

# UNIBUZZ

Annual School Magazine

Vol 9







# TABLE OF CONTENTS

Title	Author	Page No.
AI & Future of Work	Aayushma Neupane	1
How Social Media Shapes Public Opinion	Adesh Kafle	2
Marriage Vs Cohabitation	Agrima Pradhan	3
Breaking the Stigma About Mental Health	Anushka Nepali	4
Making Each Day Count	Anushka Subedi	5
Keeping World Safe from Nuclear Weapons	Atimsha Upreti	6
Mission Mars Will Humanity Succeed?	Crystalma Shrestha	7
Addressing Myself	Dipisha Khanal	8
Impact of Artificial Intelligence (AI)	Looniva Manandhar	9
A Hunger- A Teenage Boy's Passion	Prajwal Pokhrel	10-16
Why Is Fast Food Popular ?	Prarup Adhikari	17
Covid-19 and It's, Healthcare Impact on the World System	Pritam Raya Chhetri	18
Power of Art and Creativity	Rajak Bayak	19
The Good and Bad Pop Culture	Rajasbi Bogati	20
Memorable Trip to Japan	Reshika Tandukar	21-22
How Psychopaths See the World?	Reshma Chapagain	23
My Journey In Subject-Wise Presentation Competition	Ayushma Khadka	24
Critical Thinking in the Age of Misinformation	Shreya Bhatta	25
A Letter to My Present Self	Soyanka Khadka	26
In the Eye of the Storm: My Experience of Surviving a Crisis	Yash Dangol Maharjan	27
Remittance and Its Impact on the Nepalese Economy	Yasna Bista	28
Unveiling the Wonders: Fascinating Facts of Human Biology	Aayusha Thapa	29
Enhancing and Empowering Student Wellness: A Journey to Mental Health Resilience	Niharika Khadgi	30





Nepali Cricket: Its Past Present and Future	Abhisek Rajbanshi	31-32
Am I Depressed !?	Achyut Khanal	33-36
Virat Kohli: My Truest Inspiration	Ayush Kumar Poddar	37-38
Robotics and Future Unemployment	Bigyani Shrestha	39
Human Psychology	Birendra Thakuri	40
The Elephant Vanishes: Book Review	Dikshya Khiuju	41
What Do We Do When We Are Sad ?	Elija Panta	42
Yes ! My Mother Is a Housewife	Prishu Sharma	43
Happiness	Salon Giri	44
Electronic Voting	Sambhav Gyawali	45-47
Critical Thinking and Its Importance In Today's World	Sanjam Dahal	48
Love	Aaryan Khadka	49-50
Traveling Through My Memory Lane	Miliska Tuladhar	50
Jealous of You	Aashna Adhikari	51
Harmony in Hair: Donating for a Cause	Erika Bhatta	52
Aphrodite	Krishna Lamsal	53
Gen Z: Digital Realities and Mental Health	Nhuja Manandhar	54-55
Set Me Free	Bimala Dulal	55
For the Love of the Game	Presciss Kharel	56-57
Fashion Trends from 1920s-2000s:	Pristina Khadka	58
Dark Shades	Roshima Bhatt	59
Grandpa Too Had a Love Story	Sambat Bhandari	60
I Wanna Be More Like Me	Sloka Bhattarai	61
Youth and Development	Samriddhi Timilsina	62
Should I talk About Him ?	Smriti Shrestha	63
Career Cocoon	Sujal Koirala	64
A Thoughtful Train Ride	Swastika Khatiwada	65-66
A Proper Goodbye to the Buried Little Child	Tayosha Gautam	67
Sustainable Development Agenda	Aaryaa Shrestha	68





The Warmth Within Snow	Archit Babu Merciful	69-70
High School Nostalgia	Garima Pandey	71
It's Time to Wake Up from the Dream	Kripa Gautam	72
The Pros And Cons of Online Education	Pramish Koirala	73
Addressing Brain Drain: Challenges and Solutions	Prasanna Shahi	74
Science, Technology, and Human Relationships:A Double-Edged Sword	Prinsika Baraili	75
Unveiling the Power of Mewing: Unlocking the Facial Potential and Aesthetics	Ridesh Bhujel	76
E Commerce Strategies for the Attraction of New Customers	Samikshya Maharjan	77
Red String: Fate of Love	Shasika Praja	78-79
Rahul Rai: A Polyhistor and Numinous Musician	Sudarshan Raj Bhattarai	79
National Cadet Corps (NCC), Nepal	Sushmita Hamal	80
Is the Parallel Universe Just a Theory?	Sushmita Khadka	81
Body Shaming and Its Impact on New Generation	Wanjala Maharjan	82
Navigating the Complexities of Technology: Impact on Human Relationships	Shuvana Tandukar	83
The Imperative of Climate Action: Human Impactand Responsibility	Aniska Shrestha	84
Movie Review: The Stoning of Soraya	Aayusha katuwal	85-86
Realization	Miliska Tuladhar	87
Five More Minutes	Sudha Chaulagain	87
History of Nepal	Prayash khadka	88-89
Significance of Space Exploration	Prazen Maharjan	90
Why Stable Governmentis Necessary in Nepal?	Rijesh Rai	91
Family Ties	Samman Budhathoki	92
Book Review:I am Malala.	Simrika Poudel	93
थामिएको कलम	अभीश न्यौपाने	94
नारी	अनिष खड्का	95
खोज	अर्चितबाबु मर्सिफुल	96
प्रकृति र परिश्रम	विवेक दाहाल	96
मेरा शब्दहरु	असिम घिमिरे	97
कस्तो हुने छ त्यो दिन	भागरथि कुँवर	98-100





म मरेको दिन	भरोसा सेढाई	101
डुब्ने लागेको मेरो देश	बिहानी पंगेनी	102
आधुनिक विद्यार्थी	विवेक यादव	102
हराउन खोज्दा आफैलाई भेटाए	दीक्षा खिउजु	103
म	ईलाशा श्रेष्ठ	104
नारी	कामना भण्डारी	105
तितो सत्य	कुशल पौडेल	106
मेरो अधुरो प्रेम	ग्रीष्मा ज्ञवाली	106
आत्महत्या	मङ्गना मङ्ग्राती	107-108
तिमी त केटा हो	प्रजक्ता मैनाली	109
हार	समीक्षा रेग्मी	109
नारीवाद	रासी देवकोटा	110
धुवा	रेगन फडेरा	111
गुरु बन्दना	रोशनी पन्त	112
मन रुन्छ अहिले पनि	यर्जाश्व रोकाया	112
पैसा	सभि अधिकारी	113
परदेशी छोरो	शुभ्रता बराल	114
हामी बाध्य छौं	सुदीप सापकोटा	114
मेरो हिमाल	सुदिन कट्टेल	115
जीवन भुपडीमै प्रिय छ	सुशान्त खनाल	115
वातावरण	रेशा कटुवाल	116
बाबा	मन्जिल आचार्य	116
यथार्थलाई पहिल्याउनै सकिँन	रीतिका कार्की	117
Alumni Section		118-121
Faculty, Staff & Guest Section		122-149
Photo Gallery		149-200
Student's Profile		201-264