

Student User Manual

विद्यार्थी प्रयोगकर्ता पुस्तिका

Everything a student needs on Abhyas, from creating an account to joining live classes, watching recordings and rating lessons.

खाता बनाउनेदेखि प्रत्यक्ष कक्षामा सहभागी हुने, रेकर्डिङ हेर्ने र पाठको मूल्याङ्कन गर्नेसम्म, विद्यार्थीलाई चाहिने सबै कुरा ।

September 2026 edition



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1 About this manual

यस पुस्तिकाबारे

This manual shows students how to use Abhyas, from creating an account to joining live classes, watching recordings and rating lessons. It follows the screens exactly as they appear on the platform in September 2026.

यो पुस्तिकाले विद्यार्थीलाई अभ्यास कसरी प्रयोग गर्ने भनेर देखाउँछ: खाता बनाउनेदेखि प्रत्यक्ष कक्षामा सहभागी हुने, रेकर्डिङ हेर्ने र पाठको मूल्याङ्कन गर्नेसम्म। यसमा सेप्टेम्बर २०२६ मा प्लेटफर्ममा देखिने स्क्रिन जस्ताको तस्तै समेटिएका छन्।

How to read this manual - यो पुस्तिका कसरी पढ्ने

Convention	English	नेपाली
Button and menu names	Shown in bold , exactly as on screen in the English interface	नेपाली इन्टरफेसमा देखिने नाम बाक्लो अक्षरमा
Steps	Numbered, in the order you do them	गर्ने क्रमअनुसार नम्बर दिइएको
Notes	Important rules or limits you should know	जान्नैपर्ने नियम वा सीमा

Switching the interface language - इन्टरफेसको भाषा बदल्ने: Every Abhyas screen has **EN** and **नेपाली** buttons at the top. Click one to switch the whole interface; your data stays the same. हरेक स्क्रिनको माथि **EN** र **नेपाली** बटन हुन्छन्। कुनै एक थिचेर पूरै इन्टरफेसको भाषा बदल्न सकिन्छ; तपाईंको डेटा उस्तै रहन्छ।

What a student can do on Abhyas - विद्यार्थीले अभ्यासमा के गर्न सक्छन्

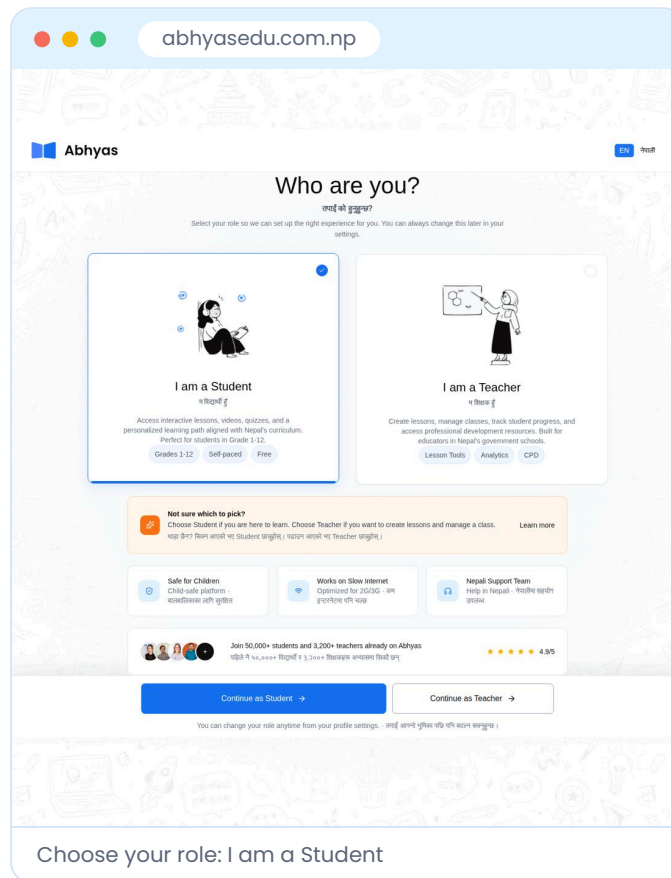
Area	English	नेपाली
Lessons	Watch videos, listen to audio and read articles your teachers recommend	शिक्षकले सिफारिस गरेका भिडियो हेर्ने, अडियो सुन्ने र लेख पढ्ने
Live classes	Register for classes and join them live from your browser	कक्षामा दर्ता गर्ने र ब्राउजरबाटै प्रत्यक्ष सहभागी हुने
After class	Watch recordings, download handouts and rate each session	रेकर्डिङ हेर्ने, ह्यान्डआउट डाउनलोड गर्ने र हरेक सत्रको मूल्याङ्कन गर्ने
Teachers	Follow teachers so their new material reaches your feed	शिक्षकलाई फलो गर्ने, ताकि उनका नयाँ सामग्री तपाईंको फिडमा आऊन्
Planning	Keep track of your classes, assignments and study plan	आफ्ना कक्षा, गृहकार्य र अध्ययन योजना हेर्ने

2 Getting started सुरुआत

A student account is free and takes about two minutes to create. You can sign up with Google or with your email address.

विद्यार्थी खाता निःशुल्क छ र बनाउन करिब दुई मिनेट लाग्छ । Google वा आफ्नो ईमेल ठेगानाबाट खाता बनाउन सकिन्छ ।

2.1 Create your student account विद्यार्थी खाता बनाउने



Step	English	नेपाली
1	Go to the Abhyas homepage and click Start Learning (or Get Started).	अभ्यासको गृहपृष्ठमा गई Start Learning (वा Get Started) थिच्नुहोस् ।
2	On Who are you? , select I am a Student , then click Continue as Student .	तपाईंको हुनुहुन्छ? पृष्ठमा म विद्यार्थी हुँ छानी विद्यार्थीको रूपमा जारी राख्नुहोस् थिच्नुहोस् ।
3	Fastest option: click Continue with Google and choose your Google account.	सबैभन्दा छिटो तरिका: Google बाट जारी राख्नुहोस् थिची आफ्नो Google खाता छान्नुहोस् ।

Step	English	नेपाली
4	Or fill in the form: Full Name (as on your school ID), Email Address , Password and Confirm Password .	वा फारम भर्नुहोस्: पूरा नाम (स्कूल परिचयपत्रमा भएजस्तै), इमेल ठेगाना , पासवर्ड र पासवर्ड फेरि लेख्नुहोस् ।
5	Tick the box to agree to the Terms of Service and Privacy Policy, then click Create an Account .	सेवा सर्त र गोपनीयता नीतिमा सहमतिको बाकसमा चिन्ह लगाई Create an Account थिच्नुहोस् ।

The screenshot shows the 'Create your account' form on the Abhyas website. The form is titled 'Create your account' and 'आफ्नो खाता बनाउनुहोस्'. It includes a 'Continue with Google' button and a 'Registering as a Student' link. The form has four main sections: 'Full Name', 'Email Address', 'Password', and 'Confirm Password'. Each section has a label in both Nepali and English, followed by instructions and a text input field. The 'Password' section has a note about password requirements (at least 8 characters, mix of letters and numbers). The 'Confirm Password' section has a note about matching the password. At the bottom, there is a checkbox for 'I agree to Abhyas's Terms of Service and Privacy Policy' and a 'Create an Account' button. Below the form, there is a video player for 'Need help creating your account? Watch guided Video' and three service boxes: 'Safe for Children', 'Works on Slow Internet', and 'Nepali Support Team'. At the bottom, there is a footer with 'Join 50,000+ students and 3,200+ teachers already on Abhyas' and a 'Create an Account' button.

The student sign-up form

Password rule • पासवर्डको नियम: At least 8 characters. For a strong password, use an uppercase letter, a number and a special character (for example **Vidyarthi@2082**). • कम्तीमा ८ अक्षर । बलियो पासवर्डका लागि ठूलो अक्षर, अंक र विशेष चिन्ह प्रयोग गर्नुहोस् (जस्तै **Vidyarthi@2082**) ।

Picked the wrong role? • गलत भूमिका छानियो? Click **Change** next to “Registering as a Student” before you submit. • फारम बुझाउनुअघि “Registering as a Student” छेउको **Change** थिच्नुहोस् ।

2.2 Verify your email and set up your profile

इमेल प्रमाणित गरी प्रोफाइल मिलाउने

Step	English	नेपाली
1	Open your inbox and find the email from Abhyas. Check Spam if it is not there.	आफ्नो इनबक्समा अभ्यासबाट आएको इमेल खोज्नुहोस् । नभेटिए Spam फोल्डर हेर्नुहोस् ।
2	Enter the 6-digit code on the verification screen.	प्रमाणीकरण स्क्रिनमा ६ अंकको कोड लेख्नुहोस् ।
3	Complete your profile: your grade, your school, the subjects you study and your study plan (which days, what time of day and how many minutes).	प्रोफाइल पूरा गर्नुहोस्: कक्षा तह, विद्यालय, पढ्ने विषयहरू र अध्ययन योजना (कुन दिन, दिनको कुन समय र कति मिनेट) ।
4	Your dashboard now shows Email verified under your name.	अब ड्याशबोर्डमा तपाईंको नामतल इमेल प्रमाणित देखिन्छ ।

Why verify? • किन प्रमाणित गर्ने? Class registration, assignments, notifications and recommendations only unlock after your email is verified. If the email didn't arrive, use **Resend email** on the dashboard. • इमेल प्रमाणित भएपछि मात्र कक्षा दर्ता, गृहकार्य, सूचना र सिफारिस खुल्छन् । इमेल नआए ड्याशबोर्डको **Resend email** थिच्नुहोस् ।

2.3 Sign in

साइन इन गर्ने

Step	English	नेपाली
1	Click Login on the homepage.	गृहपृष्ठमा Login थिच्नुहोस् ।
2	Enter your Email and Password , then click Sign In . Or use Continue with Google if you signed up that way.	इमेल र पासवर्ड लेखी साइन इन थिच्नुहोस् । Google बाट खाता बनाउनुभएको भए Google बाट जारी राख्नुहोस् थिच्नुहोस् ।
3	Keep Remember me ticked on your own phone or computer; untick it on a shared school computer.	आफ्नै फोन वा कम्प्युटरमा मलाई सम्झनुहोस् चिन्ह लगाइराख्नुहोस्; विद्यालयको साझा कम्प्युटरमा चिन्ह हटाउनुहोस् ।

2.4 Forgot your password

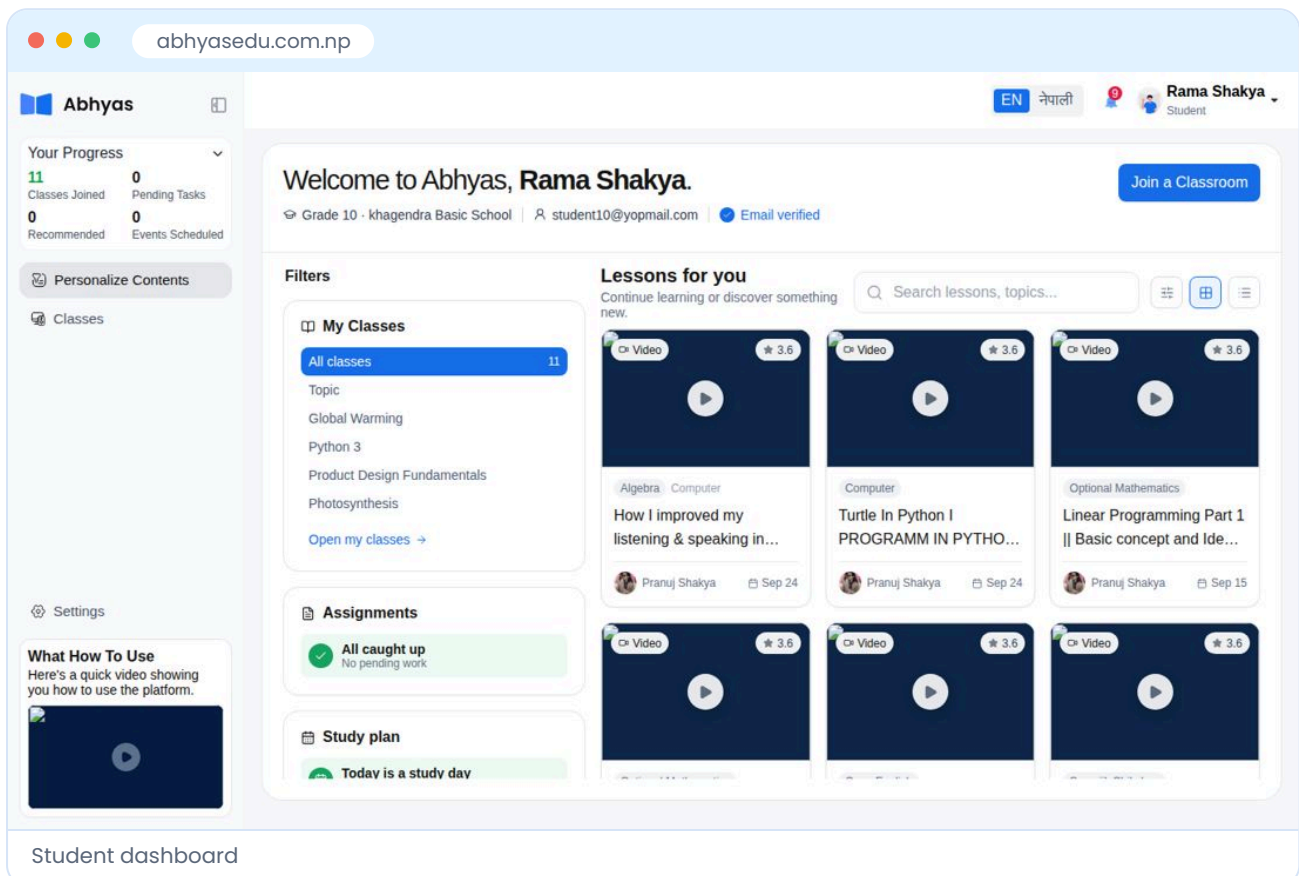
पासवर्ड बिर्सिएमा

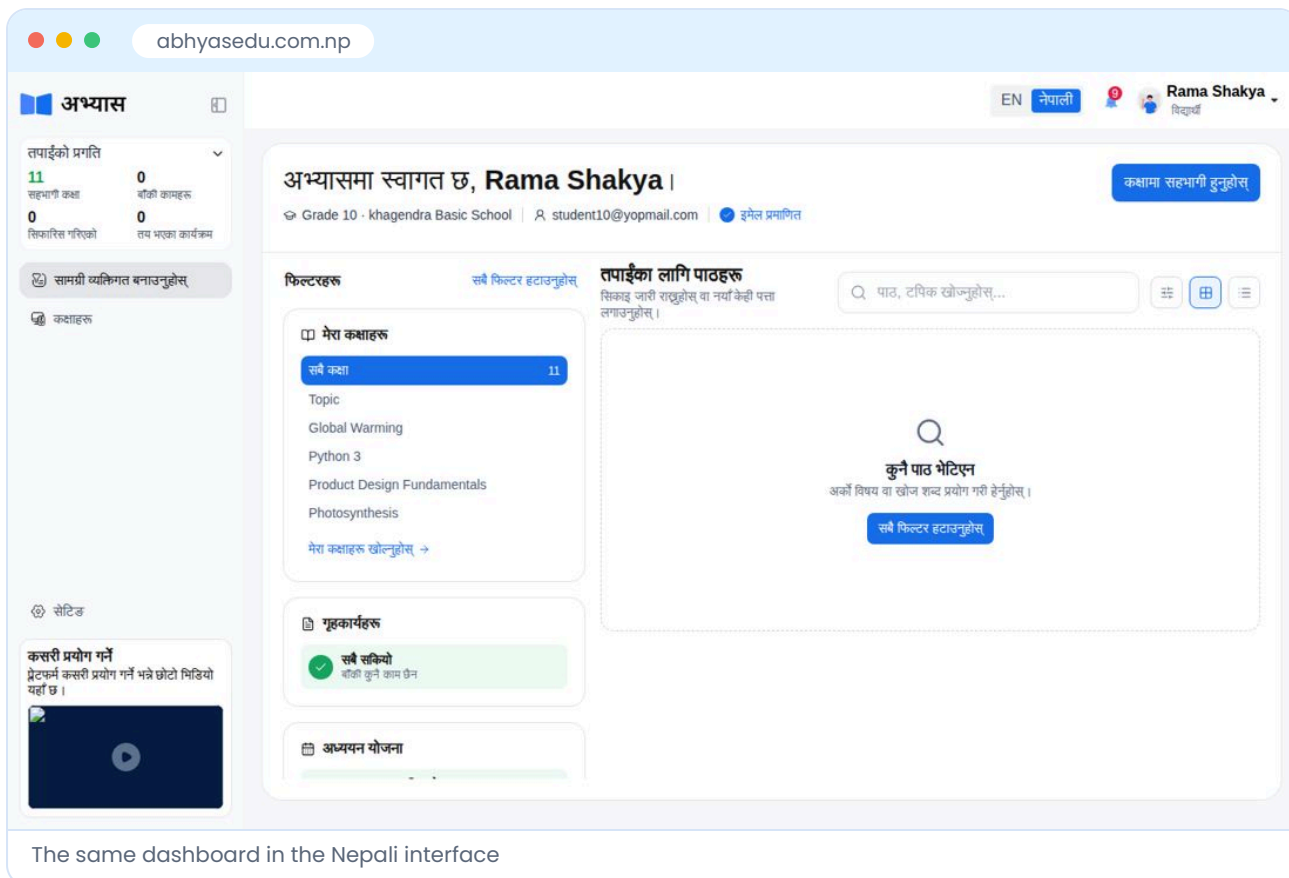
Step	English	नेपाली
1	On the sign-in page, click Forgot password?	साइन इन पृष्ठमा पासवर्ड बिर्सिनुभयो? थिच्नुहोस् ।
2	Enter your account email. Abhyas sends a one-time code.	खाताको इमेल लेख्नुहोस् । अभ्यासले एक पटक प्रयोग हुने कोड पठाउँछ ।
3	Enter the code, set a new password, then sign in again.	कोड लेखी नयाँ पासवर्ड राख्नुहोस्, अनि फेरि साइन इन गर्नुहोस् ।

3 Your dashboard तपाईंको ड्याशबोर्ड

After you sign in, you land on **Personalize Contents**, your home page. It shows your classes, assignments, study plan and lessons picked for you.

साइन इन गरेपछि **Personalize Contents** (तपाईंको गृहपृष्ठ) खुल्छ । यसमा तपाईंका कक्षा, गृहकार्य, अध्ययन योजना र तपाईंका लागि छानिएका पाठ देखिन्छन् ।





3.1 Left menu बायाँ मेनु

Menu item	English	नेपाली
Your Progress	Classes joined, pending tasks, recommendations and scheduled events.	सहभागी भएका कक्षा, बाँकी काम, सिफारिस र तय भएका कार्यक्रम ।
Personalize Contents	Your home page and lesson feed (section 4).	तपाईंको गृहपृष्ठ र पाठ फिड (खण्ड ४) ।
Classes	Every class you have registered for (section 7).	तपाईंले दर्ता गरेका सबै कक्षा (खण्ड ७) ।
Settings	Your profile, preferences and password (section 11).	प्रोफाइल, प्राथमिकता र पासवर्ड (खण्ड ११) ।

On a phone, tap the menu icon at the top-left to open this menu. · फोनमा माथि बायाँको मेनु आइकन थिचेर यो मेनु खोल्नुहोस् ।

3.2 Dashboard panels

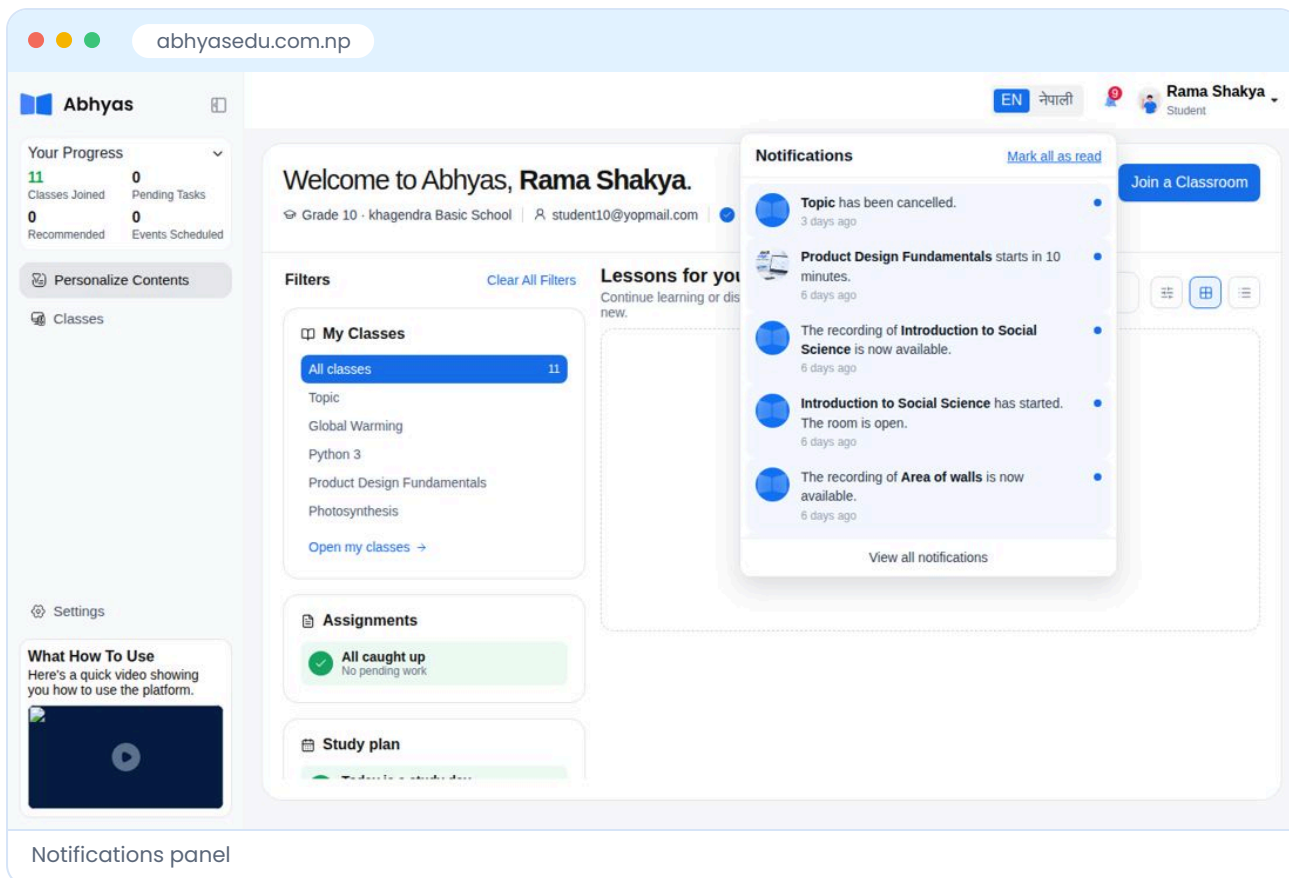
ड्यासबोर्डका प्यानल

Panel	English	नेपाली
Welcome card	Your name, grade, school and Email verified status, with a Join a Classroom button.	तपाईंको नाम, कक्षा तह, विद्यालय र इमेल प्रमाणित अवस्था, कक्षामा सहभागी हुनुहोस् बटनसहित ।
My Classes · मेरा कक्षाहरू	Your registered classes. Click Open my classes to see them all.	दर्ता गरेका कक्षा । सबै हेर्न मेरा कक्षाहरू खोल्नुहोस् थिच्नुहोस् ।
Assignments · गृहकार्यहरू	Work your teachers have set, with due dates. All caught up means nothing is pending.	शिक्षकले दिएका काम र बुझाउने मिति । सबै सकियो भए कुनै काम बाँकी छैन ।
Study plan · अध्ययन योजना	The plan you set at sign-up: your study days, time of day and minutes. It tells you when Today is a study day .	साइन अप गर्दा राखेको योजना: अध्ययन दिन, समय र मिनेट । आज अध्ययन दिन हो भने देखाउँछ ।

3.3 Top bar

माथिल्लो पट्टी

Control	English	नेपाली
EN / नेपाली	Switches the interface language.	इन्टरफेसको भाषा बदल्छ ।
Bell icon	Opens Notifications : a class starts in 10 minutes, the room is open, a recording is ready, a class was cancelled. Use Mark all as read to clear them.	सूचना खोल्छ: कक्षा १० मिनेटमा सुरु हुँदैछ, कोठा खुल्यो, रेकर्डिङ तयार भयो, कक्षा रद्द भयो । सबै हटाउन Mark all as read थिच्नुहोस् ।
Your photo	Opens a menu with Profile (your public profile) and Log out .	Profile (सार्वजनिक प्रोफाइल) र Log out भएको मेनु खोल्छ ।



Help video · सहयोग भिडियो: The **How To Use** card on the left plays a short video tour of the platform. · बायाँको **How To Use** कार्डमा प्लेटफर्मको छोटो भिडियो परिचय छ ।

4 Finding lessons पाठ खोज्ने

Lessons for you on your dashboard shows videos, audio, articles and classes from your teachers, the teachers you follow and the subjects you chose.

ड्यासबोर्डको **Lessons for you** मा तपाईंका शिक्षक, तपाईंले फलो गरेका शिक्षक र तपाईंले छानेका विषयका भिडियो, अडियो, लेख र कक्षा देखिन्छन् ।

Filter	English	नेपाली
Schools · विद्यालयहरू	Show content from one school.	एउटा विद्यालयको सामग्री देखाउँछ ।
Select Class · कक्षा छान्नुहोस्	Grade 1 to Grade 12.	कक्षा १ देखि १२ सम्म ।
Content Type · सामग्रीको प्रकार	Video, Audio, Text / Articles or Classes.	भिडियो, अडियो, पाठ / लेख वा कक्षा ।

Filter	English	नेपाली
Subjects · विषयहरू	Pick a subject; the number shows how many lessons it has. Click Show more subjects for the full list.	विषय छान्नुहोस्; अंकले पाठको सङ्ख्या देखाउँछ । पूटै सूचीका लागि Show more subjects थिच्नुहोस् ।
Topics · टपिकहरू	Narrow by topic, for example Algebra or Digital Literacy.	टपिकअनुसार छान्नुहोस्, जस्तै Algebra वा Digital Literacy ।

Nothing showing? · केही देखिएन? If you see **No lessons found**, your filters are too narrow. Click **Clear All Filters** to see everything again. · कुनै पाठ भेटिएन देखिए फिल्टर धेरै साँघुरो भएको हो । सबै फेरि हेर्न सबै फिल्टर हटाउनुहोस् थिच्नुहोस् ।

Tip · सुझाव: Use **Search lessons, topics...** to find a lesson by name, and switch between grid and list view with the icons beside the search box. · नामबाट पाठ खोज्न **Search lessons, topics...** प्रयोग गर्नुहोस्; खोज बाकसछेउका आइकनबाट ग्रिड वा सूची दृश्य बदल्नुहोस् ।

5 Watching recommended learning सिफारिस गरिएका सामग्री हेर्ने

Click any lesson card to open it. Videos and audio play right on Abhyas; articles open in a new tab.

कुनै पनि पाठको कार्ड थिचेर खोल्नुहोस् । भिडियो र अडियो अभ्यासमै चल्छन्; लेख नयाँ ट्याबमा खुल्छ ।

The screenshot shows the Abhyas student interface. On the left, there's a sidebar with 'Your Progress' (11 classes joined, 0 pending tasks, 0 recommended, 0 events scheduled), 'Personalize Contents', and 'Classes'. The main area displays a 'Recommended Learning' section with a video player titled 'How I improved my listening & speaking in English to a C2 level'. Below the video player, there's a description: 'Build systems that support your goals, not stress you out. Try Akiflow with my link + free 1:1 onboarding call: https://akiflow.pro/VeronikasLanguageDiari...'. To the right of the video player, there's a 'Recommended by' section for 'Pranuj Shakya', a teacher on Abhyas, with a 'View teacher profile' button and a 'Report this content' link. Below that, there's an 'About this material' section with details: Subject (Computer), Type (Video), Source (YouTube), Added (Sep 24, 2026), and Views (0). At the bottom, there's a 'Settings' button and a 'A recommended video' section.

Part of the page	English	नेपाली
Play video	Plays the lesson here on Abhyas.	पाठ अभ्यासमै चलाउँछ ।
Topics covered	What the material is about.	सामग्री केबारे हो ।
Recommended by	The teacher who shared it, with their rating and followers. Click View teacher profile to learn more.	सिफारिस गर्ने शिक्षक, उनको मूल्याङ्कन र फलोअर्सहित । थप जान्न View teacher profile थिच्नुहोस् ।
About this material	Subject, type, source, date added and views.	विषय, प्रकार, स्रोत, थपिएको मिति र हेराइ सङ्ख्या ।
Discussion	Ask a question about the material or answer someone else's. Write it and click Post .	सामग्रीबारे प्रश्न सोध्नुहोस् वा अरुको उत्तर दिनुहोस् । लेखेर Post थिच्नुहोस् ।
More recommended learning	Other material your teachers have shared with you.	शिक्षकले साझा गरेका अन्य सामग्री ।

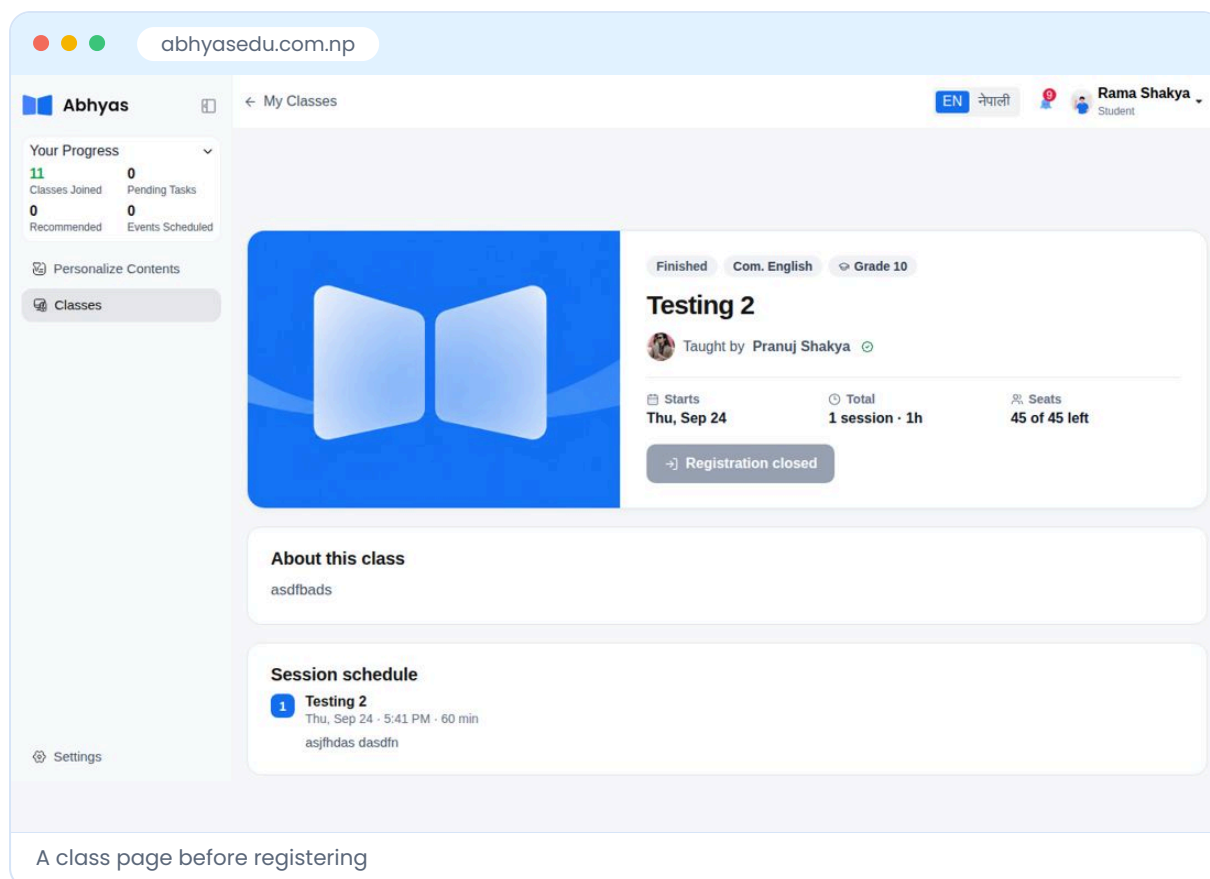
Something wrong? · केही गलत छ? Click **Report this content** if a lesson is inappropriate, misleading or broken. · पाठ अनुचित, भ्रामक वा बिग्निएको भए **Report this content** थिच्नुहोस् ।

6 Registering for a class

कक्षामा दर्ता गर्ने

To take part in a live class, you first register for it. Open a class from your feed (choose **Classes** under **Content Type**) or from a teacher's profile.

प्रत्यक्ष कक्षामा सहभागी हुन पहिले दर्ता गर्नुपर्छ । फिडबाट (**सामग्रीको प्रकार** मा **कक्षा** छानेर) वा शिक्षकको प्रोफाइलबाट कक्षा खोल्नुहोस् ।



A class page before registering

Step	English	नेपाली
1	Read the class details: Taught by , Starts , Total (sessions and hours), Seats left and Session schedule .	कक्षाको विवरण पढ्नुहोस्: पढाउने, सुरु, जम्मा (सत्र र घण्टा), बाँकी सिट र सत्र तालिका ।
2	Click Register for this class .	यो कक्षाका लागि दर्ता गर्नुहोस् थिच्नुहोस् ।
3	You see You are registered for this class . The class now appears in Classes , and you get a reminder before it starts.	तपाईं यो कक्षाका लागि दर्ता हुनुभयो देखिन्छ । कक्षा अब कक्षा मा देखिन्छ र सुरु हुनुअघि सम्झना आउँछ ।

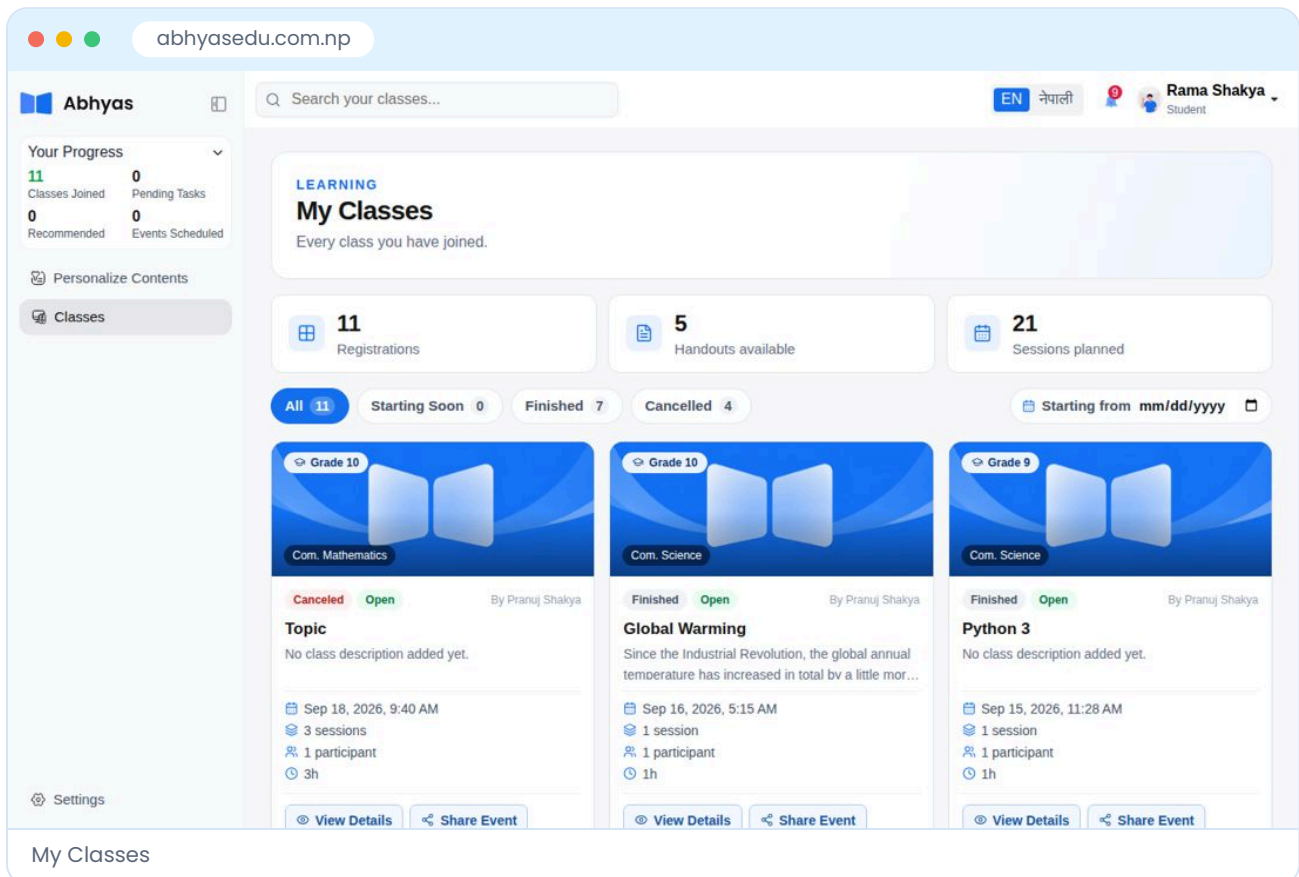
Message	English	नेपाली
This class is full · यो कक्षा भरिसक्यो	All seats are taken. Look for another run of the class or a similar class.	सबै सिट भरिए । उही कक्षाको अर्को दोहोरो वा मिल्दो कक्षा खोज्नुहोस् ।
Registration closed · दर्ता बन्द	The class has already started or finished.	कक्षा सुरु भइसक्यो वा सकियो ।
Register to download this handout	Handouts are for registered students only.	ह्यान्डआउट दर्ता भएका विद्यार्थीका लागि मात्र हुन् ।

Can't attend after all? · सहभागी हुन सकिएन? Open the class and choose **Cancel Registration**. Your seat is freed for someone else, and you can register again while seats last. · कक्षा खोली **दर्ता रद्द गर्नुहोस्** छान्नुहोस् । तपाईंको स्थान अरुका लागि खाली हुन्छ; सिट बाँकी रहेसम्म फेरि दर्ता गर्न सकिन्छ ।

7 My Classes मेरा कक्षाहरू

Classes in the left menu lists every class you have registered for, with the number of handouts available and sessions planned.

बायाँ मेनुको **कक्षा** मा तपाईंले दर्ता गरेका सबै कक्षा, उपलब्ध सामग्री र तय भएका सत्रको सङ्ख्यासहित देखिन्छन् ।



Filter	English	नेपाली
All · सबै	Every class you registered for.	दर्ता गरेका सबै कक्षा ।
Starting Soon · चाँडै सुरु हुने	Classes with an upcoming session.	आगामी सत्र भएका कक्षा ।
Finished · सम्पन्न	Classes that are over. Recordings and handouts stay available.	सकिएका कक्षा; रेकर्डिङ र सामग्री उपलब्ध रहन्छन् ।
Cancelled · रद्द भएका	Classes the teacher cancelled. The teacher's reason is shown.	शिक्षकले रद्द गरेका कक्षा; शिक्षकको कारण देखिन्छ ।

Each class card shows the grade, subject, status, teacher, start date, number of sessions and total hours. Click **View Details** to open the class, or **Share Event** to send it to a friend by WhatsApp, Facebook, Telegram, X, LinkedIn or a copied link.

हरेक कक्षाको कार्डमा कक्षा तह, विषय, अवस्था, शिक्षक, सुरु मिति, सत्र सङ्ख्या र जम्मा घण्टा देखिन्छ । कक्षा खोल्न **View Details**, साथैलाई WhatsApp, Facebook, Telegram, X, LinkedIn वा लिङ्कबाट पठाउन **Share Event** थिच्नुहोस् ।

8 Joining a live class

प्रत्यक्ष कक्षामा सहभागी हुने

Live classes run in your browser; you do not need to install anything. You can join from a laptop, desktop or phone.

प्रत्यक्ष कक्षा ब्राउजरमै चल्छ; केही इन्स्टल गर्नु पर्दैन । ल्यापटप, डेस्कटप वा फोनबाट सहभागी हुन सकिन्छ ।

8.1 Before class

कक्षाअघि

- Use Google Chrome or Microsoft Edge, with earphones if you are in a noisy place. • Google Chrome वा Microsoft Edge प्रयोग गर्नुहोस्; हल्ला भएको ठाउँमा इयरफोन लगाउनुहोस् ।
- **Allow pop-ups** for Abhyas. The class opens in a new window. • अभ्यासका लागि **पप-अप अनुमति** दिनुहोस्; कक्षा नयाँ विन्डोमा खुल्छ ।
- Watch for the notifications “starts in 10 minutes” and “has started. The room is open.” • “१० मिनेटमा सुरु हुन्छ” र “सुरु भयो, कोठा खुल्यो” भन्ने सूचनामा ध्यान दिनुहोस् ।
- Download the class handouts beforehand so you can follow along. • कक्षामा पछ्याउन सजिलो होस् भनी ह्यान्डआउट पहिल्यै डाउनलोड गर्नुहोस् ।

8.2 Join the session

सत्रमा सहभागी हुने

Step	English	नेपाली
1	Go to Classes , find the class and click View Details .	कक्षा मा गई कक्षा भेटेर View Details थिच्नुहोस् ।
2	Under Sessions , the session shows Live now . Click Join .	सत्रहरू अन्तर्गत सत्रमा अहिले प्रत्यक्ष देखिन्छ । सहभागी थिच्नुहोस् ।
3	Choose how to join: Microphone to speak and be heard, or Listen only to just hear the class. You can change this inside the class.	कसरी सहभागी हुने छान्नुहोस्: बोल्न माइक्रोफोन , सुन्न मात्र सुन्ने मात्र । कक्षाभित्र पनि बदल्न सकिन्छ ।
4	If you chose Microphone, allow access when the browser asks, then do the short echo test.	माइक्रोफोन छान्नुभएको भए ब्राउजरले सोध्दा अनुमति दिई छोटो इको परीक्षण गर्नुहोस् ।

8.3 Taking part

कक्षामा भाग लिने

Tool	English	नेपाली
Raise hand	Let the teacher know you have a question.	प्रश्न छ भनी शिक्षकलाई जनाउने ।
Chat	Send a message to the class or privately to the teacher.	कक्षा वा शिक्षकलाई निजी सन्देश पठाउने ।
Reactions	Show you agree, understand or like something.	सहमति, बुझाइ वा मनपरेको जनाउने ।
Polls	Answer the teacher's quick questions.	शिक्षकका छोट्टा प्रश्नको उत्तर दिने ।
Mute / unmute	Keep your microphone off unless you are speaking.	बोल्दा बाहेक माइक्रोफोन बन्द राख्ने ।
Breakout rooms	Work in a small group when the teacher opens them.	शिक्षकले खोलेमा साना समूहमा काम गर्ने ।

Class etiquette • **कक्षाको शिष्टाचार:** Join on time, stay muted until you are asked to speak, and use your real name so the teacher knows who you are. • समयमै सहभागी हुनुहोस्, बोल्न भनेपछि मात्र माइक खोल्नुहोस्, र शिक्षकले चिनुन् भनी आफ्नो वास्तविक नाम प्रयोग गर्नुहोस् ।

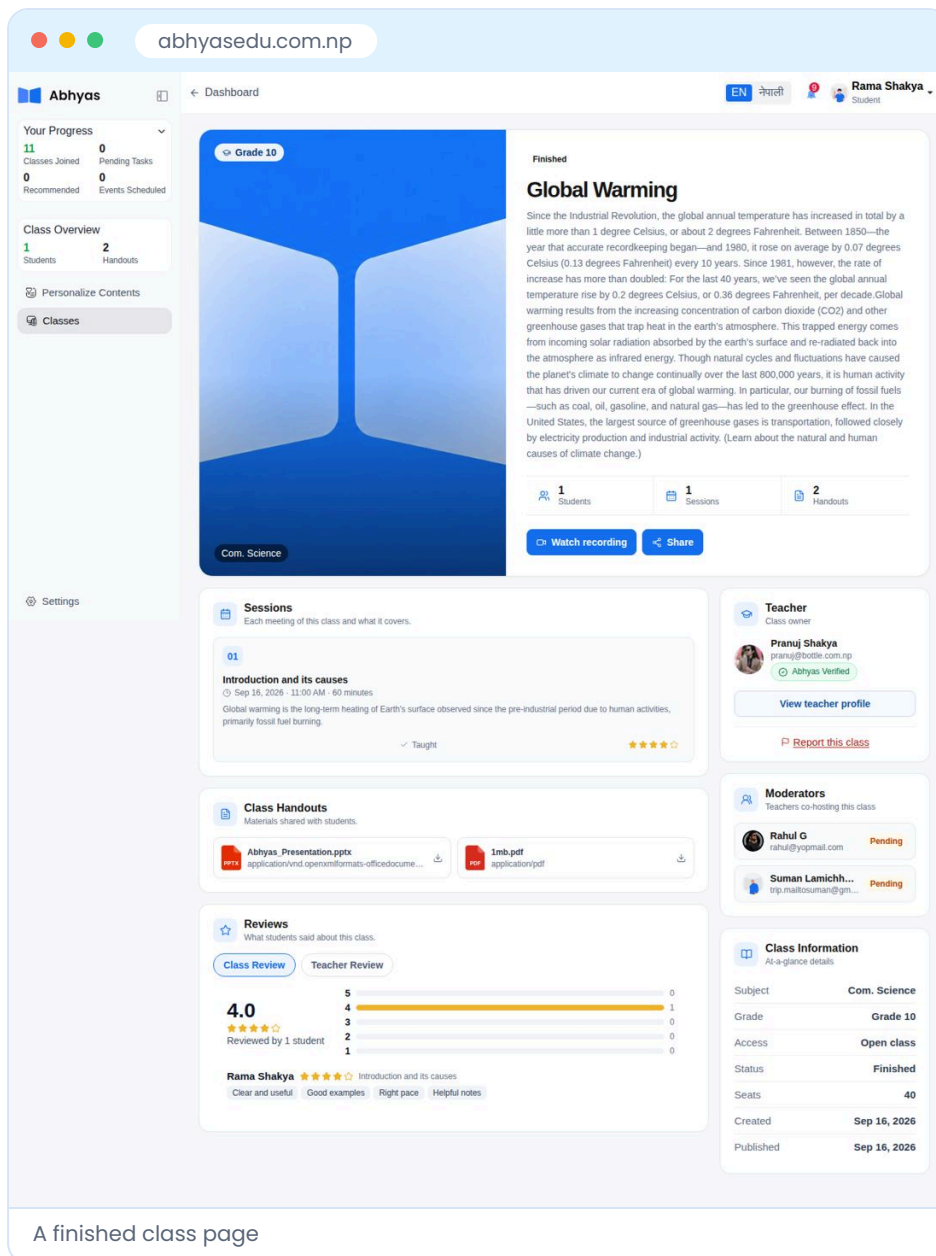
Got disconnected? • **जडान टुट्यो?** Go back to the class page and click **Join** again while the session is live. • सत्र चलिरहेकै बेला कक्षाको पृष्ठमा फर्केर फेरि **सहभागी** थिच्नुहोस् ।

9 After class

कक्षापछि

When a session ends, its class page gives you the recording, the handouts and a place to rate the lesson.

सत्र सकिएपछि कक्षाको पृष्ठमा रेकर्डिङ, ह्यान्डआउट र पाठको मूल्याङ्कन गर्ने ठाउँ पाइन्छ ।

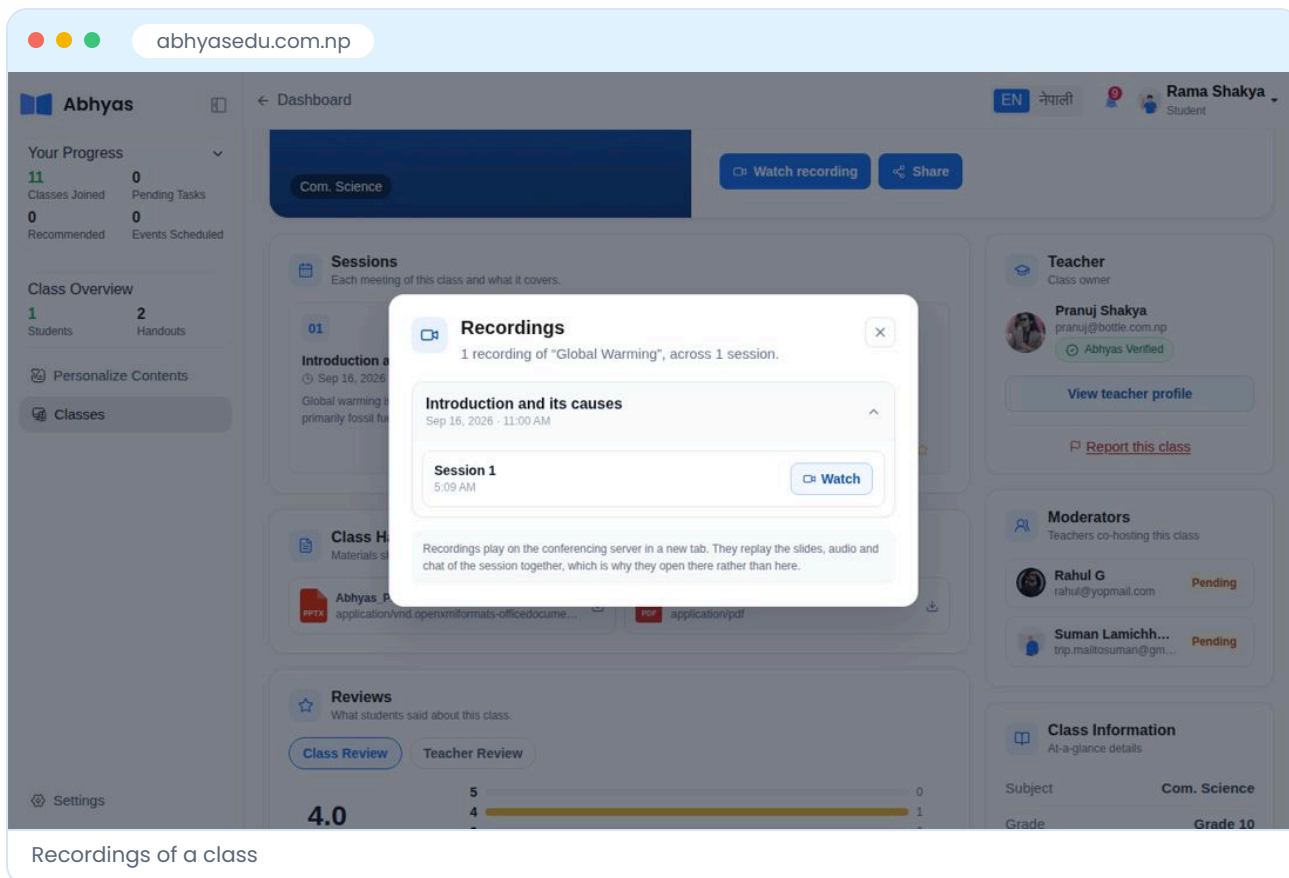


A finished class page

9.1 Watch the recording रेकर्डिङ हेर्ने

You get a notification when a recording is ready. On the class page, click **Watch recording**, then **Watch** next to the session. The recording opens in a new tab and replays the slides, audio and chat together.

रेकर्डिङ तयार भएपछि सूचना आउँछ । कक्षाको पृष्ठमा **रेकर्डिङ हेर्नुहोस्**, अनि सत्रछेउको **Watch** थिच्नुहोस् । रेकर्डिङ नयाँ ट्याबमा खुल्छ र स्लाइड, आवाज र च्याट सँगै देखाउँछ ।



Recordings of a class

9.2 Download handouts

हान्डआउट डाउनलोड गर्ने

Scroll to **Class Handouts** and click a file to download it. Teachers can add material at any time, so check back after class. • **Class Handouts** सम्म तल गई फाइल थिचेर डाउनलोड गर्नुहोस् । शिक्षकले जुनसुकै बेला सामग्री थप्न सक्छन्, त्यसैले कक्षापछि पनि हेर्नुहोस् ।

9.3 Rate the session

सत्रको मूल्याङ्कन गर्ने

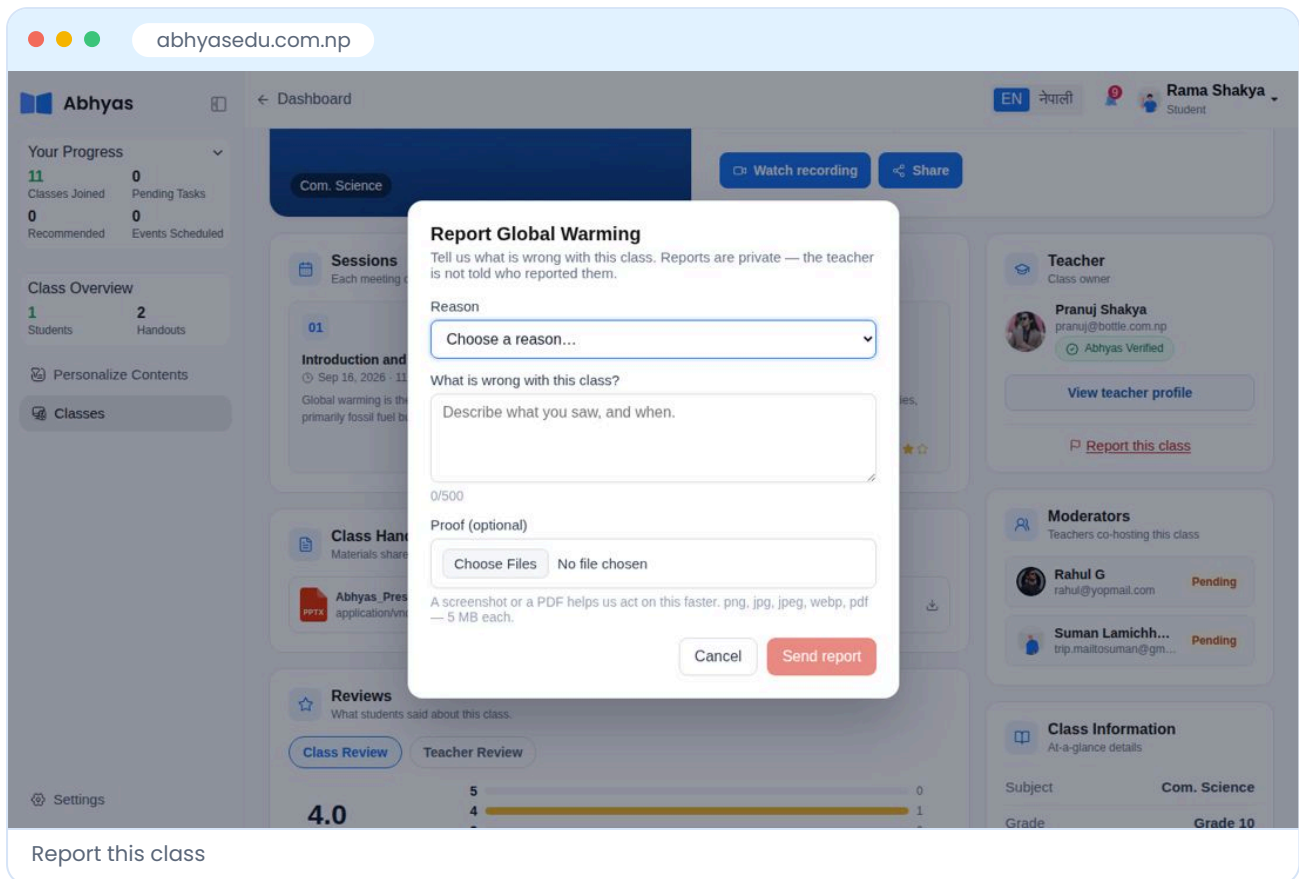
Rating a session

Step	English	नेपाली
1	Under Sessions , click Rate next to a taught session.	सत्रहरू अन्तर्गत पढाइसकेको सत्रछेउको मूल्याङ्कन थिच्नुहोस् ।
2	Step 1 of 2: choose your stars for the session and tick what you liked, for example Clear and useful , Good examples , Right pace or Helpful notes . Add a comment if you like.	चरण १/२: सत्रलाई तारा दिनुहोस् र मनपरेका कुरा छान्नुहोस्, जस्तै Clear and useful , Good examples , Right pace वा Helpful notes । चाहे टिप्पणी थप्नुहोस् ।
3	Step 2 of 2: rate the teacher, then save.	चरण २/२: शिक्षकको मूल्याङ्कन गरी सुरक्षित गर्नुहोस् ।
4	To change it later, click Your rating: change it .	पछि बदल्न तपाईंको मूल्याङ्कन: बदल्नुहोस् थिच्नुहोस् ।

Good to know · जानिराख्नुहोस्: Your name and rating are shown publicly, so keep comments polite and helpful. · तपाईंको नाम र मूल्याङ्कन सार्वजनिक रूपमा देखिन्छ, त्यसैले टिप्पणी शिष्ट र उपयोगी राख्नुहोस् ।

9.4 Report a problem with a class

कक्षाबारे समस्या रिपोर्ट गर्ने



Click **Report this class**, choose a **Reason** (Spam, Abusive content, Inappropriate content, Misleading or off-topic, or Other), describe what is wrong and optionally attach a screenshot or PDF. Click **Send report**. Reports are private: the teacher is not told who reported them.

Report this class थिची **Reason** (Spam, Abusive content, Inappropriate content, Misleading or off-topic वा Other) छान्नुहोस्, के गलत छ लेख्नुहोस् र चाहे स्क्रिनसट वा PDF जोड्नुहोस् । **Send report** थिच्नुहोस् । रिपोर्ट निजी हुन्छ; कसले रिपोर्ट गर्‍यो शिक्षकलाई भनिंदैन ।

10 Teachers and your profile

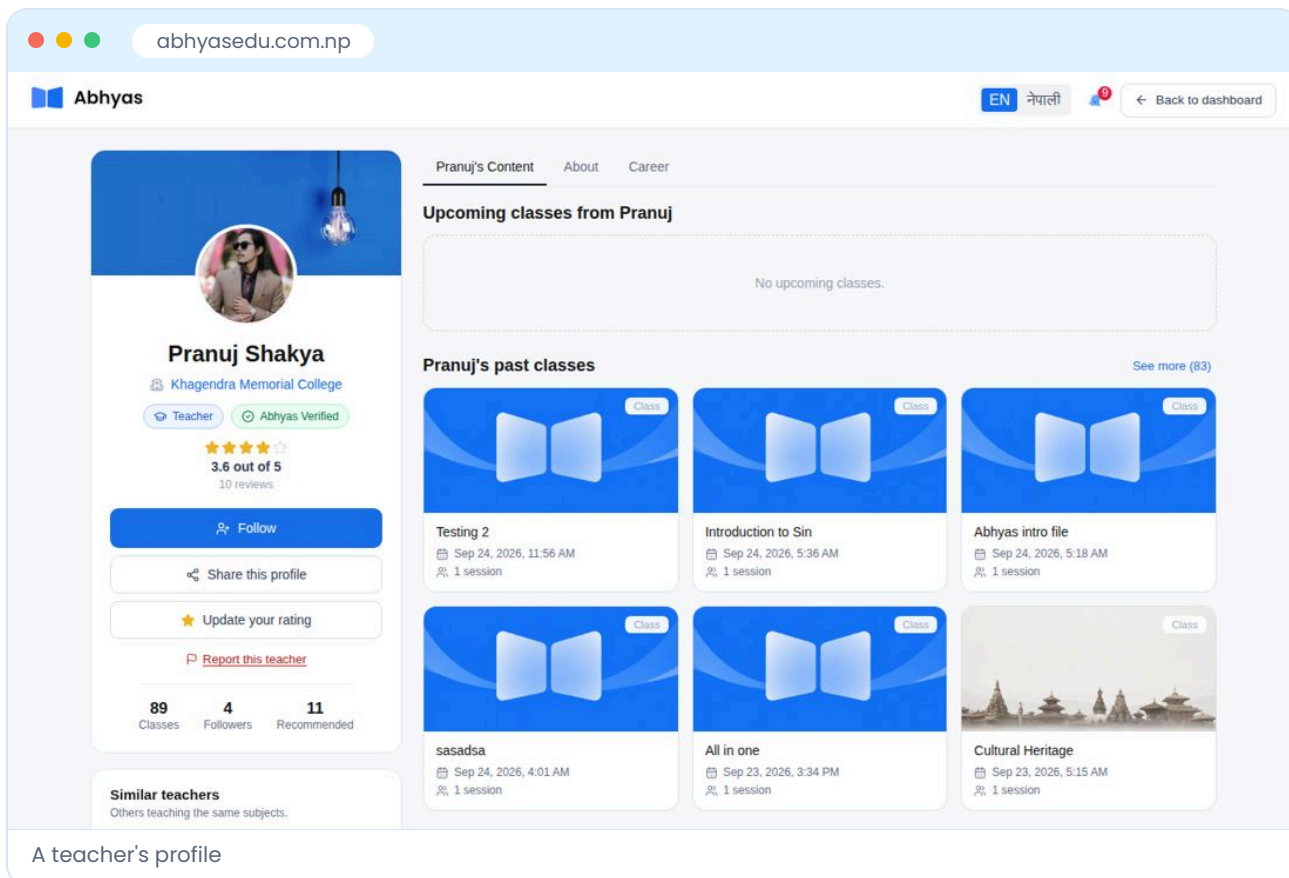
शिक्षक र तपाईंको प्रोफाइल

10.1 Follow a teacher

शिक्षकलाई फलो गर्ने

Open a teacher's profile from any class or lesson with **View teacher profile**. The profile shows their school, rating, upcoming and past classes and recommendations.

कुनै पनि कक्षा वा पाठबाट **View teacher profile** थिचेर शिक्षकको प्रोफाइल खोल्नुहोस् । प्रोफाइलमा उनको विद्यालय, मूल्याङ्कन, आगामी र विगतका कक्षा र सिफारिस देखिन्छन् ।



Button	English	नेपाली
Follow	New material from this teacher appears in your feed.	यो शिक्षकका नयाँ सामग्री तपाईंको फिडमा देखिन्छन् ।
Share this profile	Send the teacher's profile link to a friend.	शिक्षकको प्रोफाइल लिङ्क साथीलाई पठाउने ।
Update your rating	Rate the teacher, or change your rating.	शिक्षकको मूल्याङ्कन गर्ने वा बदल्ने ।
Report this teacher	Tell Abhyas about a serious problem, privately.	गम्भीर समस्याबारे अभ्यासलाई निजी रूपमा जानकारी दिने ।

10.2 Your public profile

तपाईंको सार्वजनिक प्रोफाइल

Click your photo at the top-right and choose **Profile**. Your profile shows your school, grade, the classes you registered for, your past classes, your subjects and the teachers you follow. Click **Edit Profile** to change it or **Share this profile** to send the link.

माथि दायाँको तस्बिर थिची **Profile** छान्नुहोस् । प्रोफाइलमा तपाईंको विद्यालय, कक्षा तह, दर्ता गरेका र विगतका कक्षा, विषय र फलो गरेका शिक्षक देखिन्छन् । बदल्न **Edit Profile**, लिङ्क पठाउन **Share this profile** थिच्नुहोस् ।

The screenshot displays the Abhyas student profile page. At the top, the browser address bar shows 'abhyasedu.com.np'. The page header includes the Abhyas logo, language options (EN, नेपाली), and a 'Back to dashboard' link. The profile section on the left shows the user's name 'Rama Shaky', school 'khagendra Basic School', grade 'Grade 10', and role 'Student'. It also includes buttons for 'Edit Profile' and 'Share this profile', and statistics for '7 Classes' and '4 Subjects'. The main content area is divided into 'Classes' (with tabs for 'About' and 'Following') and 'Following'. Under 'Classes', there is a section for 'Rama's registered classes' which is currently empty. Below this is 'Rama's past classes', which lists several completed classes: 'Product Design Fundamentals' (Sep 19, 2026, 8:23 AM, 6 sessions), 'Global Warming' (Sep 16, 2026, 5:15 AM, 1 session), 'Python 3' (Sep 15, 2026, 11:28 AM, 1 session), 'Geometry' (Sep 9, 2026, 8:58 AM, 1 session), 'Introduction to Social Science' (Jun 19, 2026, 10:35 AM, 1 session), and 'Area of walls' (Jun 18, 2026, 6:30 AM, 1 session). The bottom of the page features a 'Your student profile' section.

11 Settings सेटिङ

Settings has three tabs: **Profile Information**, **Account Preferences** and **Privacy & Security**. Click **Save changes** after editing each part.

सेटिङ मा तीन ट्याब छन्: प्रोफाइल जानकारी, खाता प्राथमिकता र गोपनीयता र सुरक्षा । हरेक भाग सम्पादनपछि परिवर्तन सुरक्षित गर्नुहोस् थिच्नुहोस् ।

The screenshot shows the 'Settings' page for a user named Rama Shakya. The 'Profile Information' tab is selected. The page includes a sidebar with 'Your Progress' (11 classes joined, 0 pending tasks) and 'Personalize Contents' (Classes). The main content area has sections for 'Basic Information' (profile picture and banner upload instructions) and 'General information' (first name: Rama, last name: Shakya, subtitle: Grade 10 student, date of birth: Select a date, gender:).

11.1 Profile Information

प्रोफाइल जानकारी

Part	English	नेपाली
Basic Information	Profile picture and banner (PNG, JPG or WebP, max 2 MB), first and last name, subtitle, date of birth, gender and bio.	प्रोफाइल तस्बिर र ब्यानर (PNG, JPG वा WebP, बढीमा २ MB), नाम, थर, परिचय पङ्क्ति, जन्म मिति, लिङ्ग र जीवनी ।
Contact Information	Email (change it through the recovery flow) and phone.	इमेल (रिकभरी प्रक्रियाबाट बदल्ने) र फोन ।
Background	Education and Social Links , each with + Add .	शिक्षा र सामाजिक लिङ्क , हरेकमा + थप्नुहोस् ।
Specialization	Subjects You Study . Your choices shape the lessons in your feed. Click Save Changes or Discard .	Subjects You Study ; तपाईंको छनोटले फिडका पाठ निर्धारण गर्छ । Save Changes वा Discard थिच्नुहोस् ।

11.2 Account Preferences

खाता प्राथमिकता

Setting	English	नेपाली
Allow others to see my profile	Turn off to hide your profile page from others.	अरुबाट प्रोफाइल लुकाउन बन्द गर्नुहोस् ।
Show attended classes in my profile	Lists the classes you have attended.	तपाईं सहभागी भएका कक्षा देखाउँछ ।

11.3 Privacy & Security

गोपनीयता र सुरक्षा

The screenshot shows the 'Privacy & Security' settings page in the Abhyas app. The page is titled 'Settings' and has a subtitle 'Manage your profile, preferences and account.' The page is divided into three tabs: 'Profile Information', 'Account Preferences', and 'Privacy & Security'. The 'Privacy & Security' tab is selected. The page contains two main sections: 'Password Management' and 'Danger Zone'. The 'Password Management' section has a heading 'Change your password' and a subtext 'You will stay signed in here. Every other device is signed out.' It includes three input fields: 'Current Password', 'New Password', and 'Confirm New Password'. Below these fields are 'Password Requirements' listed as: 'At least 8 characters long', 'Contains at least one uppercase letter', 'Contains at least one number', and 'Contains at least one special character'. There is an 'Update Password' button. The 'Danger Zone' section has a heading 'Danger Zone' and a subtext 'Irreversible actions that affect your account permanently.' It contains two buttons: 'Deactivate Account' and 'Delete Account'.

Change your password · पासवर्ड बदल्ने: Enter **Current Password**, **New Password** and **Confirm New Password**, then click **Update Password**. You stay signed in on this device; every other device is signed out. · **Current Password**, **New Password** र **Confirm New Password** लेखी **Update Password** थिच्नुहोस् । यो उपकरणमा साइन इन रहन्छ; अरु सबै उपकरणबाट साइन आउट हुन्छ ।

The new password must have at least 8 characters, one uppercase letter, one number and one special character. · नयाँ पासवर्डमा कम्तीमा ८ अक्षर, एउटा ठूलो अक्षर, एउटा अंक र एउटा विशेष चिन्ह हुनुपर्छ ।

Danger Zone - जोखिम क्षेत्र:

Action	English	नेपाली
Deactivate Account	Temporarily disables your account. Signing back in reactivates it; nothing is deleted.	खाता अस्थायी रूपमा बन्द गर्छ । फेरि साइन इन गर्दा सक्रिय हुन्छ; केही मेटिंदैन ।
Delete Account	Permanently deletes your account and data. You have 30 days to change your mind by signing back in; after that it cannot be undone.	खाता र डेटा स्थायी रूपमा मेटाउँछ । ३० दिनभित्र फेरि साइन इन गरे रद्द हुन्छ; त्यसपछि फर्काउन मिल्दैन ।

12 Troubleshooting and FAQ

समस्या समाधान र प्रायः सोधिने प्रश्न

Most problems are explained by the message Abhyas shows on screen. Find the message below and follow the fix.

धेरैजसो समस्या अभ्यासले स्क्रिनमा देखाउने सन्देशबाटै बुझिन्छ । तल सन्देश खोजी समाधान अपनाउनुहोस् ।

12.1 Messages you may see

देखिन सक्ने सन्देश

Message on screen	What to do (English)	के गर्ने (नेपाली)
"Verify your email to unlock your dashboard."	Enter the 6-digit code from your email, or click Resend email .	इमेलको ६ अंकको कोड लेख्नुहोस्, वा Resend email थिच्नुहोस् ।
"This class is full." · यो कक्षा भरिसक्यो ।	All seats are taken. Look for another class.	सबै सिट भरिए; अर्को कक्षा खोज्नुहोस् ।
"Registration closed." · दर्ता बन्द ।	The class has started or finished. Watch the recording if you were registered.	कक्षा सुरु भयो वा सकियो; दर्ता भएको भए रेकर्डिङ हेर्नुहोस् ।
"No live session right now." · अहिले कुनै प्रत्यक्ष सत्र छैन ।	The teacher has not opened the room yet. Wait for the "room is open" notification.	शिक्षकले अझै कोठा खोलेका छैनन्; "कोठा खुल्यो" सूचना पर्ख्नुहोस् ।
"Your browser blocked the meeting window."	Allow pop-ups for Abhyas in your browser's address bar, then try again.	ब्राउजरको ठेगाना पट्टीबाट अभ्यासका लागि पप-अप अनुमति दिई फेरि प्रयास गर्नुहोस् ।
"Could not reach the live session server."	Check your internet and try again shortly.	इन्टरनेट जाँची छिट्टै फेरि प्रयास गर्नुहोस् ।
"No lessons found." · कुनै पाठ भेटिएन ।	Click Clear All Filters or try another subject.	सबै फिल्टर हटाउनुहोस् थिच्नुहोस् वा अर्को विषय छान्नुहोस् ।

12.2 Frequently asked questions

प्रायः सोधिने प्रश्न

Is Abhyas free? · के अभ्यास निःशुल्क छ? Yes. Creating an account, registering for classes and watching lessons are all free. · हो । खाता बनाउने, कक्षामा दर्ता गर्ने र पाठ हेर्ने सबै निःशुल्क छ ।

Does it work on a phone or slow internet? · फोन वा कम इन्टरनेटमा चल्छ? Yes. Abhyas is made to work on phones and on 2G/3G connections. For live classes, **Listen only** uses the least data. · हो । अभ्यास फोन र 2G/3G जडानमा पनि चल्ने गरी बनाइएको छ । प्रत्यक्ष कक्षामा **सुन्ने मात्र** ले सबैभन्दा कम डेटा खर्च गर्छ ।

The teacher can't hear me. · शिक्षकले मेरो आवाज सुनेनन् । You may have joined with **Listen only**, or your microphone is muted. Unmute, or leave and rejoin with **Microphone**. · तपाईं **सुन्ने मात्र** बाट सहभागी हुनुभएको वा माइक म्युट भएको हुन सक्छ । अनम्युट गर्नुहोस्, वा निस्केर **माइक्रोफोन** छानेर फेरि सहभागी हुनुहोस् ।

I missed the class. · कक्षा छुट्यो । Open the class from **Classes → Finished** and click **Watch recording**. · कक्षा → **सम्पन्न** बाट कक्षा खोली **रेकर्डिङ हेर्नुहोस्** थिच्नुहोस् ।

I can't download a handout. · ह्यान्डाउट डाउनलोड भएन । Handouts are only for registered students. Register for the class first. · ह्यान्डाउट दर्ता भएका विद्यार्थीका लागि मात्र हुन्; पहिले कक्षामा दर्ता गर्नुहोस् ।

Need more help? · थप सहयोग चाहियो? Ask your teacher, use the **Contact** page on the Abhyas website, or email info@abhyasedu.com.np. Help is available in Nepali. · आफ्नो शिक्षकलाई सोध्नुहोस्, अभ्यास वेबसाइटको **Contact** पृष्ठ प्रयोग गर्नुहोस्, वा info@abhyasedu.com.np मा इमेल गर्नुहोस् । नेपालीमा सहयोग उपलब्ध छ ।

13

Glossary of interface terms

इन्टरफेस शब्दावली

These are the labels Abhyas uses in each language, so you can follow the manual whichever interface you use.

अभ्यासले दुवै भाषामा प्रयोग गर्ने नामहरू यस्ता छन्, ताकि जुनसुकै इन्टरफेसमा पनि पुस्तिका पढ्न सकियोस् ।

English interface	नेपाली इन्टरफेस	Meaning · अर्थ
Personalize Contents	Personalize Contents	Your home page · तपाईंको गृहपृष्ठ
Join a Classroom	कक्षामा सहभागी हुनुहोस्	Find classes to join · सहभागी हुने कक्षा खोज्ने
My Classes	मेरा कक्षाहरू	Classes you registered for · दर्ता गरेका कक्षा
Assignments	गृहकार्यहरू	Work set by teachers · शिक्षकले दिएका काम
Study plan	अध्ययन योजना	Your study schedule · तपाईंको अध्ययन तालिका
Lessons for you	Lessons for you	Recommended lessons · सिफारिस गरिएका पाठ
Clear All Filters	सबै फिल्टर हटाउनुहोस्	Show everything again · सबै फेरि देखाउने
Register for this class	यो कक्षाका लागि दर्ता गर्नुहोस्	Take a seat in a class · कक्षामा स्थान लिने
Cancel Registration	दर्ता रद्द गर्नुहोस्	Give up your seat · स्थान छोड्ने
Starting Soon	चाँडै सुरु हुने	Upcoming classes · आगामी कक्षा
Finished	सम्पन्न	Class is over · कक्षा सकियो
Cancelled	रद्द भएका	Cancelled by teacher · शिक्षकले रद्द गरेको
Live now / Join	अहिले प्रत्यक्ष / सहभागी	Session running, enter it · सत्र चल्दैछ, प्रवेश गर्ने
Microphone / Listen only	माइक्रोफोन / सुन्ने मात्र	How you join · कसरी सहभागी हुने
Session	सत्र	One live meeting · एउटा प्रत्यक्ष भेला
Handouts	ह्यान्डआउट	Files from the teacher · शिक्षकका फाइल
Watch recording	रेकर्डिङ हेर्नुहोस्	Replay a session · सत्र फेरि हेर्ने
Rate	मूल्याङ्कन	Give stars to a session · सत्रलाई तारा दिने
View Details	View Details	Open a class · कक्षा खोल्ने

English interface	नेपाली इन्टरफेस	Meaning · अर्थ
Share Event	Share Event	Send a class link · कक्षाको लिङ्क पठाउने
Follow	Follow	Get a teacher's new material · शिक्षकका नयाँ सामग्री पाउने
Abhyas Verified	अभ्यास प्रमाणित	Verified teacher badge · प्रमाणित शिक्षक ब्याज
Settings	सेटिङ	Profile and account · प्रोफाइल र खाता
Privacy & Security	गोपनीयता र सुरक्षा	Password and account · पासवर्ड र खाता