Travelogue: My Journey to Pokhara

Last year, I visited Pokhara, one of the most beautiful cities in Nepal. The bus ride itself was full of excitement. I enjoyed watching green hills, flowing rivers, and small villages on the way.

When I reached Pokhara, I was amazed by its peaceful environment. The weather was pleasant, and the air was fresh. The first place I visited was Phewa Lake. The clear water reflected the mountains and the clouds like a mirror. I also took a boat ride and saw the World Peace Stupa shining on the hill.

The next morning, I went to Sarangkot to see the sunrise. The golden sunrays falling on the Annapurna and Machhapuchhre mountains looked magical. Later, I explored Davis Falls, Mahendra Cave, and the International Mountain Museum. Each place had its own charm.

Though I did not try paragliding, I saw many people flying high like birds. It made me feel that Pokhara is truly an adventure city.

My trip to Pokhara was unforgettable. The natural beauty, peaceful lakes, and warm people made it one of the best journeys of my life.

Movie Review: Jhola

Jhola is a powerful Nepali movie directed by Yadav Kumar Bhattarai. It is based on the short story written by Krishna Dharabasi. The movie reflects the dark social practice of Sati Pratha, where a widow was forced to burn herself on her husband’s funeral pyre.

The main character, Kunti (played by Garima Panta), is a young woman who loses her husband. According to tradition, she is expected to die with him. However, she manages to escape with the help of her son. This struggle shows the pain and cruelty faced by women in the past.

The acting in the movie is very strong. Garima Panta’s performance as Kunti is emotional and realistic. The child actor portraying her son also makes the story more touching. The cinematography, costumes, and setting perfectly match the old time period of Nepal.

The movie gives an important message against blind traditions and superstitions. It reminds us how harmful practices like Sati were for women and why education and awareness are necessary.

Overall, Jhola is not just a movie but a lesson. It is emotional, thought-provoking, and an eye-opener about our society’s past. It was highly praised and even selected as Nepal’s entry for the Academy Awards.

Rules: Library

1. Keep quiet inside the library.
2. Do not eat or drink inside.
3. Take care of books and return them on time.
4. Do not write or tear pages of books.
5. Put your phone on silent.
6. Listen to the librarian and follow the rules.

Rules: Museum

1. Do not touch the things kept in the museum.
2. Eating and drinking are not allowed.
3. Do not make loud noise.
4. Do not damage anything.
5. Follow the guide or staff instructions.
6. Keep the museum clean and respect the things kept there.

Speech: Healthy Diet

Good morning everyone,

Today, I want to talk about the importance of a healthy diet. A healthy diet means eating the right type of food in the right amount to keep our body strong and active. It is very important for everyone, especially for students, because good food helps us study better and stay energetic throughout the day.

A balanced diet should include fruits, vegetables, grains, dairy products, and proteins. Fruits and vegetables give vitamins and minerals, while grains provide energy. Milk and other dairy products make our bones strong. Proteins from eggs, fish, or beans help our body grow and repair itself. On the other hand, too much junk food like chips, burgers, candies, and soft drinks can harm our body. They may taste good, but they make us weak and sick over time.

Drinking enough water and keeping our body clean are also important parts of a healthy diet. Along with regular exercise, eating healthy food improves immunity, prevents diseases, and keeps our mind sharp. A healthy diet also helps in maintaining a proper weight and good physical fitness.

In conclusion, a healthy diet is not just about eating food, it is about taking care of our body and life. Let us all make the right food choices, eat fresh and nutritious meals, and stay active. By doing this, we can live a long, strong, and happy life.

Thank you.

Normal Sentence:

“The students read books in the library.”

1. Speech

Direct Speech: The teacher said, “The students read books in the library.”

Indirect Speech: The teacher said that the students read books in the library.

1. Imperatives

Read books in the library!

Students, do read books in the library.

1. Modal Verbs

The students should read books in the library.

The students must read books in the library.

The students can read books in the library.

1. Question Tag

The students read books in the library, don’t they?

The students don’t read books in the library, do they?

1. Voice

Active: The students read books in the library.

Passive: Books are read by the students in the library.

1. Relative Clauses

The students who love reading read books in the library.

The library where the students read books is very peaceful.

1. Present Tense

Present Simple: Subject + Base Verb (+s/es) + Object

Present Continuous: Subject + is/are + Verb(-ing) + Object

Present Perfect: Subject + has/have + Past Participle + Object

Present Perfect Continuous: Subject + has/have + been + Verb(-ing) + Object

1. Past Tense

Past Simple: Subject + Past Verb + Object

Past Continuous: Subject + was/were + Verb(-ing) + Object

Past Perfect: Subject + had + Past Participle + Object

Past Perfect Continuous: Subject + had + been + Verb(-ing) + Object

1. Future Tense

Future Simple: Subject + will + Base Verb + Object

Future Continuous: Subject + will + be + Verb(-ing) + Object

Future Perfect: Subject + will + have + Past Participle + Object

Future Perfect Continuous: Subject + will + have + been + Verb(-ing) + Object