



Myself

My name is Abhi Shankar Aryal.

From

New kibou Boarding school.

Grade :Nine 9

Father : Ram Prasad Aryal

Mother : Bhagawati Tiwari

My Future Profession



Neuropsychologist and Brain-health Coach

- Trained in the UK but returned to serve his country.
- Established the Neurosurgery Department at BIR Hospital.
- Founded the National Institute of Neurological and Allied Sciences.
- Chose service to Nepal over a luxurious career abroad.
- Treated all patients with equal care, regardless of wealth

• **Dr Upendra Devkota**





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What does this profession do?

A neuropsychologist studies how the brain affects thoughts, emotions, and behavior".

"A brain-health coach guides people in taking care of their brain through lifestyle habits like sleep, exercise, diet, and mindfulness".



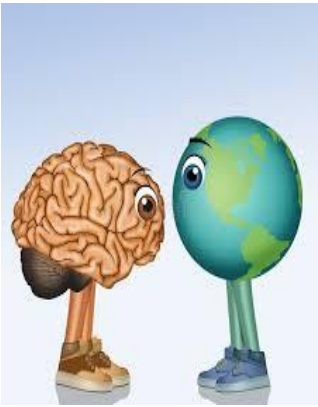
Why do I want to become this?

1. Because mental health problems are growing, especially among young people.
2. I want to combine science, empathy, and creativity to make a difference.
3. I love understanding how the brain works and want to help people heal from the inside.



What problem does this profession solve?

- ▶ It helps people deal with stress, anxiety, memory problems, and emotional pain.
- ▶ It promotes mental well-being, emotional balance, and brain-based healing in a fast-changing world.



What will I contribute to the world?

- ▶ I will educate youth about brain health and emotional well-being.
- ▶ I will create safe and calm spaces for healing in schools and communities.
- ▶ I may develop creative tools like mental health apps or wellness centers.

What does my future look like from my eyes?

- ▶ I see a world where people are more aware of their mental and emotional health.
- ▶ I see myself working with children, teens, and adults to help them live with clarity and calm.

Want to be someone who spreads hope, joy, and healing wherever I go.





What will I need to study?

- ▶ I will study psychology, neuroscience, counseling, and brain health.
- ▶ I will also train in coaching, mindfulness, and mental health tools.



How will I achieve my career?

- ▶ I am studying hard and forward my study very diligently.
- ▶ In my leisure time I engage myself on the latest development in the field of neuro science.
- ▶ I will keep on with my interest of study human mind and human condition.

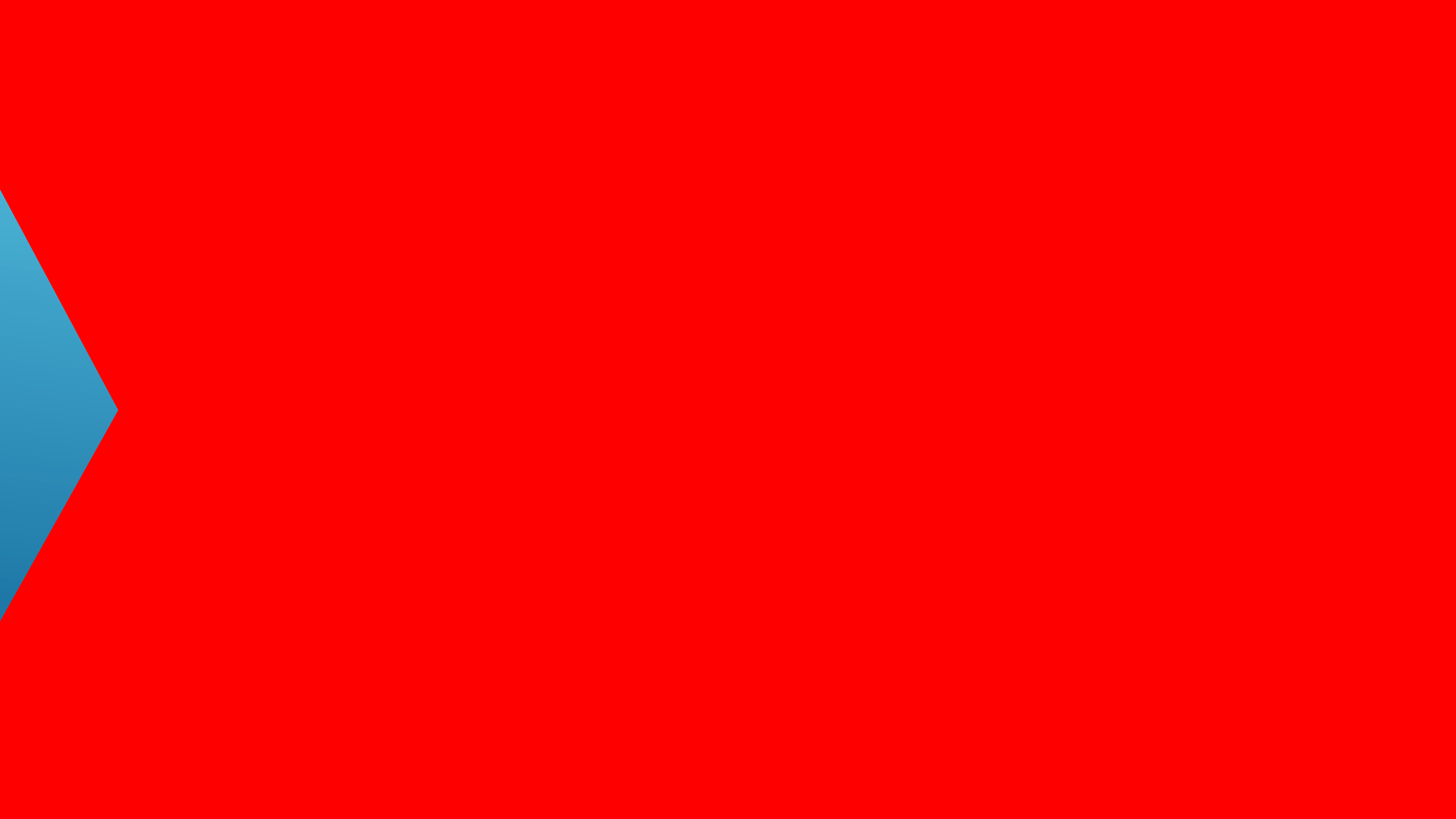


What will this career offer me?

- ▶ Helps me stay mentally strong, focused, and calm.
- ▶ Guides me to live a healthy and meaningful life.
- ▶ Keeps me updated with science, technology, and wellness.
- ▶ **Most importantly**, lets me good earning potential while helping others grow.

Thank you !!!







Contents

- 1. Who am I ?**
- 2. My aim ?**
- 3. Why I have choose it as my aim ?**
- 4. How I will achieve my aim ?**
- 5. Options that will be available for me.**
- 6. Benefits to the nation and society ?**

Who am I ?



**Avishek
Tamang**



Some Major Strengths and Weaknesses

Strength

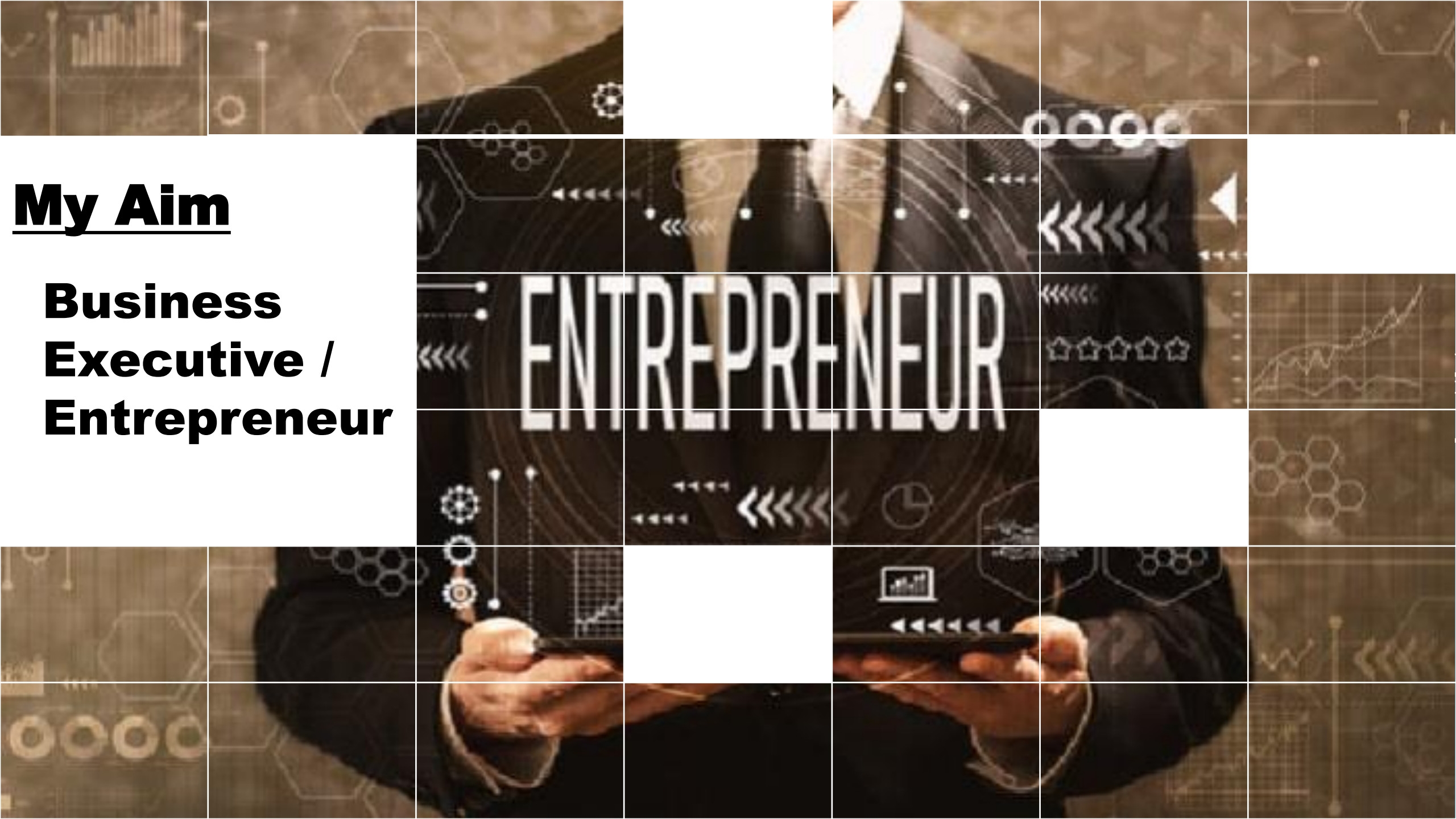


- i. **Academic Excellence.**
- ii. **Self Learner.**

Weakness



- i. **Lack of confidence to talk in front of large crowd.**



My Aim

**Business
Executive /
Entrepreneur**

Reason(Why)

- Independence.
- Innovation.
- Impact.
- Leadership.
- Personal Growth.
- Legacy Building.



Steps to reach my aim.

1.

I will complete 10th grade with strong results and pursue management in 11th and 12th.

2.

After that, I'll have several BBA options:

- 1. Study at Tribhuvan University, Kathmandu University, etc.**
- 2. Study abroad.**

3.

I'll gain experience and skills through internships or volunteering to prepare for entrepreneurship.

In Nepal (TU)

For BBA

- **Duration – 4 years**
- **Expense – Around 9.2 lakhs**
- **Total semesters – 8**
- **Salary – Around 80k – 100k per month.**

In Abroad (Aus)

For BBA

- **Duration – 3 years**
- **Expense – Around 60k USD**
- **Total semesters – 6**
- **Salary – Around 3k – 4k USD per month.**

In Nepal (TU)

For BBA

- **Duration – 4 years**
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In Abroad (Aus)

For BBA

- **Duration – 3 years**
- **Expense – Around 60k USD**
- **Total semesters – 6**
- **Salary – Around 3k – 4k USD per month.**

Some Options



Business Development Executive

Human Resources Executive

Financial Analyst

Digital Marketing Executive

Entrepreneur



Economic Growth.

Benefits

Inspiration.

Job Creation.

2.

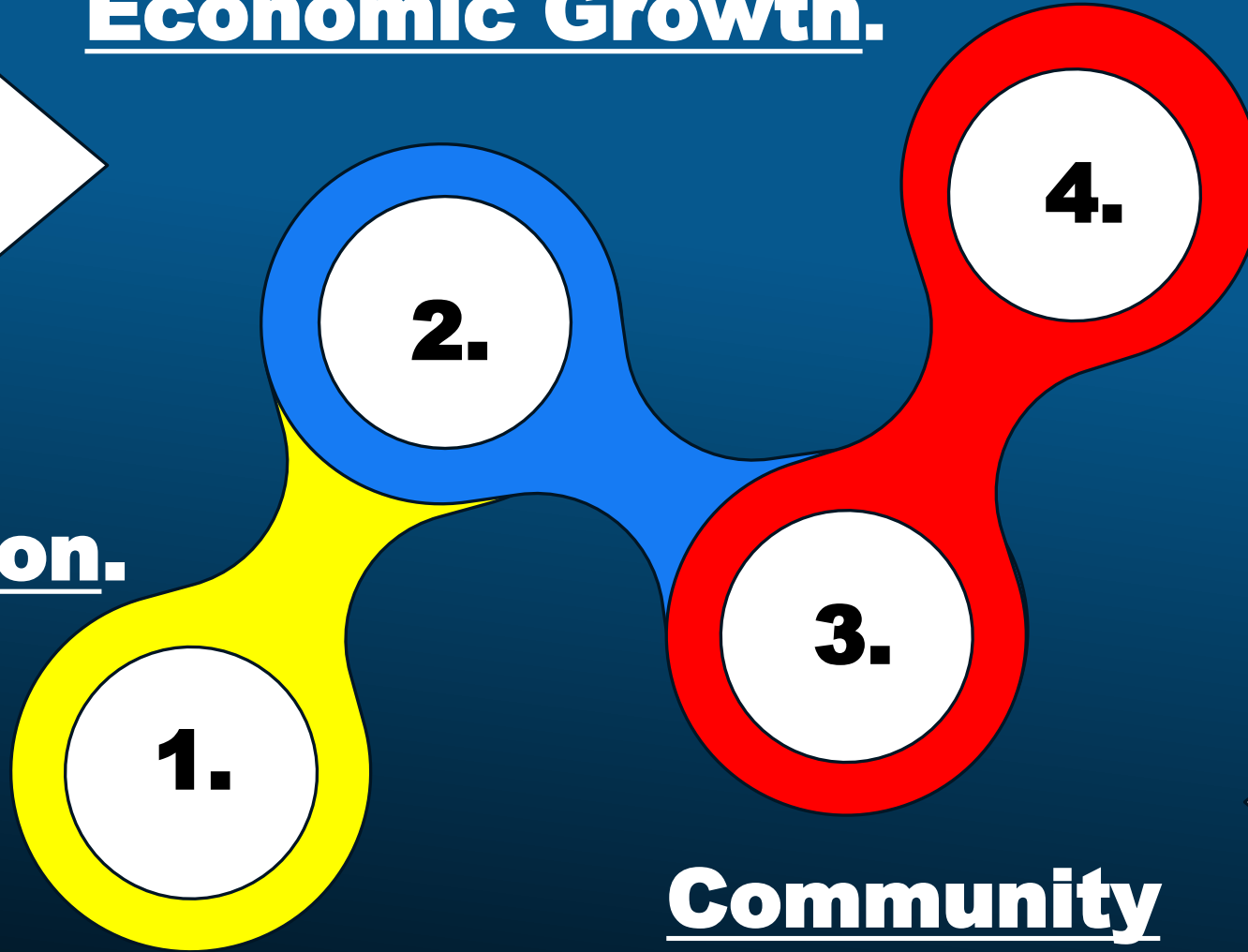
4.

3.

1.

**Community
Development.**

**To
Society**



Special Thanks to :

- Our Municipality
- Program Facilitator: पवित्रा घिमिरेज्यू
- Mayor: भिम प्रसाद ढुङ्गानाज्यू
- Deputy Mayor: दिपक बिश्वकर्माज्यू
- Chief Administrative Officer: पुरुषोत्तम सुवेदीज्यू

THANK YOU

ALL

Namaset to All



Presented by,
Miss. Angel Shakya
Chandeshwori Secondary School,
Class –9
Neelkantha -9, Nigalpani, Dhading

MY Future Plan

I am going to introduce myself. It's me Miss Angel Shakya an youngest daughter of Mr. Hari Kumar and Mrs. Jeevan Maya Shakya. I am from Neelkantha-9, Hatiya, Dhading. I am the student of Chandeshwori Secondary School, Neelkantha-9, Nigalpani, Dhading

My Interests

- ❖ I'm fond of caring others.
- ❖ I'm fond of helping others.
- ❖ I'm fond of dancing.
- ❖ I'm fond of reading Science.

What Career Option do I have

There are many option on there among. They are doctors, nurses, Social Workers etc.



Nurse

Registered Nurse, Nurse Midwife

What My Plan to get there

- ❖ I should study hard. I want to be a Nurse. I prefer to read Science in my high School.
- ❖ After the completion school level I am going to read Bachelor Science in Nursing (B.SC. Nursing).

What is my skills/ Strengths and Weakness

My Skills/Strengths

- ❖ My Skill is problem solving.
- ❖ Teamwork and Communication.
- ❖ Self control and Caring.
- ❖ Positive Attitude/Thinking.

Cont..

My Weakness

- ❖ My Problem in Public Speaking.
- ❖ Shy and Hesitation.
- ❖ My Weakness is Emotion.

How do I manage with Career

- ❖ **Share Responsibilities, Time Management and Planning, take regular breaks.**
- ❖ **Stress Management, Set clear Boundaries.**


How do I give back to Community

- ❖ Offering Support at local health event.
- ❖ Advocating for better healthcare resources and contributing to research.
- ❖ I am planning to make a Small hospital at my community.

Florence Nightingale

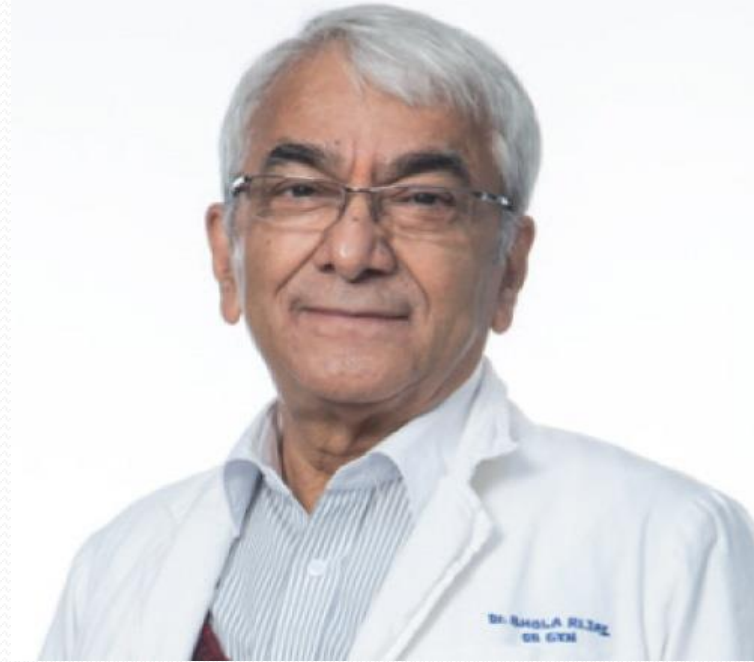


Conti.....




Florence Nightingale was a British nurse, statistician, and social reformer who is widely regarded as the founder of modern nursing. Born in Florence, Italy in 1820, she received a "divine calling" to help the sick and poor, leading her to pursue a career in nursing despite societal expectations. She gained fame for her work during the Crimean War, where she significantly improved the quality of care for wounded soldiers.

Dr. Bhola Prasad Rijal



Bhola Prasad Rijal is a Gynecologist, Obstetrician and litterateur of Nepal. He is known for introducing In-vitro fertilization in Nepal. He was born in Dharan, the eastern hub of the country, in July 1948. He was chairman of Nepal Medical College. Dr. Rijal has pioneered In-vitro fertilization in Nepal a major treatment for infertility

Cont....



He is also the initiator for legalizing abortion in Nepal. Alongside his medical profession, Dr Rijal's patriotism is reflected in his literatures and outstanding song writing ability, which has made him a renowned lyricists and singer in Nepal. He also participated in Melancholy, a song by 365 Nepali renowned singers and musicians. This song was recorded in a single day on 19 May 2016 at Radio Nepal Studio, Kathmandu on Nipesh DHAKA's lyrics, Music and direction.

Thank You To All !!!



My Future Plan

Presented By:

Isha Thapa

Class 9

Neelkantha Balmandir Secondary School

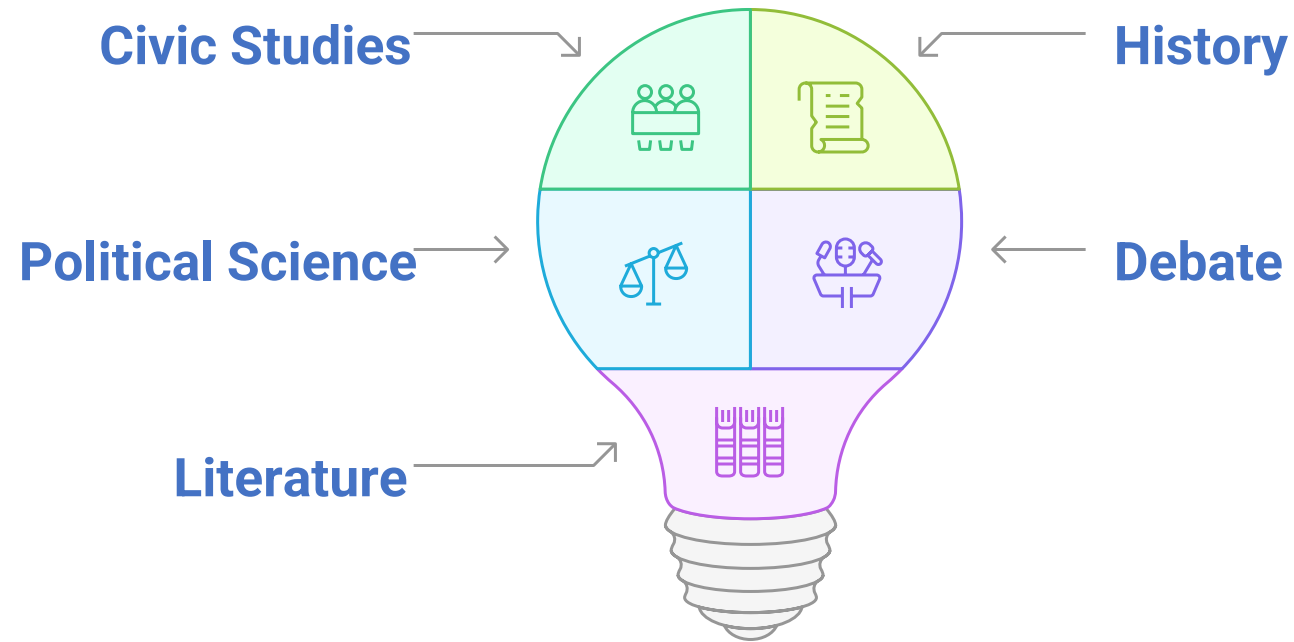
Neelakantha-3, Dhading

Who Am I ?

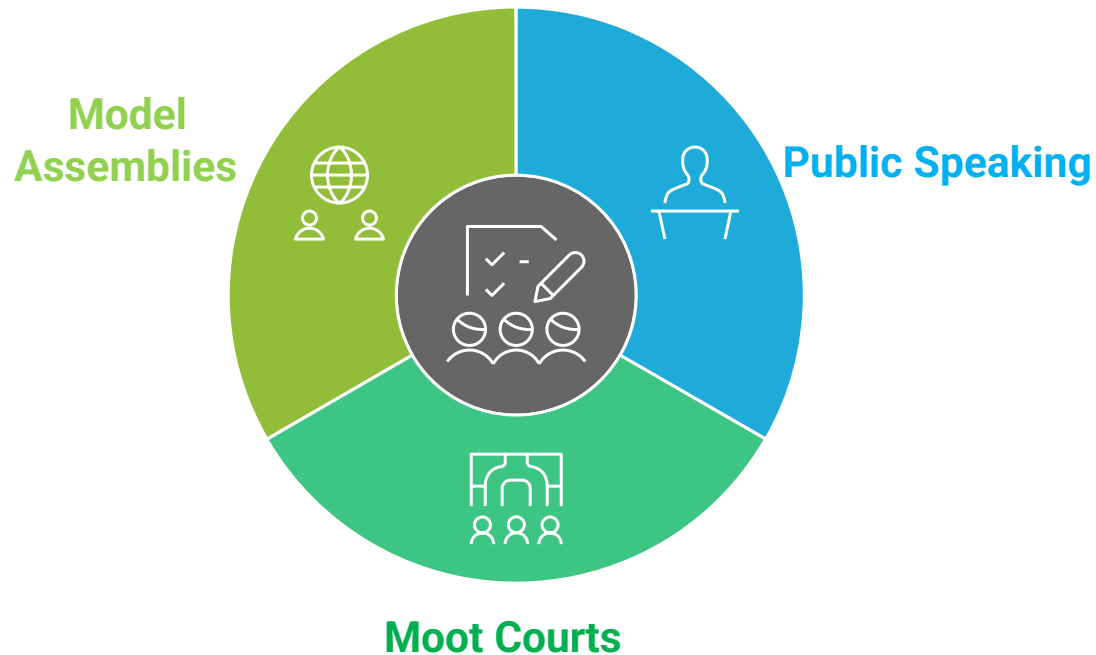
- I am a child of the soil, named **Isha Thapa** born in the pelvis of **Mrs. Saraswati Ghimire** working as Teacher and **Mr. Ishwor Thapa** involved in a small business, nurtured in the hills of Dhading, sculpted by simplicity, and sharpened by struggle.
- I am a hardworking, disciplined - learner, a reader, a thinker from Neelakantha Balmandir Secondary School Grade 9—drawn toward fairness, morality, and the sacred dance between law and justice.



My Interests

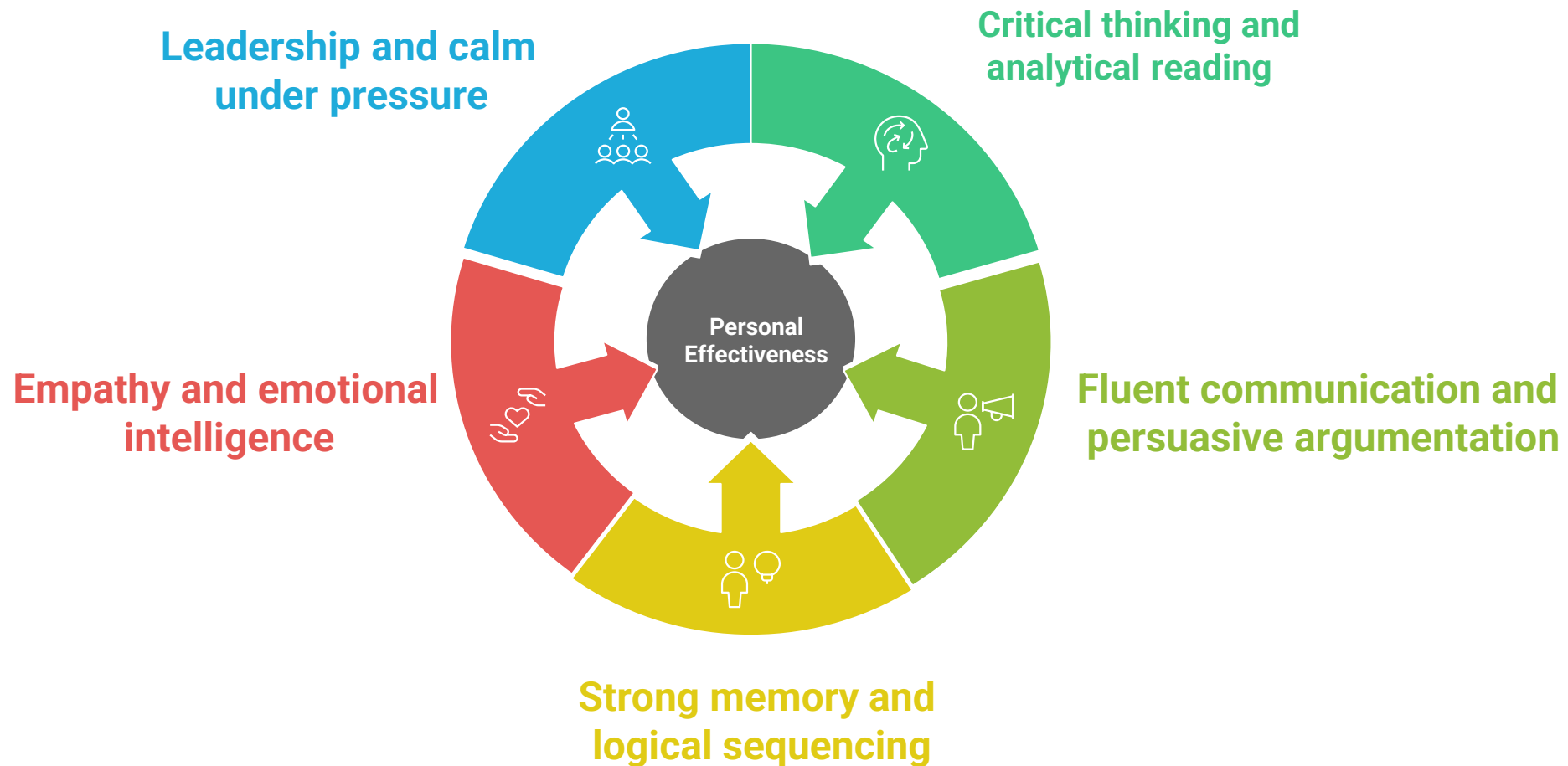


Exploring My Extracurricular Passions

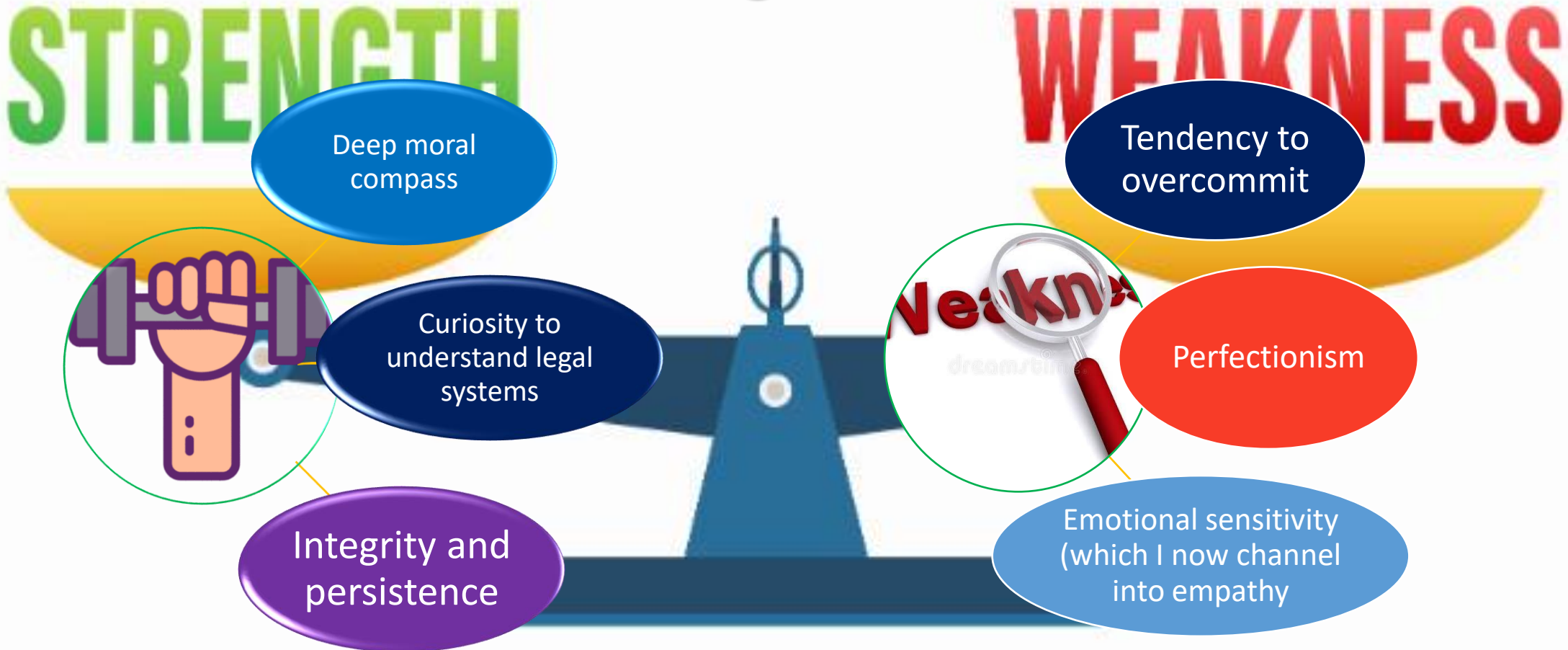


- "Where laws are inked in justice's name , I see my dreams ignite in flame."
- “ $\sum \rho \Sigma \hat{W} \pi \acute{u} \mu \tilde{N} \text{ } y \text{ } ^{\circ} \sum \rho \Sigma \text{ } \emptyset \text{ } \text{f} \text{ } \S \text{ } "$ —Justice delayed is justice denied.

My Skills

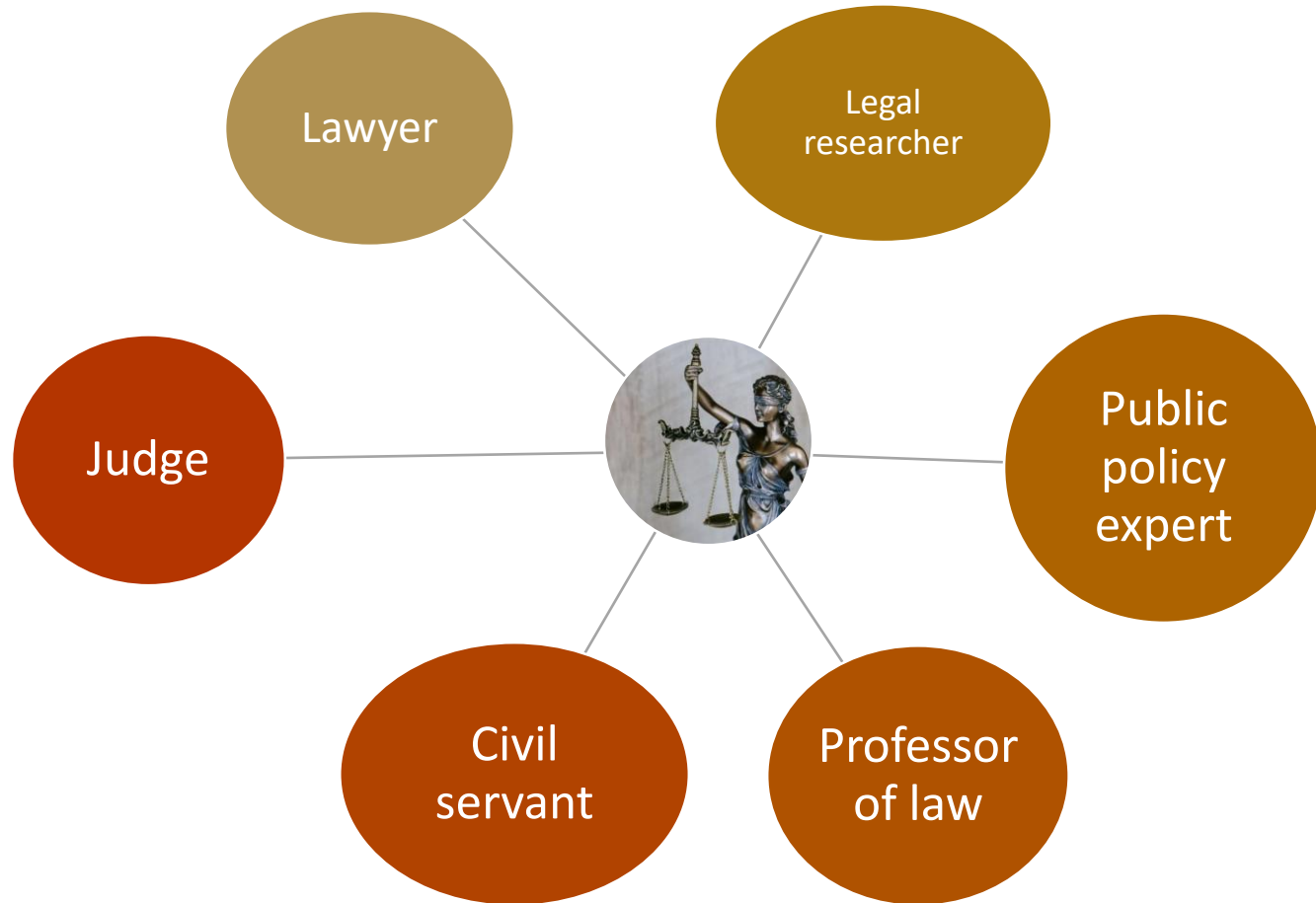


Strength/Weakness



Former Chief Justice Sushila Karki — Nepal's first female— whose courage in confronting injustice amidst political pressure inspires me.

What Career Options Do I Have?



What Do I Want to Be?

- I want to be the **Chief Justice** of the **Supreme Court of Nepal** —a position not of power, but of profound responsibility to uphold constitutional values and protect the dignity of every citizen.
- ***“Injustice anywhere is a threat to justice everywhere.” – Martin Luther King Jr.***

Why Am I Fit to Be a Chief Justice?



What Is My Plan to Get There?

Score excellently in SEE and +2 in Humanities or Law

Join BA LLB Program in TU, KU or foreign institution

Pursue Master's in Constitutional Law or Jurisprudence

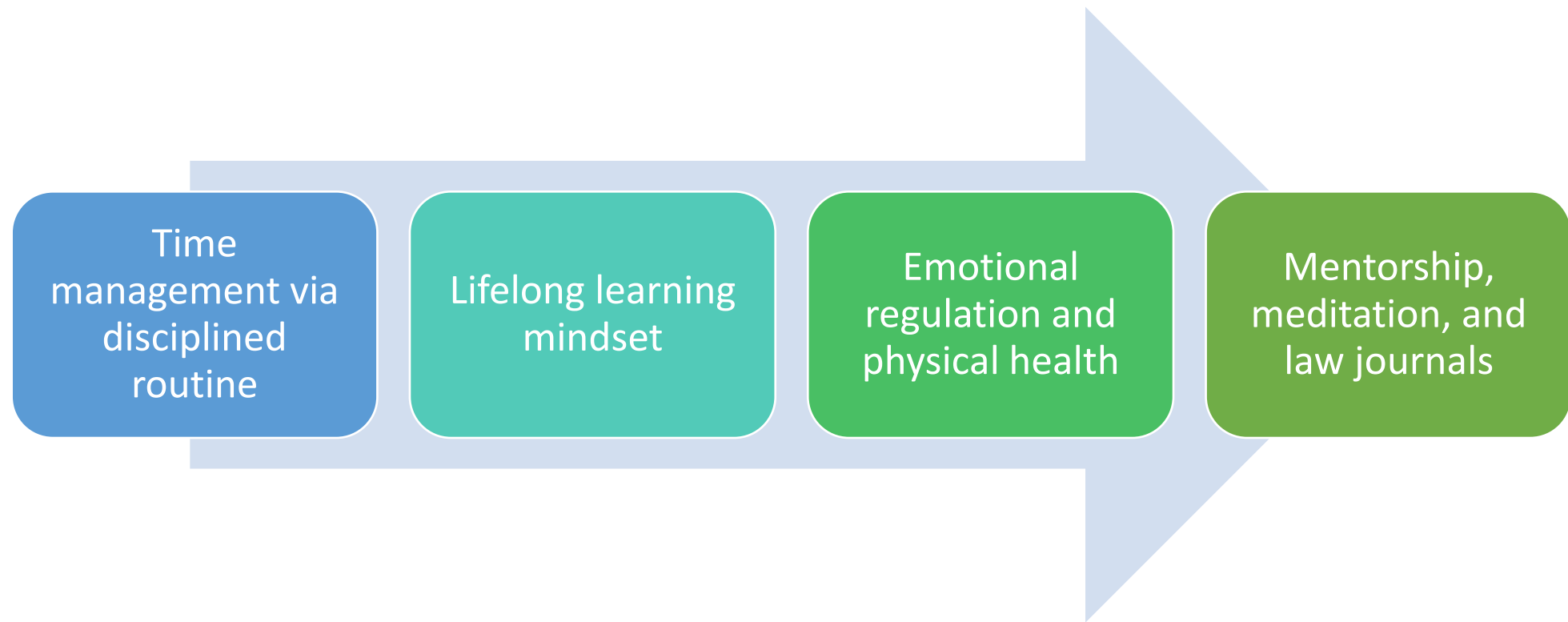
Get experience as a legal practitioner or law clerk

Pass the Judicial Service Commission exam

Climb up from District Court to Appellate Court to Supreme Court

Real-world Path: This is the same ladder followed by many justices — from bar to bench.

How Will I Manage My Life with This Career?



How Do I Give Back to My Community?

Run legal literacy camps in rural Nepal

Establish a legal aid clinic

Mentor students from public schools

Advocate for women's and child rights

Provide free justice service for the needy people

Fundamental right to every corner of the nation

How Does My Dream Help Develop the Nation?



"A strong judiciary is the spine of a functioning democracy."

As Chief Justice, I can:

Ensure rule of law

Reduce corruption

Protect press and expression

Inspire legal reforms

Promote human rights

A Call to Justice and Hope

This dream is not mine alone — it belongs to every voiceless child, every hopeful mother, and every honest citizen who believes that justice is not a privilege of the powerful, but the right of the people. Even the longest journey begins with a single step — and I have taken mine. From Neelkantha to the Nation's Courtroom, I march with faith, fueled by justice.

According to World Justice Project (2023), countries with strong judiciary grow faster in human development indices.

A man in a dark suit, white shirt, and dark tie is shown from the chest down. His hands are clasped together in front of him. A semi-transparent, metallic-looking horizontal bar with rounded ends is positioned across the middle of the image, containing the text 'THANK YOU' in a bold, sans-serif font. The background is a solid dark grey.

THANK YOU

NAMASKAR



Name: Keshari Gurung

Grade: 9

Age:12

Address: Neelakantha-10, Dhading

School name : Shree Kumari Devi
Secondary School

Family

Father

Mother

Sister

Me

Professions Of Family

Farmer

Business

My Hobbies

Listening Music

Travelling

Reading books

Make new friends

Dancing

Singing

My Future Plans

I want to be a teacher in future.

In future I will be a good teacher, and transform my education, skill education to others.

I think only education can change the world.

Education is the powerful weapon to change the society, country as well as world.



THANK YOU

Who am I?

My name is [STUDENT'S NAME] a sincere child to my parents,

Mr..... & Ms.....

and a resident of Nilkantha Municipality in Dhading District

currently studying at [SCHOOL'S NAME/class.....]



My interests

- 1.I love to explore & study motivational biography
- 2.I am keenly interested to get news updates about global activities
- 3.I want to be the good person & a professional role model of my society
- 4.I like to play football
- 5.I love purposeful travel



My skills, Strengths & Weaknesses

- 1.I do have excellent interpersonal communication skill
- 2.I have good command in written & Spoken in Nepali & English Languages
- 3.I am well aware of computer skill requirement with time
- 4.I support constructive & truthful facts
- 5.I can present myself with confidence.

What career options do I have?

My career options are Politician, Ambassador,
Policy Analyst, law Professor, Lawyer

What do I want to be?

I want to be a **LAWYER**

Why am I fit to be a lawyer?

I have participated on public speaking/research/debates about public matters

I have always raised the voice against injustice and

I enjoy establishing right of needed people

What is my plan to get there?

Step 1. I will graduate my 10th grade with an optimal results meeting the eligibility

Step 2. I have planned to graduate my 11th & 12th grades with social and political sciences.

Step 3. I do have few options for my graduation in Bachelors Level

- Study in Government Institute, Nepal Law Campus

OR

- Kathmandu University School of Law, National Law College, etc.

OR

- Institute abroad

Step 4. I will work as a volunteer/intern lawyer in one of the law firm in the city

Step 5. I will be licensed & become a professional Lawyer for the people asking for Justice

Furthermore, to upgrade myself I will research for academic and career growth.

- *My family has made commitment to fulfill the financial requirements of Approx.....NPR for my academic requirements.*

- * *I will update myself with current affairs every time*



What are my options?

Being a lawyer I do have multiple options to work in legal department of any type of institutions Like Banks, Insurance Companies, IT Industries, Hospitals, Hotels, Media, Manufacturing, etc.

BUT

As I would have studied to be a lawyer I will have all the required knowledge of Does & Don'ts of the companies also. So, in the legal ground I have option to be a consultant lawyer of corporate sector to advise & alarm clients in the required situations as my optional choice. Further I have started making relations with the persons working in different field.





How do I manage my life with this career?

Financially, as my service fees between NRP.....to NRP..... per annum,
consulting fees and research grants will sustain my living.

&

Socially I will be supporting the community with my legal knowledge
toward truly and effectively accessing remedy for harms committed by corporate actors.



How do I give back to my community?

I will transform my community with the knowledge of Do's and Don't's on the legal ground of the country by which my society will also be auto regulated, there will be peace in the community.

How does it help in the development of our country?

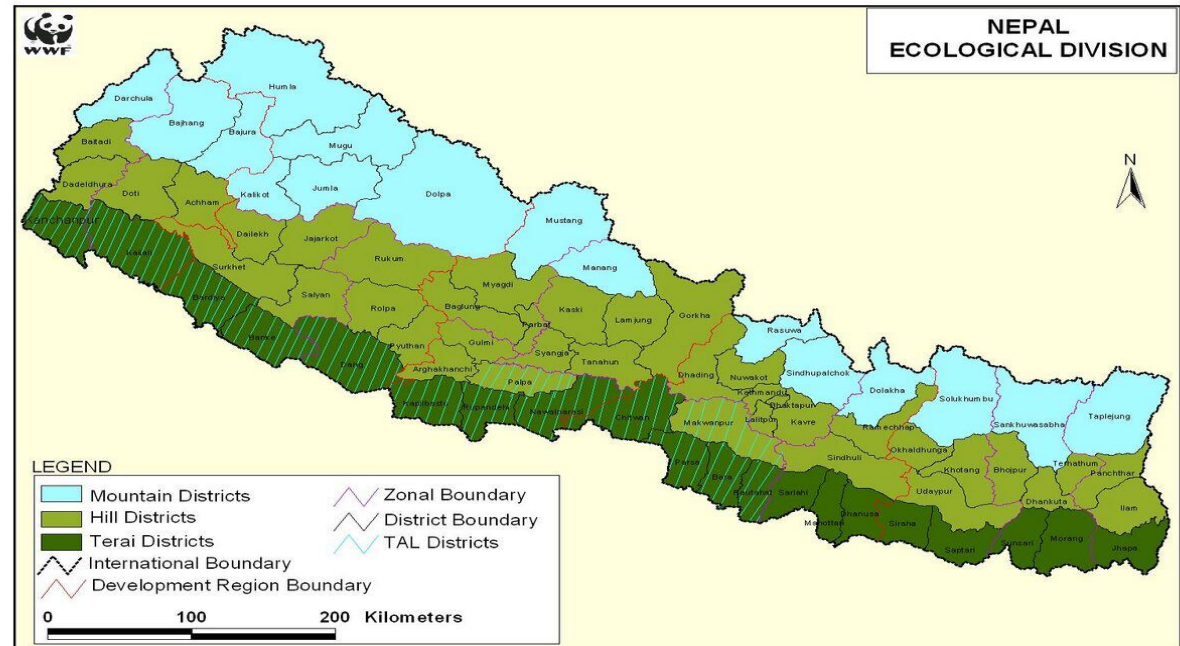
My expertise will help for timely modifications in our constitution and suggest government to draft sustainable & far sighted policies limiting the fragility against international relations.

Thank you 😊

My Future Goal: Green Growth Nepal

"Let's grow Nepal's future—one seed at a time!"

Presented By:
Dikshit Bhandari
Dhading Boarding Secondary School



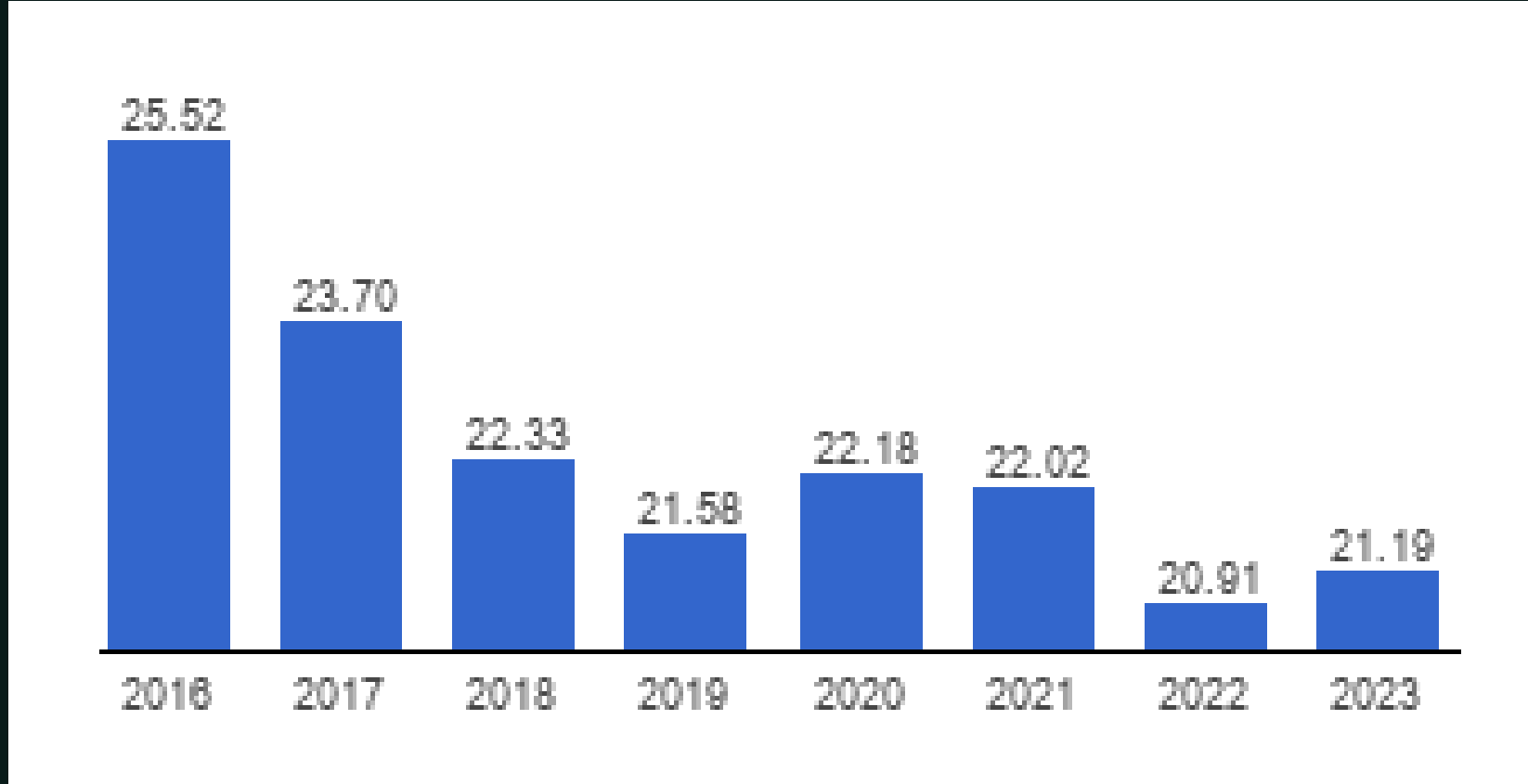
INTRODUCTION

Warm greetings to everyone!

I am excited to share my future goal.

My dream is to support Nepal's development through green growth — especially in agriculture and forest protection.





Nepal GDP share of agriculture

Why Agriculture ? 🌱

- ❑ Nepal's future depends on farming + forests
- ❑ Agriculture supports over 65% of Nepalese people.
- ❑ Improving farming methods can reduce poverty and increase food security.
- ❑ My goal: Promote organic farming, modern tools, and market access.



OPPORTUNITIES IN AGRICULTURE



SUPPORTS ECONOMY OF NEPAL:

- **Provides employment to a large portion of the population, especially in rural areas**
- **Contributes to national income through GDP, exports, and food production, strengthening economic stability.**

EXPORT OPPURTUNITIES :

- **It contributes significantly to Nepal's GDP and exports, supporting the national economy.**
- **Agriculture provides employment and ensures food security for a large portion of Nepal's population.**

DIVERSIFIED PRODUCTION :

- **It helps reduce risks and increases income sources for farmers by not relying on a single product.**
- **Diversified production involves growing various crops and raising different livestock on the same farm.**



CHALLENGES IN AGRICULTURE OF NEPAL

CLIMATE CHANGE:

- **Caused by human activities** such as burning fossil fuels and deforestation.

LIMITED IRRIGATION:

- **Depending on unpredictable rainfall**
- **Lack of modern irrigation systems**



LACK OF INFRASTRUCTURE:

- **Poor roads and storage facilities**
- **Inadequate irrigation systems limit farm productivity and crop yields.**

LACK OF FERTILIZER :

- **Facing shortages or delays in receiving quality fertilizers.**
- **Leading to reduced crop growth and lower yields.**



METHODS TO MANAGE CHALLENGES

ORGANIC FARMING:

- **Avoids chemicals**, using natural fertilizers and pest control methods
- **Protects the environment and promotes healthy food production**

CONSERVATION OF AGRICULTURE :

- **Promotes sustainable farming**
- **Prevents land degradation**

INTEGRATED PEST MANAGEMENT :

- **Integrated Pest Management (IPM)** is a safe and eco-friendly method that uses multiple techniques to control pests and protect crops.



My Educational Plan



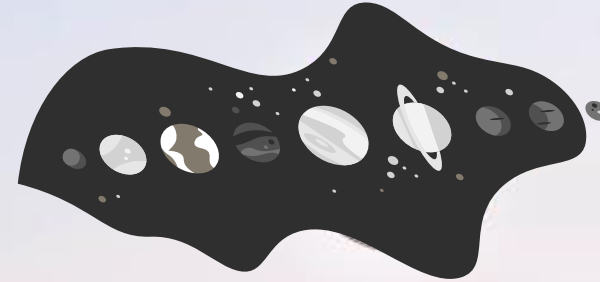
As a student passionate about nature and farming, my education path is:

I will join Bachelor of Science in Agriculture (BSc Ag.).

Rampur agricultural Campus,
Chitwan

This course will help me learn modern, scientific farming methods.

I want to gain knowledge that I can bring back to help farmers in Nepal.



BACHELOR OF SCIENCE IN AGRICULTURE



My Action Plan 🚜

After BSc Agriculture, I will:

Promote Smart Farming:

Teach farmers organic techniques
drip irrigation

Stop Deforestation: Train communities
in agroforestry (crops + trees together)

Research Local Solutions: Develop climate-resistant
seeds for Nepal's soil

Work with Government: Advise on agriculture
policies for rural areas



How I Will Help the Nation ?

Use my agriculture degree to support sustainable farming 🌱.

Promote eco-friendly practices and green innovation. 🌿

Help make Nepal self-reliant in food production and forest protection. 🌳

More jobs in agriculture and environment. 🌾

Be a role model for youth 

Conclusion

Green Growth Nepal is
my dream and mission.

With education and
action, we can protect
nature and grow our
economy.

Together, we can build a
cleaner, greener, and
brighter future.



ANY QUERIES OR
QUESTIONS ?



Thank you

"Rooted in the Soil, Growing for Nepal: My Agricultural Vision"



Kushal Sapkota



My Introduction

- ▶ Name: Kushal Sapkota
- ▶ Parents: Son of Mr. Keshav Sapkota and Mrs. Sabita Sapkota
- ▶ Residence: Nilkantha Municipality, Ward No. 3, Dhading District
- ▶ Education: Currently studying in Grade 9 at New Kibou Boarding School
- ▶ Image: Photo of Dhading District or school emblem.



My Heroes and my place.

Sandeep Lamichanne, Nilkantha Municipality and Virat Kohli.



My Interests

- ▶ Exploring motivational biographies for inspiration
- ▶ Staying updated with global news and activities
- ▶ Aspiring to be a positive role model in society
- ▶ Passionate about playing cricket
- ▶ Enjoying purposeful travel to learn and grow
- ▶ Image: Collage of a book, news app, cricket game, and travel map



My Skills

- ▶ Excellent interpersonal communication skills
- ▶ Proficient in written and spoken Nepali, English, and Hindi
- ▶ Strong computer skills, adapting to modern requirements
- ▶ Confident in presenting myself
- ▶ Committed to supporting constructive and truthful initiatives
- ▶ Image: Icons of speech bubbles, languages, computer, and confident posture



My Strengths and Weaknesses

► Strengths:

- Strong communication and confidence
- Dedication to truth
- and constructive work
- Multilingual proficiency

► Weaknesses:

- Time management needs improvement for balancing studies and cricket
- Limited exposure to professional cricket training

► Image: Balance scale showing strengths and weaknesses



My Future Aspiration

- ▶ Goal: To become a famous and skilled cricket player
- ▶ Vision: Represent Nepal on the international stage
- ▶ Inspiration: To be a role model for youth in my community
- ▶ Image: Cricket stadium with a player in action



My Future Plans (6 Stages)

- ▶ Next Year: Study in Grade 10, join school cricket team, and maintain good grades
- ▶ Years 2-3: Enroll in a local cricket academy for professional training
- ▶ Years 4-5: Participate in district and national-level youth cricket tournaments
- ▶ Years 6-8: Aim to join Nepal's Under-19 national cricket team
- ▶ Years 9-12: Train rigorously to secure a spot in Nepal's national cricket team
- ▶ Long-Term: Play in international leagues and contribute to Nepal's cricket reputation



Career Development Roadmap

Navigating your professional journey



Managing My Aim with My Career

- ▶ Balance: Dedicate mornings to studies and afternoons to cricket practice
- ▶ Skill Utilization: Use communication skills to network with coaches and players
- ▶ Computer Skills: Analyze cricket matches and techniques using technology
- ▶ Motivation: Read biographies of cricket legends like Sachin Tendulkar for inspiration
- ▶ Image: Split image of a book and cricket practice



Contributing to *My Community*

- ▶ Inspire youth through cricket workshops and motivational talks
- ▶ Promote sports for health and discipline in Nilkantha Municipality
- ▶ Share global knowledge to raise awareness in my community
- ▶ Support local initiatives using my interpersonal skills
- ▶ Image: Community gathering with a cricket event



Other Future Options

- ▶ Sports Journalism: Use language skills to write about cricket
- ▶ Sports Management: Organize cricket events and tournaments
- ▶ Coaching: Train young players in Dhading District
- ▶ Reason for Cricket: Strong passion and desire to excel in the sport
- ▶ Image: Icons of a pen, clipboard, and coach's whistle



How Cricket Helps Nepal's Development

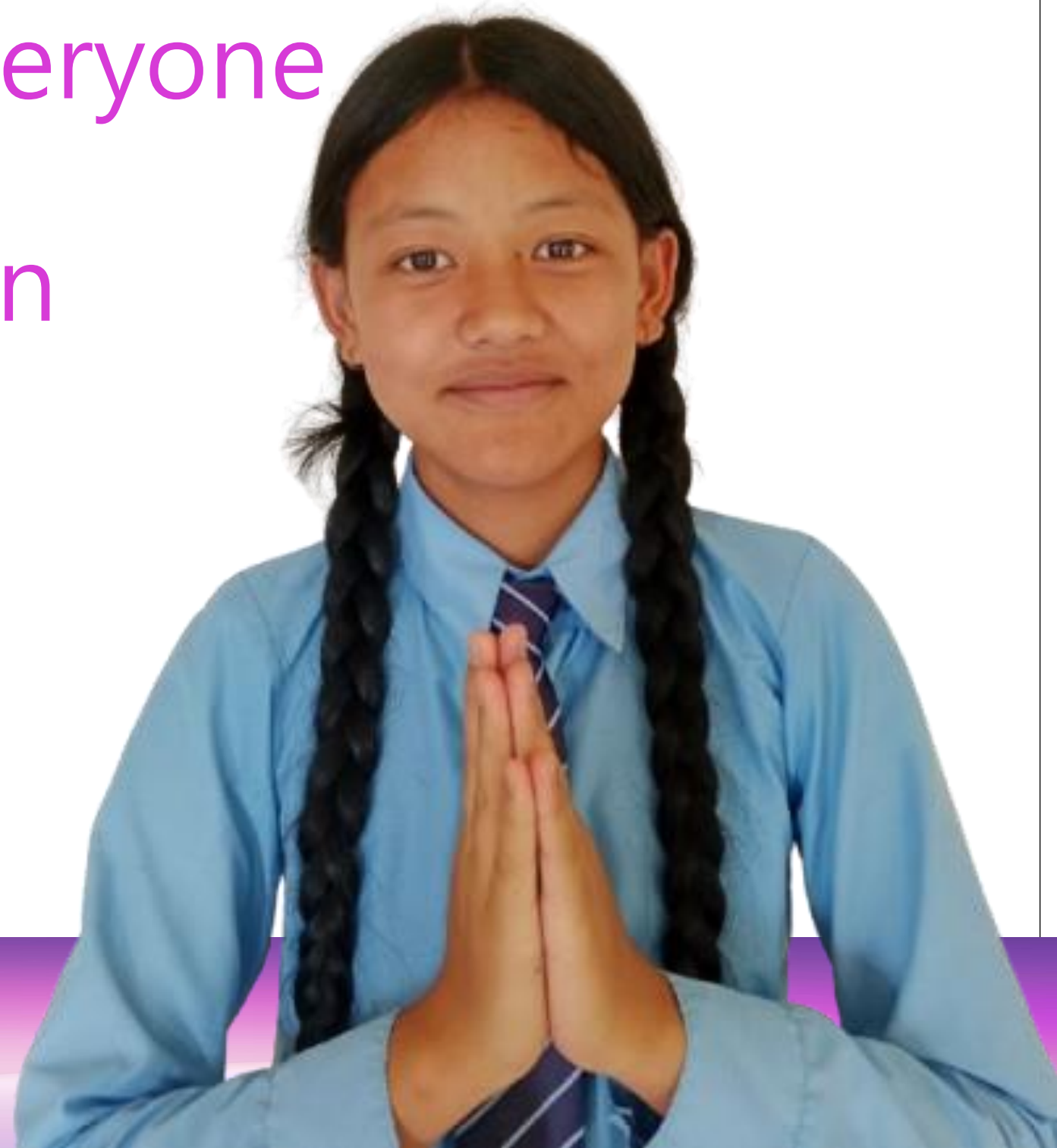
- ▶ Slide 11: Promotes national pride through international success
- ▶ Encourages youth fitness and discipline
- ▶ Attracts tourism and investment through cricket events
- ▶ Creates job opportunities in sports-related fields
- ▶ Image: Nepali flag with a cricket trophy



Conclusion

- ▶ Summary: Committed to becoming a cricket player while contributing to my community
- ▶ Vision: Use my skills and passion to make a positive impact
- ▶ Call to Action: Support my journey to represent Nepal in cricket!
- ▶ Image: Kushal in a cricket uniform with a motivational quote: “Dream big, play hard!”

Welcome and Namaste everyone
to My Journey;
My Future Plan



Who Am I?

I am ***Nikita Gurung***, daughter of Mr. Khadka Gurung and Mrs. Gita Gurung.

I am a permanent resident of Neelakantha Municipality-13, Dhading and 9th grade student at Manarupee Secondary School.

My Interests



Motivational Biographies

I love reading about inspiring lives.



Professional Role Model

I aim to be a good person and a role model in my society.



Purposeful Travel

I enjoy traveling with a meaningful objective.

My Skills, Strengths, and Weaknesses

Confident Presentation

I can present myself with confidence.

Language Proficiency

I have good command of written and spoken Nepali and English.

Weakness : Shyness

I mostly become shy when I am in front of mass.



My Career Aspirations/Ambitions: Staff Nurse



Staff Nurse

My primary career choice is to become a staff nurse.



Helping Others

I love helping people and can communicate clearly and politely.



Calm Under Pressure

I can stay calm and think quickly in challenging situations.



My Plan to Become a Staff Nurse



Optimal 10th Grade Results

I will meet eligibility for the nursing program.



Science Stream in Kathmandu

I will graduate my +2 with Biology.



Volunteer/Intern Nurse

I will gain experience in a hospital or health center.



Licensed Professional

I will become a registered staff nurse with dedication.

Investing in My Future

My family is committed to cover my academic requirements.

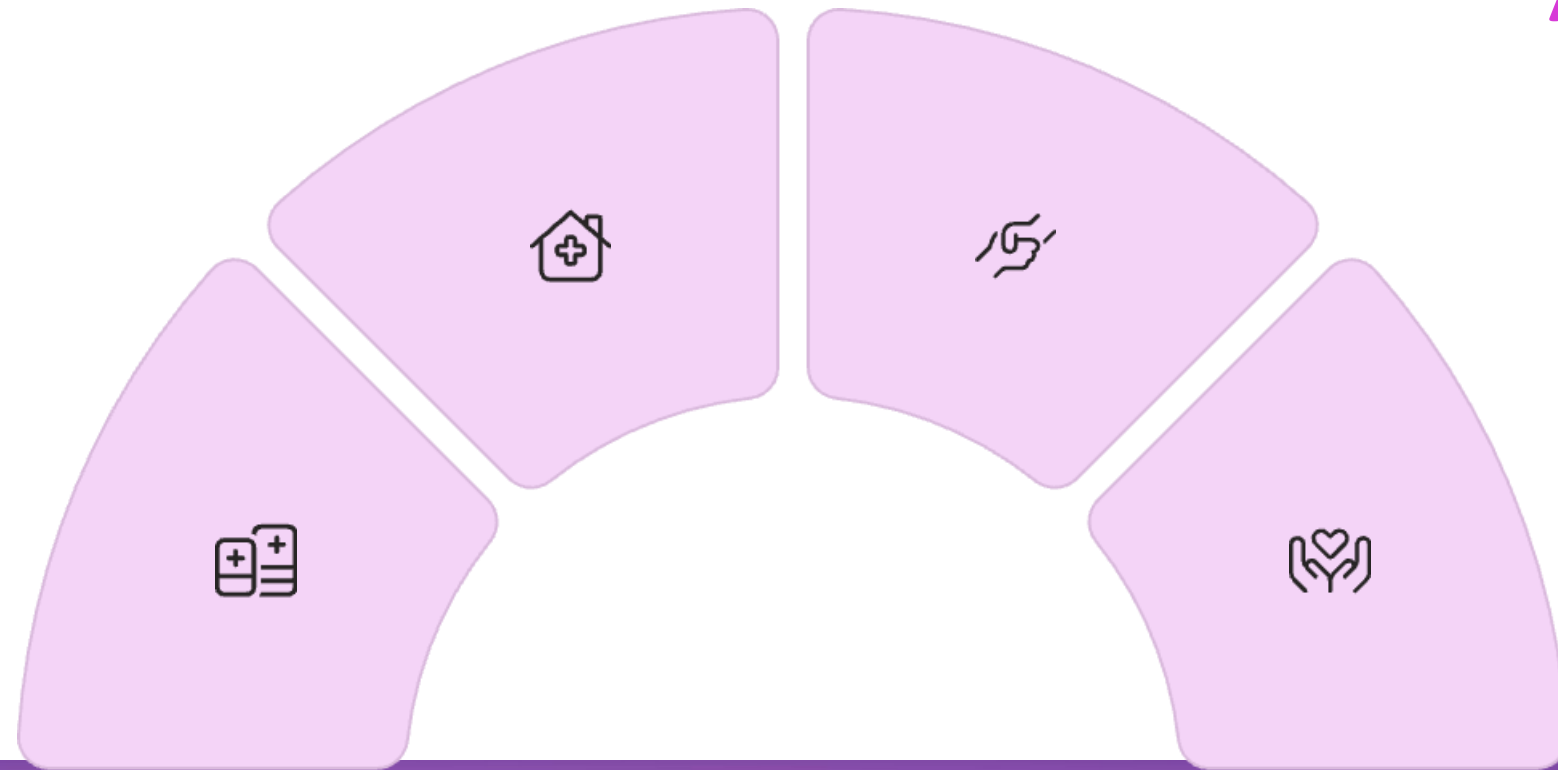
To upgrade myself, I will research for academic and career growth. I will constantly update myself with current affairs. This ensures continuous learning and development.



Diverse Options except Staff Nurse

Teacher

Lawyer



Instead of being a staff nurse, I offer multiple options in various sectors such as; Teaching or become lawyer



Expanding Horizons in Nursing

Specialize in ICU

Focus on intensive care for critical patients.

Health Educator

Teach and promote health awareness.

National/International Missions

Join global health initiatives.

Guide Future Nurses

Mentor and inspire new students.

I am actively building awareness and connections within healthcare at my school as well which helps me understand the working environment.

Navigating/Planning My Nursing Nursing Career

Embarking on a nursing career, it offers immense personal and professional fulfillment. This presentation will explore how to manage my life within this demanding yet rewarding profession, focusing on financial stability, social impact, community giving, and national development.



Financial and Social Aspects of Nursing

Financial Stability

As a staff nurse, my salary is structured, varying with experience and institution. Government hospitals, can offer a gross monthly salary which can sustain my personal expenses in Nepal. Overtime, shift differentials, and special allowances provide additional income; these include nursing, risk, and uniform allowances, which can assist for my extra expenses.



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Serving My Community as a Nurse



Direct Care and Support

Provide direct patient care, health education, and emotional support to individuals and families.



Promote Healthy Lifestyles

Advocate for healthy habits within the community to foster overall well-being.



Apply Medical Expertise

Utilize medical knowledge and skills to care for the sick and injured.



Foster Peace and Well-being

Contribute to a healthier, safer environment, promoting peace and well-being.

National Development Through Nursing

Improve Public Health

Contribute to a stronger, more productive society by enhancing overall public health.

Support Health Campaigns

Participate in government health initiatives that raise awareness and promote health.

Reduce Illness and Mortality

Help decrease illness and mortality rates, fostering national progress and development.

Build a Resilient Nation

Promote health and well-being, building a nation capable of facing challenges together.

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polfle wour her
youporide h...A.

SUCC



Thank you for your time and attention. I am here to answer any questions you may have about the rewarding path of a nursing career and its profound impact on individuals, communities, and national development.

THANK YOU



नाम : सुनिल मजकोटी

कक्षा : ९

विद्यालयको नाम : रामकोट माध्यमिक विद्यालय

ठेगाना : नीलकण्ठ नगरपालिका -८, रामकोट, धादिङ

आमाको नाम : बिन्दा नेपाली

बुबाको नाम : सिताराम नेपाली

मेरो जीवनको लक्ष्य : क्रिकेट खेलाडी

प्रस्तुतिका प्रमुख पक्षहरू

- परिचय
- महत्व
- योजनाहरू
- क्रिकेट नै छान्नुको कारणहरू
- भविष्यमा कसरी व्यवस्थापन गर्ने
- ज्ञानहरू
- प्रेरणा
- फाइदा
- निष्कर्ष

परिचय

- जीवनको लक्ष्य भन्नाले आफ्नो जीवन असल र सभ्य नागरिक बन्न एक क्षेत्र तिर अग्रसर हुनु भन्ने बुझिन्छ ।

यसको उद्देश्यहरु

- असल खेलाडी हुने ।
- देश समाज र राष्ट्र सामु परिचित हुने ।
- खेलकै माध्यमबाट आफ्नो भविष्य निर्धारण गर्ने ।



- म एक दक्ष खेलाडीको रुपमा चिरपरिचित हुन चाहन्छु । खेलले मेरो जीवनमा थप उर्जा प्रदान गर्छ । समाज र राष्ट्रको एक असल खेलाडीको नामले संसार सामु चिनिने छु । म राष्ट्रिय टिममा चुनिएमा नेपाललाई विश्वसामु उच्च स्थान हासिल गर्न साथ दिनेछु । अवसर पाएको खण्डमा म आफ्नो प्रतिभा प्रतिशत खेलमा देखाउने छु ।

क्रिकेट खेलको महत्व

- राष्ट्रको लागी खेल, स्वास्थ्यको लागी खेल
- राष्ट्रको प्रतिनिधित्व
- युवा पुस्ताको प्रेरणाको स्रोत
- राष्ट्रिय एकताको प्रतिक
- समाजप्रति सकारात्मक सोच
- आर्थिक योगदान

क्रिकेट खेलाडी बन्नको लागि बनाएको योजनाहरु

- खेलबाट आफ्नो जीवनमा निर्वाह गर्ने
- देश तथा विदेशमा नाम कमाउने
- क्रिकेटबाट नै नेपाल देशलाई अगाडि बढाउने

मैले क्रिकेट खेल नै छान्नुको कारण



- यस खेलले मलाई जागर र शक्ति प्रदान गरेको हुनाले
- अन्तराष्ट्रिय स्तरको खेलाडी जस्तै सन्दिप लामिछाने, विराट कोहली खेलेको देखेर ।
- क्रिकेट प्रति इच्छा चाहना जागेर

क्रिकेट खेल भविष्यमा कसरी व्यवस्थापन गर्ने

- सामुदायिक सहयोग सेवा प्राप्त र इमान्दारिता पूर्वक खेल खेल्ने ।
- प्रतिष्ठित हुने ।
- खेलको नियमको दायरामा रही अनुशासित भइ खेल प्रदर्शन गर्ने ।

आफूले समाजमा दिन सक्ने ज्ञानहरु

- साना भाइबहिनीहरुलाई क्रिकेट खेलप्रति आकर्षण गराउन सकिन्छ ।
- क्रिकेट खेलका सीप, ज्ञान तथा नियम दिन सकिन्छ ।
- हामीले भाइबहिनीहरुलाई क्रिकेटका साना-साना कुरा सिकाउन सकिन्छ ।

प्रेरणा



- सन्दिप लामिछाने र दिपेन्द्र सिंह ऐरीको खेल देखेर म प्रेरित भएको थिएँ ।
- मलाई मेरो काकाले पनि भन्नुभएको थियो, क्रिकेट खेलाडी बन्नुपर्छ, त्यसमा धेरै फाइदा हुन्छ ।

क्रिकेट खेलका फाइदा

- क्रिकेट खेलाडी बनेमा आर्थिक अवस्थामा सुधार आँउछ,आम्दानी राम्रो हुन्छ ।
- परिवारको इज्जत बढ्छ ।
समाजमा छुट्टै पहिचान स्थापित हुन्छ ।
- खेलाडीको नाम देश र विश्वमा चर्चित हुन्छ ।
- विभिन्न देशमा घुम्न जाने अवसर प्राप्त हुन्छ ।
- विभिन्न देशका लिए समेत खेल्ने सम्भावना हुन्छ ।
- नेपाल क्रिकेट संघले भने अनुसार ग्रेड “ए”मा परेमा मासिक एक लाख सम्मको आम्दानी हुन सक्छ ।

निष्कर्ष

- क्रिकेट खेल विश्व प्रसिद्ध खेल हो । क्रिकेट खेल एसियाका प्राय देशहरुले खेल्ने गर्दछन् । क्रिकेट खेलाडी बन्नको लागी जोस, जागर,मिहिनत अति नै आवश्यकता पर्दछ ।
- यस खेलबाट आम्दानी पनि राम्रो हुन्छ ।
- यस खेलका कारणले समाजमा इज्जत बढ्छ । क्रिकेट खेलाडी बनेमा म मेरो जिवनमा फड्को अगाडि बढ्नेछु ।



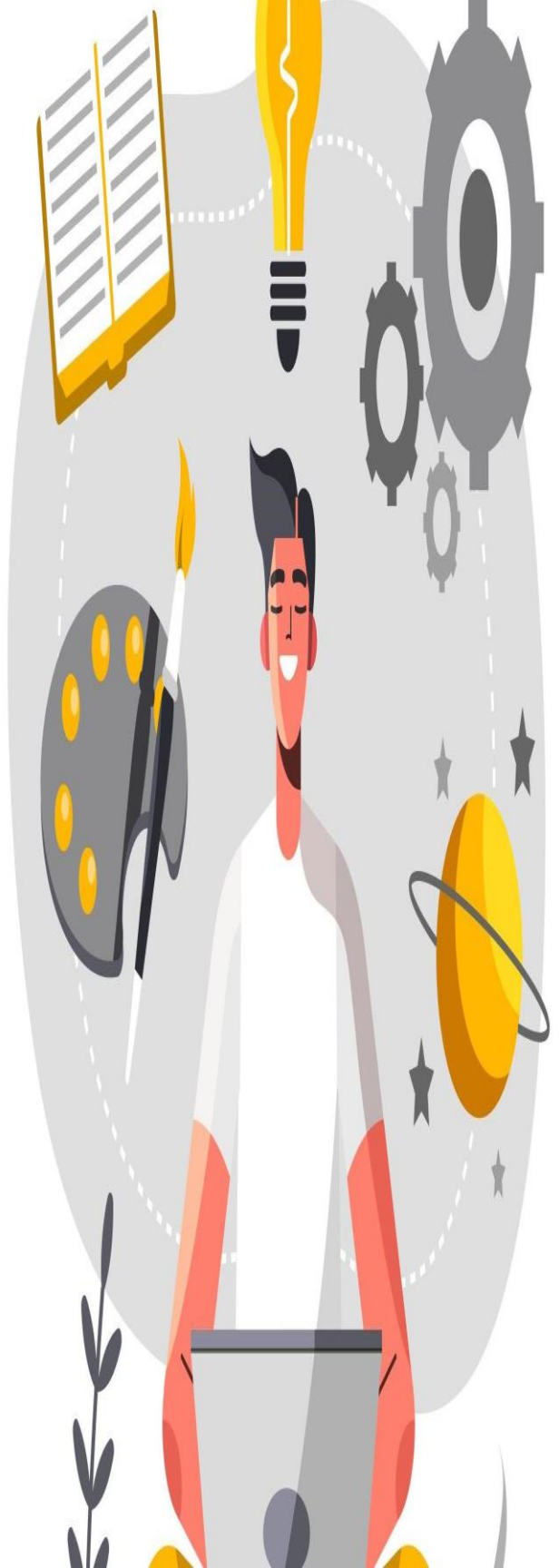
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मेरो परिचय

- नमस्ते मेरो नाम निशा तामाङ हो ।
- म नीलकण्ठ नगरपालिका वडा नं. १३ बरडाँडा मा बस्छु ।
- हाल म साङ्कोष माध्यमिक विद्यालय नीलकण्ठ १२, पचघरेको कक्षा ९ मा अध्ययन गर्छु ।





मेरो रुचि

१. मलाई शिक्षण पेशा असाध्यै मन पर्छ ।
२. मलाई साथीहरुसँग बस्न, घुमफिर गर्न मन पर्छ ।
३. म शिक्षक बनेर विद्यार्थीहरुलाई आफुले जानेको शिक्षा दिन मन पर्छ ।
४. मलाई भलिबल खेल मन पर्छ ।
५. मलाई स्कुटी चलाउन मन लाग्छ ।
७. मलाई नेपाली सदाबहार गीत मन पर्छ ।
८. मलाई लामो कपाल मन पर्छ ।
९. मलाई आलु, गुन्द्रुक, भुटेको मकै मन पर्छ ।
१०. मलाई नयाँ नयाँ ठाउँ यात्रा गर्न मन पर्छ ।

मेरो सिप, क्षमता र कमजोरीहरु

१. मलाई घाँस काट्न, खाना बनाउन आउँछ ।
२. म सँग पढ्ने, लेख्ने सीप छ ।
३. म सँग अरुसँग घुलमिल हुने सक्ने सीप छ ।
४. म तामाङ भाषा, नेपाली भाषा बोल्न र लेख्न सक्छु ।
५. मेरो मनमा लागेका कुरा हुक्कसँग व्यक्त गर्न सक्छु ।
६. मलाई अंग्रेजी भाषा सिक्न र बोल्न कठिन लाग्छ ।





मेरो विकल्पको लक्ष्यहरु के हुन सक्छ ?






✓ मेरो विकल्पको लक्ष्यहरु राजनितिज्ञ, पत्रकार, लेखक, विश्लेषक, समाजसेवी हुन



म के बन्न चाहन्छु ?

✓ म शिक्षक बन्न चाहन्छु ।

म यस पेशाको लागि किन योग्य छु ?

-  १. मसँग लेख्ने सीप र पढ्ने सीप छ ।
-  २. मेरो बोली प्रष्ट छ ।
-  ३. मेरो अरुसँग भर्किने रिसाउने स्वभाव छैन ।
-  ४. म अरुसँग नम्र व्यवहार गर्छु ।
-  ५. म कहिल्यै पनि अध्ययन गरेर थाक्दिन ।
- ६. म आफुभन्दा सानासँग खेल्न, बस्न, कुरा गर्न मन पराउँछु ।





यस लक्षमा जाने मेरो योजना के रहन्छ ?



१. म S.E.E उत्कृष्ट G.P.A. को साथ पास गर्छु ।
२. त्यसपछि म मुख्य विषय नेपाली लिएर कक्षा ११/१२ पढ्छु ।
३. कक्षा १२ को नतिजा पछि काठमाडौँ गएर नेपाली मूल विषय लिइ अध्ययन गर्छु ।



४. म स्नातक सकेपछि शिक्षक लाइसेन्सको तयारी गर्छु ।
५. पाएसम्म होम ट्युसन गरी पढाइ खर्चको जोहो मिलाउँछु ।
६. घरमा बुवा आमालाई मेरो उद्देश्यको जानकारी गराइ आवश्यक रकमको अनुरोध गर्छु ।



७. म पढाइ संगसंगै Volunteer Teaching पनि गर्नेछु ।



८. म शिक्षक बन्नको लागि मेरो अग्रज गुरुसँग निरन्तर सम्पर्कमा रहन्छु ।

यो पेशामा भइसकेपछि मेरो विकल्पहरु के के हुन्छन् ?

म शिक्षक भइसकेपछि मेरो विकल्पहरु समाजसेवा, समाज जागरण, परिवारको रेखदेख, पुस्तक लेखन, सल्लाहकार, पथ प्रदर्शक आदि बन्न सक्छु ।

म यो पेशाले मेरो Career लाई कसरी व्यवस्थापन गर्छु ?

१. यस पेशाबाट मैले मासिक रु. ३०,००० देखि ५०,००० सम्म आम्दानी गर्छु ।
२. यो आम्दानीबाट मेरो आवश्यकतासँगै परिवारको पनि आवश्यकता पूरा गर्छु ।
३. मेरो आम्दानीको ५% रकम म गरिब, दीनदुखीलाई पढ्न र विद्यालयलाई पनि सहयोग गर्छु ।

म मेरो समाजलाई कसरी योगदान दिन सक्छु ?

१. म मेरो समाजलाई सभ्य, शिक्षित र विकसित बनाउन प्रयास गर्छु ।
२. हरेक व्यक्तिलाई उचित शिक्षा प्रदान गरी समाजप्रति सचेत गराउँछु ।
३. समाजमा विद्यमान कुरीति, कुसंस्कारलाई हटाउँछु ।
४. समाजमा विकास निर्माण कार्यको अध्ययन/अनुगमन गरी सम्बन्धित निकायमा जानकारी गराउँछु ।




यसले देश विकासमा कसरी सहयोग पुऱ्याउँछ ?

✓ मेरो शिक्षण प्रतिको योगदानले समाज सभ्य भई देशको लागि आवश्यक पर्ने जनशक्ति उत्पादन हुन्छ ।



अथवा

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central text area. The central area is a plain white background.

WELCOME TO MY PRESENTATION



MY GOAL AND AIM IN LIFE



Who am I ?

My name is Sushant Gurung a sincere child of my parents, Mr Roshan Gurung and Mrs Shanti Gurung. I am a resident of Neelakantha Municipality in Dhading district currently studying at Shankha Devi Secondary School in class 9.

My interests

I love to explore and study motivational biography.

I want to be the good person and a professional role model of my society.

My skills, strengths and weaknesses

I have good interpersonal communication skill.

I have good command in written and spoken in Nepali and English languages.

I can present myself with confident.

I am a empathetic person that so I can not see others pain

My career options are businessman, doctor, engineer, entrepreneur and trader.

What do I want to be ?
I want to be a trader.

Why am I fit to be a trader?



Most of the time, I always have mobile phone and internet connection it. I always use mobile phone to analyse market and its structure I can create a five years routine roadmap to be perfect in trading . I am doing demo trading to be master on it ,and I am eagerly interested for trading.

My plan to get there?

While studying at School, I will learn the basic of trading and I will lay the foundation for becoming a strong trader

While studying at college I will choose business(data and analysis , marketing) of finance to sharpen it . I will build skills , network and sharpen confidence. I will start a small tradings after college. After that I will be a profitable trader.



What are my other options ?

Being a profitable trader, I can grow my capital so I can start a business. I will be smart and great idea. I can do business like online shop visitor services and trading education. I can educate a teach other throw etc.



How do I manage my life with this career?

As a trader I will manage my life by creating structure, balance and emotional discipline. I will manage life by setting a daily structure priority mental health, maintain social life manage money wisely by involving my identity.

How do I give back to my community ?

As a trader I can give back to my community by sharing your financial knowledge, mentoring aspiring trader a teaching basic financial literacy to help other build a stronger future I can also donate a portion of my profit to local causes, support to youth programmes or fund small business initiatives giving back is not about money its about using my skills and success to up lifts others.



How does it help in the development of our country Nepal ?

As a trader by promoting financial literacy will reduce poverty and empowering individual with skills which will enable them to be self reliance. It will help in the development of our country. I also can educate people about managing money and support local entrepreneur. I can help to create jobs, boost local economics and reduce dependency . As I already mention that donate to school , health care or infrastructure to improve quality of life as well as to build and more capable and confident generation. These small consistent of my actions will contribute to a stronger and society for more financially aware society paving the way for long-term national growth.

Conclusion: My Life's Journey as a Trader

My life's overarching aim is to achieve financial independence through disciplined trading, allowing me the freedom to pursue my passions and contribute meaningfully to my community. I am committed to continuous learning and adaptation within the dynamic financial markets, understanding that growth as a trader directly fuels my personal evolution. My goal is to master risk management, consistently generate returns, and prioritize capital preservation above all. This journey isn't just about profits; it's about developing resilience, strategic thinking, and unwavering discipline. I aim to leverage my market insights to not only build personal wealth but also to inspire and educate others about the potential of informed trading. I believe that through dedicated effort and a clear vision, my aspirations as a trader will create a fulfilling and impactful future.



The End



▶ THANK YOU





नमस्कार



नमस्कार

प्रस्तोता : खुसी श्रेष्ठ

श्री गैरीगाउँ माध्यमिक विद्यालय

नीलकण्ठ - ४ पौवा धादिङ

शीर्षक

मेरो भविष्यको योजना

म कोहुँ ?

- नाम : खुसी श्रेष्ठ
- ठेगाना : नीलकण्ठ -४ पौवा धादिङ
- स्कुल :श्री गैरीगाउँ माध्यमिक विद्यालय
- कक्षा : ९

मेरो सीप ,शक्ति

- मलाई नेपाली र अंग्रेजी भाषाहरु राम्रो पढ्न र लेख्न सक्छु ।
- मलाई समयसँगै कम्प्युटर सीपको आवश्यकताको बारेमा राम्रोसँग थाहा छ ।
- म आफुलाई आत्मसाथ भन्न सक्छु ।
- म रचनात्मक र सत्य तथ्य प्रस्तुत गर्न सक्छु ।
- मलाई स्वच्छता , अनुशासन र समय पालनमा विशेष ध्यान दिने बानी छ ।
- म आपतकालीन अवस्थाहरुमा शान्त र संवेदनशील रहन सक्छु ।

मेरो रुचीहरु

- मलाई मानव सेवा सम्बन्धी प्ररणादायी जीवन मन पर्छ ।
- म स्वास्थ्यसम्बन्धी जानकारीहरुमा अपडेट रहन रुचि राख्छु ।
- मलाई सफा वातावरण र व्यवस्थित जीवनशैली मनपर्छ ।

नर्स बन्ने मेरो योजना

- म एस्.ई.ई परीक्षामा राम्रो नतिजा ल्याउछु ।
- म ११ र १२ मा विज्ञान विषय अध्यायन गरी राम्रो नतिजा ल्याई पास गर्ने छु ।
- Pcl Nursing वा Bachelor in Nursing नेपालको प्रतिष्ठित संस्थाहरुबाट गर्ने
- अस्पताल वा स्वास्थ्य केन्द्रमा इन्टर्नसिज गर्दै अनुभव लिने
- नेपाल नर्सिङ काउन्सिलको इजाजतपत्र लिएर व्यावसायिक नर्सको रुपमा काम सुरु गर्ने

નર્સ ભણે કસ્ટો જીવન જિંદગી ।

- આર્થિક રૂપમાં મેં સરકારી વા અસ્પતાલમાં સેવા કરી માસિક તલબ સેવા ભત્તા અતિરિક્ત પારિશ્રમિકબાટ જીવન યાપન કર્ન સક્ષ્મ ।
- સામાજિક રૂપમાં મેં સમુદાયમાં સ્વાસ્થ્ય સેવા પુજ્યાડને જિમ્મેવારી નાગરિક બન્નેછું ।

सम्भावित करियरहरु

- नर्सिङ पेसा अत्यन्त फराकिलो छ । मसँग निम्न वैकल्पिक करियर अवसरहरु छन् ।
- Hospital Staff Nurse / Icu Nurse
- Nursing instructor / Teacher

म किन नर्स बन्न उपयुक्त छु ।

- मसँग सेवा गर्न भावना सहानुभुति र आत्मानुशासन छ ।
- म बृद्ध बिरामी अशक्त र पीडितप्रति संवेदनशील छु ।
- मैले प्राथमिक उपचार सहायता र स्वास्थ्य शिक्षा कार्यक्रममा भाग लिएको छु ।

म देउराली माध्यामिक विद्यालयको छात्रा

जशिटना तामाङ

मेरो विद्यालय धादिङ जिल्ला नीलकण्ठ
नगरपालिका वडा नं ८ मा अवस्थित छ । म
हाल कक्षा ९ मा अध्ययनरत छात्रा हुँ ।

मानिसका बिभिन्न रुचिहरु हुन्छन् ।

| | | | | |
|------------|--------|--------|--------------------------|---------|
| राजनितिज्ञ | खेलाडी | डाक्टर | शिक्षक | वकिल |
| सैनिक | पाइलट | कलाकार | बैज्ञानिक | सिकर्मी |
| डकर्मी | डाइभर | नर्स | राष्ट्र सेवक कर्मचारी | प्लम्बर |



मेरो रुचि

एक राष्ट्र सेवक शिक्षक



राजनितिज्ञ



सैनिक



वकिल



डाक्टर



शिक्षक



खेलाडी



डाइभर



सिकर्मी



शिक्षक



कृषक



कलाकार



पाइलट

शिक्षक को हो ?



- ❖ शिक्षक : ज्ञानको ज्योति भविष्यको प्रकाश
- ❖ ज्ञानको मार्गदर्शक भविष्यको निर्माता
- ❖ शिक्षक : शिक्षाको आधार देशको धरोहर
- ❖ शिक्षक : भविष्यको डिजाइनर देशको भविष्य
- ❖ शिक्षक : शिक्षाको ज्योति जगाउने

किन शिक्षक?

- ▶ शैक्षिक विकासको लागि
- ▶ पूर्वाधार निर्माणको लागि
- ▶ सामाजिकीकरणको लागि
- ▶ गलत प्रविधिको अन्त्यको लागि
- ▶ परम्परा र मूल्य मान्यताको जर्गेनाको लागि
- ▶ व्यवहार परिवर्तनको लागि
- ▶ असल अभ्यासको लागि
- ▶ समग्र विकासको लागि ।

a The roles of a teacher:

Social worker

Counsellor

Care giver

First aider

Cleaner

Storyteller

Entertainer

Life coach

Event planner

Educator



शिक्षकको योगदान

- ▶ गुणात्मक व्यक्तित्व निर्माण
- ▶ शिक्षादाता
- ▶ सामाजिक परिवर्तन
- ▶ असल मार्गदर्शन
- ▶ सामाजिक रुप रेखा निर्माण
- ▶ प्रेरणादाता

- ▶ Teachers are essential members of our society. They are pillars of knowledge, shaping the future of our kids, they are educators, mentors, guides and inspiration.

सेवा अबधि पश्चात शिक्षकको भूमिका

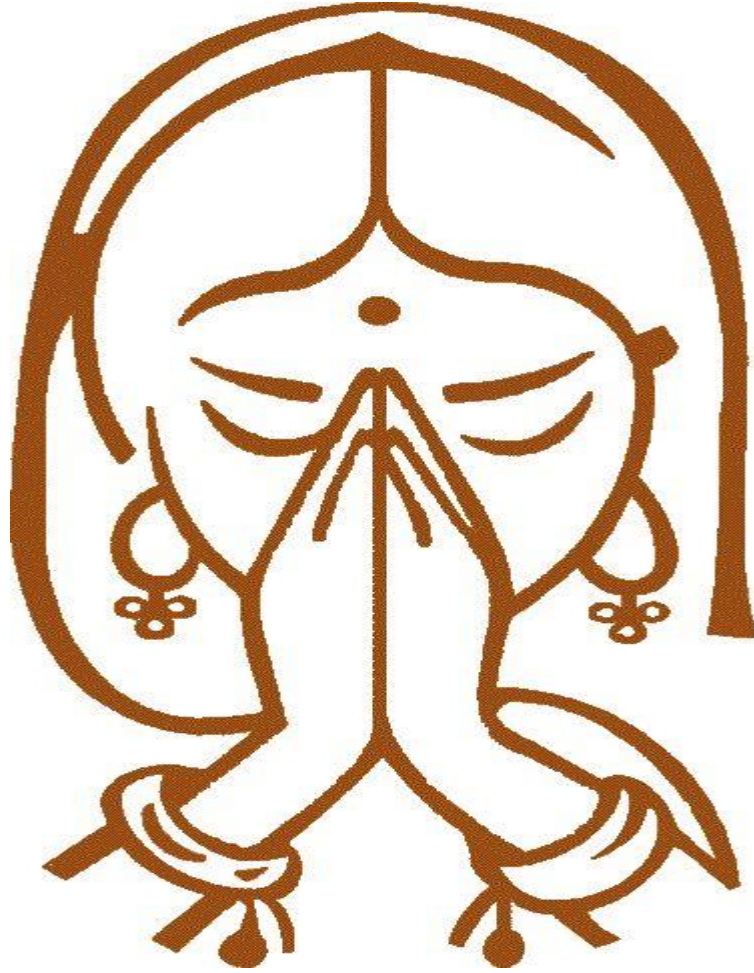
- कृषिमा आधुनिकीकरण
- समाज सेवा
- विश्लेषक / समालोचक
- शैक्षिक सल्लाहकार
- पथप्रदर्शक
- शैक्षिक व्यवसाय
- सामाजिक उत्प्रेरक

शिक्षक हनुको गौरव

- ▶ एक जना असल शिक्षकले हजारौ डाक्टर, पाइलट, इन्जिनियर, व्यापारी, नेता उत्पादन गर्दछ तर हजारौ डाक्टर, पाइलट, इन्जिनियर अनि व्यापारीहरूले एक जना पनि असल शिक्षक उत्पादन गर्न सक्दैनन् ।

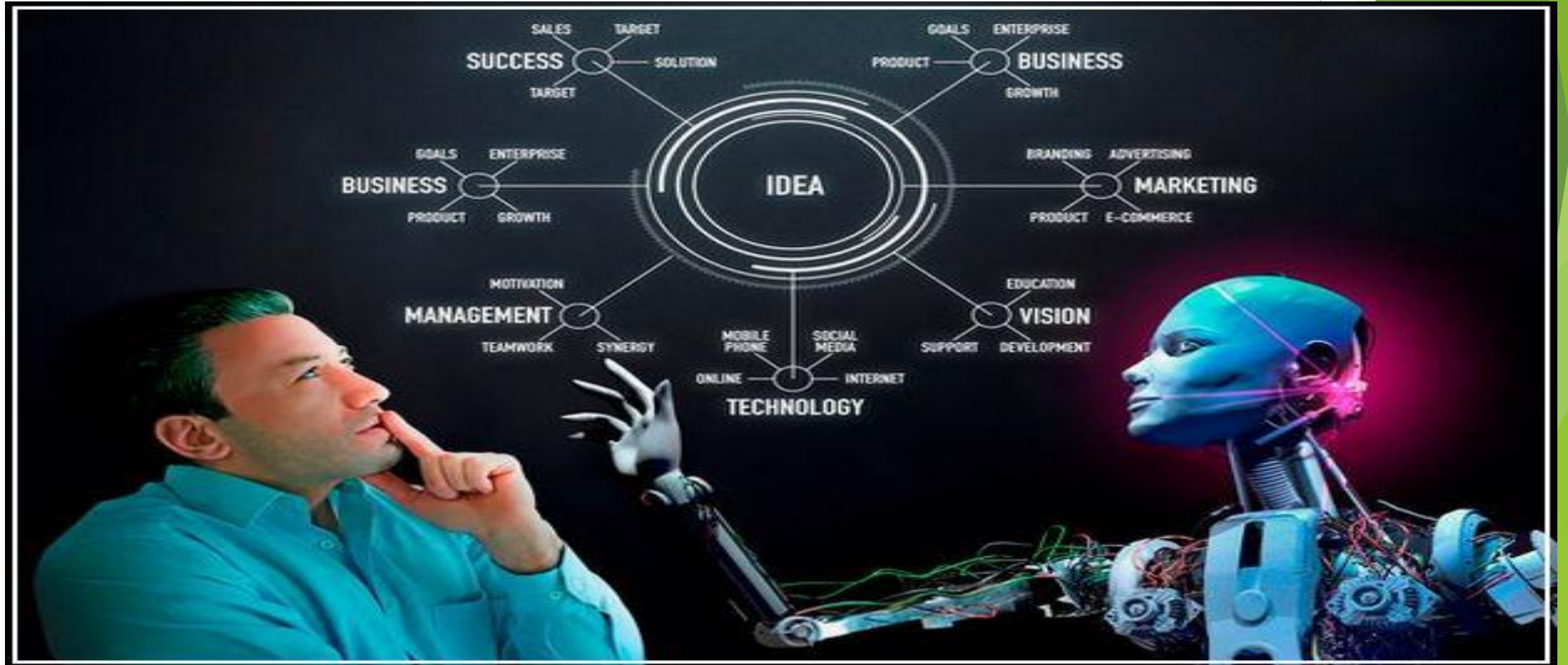
“त्यसैले गर्व लाग्छ शिक्षक हुनुमा”

नमस्कार



युवासंग उपप्रमुख कार्यक्रम अन्तर्गत

युवा करियर परामर्श कार्यक्रम



मेरो जीवनको लक्ष्य (MY FUTURE PLAN)

- कक्षा ९ को विद्यार्थीको रुपमा मेरो भविष्यका लागि विभिन्न आकांक्षाहरु र लक्ष्यहरु छन् । यस प्रस्तुतिकरणले मेरो शैक्षिक, व्यावसायिक र व्यक्तिगत योजनाहरुलाई आगामी वर्षहरुका लागि स्पष्ट पार्न सहयोग पुऱ्याइ मेरो विकास र उपलब्धिमा प्रतिबद्धतालाई जोड दिनेछ ।

मेरो रुचिको क्षेत्रहरु

मलाई प्रेरणादायक जीवनीहरु अध्ययन गर्न मनलाग्छ ।

म विश्वव्यापी घटना तथा गतिविधिहरुमा अपडेट हुन मन पराउछु ।

म समाजमा असल व्यक्ति बनि रोल मोडल बन्न चाहान्छु ।

मलाई सत्यको पक्षमा वकालत गर्न मन लाग्छ ।

मलाई शान्त वातावण मन पर्छ ।

मेरो सिप तथा सबल पक्षहरु

- ▶ मसँग उत्कृष्ट अन्तरव्यक्तिगत सञ्चार गर्ने क्षमता छ ।
- ▶ मसँग नेपाली र अंग्रेजीमा लेख्न र बोल्नको लागि राम्रो दक्षता छ ।
- ▶ आधुनिक समयमा कम्प्युटर सिपको महत्वबारे म राम्रोसँग जानकार छु ।
- ▶ मलाइ कानुन

करियर विकल्पहरु:-

निति
विश्लेषक

कानुनि
प्राध्यापक

वकिल

राजदुत

राजनितिज्ञ

लक्ष्य निर्धारण (शैक्षिक लक्ष्य)

म भविष्यमा एक सबल सक्षम र सफल वकिल बन्न चाहान्छु ।



म वकिल बन्नका लागि किन उपयुक्त छु?

मैले अन्यायको विरुद्ध सधैं आवाज उठाउँदै आएको छु ।

- आवश्यक व्यक्तिलाई अधिकार प्रदान गर्दा मलाई आनन्द आउँछ ।

म निडरका साथ आफ्नो तर्क र विचार सबैसँग राख्न सक्छु।

म त्यहाँ पुग्नका लागि मेरो योजना के हो ?

पहिलो चरण

- म १० कक्षा उत्कृष्ट नतिजा सहित उत्तिर्ण हुनेछु ।
- कक्षा ११ र १२ सामाजिक र राजनितिक बिज्ञानमा उत्कृष्ट नतिजा सहित उत्तिर्ण गर्नेछु ।

दोस्रो चरण

- ब्याचलर लेभल अध्ययनका सरकारी क्याम्पसमा अध्ययन गर्ने वा निजि क्याम्पसमा अध्ययन गर्ने वा विदेशमा अध्ययन गर्ने जस्ता मसँग केहि विकल्पहरु छन्।
- केहि समय कानुनी कार्यलयमा स्वयंसेवकको रुपमा वा इन्टर्नको रुपमा कार्य गर्नेछु ।

चरण ३

- म लाइसेन्स प्राप्त गर्नेछु र न्यायको लागि माग गर्ने मानिसहरुका लागि एक सबल वकिल बन्नेछु ।
- मेरो वृद्धि र विकास गर्नका लागि कानुन विषयमा थप अध्ययन अनुसन्धान गर्नेछु ।

मेरो विकल्पहरु के के हुन सक्छ ?

- एक वकीलको रुपमा म विभिन्न प्रकारका संस्थाहरु जस्तै परामर्शदाता वकिल, बैंक, बिमा कम्पनी, आइटी कम्पनी, अस्पताल, होटल, मिडिया र उत्पादनमुलक क्षेत्रहरुमा काम गर्न विकल्प राख्नेछु ।

धन्यवाद

THANK YOU

मेरो परिचय

नमस्कार मेरो नाम रजनी परियार । म
नीलकण्ठ नगरपालिका वडा नं. ६
सुनौलाबजार धादिङ्को स्थायी वासिन्दा र
हाल म कक्षा ९ मा भैरवी मा.वि.
सुनौलाबजारमा नै अध्ययनरत छु ।

मेरो रुचिको क्षेत्रहरु

- ❖ मेरो रुचि खासगरि गित संगित सुन्ने हेर्ने , नयाँ नयाँ समाचारहरु सुन्ने, नौलो ठाउँहरुमा घुम्ने र खेलकुदको क्षेत्रमा पनि रुचि छ ।
- ❖ फुर्सदको समयमा मोबाइलमा युट्युवमा नयाँ खोज आविष्कार तथा नवप्रवर्तनका भिडियोहरु हेर्न मन पराउँछु ।

मेरो सिप, सबलपक्ष तथा कमजोरी

- ❖ म एक आपसमा सञ्चार गरि घुलमिल वा सामाजिकीकरण हुन सक्छु ।
- ❖ मोवाइल तथा कम्प्युटर चलाउने सामान्य आधारभुत सिप छ ।
- ❖ नेपाली भाषामा राम्रो र अंग्रेजी र हिन्दी भाषामा सामान्य भाषिक सक्षमता रहेको छ ।
- ❖ मेरो सबल पक्ष म मा केहि नयाँ गर्ने ईच्छा चाहना छ । नयाँ खोज र नवप्रवर्तन गर्ने तिव्र ईच्छा छ ।
- ❖ मानवीय प्राणिका हिसावले म सँग केहि कमजोरीहरु पक्कै छन तर विस्तारै म त्यसलाई सुधार्ने प्रयास गरिरहेकी छु ।

मेरो भविष्यको लक्ष्य

मेरो भावी लक्ष्य चाहि एक कुशल इलेक्ट्रोनिक इन्जिनियर बन्ने हो ।
त्यसमा पनि नेपालको हार्डड्रोपावर क्षेत्रमा काम गर्ने त्यसको विकास
र विस्तार गर्न सक्ने एक इलेक्ट्रोनिक इन्जिनियर बन्ने भन्ने छ ।

मेरो आदर्श व्यक्ति



कुलमान घिसिङ हुनुहुन्छ । जसको पहलमा नेपाल उज्यालो भएको छ,
लोडसेडिङ मुक्त भई जलविद्युतको क्षेत्रमा राम्रो प्रगति भएको पनि
थियो ।

म इलेक्ट्रोनिक इन्जिनियर बन्न किन उपयुक्त छु ।

यस सन्दर्भमा मेरो पहिलो कुरो दृढ इच्छा शक्ति नै हो । दोस्रो कुरा मलाई युट्युव तथा गुगल मा नयाँ खोज तथा अविष्कार गरेको, विभिन्न उद्योग कलकारखानामा मेसिनहरुले काम गरिरहेको हेर्न र त्यसप्रति कौतुहलता छ । आफैपनि घरमा बिग्रीएको घडि रेडियो खोल्ने हेर्ने तथा सामान्य मर्मत गर्ने गरेको पनि छु र त्यसप्रति मलाई गहिरो लगाव पनि भएकोले एक कुशल इलेक्ट्रोनिक इन्जिनियर भएर यस क्षेत्रमा भविष्य निर्माण गर्न सक्छु भन्ने दृढ विश्वास छ ।

इलेक्ट्रोनिक इन्जिनियर बन्ने मेरो योजना

यस सन्दर्भमा इलेक्ट्रोनिक इन्जिनियर बन्ने मेरो स्पष्ट योजना र मार्ग चित्र पनि छ ।

- ❖ कक्षा १० को एस इ इ परीक्षामा ३.२ भन्दा माथि जिपिए प्राप्त गरि उत्तिर्ण हुने ।
- ❖ प्लस टु मा विज्ञान विषय लिई अध्ययन गर्न काठमाण्डौ जाने र कुनै एक कलेजमा अध्ययन गर्ने र कम्तिमा ३.२ भन्दा माथि जिपिए प्राप्त गरि उत्तिर्ण हुने ।
- ❖ त्यसपछि त्रिभुवन विश्वविद्यालय वा काठमाण्डौ विश्वविद्यालयमा ४ वर्षे स्नातक कोर्स जुन ८ सेमेस्टरको हुन्छ सो को प्रवेश परीक्षा उत्तिर्ण हुने सोको लागि पुल्चोक क्याम्पस पुल्चोक ललितपुरमा अध्ययन गर्न प्रवेश परीक्षा तयारी कक्षा समेत लिई प्रवेश परिक्षा उत्तिर्ण हुने ।

❖ पढाई शुल्क लगभग ९ लाख जति लाग्दो रहेछ । म मध्ययम परिवारको व्यक्ति भएकोले पढाई खर्च जुटाउनु चिन्ताको विषय हो तर म एक दलित विद्यार्थी पनि भएकोले पुर्ण छात्रवृत्तिको लागि गर्छु । राज्य तथा स्थानीय सरकारले समेत दलित विद्यार्थीलाई सहुलियत दिने नीति भएकोले त्यस तर्फ म आशावादी पनि छु ।

अध्ययन पछिका अवसरहरु

सवैलाई अवगत भएकै कुरा हो , अध्ययन पुरा गरिसकेपछिका अवसरहरु धेरै हुन्छन्, मेरो सन्दर्भमा यस अध्ययन पुरा गरेपछि सरकारी कार्यालय, हाइड्रोपावर , टेलिकम , विद्युत प्राधिकरण , उद्योग कलकारखाना जस्ता धेरै क्षेत्रमा काम गर्ने अवसरहरु हुदोरहेछ । त्यसमा पनि मलाई हाइड्रोपावर क्षेत्रमा काम गर्ने इच्छा रहेको छ ।

मेरो योगदान राष्ट्रका लागि

नेपालमा प्राविधिक तथा आर्थिक हिसावले ४२ हजार मेगावाट जलविद्युत उत्पादन गर्न सकिने तथ्य अध्ययनले देखाएको छ तर हाल नेपालमा जम्मा ३६०२ मेगावाट मात्र विद्युत उत्पादन गर्न सकिएको छ । म नेपालमै बसेर इलेक्ट्रोनिक इन्जिनियर भएर देशको हाईड्रोपावरको क्षेत्रमा काम गरेर देशको समृद्धिको लागि योगदान दिन सक्छु । म पढाई पुरा गरिसकेपछि आफ्नै देशमा काम गर्न चाहन्छु । हाल हाम्रो देश जानसाङ्ख्यिक लाभांसको अवस्थामा छ अर्थात् अहिले आश्रित जनसंख्या भन्दा सक्रिय जनसंख्या बढि छ । तर अबको ४०/५० वर्षपछि नेपालमा यस्तो सहज अवस्था रहदैन, आश्रित जनसंख्या बढ्न जान्छ र सक्रिय जनसंख्या कम हुन्छ । यस्तो अवस्थामा भन नेपालको अवस्था के होला कल्पना गरौं त? त्यसैले अहिले हामी सक्रिय जनसंख्या देशको समृद्धि र उन्नतिको लागि योगदान दिनुपर्छ । हाल सक्रिय युवाहरु विदेश मोहले अरु देशलाई मात्र समृद्ध बनाईरहेका छन त्यसैले आफ्नै देशको समृद्धिको लागि योगदान गरौं, हामीले नगरे कसले गर्छ ?

धन्यवाद, जय नेपाल ॥

नमस्कार



मेरो नाम रेजीना लामिछाने

नीलकण्ठ-११ ज्यामरुङ, धादिङ

शंखादेवी माध्यमिक विद्यालय

कक्षा:- ९

मेरा सिप, सबल पक्ष र कमजोरीहरु

- १.म सँग उत्कृष्ट पारस्परिक सञ्चार सिप छ।
- २.मलाई नेपाली र अंग्रेजी भाषामा लेख्न र बोल्न राम्रो ज्ञान छ।
- ३.कुनै पनि समस्या समाधान गर्ने, नेतृत्व लिने र टीमवर्क गर्न सक्छु।
- ४.आत्मनियन्त्रण र सहनशील छु।
- ५.सबैलाई समान व्यवहार र सम्मान गर्छु ।
- ६.म मा सहयोगी भावना छ।

मसँग कस्ता करियर विकल्पहरु छन्?

शिक्षक, नर्स, डाक्टर, फेशन डिजाईनर, पार्लर,

म के बन्न चाहन्छु?

म डाक्टर बन्न चाहन्छु।

म किन डाक्टर हुन योग्य छु?

मलाई जीवविज्ञान, शरीरको प्रणाली र औषधिका बारेमा जान्न निकै मन पर्छ । म दबाबमा पनि सोचेर निर्णय गर्न सक्छु जुन चिकित्सा क्षेत्रमा अत्यावश्यक गुण हो । डाक्टरको पेशा मानव सेवासँग जोडिएको हुन्छ। यस पेशामा रहि गरिब, असहाय, दीन दुःखिहरुमा स्वास्थ्य सेवाको पहुँच पुऱ्याउन चाहन्छु ।

यस पेशामा लाग्न मेरो जीवनको प्रेरणादायी व्यक्तित्वहरु:

डा.सन्दुक रुइत



डा.ओम मुर्ति अनिल



त्यहाँ पुग्ने मेरो योजना के छ?

चरण १. म योग्यता पूरा गर्ने उत्कृष्ट नतिजासहित मेरो १० कक्षा उत्तीर्ण गर्नेछु।

चरण २. मैले ११ र १२ कक्षा विज्ञान विषयमा राम्रो अंक ल्याएर विद्यालय शिक्षा पूरा गर्नेछु।

चरण ३. मेडिकल कलेजमा भर्ना भई MBBS को अध्ययन पूरा गर्नेछु।

चरण ४. MBBS पूरा गरेर म अस्पतालमा इन्टर्नशिप वा प्रशिक्षण गर्नेछु।

मेरो विकल्प के हो?

- ❖ एक डाक्टर भएको नाताले मसँग सरकारी अस्पतालमा काम गर्ने, निजी अस्पतालमा काम गर्ने, आफ्नै क्लिनिक खोल्ने, ग्रामिण क्षेत्रका स्वास्थ्य केन्द्रमा काम गर्ने, आदि जस्ता धेरै विकल्पहरु छन्।
- ❖ यस बाहेक बिदाको समयमा निःशुल्क स्वास्थ्य सिविर सञ्चालन गर्ने, विभिन्न सञ्चारका साधनको माध्यमबाट स्वास्थ्य सम्बन्धी जनचेतना फैलाउने ।

यो करियर बनाएर म कसरी आफ्नो जीवन बिताउन सकछु?

- ❖ तलब, सेवा शुल्क, परामर्श शुल्क र अनुसन्धान मेरो जीविकोपार्जनलाई धान्नेछ।
- ❖ निरन्तर सामाजिक कार्य र प्रभावकारी रूपमा स्वास्थ्य सेवा बाट समुदायलाई सहयोग गर्नेछु।

मेरो समुदाय प्रतिको दायित्व के हुने ?

स्वास्थ्यको क्षेत्रमा विभिन्न जनचेतना मुलक कार्यक्रम र निःशुल्क

स्वास्थ्य सिविर सञ्चालन गरी समुदायलाई रुपान्तरण गर्नेछु।

यसले हाम्रो देशको विकासमा कसरी मद्दत गर्छ?

डा.सन्दुक रुइत र डा.ओम मुर्ति अनिलले देश र जनतालाई स्वास्थ्य

क्षेत्रमा जसरी योगदान दिनु भएको छ। त्यसै गरी देश र जनतालाई

योगदान दिनेछु।

धन्यवाद

मेरो भविष्यको योजना (My Future Plan)

शुष्मा बोहोरा

कक्षा ९

महेन्द्र मा.वि. नीलकण्ठ न. पा. २

अभिभावको नाम

बुवा: भेषराज बोहोरा

आमा: भगवती बोहोरा



मेरो रुचि


स्वास्थ्यकर्मी (स्टाफ नर्स)
पेशामा प्रवेश गरी रोगी, गरीब र
बिपन्न वर्गको सेवा गर्ने।



मेरो सीप, क्षमता, सबल र सुधार पक्ष

- नेपाली र अंग्रेजी भाषामा रुचि ।
- गणित र विज्ञान मेरो रुचिको विषय ।
- पारिवारिक अवस्था अनुकूल ।
- दुःखी, बिरामीको सेवा गर्न मन पर्छ ।
- विद्यालयमा जु.रे.स. अन्तर्गत प्राथमिक उपचार तालिम सहभागी

पेशागत छनौटका विकल्प

- शिक्षक
 - डाक्टर / नर्स
 - इञ्जिनियर
 - निजामती कर्मचारी
- 

मेरो लक्ष्य


स्वास्थ्यकर्मी (नर्स) बन्ने लक्ष्य
राखेकी छु।




मेरो योग्यताको आधार

- ग्रामीण क्षेत्रमा हुर्केकी।
- रुचिका विषयहरू: अंग्रेजी, गणित, विज्ञान।
- बुबा निजामती सेवामा।
- परिवारको पूर्ण सहयोग।
- बिरामीहरूको सेवा गर्ने आत्मिक चाहना।

आफ्नो लक्ष्यमा पुग्न योजना

- **SEE** परीक्षामा राम्रो **GPA** ल्याउने।
 - कक्षा ११ र १२ मा विज्ञान समूहको अध्ययन।
 - **T.U.** अन्तर्गत नर्सिङ कोर्स अध्ययन।
 - सरकारी अस्पतालमा सेवा गर्ने।
 - विदेश जानको चाहना छैन।
- 

समुदायमा योगदान

- स्वास्थ्य सम्बन्धी सचेतनामूलक कार्य।
 - सेवा भाव र मानवीय सेवा समर्पण।
 - वार्षिक कमाई रू. २-५ लाख।
 - खुसी, समृद्ध परिवार निर्माण।
- 

समाप्त

धन्यवाद!





My Career Vision: The Road to Becoming a Doctor



- Respected Chairperson, distinguished judges, esteemed teachers, valued members of the organizing committee, and dear friends, I extend my warmest greetings and heartfelt gratitude for this opportunity. I sincerely thank the municipality for hosting this inspiring interschool competition, allowing students like me to share our dreams. I feel honored to stand before you today to present my career vision—my journey toward becoming a doctor.



Career Options: The Crossroad

- After my SEE, I find myself at a vast crossroad with many exciting paths: teaching, engineering, research, public service. Each option offers great opportunities. Yet, one path calls to my heart—the path of medicine. Being a doctor is not just a profession; it is a calling to serve, heal, and bring hope to those in pain. **“सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु।”** (May all be free from disease; may all see auspiciousness.) This ancient Sanskrit prayer echoes my desire to dedicate my life to compassion and healing. As Nelson Mandela said: **“A good head and a good heart are always a formidable combination.”**



What I Want to Be

- I aspire to become a doctor who does not just wear a white coat but becomes a source of comfort and hope. I wish to stand by my patients and tell them, “You are not alone.”
“Wherever the art of medicine is loved, there is also a love of humanity.” – Hippocrates
“आत्मनं विद्धि” (Know thyself) reminds me that to heal others, I must first strengthen my empathy and patience.
As Rabindranath Tagore said:
“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted, and behold, service was joy.”



Why I Am Fit to Be a Doctor

- Even as a child, I admired doctors who healed not just bodies but hearts. I am determined to overcome challenges and embrace hard work.

“The good physician treats the disease; the great physician treats the patient who has the disease.” – Sir William Osler

Though from a humble background, my dreams are vast, and I draw strength from the Bhagavad Gita:

“कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।” (You have the right to perform your duty, but not to the fruits of your actions.)

As Rumi said:

“You were born with wings, why prefer to crawl through life?”



My Plan to Achieve It

- ◆ Graduate from SEE with excellent results.
 - ◆ Enroll in Science (+2) at Nilkantha Campus, focusing on biology, chemistry, and physics.
 - ◆ Prepare for the MBBS entrance, aiming for a top institute.
 - ◆ Apply for scholarships, seek mentorship, and embrace challenges.
 - ◆ Pursue MBBS with dedication and compassion.
- “Let the beauty of what you love be what you do.” – Rumi**
- ◆ Specialize, contribute to research, and serve rural communities.
- “विद्यया अमृतमश्नुते”** (Through knowledge, one attains immortality.)



Balancing Life and Career

- *With family support, scholarships, and determination, I will overcome obstacles and serve my community. I dream of uplifting the poor and marginalized, offering not just treatment but dignity and hope.*

“The physician’s duty is to take into our arms a patient and family whose lives have disintegrated and help them rebuild.” – Dr. Paul Kalanithi

“असतो मा सद्गमय, तमसो मा ज्योतिर्गमय, मृत्योर्मा अमृतं गमय।”



CONCLUSION

- I am deeply grateful to my family, teachers, mentors, and friends. To my future patients, I promise to listen, heal, and honor your trust.
“Let us never consider ourselves finished nurses. We must be learning all of our lives.” – Florence Nightingale



Thank you.

