

Speech – My Inspiration

by Kritie Dewan 4E

Good morning, Principal, teachers, and fellow schoolmates. I'm Chris Wong from 4E. Today, I will be sharing with you the story of a talented athlete, Aruna Shahi, and how she has inspired me.

Aruna was born in Myagdi, Nepal, in 1994, and is currently the captain of Nepal's Women's National Volleyball Team. Her journey began when she was a high school student. Aruna fell in love with the sport. The team spirit, the pace of the game, and the challenges of making quick decisions drew her towards volleyball. Gradually, her coaches motivated her, and she started her career by playing in district-level competitions. After that, she joined Gyanubaba School in Pokhara, Nepal, which offered her a scholarship to study and play volleyball there. At that time, Gyanubaba School was at the forefront of volleyball. In 2014, Shahi got the opportunity to make her debut in the national team at just 20 years old.

In 2017, Aruna Shahi was awarded the "Best Female Athlete of the Year" prize by the Nepal Sports Journalists Forum, and in 2023, she received the "Best Player of the Year" award at the NSJF Sports Award 2078. Not to mention, she made significant contributions to Nepal's victory in snatching a gold medal at the Asian Volleyball Confederation (AVC) Central Zone Senior Women's Volleyball Tournament against Uzbekistan. That was truly an inspiring and historic moment for Nepal.

Aruna's story has motivated me in many ways. Her strong determination and bravery in facing challenging games, as well as her remarkable success in making a name for

herself in Nepal's history, are outstanding. To everyone listening, Aruna's story is a reminder that we must work hard towards our goals and make good use of opportunities that come our way. Everyone has the potential to achieve great success as long as they put in the effort. After all, we live in a generation where everyone has opportunities - why not utilise them?

You don't have to follow in Aruna's footsteps, but you should remember the importance of hard work and perseverance in achieving success. Let us stay persistent and continue to persevere.

Thank you.