

Rising Children

HCC Students' NewsLetter

Appreciation Letter

I **have** been so proud of you, my HCC brothers and sisters, and do not how proud I am of you all. It is so fascinating to see you transit from childhood to adulthood and do all those things which modern days kids of your age would not have any idea of seeing you take turns in kitchen, chopping, cleaning, keeping bathroom floor dry and doing dishes which seems beyond the capabilities of your age.

Seeing school kids resolving conflicts among themselves would surprise any visitors walking into the house. Shouting, arguing, and sometime even not talking to each other for a day or two is adorable every once a while, not performing it to fullest when you are lazy, and sometime doing it just for the sake of doing is universal. We are human beings and not machines and it is natural tendency to move away from our daily tasks every now and then.

We know how kind soul you are. The way you carry out duty and not complain about having to do a lot, can provide lesson to anyone to live a happy life. Trying to escape from your routine comes to being a better human if we discard your academics and issues of your transition period from children to teenagers. All in all, you are another teenager and these behaviors as it does not create serious consequences are perfectly fine.

We must give importance to the education as it provides happiness and is the key to achieving our goals in life. As Robert H. Schuller said, "Not having a goal is more to be feared than not reaching a goal."

By: Giriraj Khatry



Inside...



Tour & Trek



Culture



Volunteer



Achievements



Poem & Art

MY First Tour to India

When I first heard about my tour, I got really super excited as I love traveling. Yet the places were not decided. Later on, Sikkim and Darjeeling became our final destination. With full of excitement, expectations and mixed feelings drew us towards a tour of 1 week (6 Jan -12 Jan). Carried bulky packed bag and long bus drove led us to the India's border. Sitting in the same seat



from early morning to sleepless night with sore body, didn't stop us from reaching to Sikkim. In historical Indian literature, Sikkim is known as the garden of the war god Indra. Sikkim warmly welcomed us with heavenly beauty of nature, dense greenery forest with a pure and fresh air to breathe in. What surprised the most were people out there. They were kind hearted and always treated well which made me to believe their heart was made of gold. Without being exhausted and irritated they guided us till the end. My expectation towards their language was Hindi, but they spoke Nepali more beautifully than we do.

Gangtok being a capital city of Sikkim is a piece of heart of India. It was fully civilized and blessed with beautiful places like Tsomgo Lake, Char Dham and MG town. Snow in the Tsomgo Lake couldn't stop us from cuddling into it and, yet at the same time we could experience our first snow ever.

The Char Dham is a set of four pilgrimage sites in India. It is believe that visiting these sites helps to achieve salvation. Going for a movie was planned out of blue and gain new experience of watching movie as their hall architecture was different and unique. As it is said that "unplanned was always the best," I did realized that quotes on that day. I never thought watching a movie would be in the bucket list during our tour.

Evening walk has always become my favorite part of tour and having a evening walk in the MG Mark of Sikkim was something different than I experienced before. Full of

colorful lights, mesmerizing fountains, proudly built statue of Mahatma Gandhi and dust free pitched road made us overwhelmed. Taking pictures by sitting in the middle of the road, cracking jokes and laughing to the fullest grabbing people's attention and



making hilarious videos added a different flavor to the evening walk. Our destination was not only Sikkim, but also Darjeeling we headed for our next adventure. Darjeeling is a town in India's West Bengal state, in the Himalayan foothills.

In Darjeeling, all we did was roaming around Tiger Hills and Rock Garden. Despite scary history about people being killed in Tiger Hill, spacious place

covered in green grasses, blowing cool and fresh air against our face made us feel relieved. And, yes, about Rock Garden, was filled with different species of colorful flowers, melody chirping of birds that soften your mind and waterfall, takes you to the different world. And atmosphere, out there, no doubt, is mind-blowing. If you were to visit Darjeeling, just don't have high expectations which will indeed make your tour fun.

Finally, our last destination was Chitwan. Chitwan remain in my heart as a perfect place to experience a sunset and best place to do cycling. As I was just a beginner I did had a bitter but fun experience of falling down in the middle of the road, banging at someone's house and nearly hit pedestrian. Cycling will be much more fun if you go

with your bunch of friends. I described 'sunset' as a perfect in a sense that we get to sit around a table and have a chitchat with hot coffee or tea watching liberty birds flying high up in the clear blue sky and sun setting down changing its colorful into orange which makes your day. If you are heading for Chitwan then I highly recommend you not to miss 'sunset' and cycling. I assure you that you'll not regret.



By: Chadani Thapa (A level)

Winter Short Tours

A. Ghyampe Danda

On January 19, Saturday 2019 under the coordination of Hira Niraula, we set off from the Khusi Ghar at 9:00 am for the hike. After an hour of drive, we reached Pilot Baba Ashram, which was the starting point of our hiking route. At Pilot Baba Ashram we captured beautiful scenery pictures and we worshipped Baba in the ashram. After worshipping and watching the view of Kathmandu Valley in the Pilot Baba Ashram we started our hike.



The green forest and scenery around us helped us cherish the hiking moment. The downhill road was tough as there was pine needles and leaves everywhere in the forest. It was difficult to balance our steps, and everyone was relieved when it was over. The more we went near Ghyampe Dada the more we enjoyed the hike. We could see a large building at the top of the next hill and made our way towards it. Some of us were ahead while the others were still crawling up.

Finally around at 12:00 pm we reached at Ghyampe Dada. We were tired and thirsty when we reached Ghyampe Dada, we ordered cold drinks. There were lots of other people enjoying picnic in the Ghyampe Dada. Everywhere there was music being played in the big speaker and the people were enjoying dancing and singing. We watched people dancing and singing by eating peanuts.

It was time to leave Ghyampe Dada. We started to climb down the road near our bus stop. At 3:00 pm, we reached our home. Overall, it was a successful hike and we really enjoyed climbing hills, sceneries with view of Kathmandu Valley, slipping on Ghyampe dada, and view of the mountain ranges along the trip.



By: Suman Gurung (Grade A)

B. Farm House Visit

We are amazed to meet the owner of the farm house, he did Master Degree in engineering but he decided to own a cow and vegetables farm. We went to Kapan to know about his farm and had a short conversation with the owner.

***Can you please introduce yourself to us?**

Yes, sure. My name is Saral Shrestha. I was born in Pokhara. I am 29 years old. I studied in Pokhara till grade 4 and me and my mother shifted to Kathmandu because her office also shifted to Kathmandu. I completed my high school in Kathmandu from Rato Bangla taking business as my major subject. It's been 17 years that I have shifted to this house.

***What are the occupations that you have been involved in till the date?**

After completing my bachelors, I worked in a hospital. But I was not so much interested in this job. Then I worked in an organization that worked against Human Trafficking nearly about 2 years. But I thought that being involved in own business is more profitable than being involved in employment. So I shared about this to my mother and friends.



***Who is your inspiration for this agricultural occupation?**

My mother is my inspiration. Although she was an officer, she worked in field after she returned from her office. Sometimes I also used to follow her and work with her in the field. She planted many vegetables and fed the grasses to the cows. She is the one who made me feel that all the works are equal.

***How did you come up with the idea of cow farming?**

As I already said I shared about this to my family and friends, one of my neighbor friends gave me the idea of doing cow farming in partnership. I too liked his idea because it was a good occupation to be involved in. We also know that that our country is an agricultural country. Instead of improving the condition of agricultural status of our country people go to foreign country. In foreign country, people who have agriculture as a major profession, they are highly respected. I wanted to change the view of people. So I started to be involved in this profession and it's already been 7 months.

***How do you think that cow farming is related with the market and economy of the country?**

That's a good question. For every occupation there should be a good market and demand of the people should be high. In my view there is lack of supply of nutritious milk in Kathmandu Valley. People always search for nutritious milk. To provide nutritious milk I have started this occupation. Not only that but I have been able to raise my family. I am glad that I have been able to provide employment to some people.

***What are you planning to do in the future?**

I am planning to expand my cow farm. I will try to modernize agriculture. Not only that but I am planning to expand the vegetable farm, after I earn a lot of money I am planning to buy helicopter to water the crops, to send seed from above the helicopter to grow new farmer because, the farm will be too big for me to do it myself, I will also rear animals and use them as meat, milk, wool and leather. After that I will be a modern farmer.

***Do you have anything to say to us at last?**

At last what I would like to say you is that you people are the future of our country. Engage in the work that helps to develop the country. No work is greater or smaller. Hope you learnt something today.

By: Tulsi Sharma (Grade 9)

Manaslu Trip

I was on a holiday of Dashain Vacation for almost one and half month. I was looking for a trek though I was working in Hyatt Hotel as a part timer. Luckily through my friend's help, I got a trek in Manasalu circuit for 16 days and I was happy about that. I enjoy traveling and also earned some pocket money for myself by traveling as a porter with the French group.



Manaslu Trek circuit or Manaslu Larke Pass Trek is located in the Western part of Nepal which is known as the most difficult trail in trekking of Nepal as per the guide and the local people. The pass is now being famous among the foreign people and also the Nepalese people. The Larke Pass is the most difficult and the challenging trail of Nepal which lies at the altitude of 5231m high. The trekking route touches almost three districts of western Nepal i.e. Gorkha, Manang and Lamjung.

The first five days were like a hell for us as we couldn't see any mountains and we had to travel very long from 7:30 am to 5:00 pm. The view of mountains begins slowly from Namrung. As we move forward the way becomes much easier than before. The five days was a long walk for us going up and down hills. Later, we had a short trail to walk as we headed upwards we had to take rest and also maintain the altitude and health in order to be habituated with the climate and the mountains.

Finally, after Lho we started to see the mountains. From those days onwards it seemed like you wake up with mountains, eat with mountains, and sleep with them and so on. The food in the trekking was quite expensive for me as I couldn't afford it. But I had the French guests who paid for my trek and I was happy about that. I wished that I had a camera to take those beautiful pictures. I was looking for a sponsor who could buy me a camera or I could save money for that.

There were lots of people who got sick during the trekking due to the challenging weather and altitude. You could see a helicopter flying over

your head to rescue the sick trekkers around the Manaslu trek. This is the trek where most of the people got sick. You could see a helicopter more than three or four times a day.

The days begin with mountains from Shayala. The valley was fully surrounded by the mountains all four sides. The beautiful view of mountains started to get closer than before and much more beautiful to look at. I could not actually describe the beauty of the mountains and also the environment. You don't feel like returning back to Kathmandu once you enter into the trekking trails and I am for sure that not only the Manaslu trek but also the other treks as well.

The other day was very short as we had planned to take rest in Samdhu but we reached to Larke Bazar which was 45 minutes away from the Samdhu village. The next day, we stayed at Dharmasala before the pass. The day when we had stayed at Larke Bazar, it snowed around at 6:16 pm. The snow wasn't so heavy. The Larke pass is in the height of 5231m. I enjoyed playing the snow although it was very less.

Our trek to Manaslu round or circuit was over and we were again heading to travel through the Annapurna Base Camp. After that, I left the group and came back to Kathmandu as my class was going to start. I was very happy doing this trek thought it was tough with the loads on my back. I learned the skills to be a guide and learned a few French words too. It was a perfect trip to me. There's no such thing that being an educated person doesn't mean that I can't work as a porter in trekking.



By: Ram Tamang (Bachelor in Hotel Management)

Volunteer at Kilns

I have been volunteering on NAANI project organized by GET (Girls Empowered by Travel). I started working on this project from 1st of December. This project is done in the small-scale



industry of Bhaktapur where there are 62 brick kilns. Different people migrate to the brick factory from different remote areas like Salyan, Sarlahi, Rukum and Rolpa with their children. These children are not able to get education as their parents are not able to afford fees to send them to school.

However, the NAANI project, one of the leading projects of GET-Nepal, provides the basic education for these children from brick factory. There are about six energetic team members to take care of 20 children. We believe that education doesn't limit only on academic books but with innovative games, sports and arts will also help to develop them mentally and physically.

I am also one of the member of this project. I go there thrice a week alternatively. The children were very shy and uncomfortable. But slowly we have been making the environment easy for them. We teach them about the basic things like healthy habits. It has already been 2 months since I started to work in this project and the children seems a bit confident than before. I had heard about this project from one of my brother and as I was interested I actively participated. While working in this project I've been receiving positive response which motivates me to work harder. I am very happy to work there. It is a part of giving back to the society which I learnt from mentorship and from HCC family.



By: Sunita Acharya (Grade 11)

Maghe Sankranti

Maghe Sankranti is a Hindu festival observed on the first of Maghe in the Vikram Sambat calendar bringing an end to the winter months of Poush. Scientifically, this day marks the beginning of warmer and longer days compared to the night. In other words, it is the beginning of the new harvest or spring seasons. Maghe Sankranti holds historical and religious significance. As it is the festival of Sun God, and is regarded as the symbol of divinity and wisdom, this festival holds an eternal meaning. Likewise, In Khushi Ghar we celebrated this festival by preparing different varieties of food like luddu, chakkhu (nepali sweets), etc. We prepared all the food the day before Maghe Sankranti and ate the next morning. It was my first time celebrating Maghe Sankranti



in Khushi Ghar. This festival gives a sense of enjoyment, relaxation and offer the time needed to bond with family members whom we've never seen or met for more than a month. It was really fun and entertaining to make different food and taste them. It was one of the most enjoyable festival for me.

By: Trpti Nepal (Grade 11)



Securing Good Marks

I am Barsha Rai, a University student studying ACCA (Association of Chartered Certified Accountants). I had always wanted to study ACCA since grade eight when I was first introduced by my classmates. I graduated from grade twelve taking management as my major subject so that it benefited me or made it less difficult to study ACCA.

I was very excited to study ACCA in my bachelor level and thankfully I was allowed to study this subject for which I am very grateful to Bruce Uncle, Susan Aunt, Dinesh Uncle and to Hira Aunt for encouraging me to study this subject knowing that it is the most difficult subject.



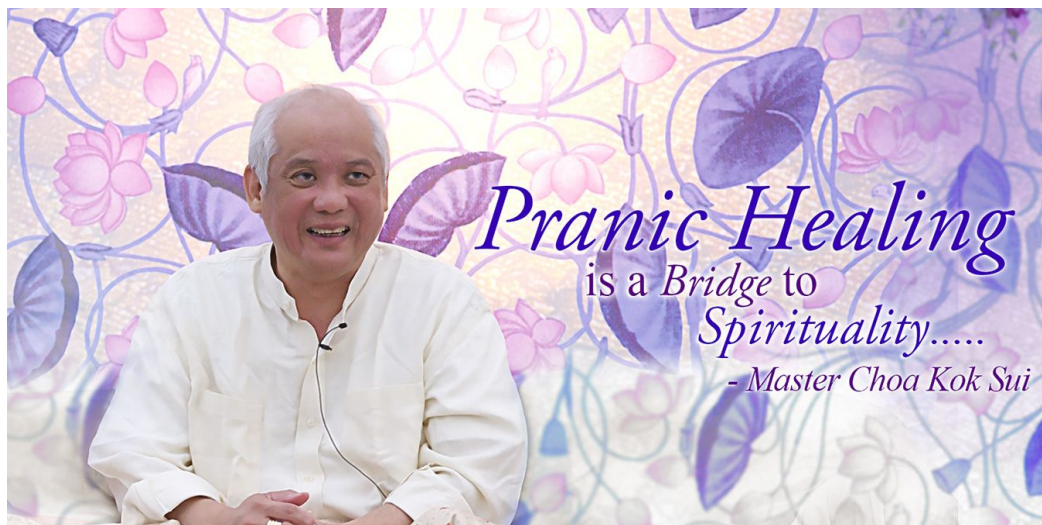
I was doing well in my classes until the examination of the first semester started. We had to give the exam of three papers F1 (Accountant in Business), F2 (Management Accounting) and F3 (Financial Accounting). I gave the exam of all three papers but managed to pass in only one i.e. paper F1. Since I didn't pass in other two papers I was demotivated, lost interest in studies. I again attempted both the papers for the second time and failed to pass again. Until then I was already frustrated of studying.

I was counseled by Dinesh Uncle and Hira Aunt time and again to not lose hope and keep on trying, also why I was in this organization and how lucky I was to get these opportunities because not all the children of our country get these opportunities. They also advised me to take my studies seriously and give the exams for the last time.

By: Barsha Rai (ACCA)

Pranic Healing

We went to Pranic Healing Center in Kuponadol at Lalitpur which was recommended by aunt Hira . We had no any idea about healing. It was totally new subject for us. It was a two days workshop. We learnt many things



there from spiritual to real life. We came to know about Prana which means Chi. We learnt about air prana, land prana and light prana. We learnt about different chakras and its function in our body, soul and etheric body. We also learnt about healing our etheric body which will heal our physical body automatically. There are six process to heal that are sensitizing our hands, scanning, cleansing, energizing and stabilizing. We learnt that forgiveness is one of the great thing to do though forgiving may very difficult in our part. We learnt forgiving prayer that would help us to forgive other from depth of our heart. If we don't forgive then it will actually hampers our further progress because our mind is held back there thinking about revenge or feeling sad for being humiliated in front of our friends.

We also learnt to bless everyone because when we bless others we will be actually everyone including our enemy because it helps us to move on. I personally can feel the change after this class. We are practicing twin heart prayer everyday in the morning of which we have been provided with audio. We are very much inspired by this and are very grateful to Hira aunty because of whom we came to know about this place. At the same time, we are very thankful to the center which gave us this class free of cost.



By: Bina Giri (Management-Grade 12)

Basketball



Basketball is not just the game it's about having the game spirit and coordination. To be a good basketball player, good passing is required. Good passing makes the team to control the game. Once the player has learned about the passing, they can work on the more advanced ways of distributing the basketball. Then only after passing it comes offense and defense.

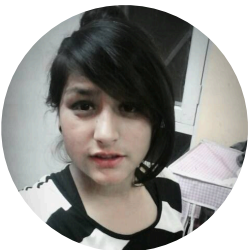
Basketball is my hobby. I used to play basketball from my school. I was a very good player at school.



After joining grade 11, my college gave me scholarship for my study seeing my achievements in this game. My team won many cups. We were also won the Valley Championship. I got chance to participate in different competitions and same time traveled different places. I also got the chance to play with the national team of Basketball. It was a wonderful experience.

Playing this game is fun, interesting, a good exercise and involves a lot of learning. Only challenges is the managing my time for my study and the game together. I am trying my best so that I can do better in my study following my hobby. I am very appreciative to my house parents and sponsor for understanding me.

By: Pushpa Bom (Management-Grade 12)



What is Expected

These days, I don't know what is expected of me ?
a Nepalese woman...

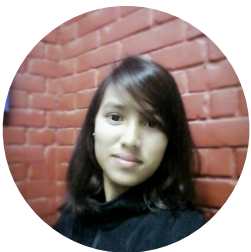
I am seventeen and yet I don't know
what they want,
My family, my community, my country,
How shall I do it - what do they want?

When I share my dream of who I want to
be
they all oppose me saying
"No! This is not good for a woman. This
is only for men."

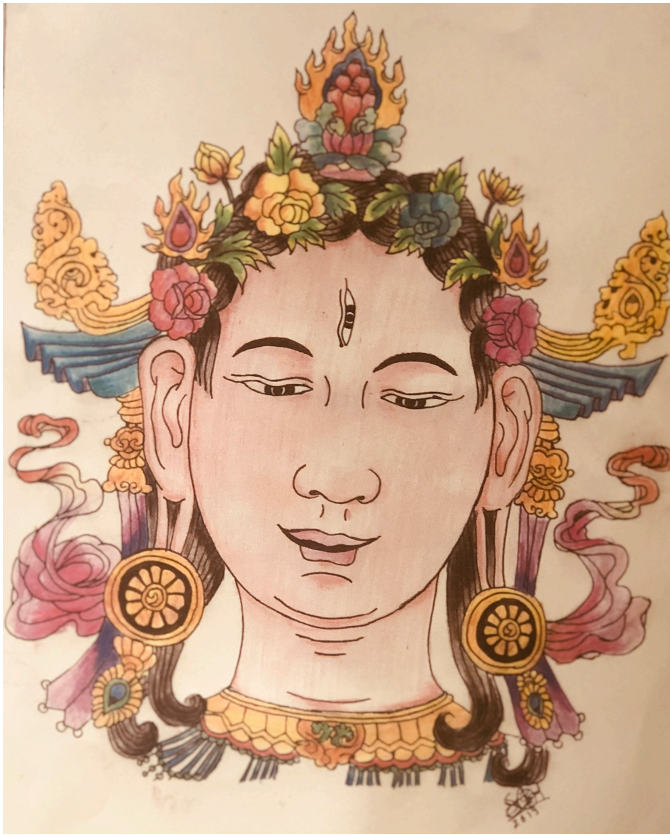
And they again say, "Make a great career."
What are my options if they just kill my ideas?
They judge and say, "THIS is for men, and THIS is for women."
But my sister and my teacher who share my view say,
"Yes! You CAN do it! Go for it!"

Here's what I tell anyone who opposes me:
You've shared your expectations
I've shared my views

I WILL be a police inspector, a tall tree, standing against the wind,
out in the crowd, rooted in my dream.



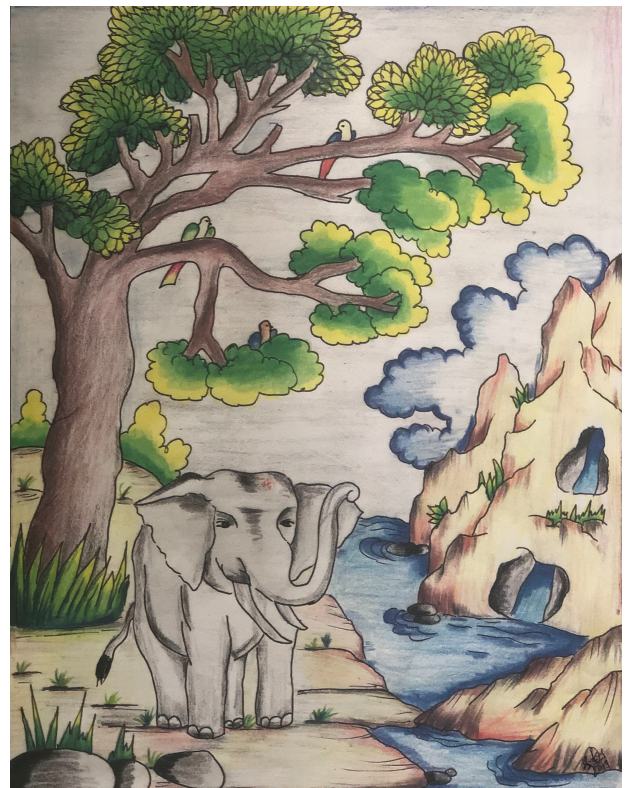
By: Bina Giri (Management-Grade 12)



Art by Koshish Ghale (Grade 8)



Art by Ram Tamang (Bachelor in Hotel M.)



Art by Kaman Tamang (Bachelor in Science)



From Top Left Ambika, Shivani and Kaman ready for Welcome & College Fare Well Program