

# Prospectus



**GORKHA UNITED  
PUBLIC SCHOOL**

Kohalpur-2, Banke  
Tel: 977-81-540105, 540190  
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[www.gorkhaschool.com](http://www.gorkhaschool.com)



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## Message From the Founder Chairman

GUPS is situated in the iconic scenery of pollution-free Kohalpur Municipality-2, Aananda Nagar, Banke. It was established in 2057 BS, and founded by the Ex. British Gurkhas is being run by experienced professional faculties, and well managed by experienced administrative staff. The school is further guided by eminent Educationists with No Objection Certificate from the central government authority for starting Kindergarten to Bachelor level in Agriculture. Despite all, in the initiation of providing quality education, preserving our culture, efforts for nature and promoting togetherness, the team of GUPS is in fact, highly passionate about our joint mission and strives to be models of the principles and practices to make our customers happier with the tune of higher customers satisfaction.



Indeed, it could be a beautiful dream of childhood, the existence of peace, goodwill, lovingness and a friendly atmosphere. Aiming to bring out unspoken undercurrents of children's feelings which could even relate to repressed likes and dislikes. This is what GUPS is all about. One of the longest-serving employees, the Principal Mrs. Sadhana Thapa has been enormously enjoying her responsibility and feels proud of working with the Board of Directorates (BoD), co-workers, parents and students at all times. Since the child's education and well-being are the last things, a parent will compromise on, we maintain discipline, a very low student-teacher ratio, involve parents, provide ICT/IT with WIFI and; smart board teaching resources from the juniors to seniors and also reward scholarships for the meritorious and needy pupils.

The school curriculum includes regular medical care, picnics, nature walks and educational visits, sports, Marshal Arts, Yoga, Art and Craft, Dramatics and Debates along with regular school programmes. The school incidentally, has the highest success rate on merit of students seeking admission at all levels. Similarly, we encourage creativity, stimulate curiosity, inspire leading habits, promote good morals, instil a love for learning, develop learning skills, create confidence and success, and inculcate good manners; as a result, our children enjoy solving problems, develop logical thinking powers are inspired to read good books, develop a sense of responsibility, enjoy colouring, storytelling and recitation.

Moreover, the school has a spacious premise with a beautiful child-oriented environment where the children are taken great care of and are encouraged to learn, play and experience. Also, we stress developing social, emotional and; of course, intellectual capabilities. More importantly, special remedial classes are also arranged for slow learners, regardless of resource, literally electrifying the image of what the school is doing.

Furthermore, reflecting on the notable achievement based on our mission and motto challenges us intellectually, emotionally, spiritually and physically. Therefore, the practice of leadership requires the highest level of capacity to keep asking basic questions of yourself and the people in your organisation and community. Undoubtedly, both uplifting and practical, the strategical standards of procedural requirements enable each of us to lead courageously and confidently without losing the fundamental expectations ourselves.

Besides, the BoD had consequentially launched the Five-Year (2079-2084) project development plan to provide the latest upgraded technology, installation of air conditions and; other developed teaching and learning resources. In addition to this, the school management will also be working carefully to motivate all employees for the holistic development of the entire organisation. Last but not least, I'd like to extend my sincere thanks to all those who are involved directly or indirectly for making our mission a great success without whom it would not have been possible. Of course, your unrelenting endeavour and support will be highly appreciated.

Keshar Bahadur Ale Magar  
Chairman  
GUPS

## Message from the Principal



As we approach the beginning of the Academic Year – 2081. I extend my warm welcome and take this opportunity to commit to a joyful journey of education in GUPS integrated with fun-filled learning experiences. It gives me great pleasure to express my deep sense of gratitude and respect to each one associated with this Institute.

As I look back through the corridors of time I have been a witness to the growth and evolution of this institution since the year 2057 when I got associated with it. Since its inception, the school has been at the forefront of its struggle with all its ups and downs and has gradually flourished over the years.

After GUPS has accomplished its prosperous 23 years, it has now become a symbol of progressive & quality education. Our aim, importantly, is to make education a fun-filled, enjoyable learning & growing experience. At the school, we are a team of dedicated teachers & staff committed to the welfare of the students. We do believe that it is important to create an environment where students look eagerly forward to coming to school. Hence, the entire school team will leave no stone unturned in their efforts to meet the expectations and to make the school known for its academic excellence. In the end, may I take this opportunity to express my sincere gratitude, to the Editorial Board for their hard work in publishing the GUPS 20<sup>th</sup> Annual Newsletter.

Mrs. Sadhana Thapa  
Principal  
Gorkha United Public School

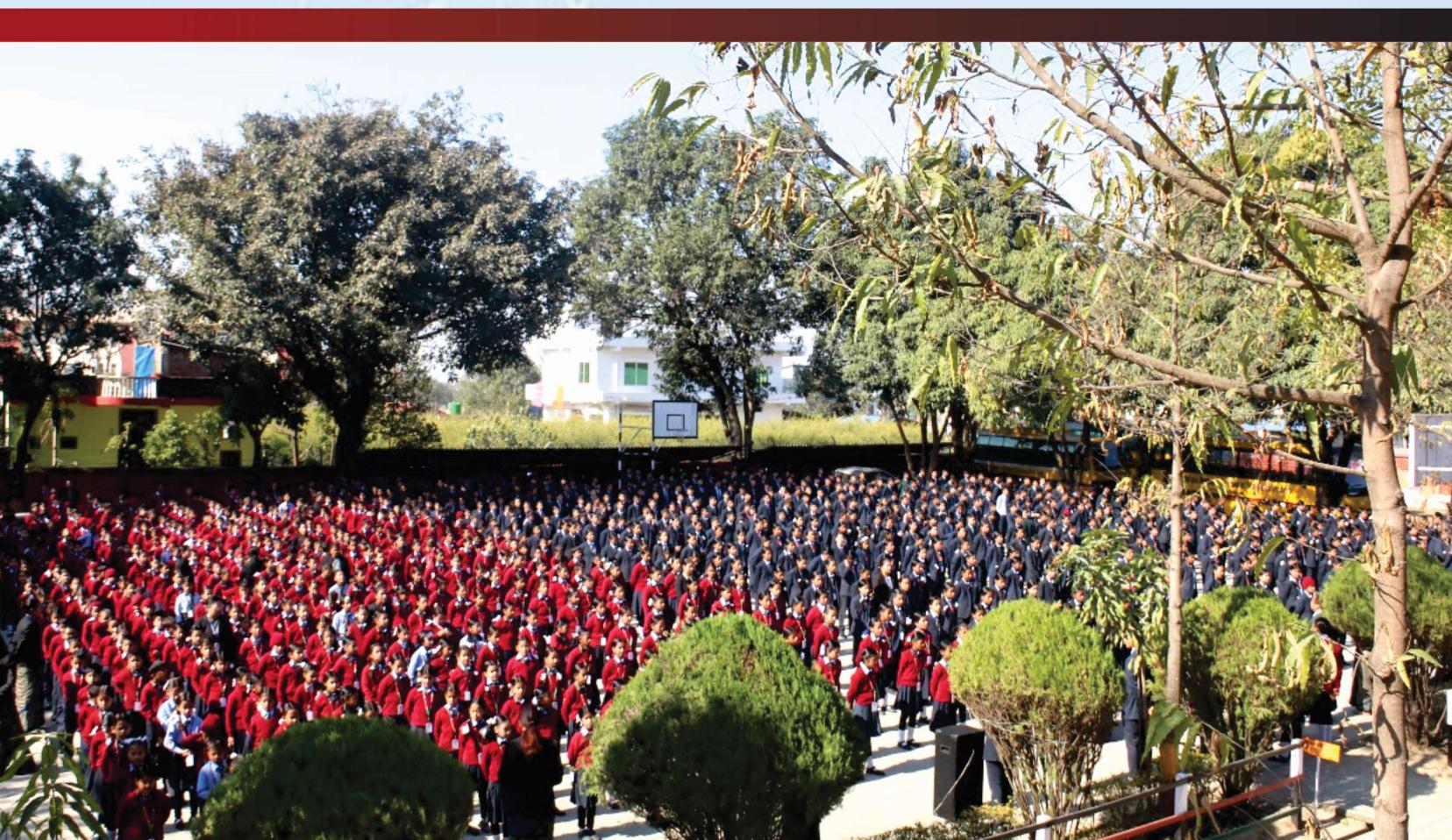
## "A Major Step in the Right Direction"

GUPS has come a long way in these 22 years preparing students for the challenges of the competitive world. As the school moves towards the beginning of the Academic Year 2081, it has been felt that to achieve academic excellence still, some educational approaches need to be cultivated shortly then only the dream to develop the organization providing sustainable, ideal and valuable education can be fulfilled. Hence to uplift qualitative education under a '5-Year Perspective Plan' (A/Y 2079-2084) some of the organizational planning needs to be initiated from A/Y 2081.

The physical facilities of the school along with the equipment essential for imparting education have enormous significance. Upgrading the Academic and Physical infrastructure according to the need is inevitable. Moreover, the right ambience is required in imparting quality education. Hence a great deal of thought has gone into transforming the existing classrooms into child-friendly classrooms with adequate space for storing teaching materials, renovating the old building and furniture, and prioritizing digitally friendly learning by installing Smart Board in the classroom.

Another important aspect of a school is how often the teachers are facilitated with Training Programs throughout the year. Well, GUPS believes that the Teacher Training Program equips teachers with techniques and modern pedagogy strategies which help them to better understand and manage their students. Considering the fact the organizational planning focuses on Teacher Training at the very beginning of the New Academic year along with other skill development training and workshops required for Academic & Non-Academic staff. A good ratio of students to teachers allows teachers to facilitate a healthy learning environment for the students. Younger students do require more time and individual attention from teachers, so to achieve the desired result the school has the forethought to bring down the number of students and reduce the class size of the Primary Level from the New Academic Year.

Last but not least, the change in the present teaching methodology has been initiated from the primary Level (i.e. KG-1, – Grade III) from the Academic year 2081. Under the aforementioned master plan, the school has already launched a new format of Training for the Pre-Primary Level last year. With the application of the ABL (Activity-Based Learning) and PBL (Project-Based Learning) methods, the preparation of adequate resources as teaching materials is already underway which has been facilitated by Mr. Dhundi Raj Giri, the CEO of Activity Based Instruction, Nepal, PhD Scholar in Educational Leadership from Kathmandu University & the Education Consultant/ Counselor of GUPS concerning training and development in Teaching and Learning Activities initially at Pre- Primary Level. Along with it Parents' Counseling and Pre- Primary Level Exhibition are also an integral part of ABL. However, the full-fledged teaching in the Activity Based Learning method has been commenced already from the Academic Year 2080 B.S.



## Vision

In the pursuit of excellence and with the motto 'Positive Thinking for Quality Education' our vision at GUPS is to educate all the pupils to the highest levels of academic achievement, to enable them to reach and expand their potential, and to prepare them fully to become a productive, responsible, ethical, creative, and compassionate member of the society.

## Our Mission

"Vision without action is a daydream. Action without vision is a nightmare. GUPS anticipates all its students to realize their true potential and prepare them for real-life challenges by

- ✓ Pursuing excellence in Academics, Co-curricular activities, Human Values and Life skills.
- ✓ Continuously adding value to its curriculum to equip the pupils with the required Knowledge, Skills & Values and enlighten their minds and souls.
- ✓ Carving globally awakened citizens through inquiry-based pedagogy and collaborative learning. Providing exposure to the

latest technology to harvest their innate talent to make them proficient in the rapidly changing world.

Providing freedom and space for individual expression enabling them to become self-reliant, self-motivated and confident human beings. Guiding them to become mature and self-reliant individuals whose strength lies in their ability to face adversities without fear and overcome challenges with confidence.

Nurturing solution-oriented rather than problem-oriented thinkers who will face the challenges of life with exceptional grit and confidence.

Providing them with a liberal and diverse environment that nurtures creativity.

Encouraging a desire for lifelong learning.

Inculcating the best Nepali culture and tradition among the pupils.

Creating responsible citizens who are fully aware of their social, moral and cultural obligations and commitments, with a desire for unbounded service to humanity.

## Future Plan

GUPS is a 21st-century value-based progressive school where the students are putting their culture and values into practice. We are always committed to ensuring quality education to produce skilled and responsible citizens. Our sole focus is to inculcate the basic 21st Century skills (Creativity, Critical thinking, Communication, Collaboration, Technology Skills and Problem Solving Skills) in the students and establish the school as a centre of educational excellence. To meet the need for a 21st-century education, we have envisioned a '5-Year Perspective Plan' (effective from 2079-2084) which comprises:

- 1) Complete renovation of classrooms and students-friendly furnishing.
- 2) Air conditioning classrooms.
- 3) Innovative and effective pedagogy.
- 4) Activity Based Learning (ABL) and Project Based Learning (PBL).
- 5) Completely ICT-based teaching.
- 6) Giving children the freedom of bag-less education.
- 7) Making the best use of agriculture expertise in mass production and distribution.

The organization has already started Bachelor's Study in Agriculture from the academic year 2075 B.S. affiliated with Agriculture & Forestry University, Rampur Chitwan under the project "Gorkha Polytechnic College & Research Centre. The major focus of the study program is to prepare students for careers in various agricultural-related fields, such as farming, agribusiness, agricultural engineering /research and many more. GPCRC believes that agricultural education can help students understand the importance of agriculture in our economy and society and play an important role to break out of poverty.



## Salient Features:

1. Prime location and easily accessible.
2. Peaceful environment & safe infrastructure.
3. Value-Based Education system.
4. Dedicated, renowned, qualified and professionally experienced teachers.
5. Pre-school is based on Montessori / ECD philosophy.
6. Innovative teaching methodology.
7. Spacious & well-furnished classrooms.
8. Teaching through smart boards to promote engaging and interactive learning.
9. Ample area for indoor & outdoor activities.
10. A high degree of discipline and no compromise with any breach of discipline by students.
11. Individual care, guidance & counselling to the students.
12. Child-centric teaching approach.
13. The proper ratio of students in the classrooms emphasizes a more conducive learning atmosphere.
14. Separate exam rooms to make regular class tests more effective.
15. Extra classes to enhance the academic performance of the students throughout the year.
16. Basic Improvement Test every week (every Friday) for slow learners.
17. Emphasis on more practical classes in subjects like Science, Computer, Social & English.
18. Regular educational excursions & Co-Curricular activities.
19. Provision of one set of textbooks in the school to lessen the weight of school bags, especially for junior students.
20. Regular Interactions with Parents/Guardians.
21. Well-furnished, modern and separate laboratories for Physics, Chemistry, Biology, Maths and Computer science.
22. Scholarship scheme for academic topper, deserving and economically poor students.
23. Dance and Music classes.
24. Modern and resourceful library & labs.
25. Separate Study room for the Library purpose.
26. Boarding facility for the students.
27. 24 Hours Accidental Insurance for both staff and students.
28. Cafeteria within the school premises with hygienic food.
29. Very smooth communication system to parents/guardians.
30. 24-hour power backup.
31. Regular health care service to the students by School Nurse.





## Academic Programme

**KINDER GARTEN/Pre-School [KG-1 -KG-3]** Early childhood is the most critical time for positive intervention. GUPS runs Kindergarten (a preschool educational approach) for kids (aged 3-5 years). It is completely based on Montessori/ ECD philosophy (a teaching approach based on 'Learn by Fun/'Learning by Doing.') The kids learn in a fun-filled manner, like, playing, singing, and practical activities such as drawing, and social interaction as part of the transition from home to school). We focus on four basic ideas: free self-expression, creativity, social participation and motor expression. The programme builds on the evidence in early childhood education that such early investments provide children with advantages that are amplified and reinforced over time.

### Academic Programmes

Day School : (9:30AM to 4:00 PM)

#### Subjects offered:

Nepali	Computer Science
Mathematics	Optional Mathematics
Social Studies	
English	Science
Health Education	Accountancy
Economics	



### BRIDGE COURSE:

GUPS conducts Bridge Course every year immediately after the SEE examination. Our main objective in running Bridge Course is to fulfil the gap between the syllabus of classes X and XI establishing the fundamental concept of the students for classes XI & XII.

#### Subjects Offered

Physics
Biology
Chemistry
Mathematics

### CLASSES XI & XII

#### SCIENCE

Timing: (10:30 am to 5:00 pm)

#### Subjects Offered

English	Nepali
Physics	Chemistry
Mathematics	Biology/Computer Science

#### MANAGEMENT

Timing: (10:30 am to 3:30 pm)

#### Subjects Offered:

English	Nepali
Accountancy	Economics
Business Mathematics	Social Studies

#### Admission Procedure

##### ELIGIBILITY

##### Science Stream

GPA 2.8 & Above in SEE (in relevant Subjects)

[80 nos.]

##### Management Stream

GPA 2 & Above in SEE (in relevant subjects)

[40 nos.]

NB: Students who are eligible to get admission have to go through a written Entrance Exam and interview.

### SCIENCE LAB

Students are active learners, not just passive recipients of knowledge. Labs provide students with various opportunities to learn and experiment, which plays a crucial role in the ongoing intellectual development of students at any academic level. GUPS has extended its Science Labs to facilitate the students with all sorts of materials and equipment. It owns separate labs for Physics, Chemistry and Biology experiments to develop scientific reasoning abilities, discover the world around them, and ask challenging questions to gather the evidence needed for the most complete answer.



### CO-CURRICULAR ACTIVITIES

Holistic development of pupils essentially means intellectual, physical, emotional, and social development, which can be achieved only through proper education. Co-curricular activities help students to develop critical skills and abilities to be successful and happy in life. GUPS has an array of ECA and CCA (i.e. debate and discussion, story, drama, poem writing, dance and music, art and craft, exhibitions, games and sports and many more) for the benefit of our students. The school has introduced a 'One Student- at least one CCA Skill Development Policy.' Our students must participate in at least one activity of their interest and potential.



### COMMUNICATION SYSTEM

Having good communication between parents and schools can make a big difference in a child's education. When parents are more involved, students are often better behaved and have better results. GUPS believes it's time to say goodbye to paper slips and letters. With a cloud-based MIS, we send SMS messages to parents in bulk. We notify parents about any new happenings in the school on their mobile phones, which encourages quicker responses and supports two-way interaction.



### COMPUTER LAB

Computer labs create inclusive and structured learning environments where students can prepare for a tech-heavy future. GUPS provides Computer Education to pupils from Grade IV and above to meet Modern Technological needs. It owns a computer lab functional with the support of an adequate number of PCs. Trained and experienced teachers provide both theoretical and practical lessons for students to help them navigate a rapidly changing technology-driven world.

### AUDIO/VISUAL CLASSES

The audio-visual method appeals most to the senses. It leaves a deeper impact as it involves greater attention in the act of learning and helps learners retain the concepts taught through these aids. GUPS has introduced the Classroom Audio Visual System in regular classes. Additionally, it has two fully furnished and well-maintained audio-visual rooms and has a wide collection of educational and library videopedia to experience learning effectively.



## **Educational Visits/Excursions**

Travelling expands your horizons and school life cannot be complete without the fun of educational tours and excursions. These trips are tailor-made to facilitate the students to know and understand the real, multicultural society/world. The school organizes excursions/visits for every academic session. Further, the school organizes planned visits to various places to enrich the students and to take learning beyond the four walls of the classroom.

## **Transportation**

The school is providing completely facilitated bus services at regular and punctual time intervals for picking up students and teachers. With the seven fully equipped vehicles, the school's transportation service is available to students residing in Nepalganj, Chisapani, Bansgadi/ Kakaura and Kohalpur areas. The school is also in the process of installing a speed governer in buses with speed limit to ensure additional safety of our students and also installing a navigation system helping parents to know the exact location of the buses at any given time.



## **Boarding/ Hostel**

The school offers proper boarding/hostel facilities to both girls and boys to ensure they can live comfortably away from home. About 100 students are reaping the benefits of this facility every year. The hostel is supervised by a team of Hostel In-charge, Wing In-charges, caretakers and other people for administrative/technical support. Respective subject teachers are made available to take regular coaching classes for hostel students on a routine basis. There is also a separate hostel canteen serving freshly cooked meals to maintain the nutrition level of students.

## **Library & e-Library**

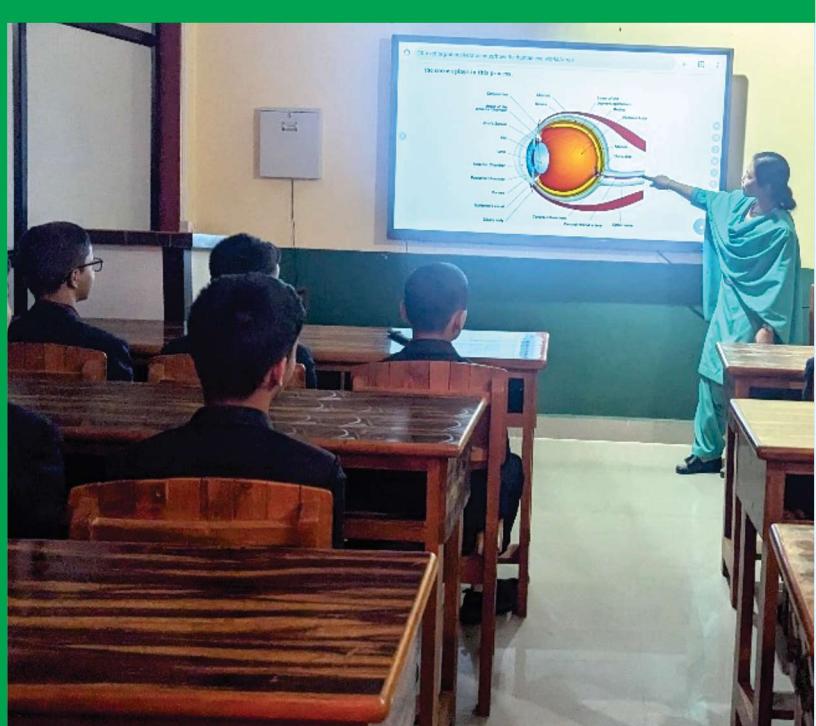
GUPS owns a resourceful Library with a variety of up-to-date collections covering a wide range of subjects. It has copies of most books that are recommended for use in the courses, as well as an extensive collection of specialized texts. Our library boasts a growing collection of the latest articles, relevant books, journals, magazines and CD-ROMs on all related subjects. Additionally, the Digital Library provides our students with quick and easy access to the latest information they might need for research purposes.

## **Scholarships**

GUPS provides scholarships to different categories of students every year which is about 10 % of the total students' number. 'The academic Topper Scholarship' is provided to the students based on each Terminal Examination Performance and other scholarships are given on an annual basis.

## **Categories of Scholarships**

- Entrance Toppers
- Academic Toppers (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>)
- Economical condition
- Handicapped/Deprived Children
- Dalit/Janjati
- Best Players
- School Captain
- School Vice - Captains
- School Empanelled Scholarship (Nepal Army)





# Newsletter

Falgun 2080

## Editorial Board:

### Advisor

Mr. Keshar Bahadur Ale  
(Founder Chairman)

### Editors:

Mr. Rajendra Bahadur Gurung  
(Academic Advisor)

Mrs. Sadhana Thapa (Principal)

Mr. Badri Prasad Sharma (Vice Principal)

Mr. Bhadra Shahi (Academic Supervisor)

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Mr. Pancha Psd. Upadhyaya (Nepali)

Miss Lakpa Lama (English)

### Administrative Support:

Mr. Karna Basnet

### Technical Support:

Mr. Datta Giri

## Themes

- Teachers' Refresher Training
- Annual General Meeting
- Art of Parenting
- Academic & Admin Staff
- Rewards and Achievements
- Scholarships
- Founders' Cup Football Tournament
- Annual Parents' Day
- Pre- School Exhibition
- Co-curricular & School Activities
- Educational Visits
- Students' Column
- GUPS Alumni Column

## TEACHERS' REFRESHER TRAINING-2080



The quality of teaching appears to play a significant role in influencing the academic development of students along with their personal growth. This shows how important it is for teachers to have continuous professional growth which is possible with the assistance of expertise training. Teachers' training aims to flourish teachers' skills of conveying their enlightening knowledge and ideas in a vivid as well as convincing manner. It allows them to come up with new technological resources enhancing a fun learning experience which eventually creates a productive teacher-student relationship.

Comprehending its great importance and need, our school organizes teachers' training for the teachers every year. To give continuity this year, the school conducted a teachers' training on the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Baishakh, 2080. This year we were facilitated by Mr. Dhundiraj Giri, CEO of ABI, Nepal. The Training was designed considering extremely important themes and issues which are indeed to be updated to tackle the students of the 21<sup>st</sup> century. To run the activities of different subjects, clubs were formed which would carry out the programmes with the whole involvement of the students. We were well informed about the effective and modern pedagogies which are essential to be implemented and practised while teaching so that we can uplift the overall performance of the students and get the expected outcomes.

At times, our facilitator explained and got us to realise how Activity-

## 22<sup>nd</sup> Annual General Meeting – 2080

The 22<sup>nd</sup> Annual General Meeting of Gorkha United Public School was held on 23<sup>rd</sup> Bhadra 2080. The meeting was chaired by the Founder Chairman Mr. Keshar Bahadur Ale Magar.

The AGM agendas were floored by the Chairman. The meeting principally discussed the '5-Years Perspective Plan' and the 'Human Resource Management'. The meeting came to deduce that employee retention/ turnover is one of the main challenges for the institution and the 'Perspective Plan' is paramount for the academic transformation of the institution. It consists of infrastructure improvement, pedagogical changes, and staff empowerment programs to develop the school as a centre for educational excellence. The agendas were agreed upon unanimously.



In the end, the chairman expressed his sincere gratitude to the trustees, other representatives, the Principal, all the staff, well-wishers, and students for showing a very high level of spirit, cooperation and solidarity as ever. The meeting was adjourned in a very positive and professional manner.

**Office Management**  
**GUPS**

## INVOLVED PARENTING FOR RAISING HOPEFUL CHILDREN

"The sign of great parenting is not the child's behaviour. The sign of truly great parenting is the parent's behaviour". (Andy Smithson)

The quality of parenting children receive during childhood plays a vital role in influencing their developmental competence and ultimately their life course trajectories. The parent-child relationship has a pervasive impact on children and affects many different areas of development including language and communication, executive function and self-regulation, sibling and peer relationship, academic attainment, and mental and physical health. To respond to the varied needs of their children parents must develop both depth and breadth of knowledge, ranging from being aware of developmental milestones and norms that help in keeping children safe and healthy.

Home is the first school and parents are the best teacher for a child. Parents should provide such an environment so that their child can easily cope with situational learning. Kids must be nurtured and brought up to match with the school education at home before they go to school. Good manners are the first things parents must teach their kids. They should behave well with all members of the family so the child learns from home and behaves the same way in school too, which would enhance their learning. Considering the importance of parenting in teaching-learning activities, GUPS organized a parenting program on 26<sup>th</sup> April 2023 (13<sup>th</sup> Baisakh, 2080) for the parents of KG. The facilitator was Mr. Dhundi Raj Giri, CEO of ABI (Activity Based Instruction), Nepal. It was based on a "learning by doing" approach where kids will learn in different ways like games, multimedia, arts and crafts, field visits etc. that helps the holistic development of the kids. To empower the teachers for this new activity-based program, GUPS has been continuously organizing skill development programs since 2079 B.S. that will change the existing system of teaching and learning.

Parents are the ultimate role models for children. Every word, movement and action has an effect. In this term Saint Augustine says, "The life of parents is the book their children read." Children are the reflection of the parents because they are always watching them. Today's parents are swamped with their work and they are unable to give time to their children that's why children are becoming the victim of modern gadgets. Parents should spend time with their kids, communicate, listen and play with them which makes a bond between parent and child. Unfortunately, either knowingly or unknowingly kids are being used by technology like mobile phones which has more negative impacts rather than positive. 'Technology is a useful servant but a dangerous master'. Excessive use of mobile phones causes serious health problems, anxiety, poor vision, accidents, immoral activities etc. Using technology is not a serious problem if it is used properly. There is nothing either good or bad, but using makes it so. It depends on the user, either use or being used. Technology can be used for multiple purposes like educational, professional, and research that enhance the knowledge of the learner but the activities should be monitored by the parents.

In conclusion, kids need encouragement and support from parents and teachers to build their careers. Creating a child-friendly environment is the responsibility of both the parents and the teachers only then the children can show their potential. Every child is unique and has his potential, hobbies and interests that's why children should be encouraged and inspired according to their interests instead of pressuring and comparing with others. Along with it, the traditional theoretical education system should be changed into practical education that produces competent and productive human resources. In this context, Chinese philosopher Confucius says, "I hear and I forget. I see and I remember. I do and I understand." For providing practical education and making learning fun, GUPS has stepped towards activity-based learning, parenting and skill development and teacher empowerment programs.

**Mrs. Bhagarathi Joshi**  
Co-ordinator (Level: I)



**Academic Staff**



**Admin Staff**



ANNUAL FUNCTION 2080



SCHOLARSHIP 2080



## REWARDS



1st Position (Science Exhibition, PABSON)



2nd Position (4th PABSON Inter School, Teej Dance Competition)



3rd Position (Red Cross Society, Branch Office Kohalpur)



3rd Position (Teej Dance Competition, Kohalpur, Municipality)



1st Position (Nepal Army Empaneled School Running Shield, 2080)



## 11<sup>th</sup> Founders' Cup Football Tournament – 2080

Founders' cup football tournament is the most memorable and important CCA of every year where all the four houses players take part to win the trophy. It helps to develop the physical and mental ability of the students. It enhances the team spirit, endurance power and discipline of the students.

As every year this year also it started on Poush 16, 2080. In the league match all the four houses competed with each other. They tried to score the highest marks to enter in final match. Although they all played very well, Red house and Yellow house boys succeeded to enter into final where as Green house and Blue house girls managed to make to the final. In both boys and girls match, they scored equal goals and as decided by the cards the Green house was able to win the match.

Along with the trophy Green house was rewarded with a cash prize of rupees 21000/- and Yellow house with rupees 10,000/. The best player from boys, Master Ankit K.C. and from girls Miss Bibisha Thapa were rewarded. Similarly the highest scorer, Master Nished Jung Shah, Arjun K.C. and Miss Anjila Shahi, best goal keeper Master Astitwo Singh and Miss Pari Shahi and rising player Master Nischal B.C. and Miss Ninja Thapa were rewarded as well. Throughout the game enthusiasm among the players was praised worthy. Each of the players from all the four houses was able to show their skills and tricks with the ball which was amazing.

Lastly, I would like to extend my gratitude to the school management for providing me the opportunity to co-ordinate the event successfully and giving me all the support.

**Arjun Rana**  
Co-ordinator  
11<sup>th</sup> Founders' Cup Football Tournament



## 'Annual Parents' Day (27<sup>th</sup> Magh 2080)

The Annual Parents' Day, held on 27<sup>th</sup> Magh 2080, was a vibrant celebration of athleticism, creativity and family unity. The event kicked off with a spectacular March Past, where students proudly paraded alongside their parents, showcasing unity and friendship. The rhythmic drumbeats and colourful banner added to the festive atmosphere, setting the stage for an exciting day ahead. The elementary students stole the show with their energetic performances, displaying remarkable talent and enthusiasm, from captivating dance routines to awe-inspiring musical numbers, the young performers captivated the audience and filled laughter and applause. Their dedication and hard work were evident in every move, leaving parents beaming with pride.

Following the performances, the focus shifted to physical fitness, with a demonstration of P.T and Drill exercises. The rhythmic movements and synchronized routines showcased the importance of physical fitness and team work, inspiring everyone to adopt a more active lifestyle.

The excitement continued with a thrilling Taekwondo demonstration, where skilled martial artists showcased their agility, strength and discipline. In addition to the athletic displays, the event featured an exhibition of art and craft, showcasing the creativity and talent of students. Colourful paintings and handmade crafts adorned the venue, providing a visual feast for the eyes. The exhibition celebrated the rich cultural heritage and artistic expression of the community. Furthermore, the inclusion of a Science exhibition added an educational dimension to the event, allowing participants to explore various scientific concepts in an engaging manner.

Senior students have introduced a solar-powered bike, a brilliant fusion of eco-friendly and a game changer.

As the day drew to close, parents eagerly participated in fun games designed to promote team work and friendly competition. Overall the annual parent's day was a resounding success, reaffirming the importance of teamwork and creativity within school community. It served as a reminder of the invaluable role of parents play in their children's education and envelopment, creating cherished memories that will be treasured for years to come.

Arun Thapa  
Programme Co-ordinator  
Annual Parents' Day - 2080



प्रमुख अतिथि (ब्रह्म कुमारी दुर्गा शर्मा, ब्रह्म कुमारी ईश्वरीय विश्व विद्यालय - राज्योग प्रशिक्षण केन्द्र, केन्द्रिय उपाध्यक्ष)





१७ फाग्न २०८०, बिहुरा

## गोरखापत्र

होमपेज राष्ट्रिय राजनीति संसद प्रदेश ~ गोरखापत्र विशेष अर्थ ~ विचार ~ लेलकुद ~

### विद्यार्थीले बनाए अटोचार्ज विद्युतीय मोटरसाइकल

गोरखापत्र ताजा, तुम्बिनी, खुला, आजका समाचार

आपूले निर्माण गरेको विद्युतीय बाइकका साथमा क्रातिक खड्का र अरुण रानामगर। तासिर : गजेन्द्र गुरुङ





# Pre-School Exhibition-2080



# CCAs-Key Component of Holistic Education

Embarking on a journey of Holistic development. The realm of education extends far beyond the boundaries of textbooks and classroom lectures therefore Co-curricular activities is a multifaceted journey aimed at nurturing the minds, bodies and nurturing the minds, bodies and spirits of young learners.

In today's educational landscape, the significance of co-curricular activities cannot be overstated. These activities which, encompass a wide range of experiences beyond the traditional classroom setting play a crucial role in shaping well rounded individual.

The spell be competition has become a cornerstone event in many educational institutions emphasizing the importance of language proficiency vocabulary mastery and cognitive skills, development and angad to add this activity as a very important part of CCA.

As co-curricular activities are held every Friday where the children of nursery to class X participate and show their talents.

To foster team spirit and healthy competition the students are teachers are divided equally in four houses. Activities like Drawing, Dance, Singing, Exhibition, Colouring & different games (including sports week) like Athletics, Football, Hopscotch, Quiz, Debate etc. has brought physical and mental well being in the young learners.

Along with the CCA, to broaden the horizon, students are taken to

different places for the excursion for the experiential learning, cultural and social awareness and for enhancing communication and social skills and also to create memorable learning experiences. These experiences empower students to pursue their passions, set ambitious goals and realize their full potential.

The students of class X had gone for the traditional excursion to Ghandruk which gave a snapshot of everyday local life in Nepal's mountains, especially that of the Gurung people, likewise class XII had gone to Bandipur as it is famous for many temples and Newari culture.

Securing different positions within external CCAs requires a strong foundational skills and a genuine commitment. It is a privilege to announce the achievement of our school for academic year 2080, starting with district level Army empanelled School Running Shield (winner), 1<sup>st</sup> position, Kohalpur Running Shield (winner). 7<sup>th</sup> Mayor cup running shield (3<sup>rd</sup>) and Girls Athletics (1<sup>st</sup>), Science Exhibition and Quiz competition organized by PABSON (1<sup>st</sup>) and essay writing competition (1<sup>st</sup>), Poem recitation (2<sup>nd</sup>) organized by Red Cross Society.

Co-curricular activities are invaluable components of a comprehensive education that foster holistic development of students. By providing diverse opportunities for students engagement outside the classroom, school empowers students to become well rounded individuals who are prepared to thrive in an ever changing world.

Amita Thapa  
CCA Co-ordinator



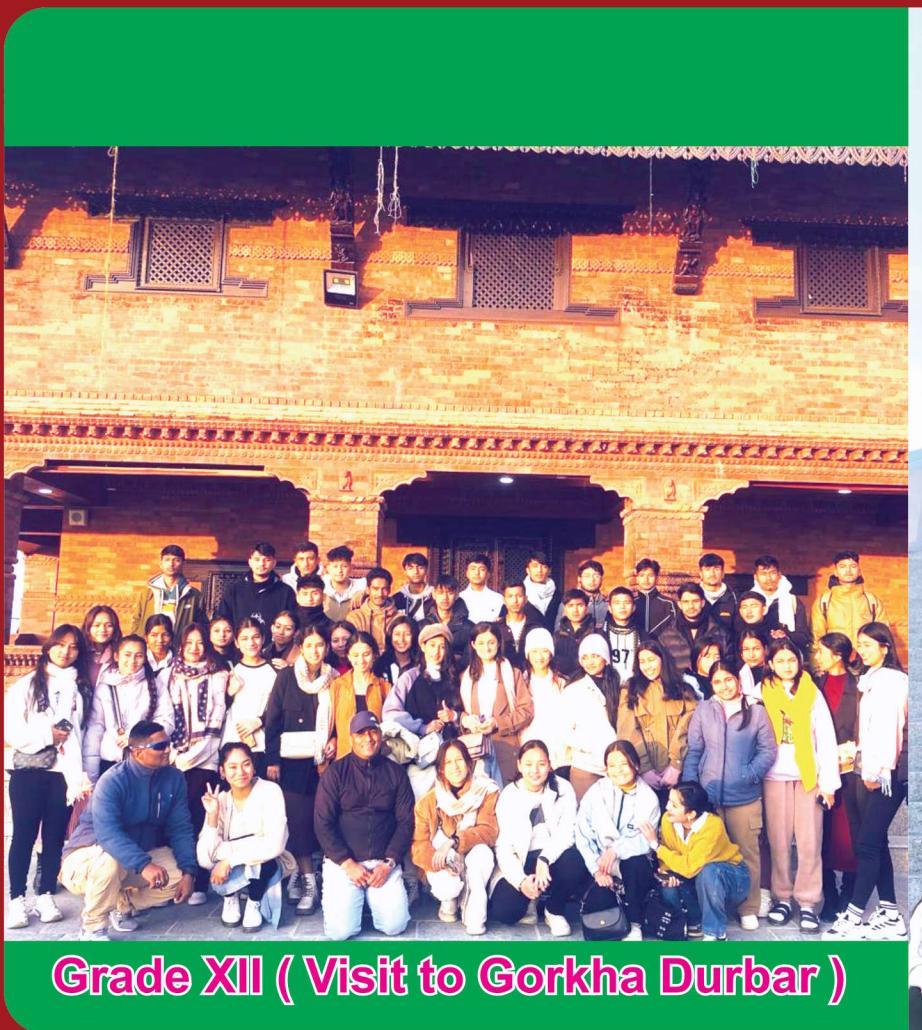
# School Activities



## Educational Visits



Grade XI (Visit to Purandhara, Dang)



Grade XII ( Visit to Gorkha Durbar )



Grade X ( Visit to White Gumba, Pokhara )



Visit to Dhakeri Botanical Garden



Grade X (Visit to Ghandruk, Kaski)

## Students' Column

सप्ना



मलाइ लागेको कुरा कि  
सपना देखन जति जस्री छ  
त्यातै नै जस्री छ तिनलाई पूरा गर्न पनि,  
अनि मैले देखिको सपनाहरमध्ये  
एउटा सपना यो पनि हो कि चाडै नै आफ्ना  
रहरहरु मा फूल फुलाउन सक्नु  
म आकाशमा उडिरहँदा  
आफ्नो छायाँलाई जमिनमा पौडै गरेको हेर्न मन छ।  
हिजो बन्द कोठामा देख्यो होला  
आज खुल्ला आकाश मुनि देख्न खोज्दै छु।  
अनि  
मेरा सपना हुन् केवल मेरा  
इन्द्रेणी बन्नु  
आकाशमा छरिन्नु  
बादल सँग नाच्छु  
मैले देखेको सपना हो म जस्री पनि बाँच्छु।

दिक्षा भण्डारी  
कक्षा : १२ (व्यवस्थापन समूह)

स्वावलम्बी नेपाल



परिवर्तन रोक्ने पहाडहरु ढाल्ने कहिले ?  
समृद्धिका बत्तीहरु बाल्ने कहिले ?  
कहिल्यै नभुक्ने यी शिरहरु भुक्केको देख्दा  
अन्याय र अत्याचारमा पिल्सएर बस्दा,  
स्वतन्त्र र स्वाधीनतामा बाँच्ने कहिले ?  
राष्ट्रियताको श्रींगारमा नाँच्ने कहिले ?  
सबै सामु कठपुतलीको नाँच नाँचे  
पौरखी हात भाँची भीख मागेर  
गाई गुणगान अरुको थाक्ने कहिले ?  
बेहोसीको निन्द्राबाट जान्ने कहिले ?  
हातमुख जोन जीवन भरि विदेश नै छिर्नु पर्ने  
जन्म आफ्नै भुमिमा सुकुम्बासी हुनु पर्ने  
स्वदेशमै बसी मानाचार खाने कहिले ?  
जीवनको कठिनाईलाई पार लाउनु कहिले ?

समृद्धि अधिकारी  
कक्षा : १० 'क'

गन्तव्य



सुनौलो विहानको सूर्यले नयाँ आभाष दिन्छ  
आजबाट भोलि आउँछ, पतै छैन दिन कसरी बित्त ?  
उदाएको सूर्यसँगै सपनाहरु उदाउछन्  
सूर्य अस्ताउँछ तर सपना त ताजे रहन्छन्  
सपना साकार गर्ने आकांक्षा मनमै छ्यालिक्न्छ  
परिपक्क नहुन्जेलसम्म त्यो काँचो विचार भइदिन्छ,  
सल्लाह, लिन्छ, धारणा राखिन्छ अपरिपक्क बिचारलाई सम्भी  
आज छैन त भोलि पक्कै खुसी आउँछ भनि बित्त जिन्दगी,  
प्रयास त धैरे गरिन्छ अनि सफलता का छ ?  
उत्तर पाइन तर प्रश्न त मनमै छ,  
उत्तर चढाव जीवनमा धैरे आउँछन्  
यी सबै कुरा गन्तव्यको अगाडि बेकार रहन्छन्  
मिल्ने भए परेटा लगाएर भए पनि जान्नै  
भेटर आउथे त्यो पुम नसकेको गन्तव्य  
रुप छैन त्यसको, आकार पनि छैन तर त्यो सुखीको क्षण हो  
जिन्दगी हो, त्यसैले त्यो गन्तव्य हो। सझर्घ

अस्मिता चपाई  
कक्षा : १२ (व्यवस्थापन समूह)

महिला सशक्तिकरण



महिला सशक्तिकरण एक सामाजिक प्राक्रिया हो, जसले महिलाहरुलाई स्वतन्त्र, समानता, आत्मनिर्भरता र आत्मविश्वास प्राप्त गराउँछ। महिला सशक्तिकरण भन्नाले महिलाहरुले निर्धारक भएर आफ्नो जीवनसँग सम्बन्धित कुनै पनि निर्णय आफैले गर्ने अधिकार प्राप्त गर्नु हो।

महिला सशक्तिकरणले विशेष गरी पिछाडिएका महिलाहरुलाई उनीहरुले हक हितको बारेमा सचेत गराई उनीहरुलाई आफ्नो सामाजिक, आर्थिक, राजनीतिक र व्यक्तिगत अधिकारको अधिकारी बनाउने गर्दछ। महिलाहरु सिर्जनाका शक्ति हुन्। उनीहरु आफ्नो परिवारको सुख, शान्ति र खुसिका लागि सधैँभरी निःस्वार्थ भएर खिटरहन्छन्। विश्वभरि जतिसुकै प्रगति गरेका राष्ट्रहरु भएपनि आजसम्म महिलाको हिसार भेदभाव गर्दै आएका छन्। तर विकसित राष्ट्रहरुले उनीहरुलाई उनीहरुको हक, अधिकार दिलाएर महिला सशक्तिकरणलाई अझै उचाइमा पुऱ्याएका छन्।

त्यसैरागी हाप्रो जस्तो अल्पविकसित देशमा महिला सशक्तिकरण निकै पछाडि परेको छ। नेपालमा कुल जनसंख्याको आधा भन्दा बढी महिलाले ओगटेको भए तापनि समाजमा भएका अशक्ति, कुरीति, विकृति, अन्धविश्वास, लिङ्ग भेदभाव, राजनीतिक अस्थिरताका कारण नै महिला सशक्तिकरण अगाडि बद्न सकेको छैन। त्यसैले महिला सशक्तिकरणलाई अझै उचाइसम्म लग्नका लागि हामीले महिलाहरुलाई नै महिला सशक्तिकरणका बरिमा सचेत गराई उनीहरुलाई शिक्षा, रोजगारी, उनीहरुको हक र अधिकार प्राप्तीका लागि सुनिचित गराउनुपर्छ।

मानसी ढकाल  
कक्षा : ९ 'ख'

Positive Thinking

Be the person that inspire  
Maintain that inner strength

Just reach higher

Take some action, make a move,  
It doesn't matter if others approve.

on't stop when the progress is slow

Another attempt, and success will glow

Keep positive thinking and you will win

Always be encouraging

It all comes from within

So stick to the first when you've hardest hit

It's when things seems worst

That you must not quit.



Avisha Kharel  
Class: IX 'B'

"Let's Laugh"

(1)

After English Exam

How Was The Paper?

It was easy but Question No. 5

Confused me.

What Was The Questions?

Question No. 5 wanted the past tense of "Think",

I thought & Thought & Thought

and ended up writing "Thoughted".

(2)

In the Exam:

Syllabus – 80 GB

We study – 80 MB

Remains in Mind – 80 KB

Writes in Exam – 80 Bytes

The result comes in binary digits

i.e.

00,01,10,11



Aashutosh Oli  
Class: VII 'A'

Father



Everyone admires the love of a mother  
But the father's in often neglected  
The sorrow he beholds is mostly overlooked  
Works all day daydreaming about our success  
When he comes back home sometimes he is outraged  
At us because he is too frustrated.

Our future is all he wants to see  
Thinking it shall be a fantasy  
He is flattered when we do something amazed  
And a father's proud force is one of the precious  
Sacrifice of him the world has never judged.

Pratha Ghimire  
Class: V 'A'

नारी

नारी तिमी संसारकी सिर्जनाकी मूल  
तिमी हाँगा तिमी पात तिमी फुलै फूल,  
तिमी हाँसे संसार हाँस्छ तिमी रोए रुन्छ  
तिमो चोखो ममताले सबै दाग धुन्छ।

तिमी लक्ष्मी, सरस्वती, दुर्गा काली तिमी  
सुन्दर यो सृष्टिरूपी फूलकी माती तिमी  
त्यानो दिने तिमी घाम, तिमी शीतल जून  
तिमो जस्तो माया दिने धर्तीमा छ कुन ?



Nothing stays the same

Every day, every single steps change  
Sometime I think I am not having any sense.

Life is the mining of happiness and sadness  
Sometime doing nothing but feels like lazy and tiredness.

Sometime happiness, sometime sadness in my life.  
Hope everyday and everywhere will have a good vibe.

Outside how much happy it seems inside full of teaks.  
Every time and everything why it feels like fears.

Winning and losing life is like playing a game  
So, always remember nothing stays the same.

Gita Shahi  
Class: VIII 'C'

कर्ती पीडा अपमान सही बाँचेकी छै  
मनभित्र दुःख लुकाइ बाहिर हाँसेकी छै,  
दमन र विभेदको भारी बोकी बोकी  
हिँडनु पर्ने हत्केलाले सूर्य छेकी छेकी।

आगो सँग खेल तिमी हुरी सँग जुध  
उन्नति र प्रगतिको बाटोमा नै कुद,  
कायर बन्नु हुन कैल्यै गर्नुपर्छ औँट  
दुःखका यी पहाडलाई बनाउन छ फाँट।

# GUPS Alumni



Gorkha United Public School (GUPS) established in 2057 B.S. is situated in a very peaceful ambience with spacious infrastructure. This is the place where I spent my whole childhood. I left my home for better education and got admission to this renowned school in grade VII. Every school carries some uniqueness in some way and so does GUPS. It is the only school in the city to give the best education to the students and produce the highest number of toppers in the district. The facilities offered by schools affect the health, behaviour, engagement, learning, and growth of the students. The infrastructure of the school is well equipped with all essential things which made it an easy environment to gain knowledge and conduct innovative experiments which made me productive. The Proactive Teaching approach of the school shaped my personality and always inspired me to do something new. My school helped me learn dedication and self-actualization. My teachers motivated me and pushed me to achieve my best which is a big part of what I am today. The atmosphere of the school is so comfortable and it always makes me feel at home. Similarly, my teachers and seniors always encouraged me to do the right things. I will always be grateful to my school for being a pillar of strength in my life. Everything that I learnt here will be in my mind and heart forever.

I am extremely proud to be a part of such a majestic School. I want to thank the whole school family for their love and support even today. This is just because of GUPS I am who I am today.

**Sandeep Jung Shah**  
President (GUPS Alumni)  
SLC Batch: 2061

"No matter where life takes us, our roots remain strong, and our alma mater will forever be our guiding light."

## A MESSAGE FROM THE GUPS ALUMNI ASSOCIATION BOARD COMMITTEE

On behalf of the GUPS Alumni Association's Board Committee and as President of the Alumni Association, I express my thankfulness and gratitude toward the school's management for the support and guidance they have offered us to fulfil the mission of the association and to take it into a bigger and stronger position. Maintaining a long-lasting, mutually beneficial relationship between alumni and the school is one of our objectives. We are always looking for relevant methods to support your needs and coordinate our efforts as your representatives.

### Our accomplishment highlights:-

- Formation of GUPS Alumni Association
- Blood Donation Program
- Fundraising activities for Prayas Foundation
- Reunion program

### The path ahead:-

Our reunion program on 4th Kartik, 2080, gave us the road map for our upcoming activities. We are committed to growing our alumni network globally by allowing them to join online membership via our website. We plan to establish a platform for collective participation where all alumni members can contribute to social events, commercial collaborations, and idea sharing, all of which will have a good and social impact on our society and daily lives.

After graduating from our school in 2060 B.S. and from our college in 2065 B.S., our alumni are employed in a variety of professions and occupations, including those of doctors, engineers, chartered accountants, health workers, social workers, bankers, businessmen, athletes and more. We are excited about the direction and future of the GUPS Alumni Association and look forward to serving and sharing information with you, throughout the year. Choose to support the Alumni Association.

You can contact our alumni association at [alumnigups@gmail.com](mailto:alumnigups@gmail.com) with any questions, concerns, or suggestions for cooperation.

**Rupesh Bista**  
Vice-President  
GUPS Alumni Association



My beautiful journey to GUPS started almost 8 years ago when I first stepped GUPS with a hope of better future. When I look back to my school days I feel proud to be member of this school. Teachers were amazingly supportive and it was not late when I realize the impact of this school in my life. I wouldn't have achieved half of what I am today without the support of teachers and school. Not only in studies GUPS made me believe I could do better in every field and supported me in every way I could be supported. GUPS will always remain second family to me. The memories, experience and relation I had in GUPS is beyond imagination and will always be in my heart. The quality of education I got and teachers dedication in every field is what I cherish the most today.

**Susmita Acharya**  
University of Nebraska Medical Center  
SEE batch 2072



I am really glad and pleased to have this opportunity to share my experiences as an Ex Student of GUPS. For the first time when I visited school I was so nervous but after enrolling there I was so happy because of the environment and the premises. I am thankful for the support and advice that my teachers gave us, I still cannot forget the golden days of my school where we used to study and play. When we used to write essay and our teacher Sadhana mam used to correct every single line and we used to see mam's red pen all over our copy. Not only teachers but also Founder of school Keshav Ale sir used to be so supportive and motivated us as a guardian, the working staff used to be so cooperative and helping. I still remember the annual day program celebrated as a family. The 4 years that I spent with our GUPS Family was one of the best days and I am really proud and lucky to be a part of GUPS.

**Ajay Rawal**  
Sabda Construction and Suppliers Pvt Ltd  
Engineer  
SEE Batch – 2069

# GUPS Alumni Scholars

S.N.	Name of the students	SLC/ HSEB Batch	Qualification
1	Samundra Shrestha	2060	Software Engineer, Kathmandu Engineering College, KU
2	Pritisha Thapa	2060	B.Sc. Nursing (Nepalgunj Medical College)
3	Subarna Gautam	2061	MBBS, Maharajgunj Teaching Hospital, TU (Recently in USA)
4	Srijana Sapkota	2061	B.Sc. Nursing Nepalgunj Medical College (Recently in USA)
5	Saurav Lamsal	2062	M.Sc. (Physics)
6	Barun Bikram Shah	2062	MBBS/ M.D.
7	Deepa Rana	2062	MBBS (Bangladesh University) Recently in UK
8	Aashish B.K.	2062	Civil Engineer (Water Resources & Irrigation, Dang)
9	Suman Rana	2063	B.Sc. Nursing, Mangalore University (USA)
10	Susmita Acharya	2063	Network Engineer (Vianet Communication Pvt. Ltd.) Kathmandu
11	Madhav Neupane	2064	CA (Institute of Chartered Accountants of India) Kathmandu
12	Santosh Poudel	2064	MBBS, Nepalgunj Medical College, Kohalpur
13	Prabin Khatri	2064	MBBS (Philippines)
14	Kajal Ale	2064	Master in Conflict, Peace and Development Studies, Kathmandu
15	Nabin Shrestha	2064	Engineer, Nepal Telecom
16	Sakar Poudel	2064	MBBS, TU (Full Scholarship)
17	Sudikshya Yogi	2064	Mechanical Engineer, Pulchowk
18	Ashok Sharma	2065	MBBS, Maharajgunj Teaching Hospital, TU, Kathmandu
19	Bijay Gauchan	2065	Engineer, Carabyan Construction, Pokhara
20	Ishrori Rana	2065	B.Sc. Nursing, KU
21	Manoj Chapagain	2065 (HSEB)	Civil Engineer, National Society for Earthquake Technology (NSET)
22	Saurav Marasini	2065 (HSEB)	Electrical Engineer, Chaudhary Group
23	Pushraj Pandey	2065 (HSEB)	Engineer, Nepal Agricultural Development, Bank
24	Raju Adhikari	2065 (HSEB)	Engineer (Nepal Electricity Authority)
25	Deepak Ranabhat	2066 (HSEB)	Masters in Computer (KU)
26	Anu Basnet	2066	M.Sc. Ag. In Aquaculture (Running) TU
27	Bishal Adhikari	2066 (HSEB)	Engineer, Birendra Nagar Municipality, Surkhet
28	Sandesh K.C.	2066	CA (Institute of Chartered Accountants of India) National Life Insurance
29	Keshav Neupane	2067 (HSEB)	CA (Senior Executive at JKK and Associates)
30	Santosh Chaudhary	2067 (HSEB)	MBBS, Nepalgunj Medical College
31	Ajay Nath Yogi	2067 (HSEB)	CA (Institute of Chartered Accountants of India)
32	Prakash K.C.	2067 (HSEB)	Engineer, Industrial District Management, Balaju
33	Chandani Shekh	2068	MBBS (India)
34	Rishi Raj Sharma	2068	MBBS, TU Full Scholarship
35	Aayushi Thapa	2068	Denmark (Full Scholarship)
36	Sudeep Sukla	2068	MBBS, Nepalgunj Medical College, Kohalpur
37	Santosh Dhungana	2069	MBBS, Nepalgunj Medical College, Kohalpur
38	Sabina Thapa	2068 (HSEB)	M. Sc. In Bio-Technology
39	Ashim Hamal	2069	Inspector, Nepal Police
40	Vijay Bhattacharai	2069	Legal Officer (NAC)
41	Kabita Shah	2069	Account Officer (NAC)
42	Nirmala Pun	2070 (HSEB)	MBBS, Nepalgunj Medical College, Kohalpur
43	Balram K.C.	2070	MBBS, KU Full Scholarship
44	Nabin Bhandari	2070	MBBS, TU Full Scholarship
45	Sambhav Kharel	2070	B.E. Pulchowk Engineering Campus
46	Pradeep Budhathoki	2070	Senior Technical Officer (Engineer, NAC)
47	Tanker Rokaya	2071	Engineer, Nepal Government