(104)

- 2nd

Ivanna Dhakal (70)-3rd

Bivisha Adhikari(89)-4th

Grade: 2 Achievers

Student Name & (Score Points-150)

Asmel Pun (122)-1st

Samartha Sharma (117)

-2nd

Kneisel Gurung (90) -3rd

Grade: 2 Reformers

Student Name & (Score Points-150)

Jeslyn Gurung (119)-1st

Hazel Joshi (113)-2nd

Aarushi Godar (112)-3rd

Grade: 3 Butterfly

Student Name & (Score Points-150)

Saanvi Pansari (147)-1st

Pratik Parajuli (137)-2nd

Grishma Bhusal (129)

-3rd

Grade: 3 Caterpillar

Student Name & (Score Points-150)

Adarsh Singh Chhetri (139)-1st

Sumedha Aryal (122)

-2nd

Nishma Gurung (120)

-3rd

Grade: 4 Shine

Student Name & (Score Points-150)

Bhrihat Pokhrel (117)-1st

Sudrishya Shrestha (112)-2nd

Akshat Pant (107)-3rd

Grade: 4 Star

Student Name & (Score Points-150)

Riwaz Adhikari (115)-1st

Saanvi Sharma (113)

-2nd

Swatee Pandey (97)

-3rd

Grade: 5 Jupitar

Student Name & (Score Points-150)

Sakrita Rimal (147)-1st

Aayush Regmi (106)-2nd

Himani Mandal (97)-3rd

Grade: 5 Saturn

Student Name & (Score Points-150)

Adwik Man

Bajracharya (147)-1st

Riyana Khanal (117)-2nd

Rhythm Gurung (99)

-3rd

Arisha Shrestha (99)

-4th

Judges:

Ms. Meena Bhattarai (Primary Coordinator)

Ms. Padma Shahi (Social Studies teacher)

Ms. Tara Adhikari (English Teacher)

Ms. Tara Thapa (English Teachers)

Ms. Himali Malla (Science Teacher)

Ms. Shilpi Sultania (English Teacher)

Results of Speech Competitions Secondary Level
Date: 28th Jestha 2080

Intra Class Competition (Audio-Visual)

Grade: 6	Grade: 7
Student Name & (Score Points-200)	Student Name & (Score Points-200)
Yash Raj Gupta (150)	Arbind Berdewa (147)
-1 st	-1 st
Nancy Shrestha (133)	Awantika Karki (146)
-2 nd	-2 nd
Migeen Thapa (130)-3 rd	Aarjan Sharma (141)-3 rd

Grade: 8	Grade: 9
Student Name & (Score Points-100)	Student Name & (Score Points-100)
Anish Kandel (79)-1 st	Shreyasi Panthee (79)
	-1 st
Aarogya Karki (76)-2 nd	Shreyash Ranjan Das (75)-2 nd
Trishay Jaiswal (70)-3 rd	Anjana Neupane (68)
	-3 rd
	Jayanti Neupane (67)
	-4 th

Grade: 10
Student Name & (Score Points-100)
Trishu Agrahari (74)-1 st
Abhilasha Sherchan (72)-2 nd
Aakriti Kandel (71)-3 rd

Judges:

Mrs. Radhika Sharma (Social Studies Teacher)

Mrs. Puja Thapa (English Teacher)



Namaste Academy Student Bags First Runner Up Trophy in Inter School Basketball Competition

Namaste Academy extends its heartiest congratulations to the Boys Teams representing the school at the Inter-School Basketball Tournament, 2023, for their outstanding performance. The Boys team clinched the Champions Trophy as well as the silver medals and Pushkar Kasaudhan was declared as "The Most Defensive Player". The school is extremely proud of their achievements at the prestigious tournament organised by The Fashion Factory and would like to extend our thanks to our Basketball coach, Mr. Shylon Kunwar and ECA Co-Coordinator Mrs. Roma Sharma, for their guidance. Congratulations and more power to the Namaste Warriors!



Dental Health Camp Conducted at Namaste

As our school is always concerned about the health of the students, a free Dental Checkup Camp was organised for two days (26th and 28th May 2023) to ensure the dental health of the students. A team from Ale Dental Hospital Pvt. Ltd, Butwal conducted the camp in the school with the aim of checking, regulating, and maintaining the dental wellness of the students and spreading awareness regarding dental health and hygiene.

Each student was given a report summary of the diagnosed problem and recommended for further treatment if required. The report will be provided to the parents in case the students need any kind of medical support in the future, and the medical instructors told the students how to follow a schedule to ensure the maintenance of their oral health.

Teaching Cambridge Maths in Grade 2 and 3.

We are delighted to share some wonderful updates from our primary maths classroom! As a trained teacher, I have always believed in the power of the activity based method, allowing students to learn through hands-on experiences. And we are fortunate to be part of a school that supports and encourages a learning by doing approach, and it's contribution to our students overall development.

And this year we have an additional reason to celebrate as our school has adopted the Cambridge

Math Syllabus. The Cambridge Maths book is filled with engaging activities that not only captivate our students' attention but also facilitate rapid learning and retention. And I cannot express how happy I am to witness my second and third-grade students eagerly diving into the wide variety of activities offered in the book.

One of the remarkable advantages of these activities is their ability to enhance the students' learning and recall abilities. By providing them with opportunities to actively participate in their own education, these activities allow them to grasp and retain information more quickly. And it's truly incredible to witness their enthusiasm as they connect the dots between concepts and gain a deeper understanding of mathematical principles.

In our classroom, we have been enjoying a range of games such as the Miniboard, Memory Game, Bingo Game, Counters Game, and various concrete activities that are all tailored to the specific topics we cover. These interactive games have been a hit among our students, making the learning process enjoyable and engaging for everyone involved. Not only do they learn essential Maths skills, but they also develop important cognitive and social skills through cooperative play.

As we look ahead, there are still many more activities that my students and I are eager to explore in the upcoming months. The Cambridge Math Syllabus provides us with a rich collection of resources, ensuring that our maths lessons are not only effective but also enjoyable. And we can't wait to dive deeper into the world of numbers, patterns, and problem- solving, all while having fun along the way.

We are grateful for your ongoing support and partnership in nurturing a love for mathematics in our students. Together, we can create an exciting and rewarding learning environment that instals a lifelong passion for learning.

-Bina Gurung (Cambridge MathsTeacher)



Mental Health Workshop Regarding Internet Addiction Conducted

As we are in the 21st century we need new technologies and different media platforms to change our lives. But, like everything else, no matter how helpful and advantageous a social media platform is, it also has a downside.

In our society, internet addiction has become a major problem, especially among kids, due to the widespread availability of internet connected devices. This addiction has resulted in several negative impacts on individuals and society, which have led to many side effects which have harmed the social, mental, and physical health of the students. So, to address the issue and provide support and guidance to those struggling with internet addiction, Namaste Academy has partnered with NEP Care Solution, who aim to raise awareness about the consequences of internet addiction and promote responsible and healthy technology use.

The campaign was all about teaching students the proper use of the internet and to empower individuals to take control of their technology use, set healthy boundaries, and prioritise their wellbeing through education, awareness raising, and community building. We would like to thank Mr Purab Somare and the team for the mental health lessons they shared with our students.

World Laughter Day With Comedy Sessions

There is nothing in the world so irresistibly

contagious as laughter and good humour. So, on the occasion of World Laughter Day, Namaste Academy organised a Stand-up Comedy show on 7th May, 2023.

This day is celebrated to raise awareness of the healing benefits of laughter and is intended to build up a global consciousness of brotherhood and friendship through laughter. It is a reminder to keep ourselves laughing and see the brighter side of life ahead! Laughter is associated with beautiful terms such as positivity, humour, life, happiness, and emotional well-being. It helps your mind to be at ease and happily engage in learning new things. Likewise it boosts immunity, relaxes muscles, eases anxiety and stress, improves moods, changes perspective, strengthens relationships, promotes bonding, improves cooperation, and enhances teamwork.

The programme started with the Laughter Yoga Session, run by Ms. Deepika Pandey, where students demonstrated some of the laughing yoga asanas. And in the last two periods, juniors and senior students performed some dramas full of humour, comics and mono acts that really showed the talent of our students growing in the section.



Students Council Formed Through Election

Student leadership and student voices are some of the most important components for Namaste as we value inquisitiveness and innovation, which students can only gain if there is certain student autonomy. The council was formed by an election process and all the students were provided with the opportunity to

vote for their candidates (you can find the full list of the students in the council below).

President: Tamanna Bhandari

Vice President: Aayush Bikram Thapa

Secretary: Asuman Dhakal

Assistant Secretary: Anish Kandel

General members:

Bardan Malla

Sriyut Aryal

Suranayam Gohem

Krishna Gupta

Ayush Bhusal

Advisory Board member:

Shrawan Pandey

Aakriti Kandel



Preschool Heroes at Namaste

Children are so curious about the world around them. They are always exploring and

questioning everything and as a teacher, it's important to nurture that curiosity. So this month, we taught the preschoolers all about the five senses (sight, smell, sound, taste, and touch).

At Namaste we believe in hands-on activity and play with purpose, so the students were given the opportunity to taste, touch, smell, listen, and see. The objective is to teach children about their senses, help them explore and discover them, and learn key skills along the way. Each one of them is important to our everyday life and they find enjoyment in tasting and smelling their favourite foods and most importantly to keep and to

protect them from things that are too hot or too cold, too loud, and even too smelly. And so the children were taught the different names of the five types of tastes and mentioned their names and feelings when they ate something from a particular category.

The pure joy that comes from kids during these activities is such a benefit on its own and nothing beats seeing a child excited while you know they are learning at the same time.



Possible Partnership With Schools in China, Canada, and Japan

We were extremely glad to welcome Mr Alvin R. Li, Vice Principal of FH International High School, Canada and Ms Mohana, Representative of Beston International United Schools, China, to our school premises. The purpose of the visit was to discuss possible collaborations with Namaste Academy with schools in Canada, Japan, and China. As of now, we are considering a possible Summer Camp, which will go ahead at the end of August 2023, if there is enough interest from the senior students.

Students Articles



Abhilasha Sherchan

-Grade 10

"Student's Role in Eradicating Drug Abuse And Illicit Trafficking"

We have numerous social problems in our society. Among them, drug abuse and illicit trafficking are one of the major problems prevailing in our

country Nepal.

Drug abuse refers to the habit of taking substance like heroin, cocaine, brown sugar etc. which affects our nervous system whereas illicit trafficking refers to the illegal way of selling and buying of various goods.

Nowadays, youths are badly affected by the misuse of drugs which causes harm to their mental and physical health.

Some causes of Drug Abuse are:

- health system gets collapsed
- peer pressure
- depression
- financial instability etc.

Due to these causes it may lead a person through suicide.

Similarly, illicit trafficking is the illegal way of selling and buying of goods such as drugs. Smugglers disguise themselves and go to wildlife area to collect goods.

Especially, Illicit Trafficking occurs in our country as it is located between India and Nepal. Some causes of illicit trafficking are:

- high demand of goods worldwide
- the urge to learn money in a huge amount
- very poor control of surveillance system etc.

Every problem has its solution. Students are ones who can identify what's right and wrong at a certain phase. Thus, the students play a major role in eradication of drug abuse and illicit trafficking. Some of the ways are:

- awareness should be spread among people and art of life must be taught.
- we must ask the government to tighten security around the borders.
- the law regarding illicit trafficking must be made stronger.
- parents should be well aware about the activities of their children etc.

These are some ways as a student we can help to eradicate these problems. Not only students but everyone is responsible for controlling and eradicating these problems. Even if someone in our family is addicted to drugs we must help them

in any way as possible.

If we eradicate these problems there are two benefits;

improves health and improves life which both leads to financial growth.

By taking drugs, we must not play with our lives. So please, "Say no to drugs, Say yes to life".



Trishay Jaiswal

-Grade 8

"Children's Role in Eradicating Drug Abuse" So, as we know taking drugs for non-medical purpose or recreational purpose is drug abuse or abusing drug is called drug abuse.

In our Nepalese society the word Drug is a taboo but drugs is actually a good word since they use as medicines but, if a person takes these drugs with excessive amount there are many reasons of drug abuse like; peer pressure, depression etc. In peer pressure we get pressurised to take drug substances by our family members, friends etc. but when a person is having depression they may take drugs in huge amount as drug makes our mood good.

As we are children there are many ways because in our society Drug Abuse is too popular that we can't stop it but we can minimize it by doing awareness campaigns regarding it. We can save the lives of loved ones by spreading awareness about drug abuse. We shouldn't get influenced by anyone for this.

Lastly, I would like to say that use drugs for medical purpose since it can cure you but never take it to please yourself.

EDITORIAL BOARD

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Writers	Sangeeta Thapa, Martin Skworc, Radhika Sharma, Geetangali Prasad, Bina Gurung, Abhilasha Sherchan (Grade 10), Trishay Jaiswal (Grade 8)
