


2023 Edition

# PALAA

*the step*



STUDENTS' MAGAZINE |  @nccspalaa  
NCCS



We are thrilled to share a momentous achievement that fills us with immense pride and enthusiasm. The National College of Computer Studies (NCCS) has been bestowed with the highly esteemed Certificate of Institutional Accreditation by the University Grants Commission (UGC) of Nepal. This significant milestone represents a historic juncture in NCCS's ongoing journey towards academic excellence and its unwavering commitment to delivering top-notch quality education to its students.

The Certificate of Institutional Accreditation bestowed upon NCCS by the UGC is a testament to the institution's unwavering dedication to maintaining the highest standards of education, infrastructure, and academic practices. It underscores NCCS's commitment to providing students with an exceptional learning environment that prepares them for the challenges and opportunities of the modern world. Congratulations to the NCCS family on this remarkable accomplishment, and may it continue to inspire and empower generations of students in their pursuit of knowledge and success.





Chairman

## MESSAGE FROM THE CHAIRMAN

MR. BINOD RAJ PANDEY



I am absolutely delighted to convey my warm regard and message for the 2023 Edition of 'PAALA' magazine published by NCCS. It a praiseworthy step to prepare and inspire the creative amateurs having potential in writing and to lead them into becoming the distinguished ones in days to come.

Writing requires lots of patience and perseverance it is indeed a very slow process which begins from observing, listening, reading, researching, processing way before it is finally put on the paper where PAALA has bestowed the great platform for the students to venture various spectrum of human life, share their stories, shape them from the convergent thinkers to divergent and ultimately transform them into critical and creative thinkers who can bring difference through the power of their pen irrespective of the background they come from.

While it brings me lot of joy to see that the young learners from our institution excelling year after year thriving their knowledge, mirroring the motto of our institution working towards the excellence through the magazine.

Lastly, I would like to applaud for everyone who has put their consistent hard-work in producing the work of art of our institution PAALA and hope to see the passion and zeal to end up in wider journey of creativity inspired by prime step initiated through this magazine.

**Signature**

“A PROFESSIONAL WRITER IS AN  
AMATEUR WHO DIDN'T QUIT”  
—RICHARD BACH

Principal

## FROM THE PRINCIPAL'S DESK

MR. GANESH MAN SINGH BASNET



It gives me immense pleasure in conveying my best wishes to our students on the occasion of publishing the in-house college magazine "Palaa". They have received excellent support, high response and well contribution from all sectors. I hope this "Palaa" magazine will be helpful for the all-round development of the student and this institute. I am sure that it will give chance to all our valued readers to have in-depth knowledge of the various activities carried out by NCCS. I would like to congratulate the students and editorial members who participated actively in giving its continuity.

Over the years, the college management committee has given us perfect guidance, under the strong leadership of our highly experienced late chairman Mr. Prachanda Raj Anil, which has undoubtedly been very fruitful in shaping NCCS college, the college that stands for excellence and quality education. NCCS college is considered to be the best-sought college in Kathmandu. We feel proud to provide quality education equipping our students with skills, confidence and a positive approach with an all-around development. The college is relentlessly striving to perceive and maintain academic excellence at the same time encourage the students to participate in various co-curricular and extra-curricular activities.

An amiable environment at NCCS nurture creativity, passion, resilience and leadership qualities among students for the development of versatile personality. The progress of an Institute depends mainly on the performance of the students in academic sports and cultural activities along with maintaining high values and ethics. I am proud to say that our students are doing excellent in academic, sports and cultural activities with high values and ethics which are accountable in the progress of our institution. The members of the non-teaching staff are highly dedicated to achieving our mission & goals. Similarly, our teachers are also committed and dedicated to the development of the institution by imparting their knowledge.

I would like to extend my heartfelt thanks to all my students, colleagues and well-wishers for their valued help and participation in bringing our "Palaa" and wish them all success in this important endeavor.

Signature



# EDITORIAL'S MESSAGE

## A Message of Appreciation

Dear Readers,

As we unveil the latest edition of our college magazine PALAA the step, we can't help but reflect on the incredible journey that has led us here. It's only fitting to cast a fond glance back at the editions that came before. Each page, each word, and every vibrant idea penned by our predecessors have paved the way for the creative tapestry we continue to weave. This magazine is not just a compilation of articles; it is a testament to the spirit of collaboration, learning, and unity that defines our college community.

Taking up this responsibility was certainly a challenge but we were greedy to experience what this journey had to offer. Challenges and joy defined our editorial journey. Late night discussions and hard choices tested us, yet our shared passion brought comfort. Laughter in brainstorming created a strong bond, making hurdles worthwhile. This blend of grit and glee showcases our unity and the thrill of collaboration.

First and foremost, we extend our heartfelt gratitude to the college administration. Your unwavering support and guidance have been the wind beneath our wings. To our respected teachers and fellow students, we owe a debt of gratitude. Your enthusiasm, passion, and commitment to sharing your thoughts and experiences have breathed life into the pages of this magazine. We express our sincere appreciation to our class representatives including Saloni Shrestha, Sahil Prajapati, Luis Shrestha, Ayush Pradhan and Chandan Shakya. Your role in rallying support and ensuring smooth communication has been indispensable. As we turn the pages of this magazine, let us remember that it is a culmination of shared efforts and aspirations. It represents the essence of our college—a place of learning, growth, and collaboration.

Thank you, everyone, for being a part of this journey. May the words within these pages inspire, challenge, and resonate with you as they have with us. We hope that our readers find as much joy in exploring this magazine as we did in crafting it.

With gratitude,  
The Editorial Team



**Bibek Phuyal** We joined the Palaa group to create a magazine, and we've made beautiful memories.



**Bishal Phuyal** Fifteen People with rugged hands and kind, compassionate hearts – I'm grateful for this team.



**Dipesh Sanjel** All about the perfection of flooded words, colors, conquered paragraphs and their arrangement.



**Kusum Lama** Had an inspiring journey creating *palaa* with all these enthusiastic *palaa*s. (~^~^~)



**Prabin Buddhacharya** Dare to take chances, to rise above the average.—Take a step, move your 'aar'.—



**Prajita KC** Everything doesn't have to be in perfect order to be beautiful.



**Ravi Singh** Alone we dream, together we achieve; a team's synergy fuels this beautiful thing called Palaa.



**Rohit Bajracharya** Passing down the Palaa legacy to the next generation.



**Roshni Thapa** Late nights, coffee-fueled creativity, deadlines conquered.



**Ruses Maharjan** The lesson that really stick are the ones we've stumble through ourselves.



**Shreya Shahi** Letting our 'aar' in the direction of creativity, knowledge, wisdom and growth.



**Smriti Thapa** Tired eyes from examining each pixels of the magazine, but I guess it was worth the attention to detail.



**Sovia Manandhar** Grateful to the team for turning collective vision into a remarkable reality.



**Shuvechchha Shrestha** Life moves pretty fast, Make yourself proud.



**Suvaksha Shrestha** Collaborating on 'Palaa' brought joyful learning and bonding with each friends, crafting creativity into each page.





# TABLE OF CONTENTS

## POEMS

The last of you and us	02
Racism: A huge problem	04
तिमिले चाहेको जस्तै !!	06
यस्तो होस् कि हाम्रो शिक्षा	08
The fear that lives within	10
Let people lose you	13
Harsh part of reality	17
यात्रा सुरु गर्नुपर्छ	18
म जस्तै नबिराउनु	20

## ARTICLES

Phoenix	24
The Self-Awareness Onion	29
Safe Environment For LGBTQ+ Community	34
Book review on Ikigai	36
काल्पनिक प्रेम	38
म एक दिन प्रधानमन्त्री भएँ भने के गर्छु ?	39
Music is comfort	45
Jatrai jatra	47
Just love	51
12 Rules for life	54

Zentangle, art for creativity	59
Dune and the brilliance of Denis Villeneuve	61
Cheesecake recipe	65
Calorie counting	69
Vipassana Meditation	76
Logical Fallacy	85
Lost in the rain	88
Gurumapa	93
Book review: Up from Slavery	96
Taarak Mehta ka oolta chasma	98
काठमाडौंको सेतो मच्छिन्द्रनाथः इतिहास र परम्परा	101
Unveiling the rainbow	103





A poem should be palpable and mute  
As a globed fruit,  
Dumb  
As old medallions to the thumb,  
Silent as the sleeve-worn stone  
Of casement ledges where the moss has  
grown— A poem should be wordless  
As the flight of birds.

--"Ars Poetica" by Archibald MacLeish



# poem.

[ pow·uhm ]

a piece of writing in which the expression of feelings is  
given intensity by particular attention to diction, rhythm,  
and imagery.



A poem begins with a lump in the throat;  
A homesickness, a lovesickness.  
It is a reaching out toward expression;  
An effort to find fulfillment.  
A complete poem is one where  
An emotion has found its thought  
And the thought has found its words.

--"Poetry" by Robert Frost



## Embrace your beauty

No makeup and mask, just bare and free,  
The true essence of you for all to see.  
Embrace your beauty as it is,  
Let go of the need, for cosmetic bliss.

No need to hide behind a mask or veil,  
For your true beauty, will always prevail.  
Your flaws and imperfections make you unique,  
A masterpiece that no one can critique.

Your bare face is a canvas, waiting to be seen,  
With every freckle and scar, apart of your dream.

No makeup and mask can ever compare.  
To the beauty that's within you, always there.  
So, let your true self, shine bright and clear.  
For the world needs your beauty, so dear.  
No need to hide, behind a mask or  
For your true beauty, will always prevail

Kareena Ramtel  
12 'D'

## The last of you and us

Tears were shed  
White ocean was drawn  
Been peeling oneself off  
To feed the gone

Bundle of clouds in my eyes  
Beholding the rain  
Closest of my smile  
Suppressing the pain

Although the decision was mutual  
But I had grown habitual  
I was cut off by her  
as if any sheep in a ritual

Tried dodging the accusations  
Jumping the abomination  
Yet she had no hesitation,  
while ignoring the conversation

Kushal Ghimire  
12 'C'

## My Childhood

When did my childhood go?  
Was it the day I creased to be eleven.  
Was it the time I realized that Hell and Heaven.  
Could not be found in Geography.  
And therefore could not be.  
Was that the day?

When did my childhood go?  
Was it the time I realized that adults were not  
all they seemed to be  
They talked of love and preached of love.  
But didn't act so lovingly  
Was that the day?

When did my childhood go?  
Was it when I found my mind was really mine  
To use whichever way I choose.  
Producing thoughts that were not those of  
other people.  
But my own, and mine alone  
Was that the day?

When did my childhood go?  
It went to some forgotten place.  
That's hidden in an infant's face.  
That's all I know.

Krista Gurung  
12 'D'

## The last day of school

We walked the halls, our laughter rang,  
A chorus of voices, memories sang. Our  
days at school, now at an end, We'll  
carry lessons as we ascend.

Together we learned, we struggled, we  
thrived. Through countless hours, our  
goals revived. Assignments, exams, we  
faced as one. But now our time  
together is done.

Finishing school, we face the unknown  
With newfound strength, our knowledge  
has grown. With open hearts, we'll  
journey far, Pursuing dreams, we'll reach  
the stars.

Prabriti Manandhar  
12 'F'



## Gratitude

Gratitude, oh sweet gratitude  
A feeling that uplifts my mood,  
For all the blessing I receive,  
I thank the universe and believe

I am grateful for the air I breathe,  
The sky above and the earth beneath,  
For all the sunshine and the gentle rain,  
For the beauty that surrounds me again

I am thankful for the people I know,  
For my family, my friends, my relatives,  
For the love, their support, their care,  
For being with me everywhere

I am appreciative of my health,  
For being able to move with stealth,  
For the ability to laugh and play,  
To enjoy life in every way

Gratitude fill my heart with joy,  
It's a feeling I hope to never destroy,  
For it brings happiness and peace,  
And makes every challenge easy to release

So, I express my gratitude today,  
For all the blessings that come my way,  
For the abundance that I receive,  
I am grateful and believe.

Shreya Joshi  
12 'A'

## Chapter of life

You can't skip chapters,  
That's not how life works.  
You have to read every  
Line, meet every character.  
You won't enjoy all of it.  
Hell, some chapters will make you cry for  
weeks.  
You will read things you don't want to read,  
You will read things you don't want to read,  
You will have moments when you don't want  
the pages to end.  
But you have to keep going, stories keep the  
world revolving.  
Live yours, don't miss out.

Anil Bhatta  
12 'B'

## Movie: an emotion

Movies are just magical sight  
A slight reflection of our life  
Heroes and villains, love and strife  
Laughing and crying feeling alive

Cinema's got heart touching emotions  
Before release, stars do lots of promotions,  
production , story, cinematography, direction  
If decent can do good box office collection

So grab some popcorns, sit back and chill,  
romance , comedy ,sci-fi or mystery thrill,  
Avatar, Bahubali, Chakka Panja or master  
Enjoy through Netflix, Prime videos or Hotstar.

Aayush Giri  
12 'C'

## Those were the best days of my life

Gone are the days of my childhood  
Where I enjoyed my life as much as I could  
People loved me the way they should  
As if I were those time of Robinhood

School days were full of joy and fun  
My friends chased me and I used to run  
Wishing those days to come again in my life  
Those were the best days of my life

Success, failure, joys and sorrows  
It's the step for a better tomorrow  
Live your life as best as you can  
Make a new record or repeat the history again

Enjoy every moment in life happily  
Tackle the problem if any, immediately  
It's the formula to live life conveniently  
Today's moment will become tomorrow's  
memory

Missing all those memorable moments I spent  
in my life  
Those include some special memories of my  
life  
Wishing those days to come again in my life  
Those were the best days of my life

Aayushma Shrestha  
12 'D'



## Life's Journey

Look for the beauty  
to give thanks each day  
To renew your inner glow  
as you journey along your way

The power of your thoughts  
can open up new doors  
Look inside your heart  
Open wide your heart for more

Confidence, strength  
Laughter from within  
This is what I wish you  
for you will grow and win

Your beauty is like a flower  
which has seasons to rest  
from stillness comes insight  
then you grow and do your best

May this new personal year  
Open many golden opportunities for you  
which will start creative outcomes  
for your talents to shine through

Riju Dhakal 12 'F'

## Racism: a huge problem

Racism, a huge problem we face,  
A wound so deep that we can't erase,  
It's a disease that's been around for years,  
Spreading hate and causing so many tears.

It judges people by the colour of their skin,  
A world where inequality always wins,  
It causes pain that can't be undone,  
A battle that we've yet to overcome.

We must learn to love and accept,  
And let go of our hate and neglect,  
We must stand together and unite,  
And let our differences no longer divide.

For racism is a problem we can't ignore,  
We must strive for equality and more,  
We must work together to make a change,  
And let love and acceptance forever reign.

Sabit Khanal 12 'I'

## She/her

She was the sun,  
To my darkness.  
I was the broken soul,  
Patched by her kindness

She was the sweetness,  
I found in the sour.  
she was the relief,  
In the deep darkest hour.

She was the warmth,  
That I had never felt.  
I hovered around her,  
Just like asteroid belt.

I was the servant, who she treated like a king,  
I thought to myself "Is she the one who I'll give  
my wedding ring"  
She might have been one among many,  
I thought of her as my one and only.

Anish Bajracharya  
12 'J'

## Be Yourself

Once we were young  
Now we will be mature  
Our thought will be changed  
But our dream should be grown up.

Be someone who can be known to all  
Let the people see what you got  
Don't be afraid to stand in the dark  
Instead try to fight against people's thought

Don't take benefit from others  
Try to be the one who can fight for others  
Don't laugh alone try to make other laugh  
Because there are many people who need our hand

Be someone to whom all can depend on  
Have enough courage to fight against wrong  
Try to be aggressive not for violence  
But for hunger of success.

Jenisha Nepal  
12 'L'

## Sometimes all that we need is.....

Time to take care of ourselves,  
Love ourselves and nurture our souls.

Sometimes all that we need is a little bit of time,  
Time to reconnect with ourselves,  
Time to get back that inner peace we lost somewhere  
along the way,  
And time to get clarity we need.

Take it step by step, one day at a time,  
And instead of judging yourself,  
Forgive yourself,  
And forget everything how you feel and think of what  
you deserve.

Rosary Dongol  
12 'D'

## युद्ध रे

बिनासकरी रुप लिई, बिहानको ज्वालामुखी सौर्य झै  
फेरि सङ्ख पिट्दै तिमी आयौ । x2

आयौ त आयौ अब कहिले जान्छौ ?  
यो प्रश्नले मेरो मनलाई कटक्कै खायो ।  
जहिले शान्त रहने तिमी,  
आज चण्डीको रुप लिई,  
ताण्डव सुरु गर्दै छौ रे !!!

सिकार खोज्न हिडेको भोको बाघ झै  
आफ्नै जुङ्गलको जन्तुलाई नै लुस्दै छौ रे ।

युद्ध सुरु गर्दै छौ रे ।  
बिनाश तर्फ हिड्दै छौ रे । x2

यसको त्रासले नै,  
आयुभन्दा पहिले नै जिन्दगी नास गर्दै छौ रे  
सुख र समृद्धिलाई रोकेर  
बिकासमा पूर्णविराम लाउदै छौ रे ।

आफ्नो सन्तति र जननीलाई नै मास्दै छौ रे ।  
शक्ति र सत्ताको झुटो खटा रप्दै छौ रे  
अबुझ अज्ञातीको मस्तिस्कमा भ्रमको विउ छर्दै छौ रे  
मानवतालाई बिर्सेर हिंसातिर लाग्दै छौ रे ।  
युद्ध सुरु गर्दै छौ रे  
बिनासतर्फ हिड्दै छौ रे ।

Ashmita Tamang  
12 'C'

## Happy New Year

नयाँ यात्रा सुरु हुदै छ  
नयाँ दिन सुरु हुदै छ  
केहि बदल्नु छ नयाँ दिन सँग  
नव वर्षको यात्रा सुरु हुदै छ  
चालेको यात्रा गन्तव्यमा पुर्याउनु छ  
भाग्यमा नभएको खुसी आफ्नो भाग्यमा जुराउनु छ  
आफूलाई अलि केहि सुधार गर्नु छ  
केहि नहुँदा एक्लो म आफैले आफ्नो उद्धार गर्नु छ

रोएको छन् आखाँहरु ती सपना पुरा गर्नुछ  
मिठास नभएका सम्बन्ध बितेका सालमा अपूरा छोड्नु छ  
साथ छाडेका सँग फेरी भेट नहोस्  
साथमा हुनेहरु सँग को साथ नछोटस्

यो नयाँ वर्ष म नयाँ हुनेछु  
यो वर्ष नयाँ म हुनेछु  
देखाउनु छैन कसैलाई  
म कमजोर भएको  
म बरु एकलै हुनेछु  
नयाँ वर्षमा म बेग्लै हुनेछु  
आफ्नो साथ म आफै हुनेछु  
आफ्नो खुसीको ख्याल  
म आफै राख्ने छु  
कसैको अघि झुक्न नपरोस्  
ज्यान दिएर केहि गर्नेछु  
पाइला चाल्दै गर्दा कतै रुक्न नपरोस्

परिवार आँशु आउने काम किन गरुला र ?  
त्यो भन्दा पहिले त आफैले भरुला र !  
आशिस दिने हात सधैं शिरमा रहोस्  
साथ दिनेहरु साथ कहिले नछुटोस्  
नयाँ वर्षको शुभकामना  
नयाँ यात्राको शुभकामना ॥

Rassu Sunar  
12 'C'

साँझ पख चटक्क टिपिने ति फलहरुलाई के थाहा हुन्छ र ,  
भोलि बिहान कता जानुपर्ने हो मन्दिर वा मसानघाट ?  
तर उसलाई त जता गएनि उहित होनी ,  
मन्दिर गए दुङ्गालाई देवता भनी चढाइन्छ र घाट मुर्दालाई  
त्यसैले उ बोटमै शोभयमान हुन्छ न कि मन्दिर वा मसानघाट  
त्यसैले हामी आज खुसी बनी भोलिको के ठेगान ?  
हासो वा रोदन ?  
सुख वा दुख ??  
मन्दिर वा घाट ???

Luniva Joshi  
12 'H'



## तिमिले चाहेको जस्तै !!

आखिर म कस्तो हुन पर्ने हो ?  
सोचेको थिए स्विकारलान् यी ठेला परेका हात हेरेसी  
थाहापाउलन ठिक छु भन्ने दिन रात हेरेसी  
पढे लेखेका परिवारको पनि के आस गर्नु खै  
मंगल ग्रहमा पुग्ने समयमा हाम्रो जात हेरेसी

मनग्य हुदै मच्चिदै मुलायम सपना देख्थे  
आखिर आर्कषण, आदत, लगाव सब परेको थियो,  
दर्दले जलेको यो मुटुमा पनि बरफ परेको थियो ।  
साथी सबै जिस्कि रहदा म्यासेन्जरमा युवती संग,  
मलाई त बस एक उनीसंग लभ परेको थियो ॥

दौडिऊँला बरु प्रगति गति हेरिन्छ भने,  
नैतिकता, मानवता, सिद्धान्त सबै छ मेरो मति हेरिन्छ भने ,  
यदि चिरिएका हत्केलाले पनि पुग्दैन भने तिमीलाई  
म शरीरका अंग बेचन तयार , सम्पति हेरिन्छ भने ।

बेवास्था नगर मलाई कुनै सस्तो चिज हराए जस्तै  
म बदलिन चाहन्छु प्रिय तिमीले चाहे जस्तै ॥

Abhishek Dhakal  
12 'L'

## अन्धकार

किन किन म निसब्द छु  
आफ्नो अगाडी आफै हाई छु  
जीत को कुनै प्रतिकोप छैन  
कसैको आशा भरोसा छैन

आफ्नो खुसि आफै बाट भाग्दै छ  
सबै कुराबाट मन हट्दै छ  
कसरी कसलाई सुनाउ मेरा कुरा  
न म सुनाउना सक्छु न सुनने सक्छन  
देखेका सपना सबै आशु बनि बग्दै छन्  
कोसिस नगरेको पनि हेन  
सपनाहरुलाई पखेटा नहाल्दिये को पनि हेन  
कसरी का के बिग्रियो अल्लमल छु  
आफ्नो हार भन्दा आमा बा को हारले मन पोल्छा  
ति आखामा खुसी भन्दा म निरासाको चित्र झल्केको देखछु

अन्धकारमा आफु रमाएको देखछु  
अन्धकारमा आफ्नो भविष्य देख्छु  
अन्धकारमा आमाको मुहार देख्छु  
अन्धकारमा आफुलाई खोज्छु

Sumina Karki  
12 'C'

## महिनावारी

महिनाको ४-५ दिन सधैं आंशु पिएको छु ।  
कोहि चाउगोठ कोहि कुनामा बस्दा खेरी ।  
मरिने होकी बाचेर घर फर्किने हो थाहा छैन फेरी ॥

भन्दै थिइन् आमा नछुनु है तिमिले कसैलाई  
भाडाकुडा पनि छुटै राख्नुपर्छ सधैं खाना खाई ॥  
कस्तो संस्कार होला म हुर्किएको समाजमा ।  
जति पीडा भए पनि लाग्नुपर्छ आफ्नैकाममा ॥

प्याड थिचाल्दै कति चाँडै बेड सिट भिज्दा ।  
अबेर उठ्दा अल्छि भन्दै परिवारका शब्दले किच्दा ॥  
अझै पेट दुख्यो भन्दा कस्तो स्वाड पार्छ अरे ।  
औषधिको स्वाद र परिवारको बचन कस्तो हो हरे ॥

यही रगतबाट भएको हो जन्म सम्पूर्ण मानवको ।  
यही रगत बग्दा गरिन्छ व्यवहार सबैले दानवको ॥  
बिहानै आउने अखवारमा यही पृष्ठको समाचार हुदाँमा ।  
के हुन्छ होला भन्दैउन, मैले त्यो किचन छुदाँमा ॥

कुन शास्त्रमा लेखिएको होला यति कहकरको जिन्दगानी ।  
त किन गाउँ जस्तै भएको भन्दैन हे राजधानी ॥  
अनुहार हेर्न हुँदैन अरे भाइ खेल्थियो हामी वरिपरी ।  
बाँच्नु परेको तड्पी तड्पी नभए हुन्थियो यो महिनावारी ॥

Nabina Gaihre 12 'D'

## बलियो राजा

राजा थियो अरे, त्यो कमजोर देशलाई  
आफु जति बलियो बनायो अरे,  
त्यो बलियो राजाले मात्र एउटा गल्ति गरेछ,  
त्यसैले देश त ठुलो बनायो आफुचै सानैमा मर्नु परेछ ,  
राजाका हुनु पर्ने सँथो रानी,  
तर उसलाई चाहिएको मात्र एउटा केटा  
तेही केटा भयो उसको बाच्ने र मर्ने कथा,  
केटा थियो देशको मन्त्रि, रानी बन्नु पर्ने, रानी बन्नु पुग्यो  
राजाको आदेश गर्न पूर्ति,  
प्रकृतिको बिरोध गयो भनि राजाले देशको सराप सुन्नु परेथ्यो,  
छोरा त दिन सकिन अब भाइलाई बनाउछु राजा भनेथ्यो ।  
इतिहासमा लेखेथ्यो राजाको बफादारले नै राजा मारेछ मृत्युमा  
साथ दिन अरे, रानीले आफ्नै घाटि आफै रेटेछ,  
बलियो राजा तर मान्छे चै बिचारा, रानी त बनायो तर उसँग  
बिताउन सकेन जीवन सारा,  
भन्छन् त्यो केटा रानी बनाउछु  
बलियो राजाको एक मात्र गल्ति थियो, तर त्यो केटालाई रानी  
बनाउन नै राजा बलियो बनेथ्यो ।

Aakriti Lamichhane  
12 'C'



## संसारकी प्यारी, आमा

बिहानीमा उदाएको त्यो सूर्यलाई नियाले,  
रात्रीमा चम्किएको ति तारालाई सोचे  
कहाँ पाइन्छ भनि त्यो सुनसान सडकमा भौतारिन्दै हिडें  
तर थाहा पाइन मेरो लाखौं खुशीको मुहान तिमी नै रहेछौ ।

रम्न आउने लाखौं थिए हिमाल झैं मुहार होंसेको बेला,  
नाचन आउने हजारी थिए पुतली झैं तन उडेको बेला,  
साथ दिने शुन्य छन् आज झरीको  
कालो बादल झैं मन रोएको बेला,  
सूर्यको तेज बनी त्यो कालो बादल  
हटाउन एक मात्र रहिछिन् "आम" ॥

भोक लाग्दा खान सिकायौ  
रम्न खोज्दा नाचन सिकायौ  
अघि बढ्न पढ्न सिकायौ  
जिउनलाई कम गर्न सिकायौ  
सन्तानको एक पिडा हजार  
खुशीले हेर्न सिकायौ ॥

मेरो शिर तिम्रो कोमल पाउमा, साष्टाङ्ग दण्डवत्  
"मेरी प्यारी आमा तिमीलाई "

Deepika Adhikari  
12 'L'

## हार

सपनाको हिउँमा चड्न खोजेको म विपनामा बाटोमा रोकिए  
आफ्नो आमा-बाबाको दुख बुझी ठुलो मान्छे बन्ने सपना बोकेर  
हिँडेकि म ॥  
एकदिन त्यही आमा-बाबाको न्यानो काख छाडी संसारबाटै  
बिदा भए, म ॥

रुन ठाउँ खोज्दै आमा-बाबाको काखमा हिँड्ने म  
आज भने गन्तव्यसँगै हारि संसार छाडी गएँ म  
ति सजिएका सपनाहरु टुक्रिदा मनले सहन सकेन ।  
विष भन्दा राम्रो अरु केहि खान जानिन ॥

ठेकोमा मोही पारेसरि छटपटीको मदानिले आत्मालाई शरीर  
देखि छुट्याउन निकै गाह्रो हुन थाल्यो ।  
मलाई लिन आएको मृत्युलाई, अँझाली हारको बेइजतले  
सुइकारदै गए म ॥

एउटा सुनौलो संसारमा जादैं छु  
सायद जहाँ कतै मलाई शान्ती मिलोस्  
मुक्त भई खुल्ला पन्छी झैं कतै  
बादल पारि कहिले नफर्किने गरि ॥

Bishakha Timilsina  
12 'A'

## मलामि

मलामि जान लागे झैं मान्छेहरु  
हरियो बाँस बोकेर आए  
त्यहि बाँस आर्गेनमा गाडेको देख्दा  
मलाई घिता बनाएर जलाउछन् झैं लाग्यो  
नभन्दै बाँसको बिचमा आगो बल्यो  
मनले नचाहेको मान्छेको हातबाट  
सिन्दुर लगाउनु भन्दा त्यही दनदन बलेको  
आगोमा आफ्नो जिउ सोपिदिने मन थियो  
जब बुवाको चम्किलो आँखामा आएको  
आँसु सम्झे त्यति गर्ने आँट धेरै  
आएन मरेको लासलाई सेतो कपडाले  
बेरिन थियो मलाई भने रातो कपडामा  
बेदै छन् लास उठाएर घाट  
लगे झैं आज मलाई घरबाट घाट  
भन्दा भयानक ठाउँमा लगिदै छ त्यहि नि  
किन कसैको आँखामा आँसु छैन ?  
लास त आफन्तले उठाउछन् होइन र ?  
आज किन अन्जान मान्छे मलाई लिन आको  
लागि मेरो दैलोमा आईरहेकोछन् ?  
मनमा डर झै बढ्दै

Priya Bohara  
12 'J'

## किन म ?

कसलाई सोच्ने मैले ?  
किन छैन म सुरक्षित ?  
किन सधैं मलाई नै पिडा ?  
किन सधैं मैले नै सहनुपर्ने ?  
केटि भएर जन्मे त्यो मेरो गल्ति किन ?  
मेरो शरीर देख्न नहुने दरिद्र बन्यौ किन ?  
किन म स्वतन्त्र भएर हिँड्न सकिदिन ?  
किन मैले जता जादौं पनि डर र त्रासमा हिँड्नुपर्ने ?  
किन मैले आफ्नै भनिने आफन्तको विश्वास गर्न सकिदिन ?  
सत्य बोल्दा मेरो विश्वास गरिदिन किन ?  
सधैं पीडा सहने म,  
फेरी गलत पनि किन म ?  
किन मलाई न्याय छैन ?  
किन मलाई मन नपर्ने अरुको व्यवहार सहनु पर्ने ?  
किन म बाध्य छु ?  
किन मलाई बाध्य बनाइयो ?  
आखिर किन र कहिले सम्म सहने म ?  
कति खुसी हुन्थे होला मैले न्याय पाए  
अब चाहियो देउ मलाई मैले चाहेको न्याय

Alisha Chaulagain  
12 'L'



# Smile



Remember to smile, once in a while  
for life is far too short !  
you always look the prettiest  
your face it shines so bright

So think about shining tomorrow  
when you go to sleep at night  
a smile it is so beautiful  
In every single way

Don't you know it is contagious?  
It can brighten someone's day !  
a smile you will be remembered for  
your personality and so much more !  
they say smile is the best thing you wear  
It's true you know nothing will compare

So when you feel so lost and down  
and feel that awful dreaded frown  
just put on your best smile  
for it will take you a million miles !



Deepika Karki  
12 'F'

## Kura Kani

Kura kaani  
Mana maani ali ali  
Hami maa ni hudai thiyo ni  
Timlai ni thai xa ni

Bheed maa ni  
Vete timilai  
Mero sapana timi matrai  
Vaisakeo thahai xa ni

Hathkela samaie  
Timro nayan lai herdai  
Thamna sakina yo dhukdhuki na  
Timrai sapana ma ramai

Shrenika Deula  
12 'H'



## यस्तो होस् कि हाम्रो शिक्षा



हाम्रा गाउँवस्तीलाई उठाउने जाँगर चलोस्  
जाँगरबाट खेतबारीमा मिठो मिठो अन्न फलोस्  
अलिखि तिग्रो स्वादे जिब्रो भन्ने उखान बन्द गरौं  
हाम्रो बाँझो जमिन खन्ने जाँगरिलो रहर जगाऊ

जति सक्दो धर्तीलाई फलाएर पूर्ण पारौं  
काम गर्दिन भन्ने भाव मनको रोग आजै फालौ  
जाँगरिलो विचारलाई बिउँझाएर दिलमा राखौं  
सहर मात्र देश हैन हेर्न गाउँ जाऔ

मानिसले गरेपछि नहुने पो के नै छ र  
इमान र विचारले सचेत बनि कर्म गर  
कर्म गरे जीवन फुल्छ जाँगरिलो भाव दिउँ  
भावबाट समाजलाई कर्म गरि लाभ दिउँ

हाम्रा हात काम गर्न प्रकृतिले दिएको हो  
अलिखि गरि बस्पो भन्ने हाम्रो जीवन थिक्कार यो  
गरेपछि के हुन्न र संसार तेसै बन्या हैन  
उद्धेश्य मा अगि बढौ पछि हट्ने हुदै हैन

काम गर्ने शिक्षा पाए सबका लागि शुभ हुन्छ  
काम नगर्ने अलिखिबाट समाजको रोग बन्छ  
रोगी बन्नु छैन हामी सुखी बन्नु परेको छ  
सुखी बन्ने रहर फल्न असल शिक्षा चाहिएको छ

पढेपछि यो गरीला भन्ने बाटो चाहिएको छ  
अलमलिने शिक्षा हैन सशक्तमा बढ्नुपर्छ  
सफलताको चुली तेसै चाहनाले छोड्दैन  
काम नगरी रहर मात्र जगाएर पनि हुन्न

कामसँग रहर जागे कति सुन्दर समाज बन्ला  
पछौते र अविकसित हामीलाई कसले भन्ला  
गर्दा गर्दै आजसम्म यो उन्नति चुलिएको  
तेहि बाटो पछ्यौउदै हिड्ने प्रण गरिएको

स्वस्थ शिक्षा स्वस्थ जीवन कर्तव्यको फल यस्तै  
ज्ञान वृद्धि त्यस्तो पाउँ रहरले चाहे जस्तै  
के पढेर के हुने हो अन्योलता हटाउने  
सानैदेखि काम गर्ने लक्ष्यतिर अघि बढ्ने



Ichha Aryal  
12 'E'

## THE HOUSE INSIDE HER

My mother once told me,  
that it was the way of the world  
for girls to grow into women  
by locking secrets inside them.

Till now,  
I still imagine every woman  
I have ever met,  
to be a big, beautiful house.  
Full of secret rooms, and hiding places,  
once filled with innocence,  
laughter and joy.  
Now slightly sad and broken  
because of all  
the lost places inside them  
full of secrets.

Dipisha Maharjan  
BIM 1A

## THE JOURNEY

A journey began with weeping tears,  
Confined within walls.  
Under the open skies, we longed to breathe,  
Started to crawl, to explore and achieve.

Happiness found in the world around,  
As we learned to run, on solid ground.  
School days began, unveiling life's pages,  
Each passing day, unlocking new stages.  
Education chapters, completed with pride,  
Embracing adulthood, side by side.  
Yet harsh realities, they came to greet,  
Simple things and memories, now obsolete.

Once we slept early, with peace in our hearts,  
Now stress consumes, tearing us apart.  
Some quit in the pursuit of success,  
While others cling to achieve.

The stress that was once a joke,  
Grows like a poison tree, causing unrest.  
Within me it lingers, as we grow,  
A burden to bear, a heavy blow.

As aging approaches, lying by the river's edge,  
To be consumed by flames.  
Ashes soar in the sky, leaving others in tears  
behind,  
Soaring and screaming.  
I'M FINALLY FREE

Rohan Shrestha BIM 3B

## OVERTHINKING AT NIGHT

Thousands of thoughts running in a brain  
Like a long unstoppable train

Unlimited ideas fully loaded in it  
Some useful many are

Sometimes hardships paid off  
Sometimes life plays its game  
In the glamorous world everyone is running  
behind frame

Reaching destiny is everyone's desires  
Who don't want to step higher and higher

Madness, greediness or wot  
Never satisfied by what you got

Many ways towards happiness  
But we only see few  
Wanna be happy or sad...?  
It's into you.....

Manashi Ghimire  
BIM 1B

## LIFE

Life, a fragile flame that burns so bright,  
A fleeting journey that takes us through the night,  
With ups and downs, twists and turns,  
A journey that teaches us, as we learn.  
In youth, we frolic and play,  
With hope and dreams that light our way,  
And as we grow, we learn to cope,  
With the challenges that test our hope.  
We laugh, we love, we cry, we mourn,  
We make mistakes, and we are reborn,  
We learn to cherish each moment, each day,

For life is fleeting, and it does not stay.  
We face our fears, we take a chance,  
We dance with joy, we sing and prance,  
For life is precious, and it is a gift,  
To be lived fully, with each passing shift.  
So let us cherish each moment we have,  
And embrace life, with all that we have,  
For it is a journey, full of wonder and strife,  
And it is up to us, to make the most of this life.

Sunil Shrestha  
BIM 6B



## THE FEAR THAT LIVES WITHIN

Let me tell you a story,  
About something I feel so sorely  
Growing up, always lived in my own bubble  
Befriending people was a real struggle

Barely managed to make few good ones on the way  
Yet opening myself to them felt like a lot to display  
I wouldn't let my eyes meet theirs  
Felt as though I was caught in a snare

They have a name for it, "socially unfit"  
Relationships, friends, all I had to forfeit  
You try to avoid any link  
Social anxiety might come kicking in

Do you know this pain all too well?  
When they all look, your face the color of red flame  
It's like you're allergic to their stare  
Awfully makes you want to disappear

My face buried deep in my chest  
Making conversations the most I detest  
Ears and cheeks all flushed  
When they point out, makes it worse

I could feel the anxiety vibrating under my skin  
How I wished all the lights in the room would go dim  
But this battle of mind I must win  
And let myself accept the flaw from within

A little advice to the ones like me  
Only way to defeat, was to embrace it  
To this fear, you don't have to kneel  
Your true self is worth the reveal.

Smriti Thapa  
BIM 6B

## TRUE FRIEND

True friends are like a star  
Who twinkles in your pleasure  
They are like a gold  
Whom you have to treasure

No, matter how many year  
You spent together  
All matter is that "was he/she hold  
Your hand in your bad condition  
Ever"

Manashi Ghimire BIM 1B

## THE RAREST ONE

He said he would go,  
But he never said goodbye  
He said life would be good without him  
But he always stayed  
He said life is terrible, just not his way  
But he managed to live with a smile  
The energy he was giving and being given..  
And he now left in peace, enlightened.

Dipesh Sanjel  
CSIT 6A



## NUMB

It's just another day,  
You try to make things okay.  
But nothing seems to fall in place,  
You're not worth it, just a mess.

All that's going on inside you,  
You're dying inside but nobody knew.  
The world seems pointless,  
And so does everything you do,

Are you being able to hide it?  
Or is it all over your face?  
No one's gonna notice tho,  
Everyone's tired giving their best.

You're not who you used to be,  
Life has changed drastically.  
No major problems in life,  
Your own thoughts eat you alive.

What are you supposed to do?  
Who are you supposed to talk to?  
Are they even listening?  
Or just pretending to understand you?

Before anyone even asks,  
You just try to fake it.  
Tears rolling down your face,  
The loneliness, you just hate it.

Maybe tomorrow's gonna be alright  
Tryna make it just one more day.  
Everything will slowly make sense,  
It's just a stage of life, they say.



Anonymous



## A FAMILY MADE BY BHM

I came from a school from having no friends to turn  
and trust,  
To a bhm life full of memories with friends that  
could burst.  
As a bhm student creating memories and bonds  
were never on hold  
Endless practical stories to be told.

In college kitchen we laughed and ate,  
Creating memories that will never fade.  
From labelling our friends as 'MASU CHOR',  
To performing together all the chores.  
We never ever missed a chance of celebrating any  
occasion as a theme,  
'Byana 5 bajey uthna chai naparey hunthyo' was all  
that we could think.  
The 'pet bharera nindra lagya cha sir aja napdham',  
Turning into 'oi bhok lagyachaina.. noodles khana  
shreegha jum':

On practical days and casual nights,  
Parents were one who rarely got our sight.  
From planned trips and unplanned nights,  
We got sober under city lights.  
We laughed, enjoyed, cried with slight hinch of  
fights,  
Chya khadai sabai jana guff handa i wish to have all  
of you always by my side.

As intern days nears and BHM approaches an end,  
my friends,  
I am scared if we will ever have this same kind of  
bond again.  
But the memories we made will always reside,  
In the very depths of my heart side by side.  
In this poem, I honor our friendship so true,  
Bachelor memories, my friends and this BHM, I owe  
to you.

Kusum Lama  
BHM 5B

## THE ME IN ME!

I'm with the people who love me for me,  
I'm with them who adore me for being me,  
I have started to understand the me in me,  
I have acknowledged the power in me,  
I have accepted the flaws in me,  
I'm working for the best of me.

Deepali Adhikari  
BBM 6th

## ONE.....

One tree can start forest  
One smile can begin a friendship  
One hand can lift a soul  
One word can frame the goal  
One candle can wipe out darkness  
One laugh can conquer gloom  
One hope can raise your spirit  
One touch can show you care  
One life can make the difference  
Be that 'one' Today.

Selexna Pathak  
BBM 6th

## हाम्रो SECTION A

Teksan Sir को presentation सुन्दा निन्द्रा अलि लाग्ने  
Negi Sir को TOC ले concentration कहाँ भाग्ने  
First Bench मा बसेपनि कहिल्यै नलाग्ने ध्यान  
Aswikar थियो Messi को ठुलो प्यान

Janak Sir को lecture मा कहि नबुझी दिक्क पथ्यौ हामी  
सधैं लेखेर बस्ने Denny को बानी  
Shabu त धेरै जसो चुप लागेर बस्ने  
धेरै जना थिए Class मा सधैं ढिलो पस्ने

चस्मा हरायो भनि Kiran ले Class मा गथ्यो investigation  
हरेक Question को हुन्थ्यो सबैसँगै आफ्नै definition  
Bipul र Bindhya को जहिले निद्राउने बानि  
Rabina नै होला Section A को सबैभन्दा सानी

Robotभनि राखिएको हो Sworup को नाम  
Teacher भएको बेलामा side talk गर्ने हाम्रो काम  
Juneli को नामले विनिम्न्यो Prakriti लाई  
Canteen को खाजा कहिल्यै मिठो लागेन कसैलाई

Abhishek र Manjil कलेज आउँथे कहिले कहिले  
Prasanna को काम नै हो जिस्तिकरहने जहिले  
Sadikshya ले भने tiktok मा गर्छ सधैं Dance  
केटाहरु कहिल्यै छोड्दैन Pubg खेल्ने Chance

Sarina र Pragisha class मा अली धेरै बोल्ने  
Celina सधैं टाउकोमा फुल हालेर आउने  
Bipin Chhetri हो Yuvraj को Youtube Channel को  
नाम  
Lab report गर्ने हो Bishwas को काम  
Suman, Prabuddha, Bibek, Shishir सँग खासै हुँदैन  
interaction  
मलाई पढ्ने बेला किन हुन्छ सधैं distraction ??

Prakriti Suwal  
CSIT 4A



## REMINDERS FOR YOU

Think big  
Find what you love to do and do it  
Learn how to balance your life  
Don't be afraid of failure, even if you fail you have learned something  
Worrying won't change the outcome  
Discipline will help you when you lack motivation  
Others behaviour is the you need  
Only you have the power to change yourself  
Enjoy the space between where you are and where you want to be  
Stop expecting yourself from other people  
Be brave enough to follow your intuition

Sagar Dhimai CSIT 1A

## PROGRAMMING'S A ART

Oh, programming, the joyous art,  
Where bugs and errors play their part.  
With lines of code, we venture forth,  
Into a world of endless worth.

First, we meet the curly brace,  
The cause of many a programmer's chase.  
To close or not to close, that is the question,  
A syntax error, a frustrating obsession.  
Variables, oh how they dance,  
String, integer, float, perchance.  
But watch out for the typo's glee,  
Turning logic into pure misery.

Loops and conditions, if and while,  
The source of endless debugging trial.  
One misplaced semicolon, a silent foe,  
Leaving us scratching our heads, filled with woe.  
And let us not forget the joys of debugging,  
Through stacks and logs, forever trudging.  
Error messages that speak in tongues,  
Cryptic clues, where confusion throngs.

But fear not, for programming's charm,  
Lies in the triumphs, the code's alarm.  
When functions run and outputs shine,  
We revel in the victory, the moment's sign.  
So, here's to you, programming's art,  
A world of logic, both puzzling and smart.  
Through all the sarcasm and endless strife,  
You teach us patience and shape our life.

Nicky Maharjan BIM 5B

## MY FAVOURITE MODEL

walking around in those  
baggy jeans of yours  
lookin like a pinterest model

snapping some photos  
while lookin like you're the one  
who should be in those frames of yours

the kinda girl  
that'd make vogue models  
shy and hide away

the kinda girl  
that'd make you feel  
all the songs were written about her

walking around in those  
chunky boots of yours  
corduroy pants drape down her legs  
beauty, she, even her silhouette

walking around with those  
specs of yours  
looking like an academic scholar



Paras Neupane  
CSIT 6B

## LIGHT

She's the light that guides my way,  
Through every dark and stormy day.  
With her, I know I'll find my way,  
And leave the shadows far away.

She brings peace to my restless soul,  
And fills my life with love and hope.  
Her smile, her laughter, her gentle touch,  
Brings me happiness, I love her so much.

She's the beat that keeps my heart alive,  
The fire that keeps my spirit high.  
Together we'll conquer every fear,  
And live a life without a care.

She's my rock, my partner, my friend,  
The love of my life until the very end.  
I'm so grateful for her every day,  
She's the light that guides me all the way.

Kabir Deula  
BCA 6th



## LOVE: A HEART'S MELODY

There is a girl with a beautiful smile  
Makes my heart beat race in style  
Being with her feels like heaven  
I fell for her in just a second

Looking into her dazzling eyes  
feels like its a beautiful sunrise  
Every day I send, "Good morning" and "Good night,"  
To the one who makes my world feel just right.

She is the girl, I love the most  
She is the girl, my heart cherishes utmost  
Being with her makes my heart feel snappy,  
Her love is the reason why I'm always happy.



Feels like a gloomy day  
My heart aches and burns  
Feels like I lost my way  
Feels like the point of no return

You were the person I trusted  
But you're no longer the person I knew  
I guess you just changed, and then adjusted  
To someone better and new

I ignored the early signs  
Thinking I was wrong  
And I saw past your lies  
Ignorant of what you've done

Will you pay the price  
For the heartbreak and betrayal?  
Will all the sacrifice  
Be overcome by your denial?

All those good times we had  
It's hard to forget  
The good things turn bad  
And we end up with regret

We were something that was never meant to be  
This is a tie I have to break  
Because, you were my favorite memory  
Now you are my biggest mistake

Prajwol Malla  
CSIT 6A

## LET HER BE FREE

Let her be free  
God made girls for boys and boys for girls ..  
..what a lie, what a lie.  
A poem about a girl  
who was despised for liking another girl.  
They judge her, hate her, and curse her  
for being a lesbian.  
Are they even worth judging her for?  
When they can't even be themselves ...  
..they were happy after loathing her.  
While she locked herself,  
like a little mute bird  
trapped in a cage.  
Blaming herself for being weak ,  
crying, and begging for freedom.  
Does she even need permission to love?  
Was being herself, her crime?  
When can she finally be free?  
will she even get justice?  
Is death only her way of freedom?  
Don't despise her for being a lesbian.  
Don't despise her for being herself.  
Don't question her gender.  
Just let her be free.

Sanjina maharjan  
BHM 5B

## LET PEOPLE LOSE YOU

You need to let people lose you,  
To watch them go with the crowd,  
Let them think they have better,  
And believe in what they are allowed  
Let them wander off without you,  
As their absence leaves a hollow space,  
Aching with the memories of moments,  
And the smile lines on your face  
But in due time, they will see clearly,  
The beauty and love that you gave,  
And realize the mistake they made,  
And come back to the life they once craved  
And when they return, it will be bittersweet,  
As you've learned to stand on your own,  
To embrace the power of being alone,  
And accept that you're better off on your own  
So let them lose you, my dear,  
For it's in the letting go,  
That you'll find the strength and courage,  
To grow and thrive and glow.

Amrita Pandit and Samikshya Bagale  
BBM 5th



## THE FURRY JOY

I actually recall that day,  
the memory still so vivid.  
The entire house felt lively,  
with every tap of your delightful paws.

That smile still imprinted all over,  
the joy still as new as the initial time.  
The way your bambi eyes gazed into mine,  
how delightfully you had rippled your charming ears,  
with a slight slant of your head.

I still remember,  
the adorable wagging of your tail,  
your kisses and cuddles,  
the solace of your warm, delicate fur.  
A valuable soul you are,  
a true friend, a genuine companion  
and my most prominent joy.

I guess now I realize the reason why its GOD spelled  
in reverse.  
Because it's you that my mornings are sweet,  
It's you that the cold evenings are warm,  
it's you that even my most terrible days feels like the best.  
And you my love,  
will always have a precious spot within my heart.

Tisha Manandhar  
BBM 1st

## SOMETHING SHE NEVER TOLD

In the depths of her heart, a secret holds,  
Challenges faced, her story untold.  
Alone she walks, with strength unswayed,  
Silent battles fought, in shadows she's stayed.

In her eyes, a hidden storm brews,  
Yet to him, her struggles she'll refuse.  
A love unspoken, a choice to bear,  
She faces the world, her burden to wear.

Through trials endured, her spirit remains,  
A fortress of strength, amidst life's strains.  
In silence she fights, her battles unfold,  
A story untold, with a love so bold.

Rijan Maharjan  
BCA 1st

## DEAR PARENTS

Dear parent,  
She speaks what she thinks  
with no fear at all.  
Its her confidence, don't stop her,  
Don't let her lose what she's got within.  
Instead,  
Let her know her true worth  
Let her know what she's been blessed with.

There will be times,  
When the world turns against her,  
Please! Cheer her up  
When everyone shatters her dream.  
Dear parents, please help her pick it up.  
And let her show what she can do

Dear parents, just believe, believe in her  
After all, shes your child too  
Let her explore, let her grow and let her reign  
Support her.  
Praise her,  
Just be there in her bad times  
And surely she'll bring you your good time.

Palistha Tandukar  
BHM 1st

## LIVING GODDESS KUMARI

In the heart of Kathmandu, there lies  
A goddess of pure and sacred ties.  
Kumari, revered by all who see,  
A living goddess, young and free.

Her beauty and grace, a sight to behold,  
A symbol of tradition, both new and old.  
She sits upon her throne with poise and pride,  
Her wisdom and power felt far and wide.

For centuries, she has stood as a divine guide,  
A beacon of hope for those who abide.  
With her blessings, Kathmandu shines bright,  
A city of wonder, bathed in golden light.

Oh Kumari, goddess of the land,  
We honor you with hearts and hands.  
May your grace and wisdom forever shine,  
And guide us all to a path divine.

Roniya Maharjan  
CSIT 6B



## MIRROR

You will be his mirror one day,  
The one he will smile at every dawn and dusk,  
Every next time he goes out and comes home.  
Because you know, mirror is this little or  
sometimes huge... happy thing for everyone.

One of many ways to talk yourself of the moment,  
Also because, if you ever really had it, you fought  
for it too

Roshni Thapa CSIT 6B

## THE GIRL FROM DREAM

I've imagined Her, I've fantasized Her,  
I have made all Her curves and edges.

I made a step to get closer to Her,  
I've made paths towards Her, made every road and  
bridges.  
To reach Her.

I scripted the script on spending time with Her,  
And destroyed every obstacles and doors that tries  
to closes.

I shall touch Her, gently.  
I shall bite Her, slowly.  
I shall love Her, passionately.  
And get Her gift and roses.

She is a Girl of my fantasy, She is a girl from Dream.  
She shines like a moon, She is soft and smooth like  
vanilla ice-cream.

Yeah, she is not real; she is a girl from my Dream.

Her hair is messy, so I could mend it.  
Her eyes are like ocean, for me to dive in.  
Her lips are toxic, I really get addicted,  
Her smiles flows like river which makes my heart  
flooded,  
Her chicks increases my hunger, I just wanna bite  
them.  
Her riddles are tricky, as if made to tease me with  
Her mind game.

Umm, Wait why am I so detailed about this gal?  
Is she really from dream or I just closely know Her  
in real!!!

Roman Gautam BHM 3rd

## LOST AND FOUND AGAIN

Verse 1:

Started all alone, I was hesitant and afraid  
But I found the courage, to venture out and pave  
A path of my own, exploring every new place  
She guided me along, as I let curiosity take the lead

Chorus:

It was fun, a journey of discovery  
With every step, there was a new mystery  
Exploring alone, I found comfort and peace  
But then I lost something, that brought me to my  
knees

Verse 2:

One rainy day, I boarded a bus  
Without realizing, I left behind something precious  
My smartphone, my beloved companion  
She was lost forever, in a moment of inattention

Chorus:

It was fun, a journey of discovery  
With every step, there was a new mystery  
Exploring alone, I found comfort and peace  
But then I lost smth, that brought me to my knees

Bridge:

At first I was in denial, unable to believe  
She was more than an object, she was a part of me  
But with time, I learned to let go and move on  
The memories remain, even though she is gone

Chorus:

It was fun, a journey of discovery  
With every step, there was a new mystery  
Exploring alone, I found comfort and peace  
But then I lost something, that brought me to my  
knees

Outro:

I may have lost her, but the journey continues  
With newfound wisdom, and a different view  
Exploring the world, with an open mind and heart  
Making memories, that will never truly depart...💔

Rijan Maharjan BCA 1st

पाइला अघि सधै  
आयु बढ्दै गर्छ  
हरेक पललाई चिन्नु पर्छ हामीले  
यहाँ त मानिस बाँच्न नपाउँदैनौं मर्छ

Riti Maharjan BHM 5A



## TIMRO YAAD



Yadko baksa vitra khojirako tasbir ma  
Timro nai yad aauda ghumiranxa mastiska  
Sathivai dikka hunxan kura timro sakinna  
Aasuko badi aauda yaad haru sab bagdinxa

Yoo geet lekhe maile aaja timro laagi  
Chahana rato sindur rangyauna sludo mathi  
Sadhaiko saath kaile naxutine vanthyam  
Aaile timi bahana xau matra raksi piuna lai

Mutu jalirako xa tara aago hainaa  
Barsat lai kosirahe aakhai chago raixa  
Ma eklo xu vanera kun mukhale vanam  
Timro yaad le aajhai xodi gaako xaina

Patraharu chyaaidinu ,Upahar lai polidinu  
Samjhana man ma rakhi  
Ahankar lai xodidinu  
Timilai manaidekhi  
Eeuta matra binti mero  
Arko paali vet huda haseraa bolidinuuuuuu



Aayush Gyawali CSIT 6A

## THERE WILL BE A FEAST FOR YOU

We have lost a memory of you,  
The memory of joy and gloom.

The true death has followed you,  
A forgotten déjà vu.

The moon has cooled your feet,  
All the battle faced and beat.

Don't you worry everything is fine,  
For your heart where the hope resides.

There will be a grand banquet,  
On the hills, at beautiful sunset.

With the pint in your hand,  
You see me, where I stand.

You will join me in the stars  
in the sun and, its blazing bars.

At the end, courage stays in,  
In your soul, persevering.

Apal Shrestha BCA 1st

## DARK

When is it my time to be happy,  
The question I ask myself  
When will I be able to smile  
Without my worries and doubts burying me

I remember those days where existing wasn't so  
hard,  
Today I walk along in these city lights  
Thinking what after life would have been if I died  
that night !

Samata tamrakar  
BHM 5B

Feelings are people, living within us,  
Each one distinct, with its own unique fuss,  
Some are gentle, others fierce,  
Some bring joy, while others pierce.

Love is a person, warm and kind,  
It fills our heart, and soothes our mind,  
It's the light in our darkest hour,  
The reason we feel its power.

Hate is a person, dark and cold,  
It seeps into our heart, and takes hold,  
It blinds us to reason, and clouds our sight,  
And fills our world with endless night.

Joy is a person, full of glee,  
It makes us smile, and sets us free,  
It's the warmth of the sun on our face,  
The reason we feel its embrace.

Sadness is a person, somber and gray,  
It weighs us down, and clouds our day,  
It's the tears that fall, and the heart that aches,  
The reason we feel its heavy weight.

Fear is a person, always near,  
It whispers doubts, and fuels our fear,  
It's the shadow that follows us around,  
The reason we feel its grip profound.

Feelings are people, living within,  
Each one a friend or foe, a battle to win,  
But in the end, they make us whole,  
The reason we feel, and touch our soul.

Anonymous  
BIM 6A



## THE FALL OF DIAMONDS

Whenever I feel low,  
The wind blows.  
When he comes to meet me in the dark,  
The cloud went spark.

When he descend on the nature,  
I feel greater.  
When I shared my life's blunder,  
As he replies me in the guise of thunder.

When it falls on the earth to enroll,  
And he dances with my soul.  
With the melody of droplets,  
And accompany with my anklets.

As he encourage me to escalate blast,  
No matter what had happened in the past.  
As the falls stop and the sunrise,  
In every pace it makes me to realize.

When the bud grows into flower,  
Likewise, my new voyage filled with joy of shower.  
Whenever I feel low,  
The wind blows.

Tseyang Sherpa  
BHM 5B

## MAYALU

Mayalu, kati ramro aakha timro  
Kasto hishi pareko anuhar timro

Sapanima pani bhetchhu timilai  
Timi nai vana na mayalu, ke garyau timile malai  
Din-rat samjhi baschhu matra timilai..

Suna Mayalu, malai thaha chaina kina  
Timilai chokho maya garchu

Timilai taha nahos tara Mayalu sukha dukha sansar  
ma  
Kohi huna sath ma..

Ek choti vani deu mayalu ma timlai maya garchu  
vani  
Mero jivan timrai shamu ma

Niraj Maharjan  
BIM 6B

## म अचेल

आफैले आफैलाई कोस्ने भा'छु अचेल,  
भविष्यलाई आफै खोस्ने भा'छु अचेल,  
दिनभरी मोबाइलमा झुन्डिएर बस्ने गर्छु  
सु-कार्यलाई समय खोज्ने भा'छु अचेल।  
मठमन्दिरमा नुगेर ढोक्ने भा'छु अचेल,  
फुसा धाकका कुरा खोक्ने भा'छु अचेल,  
दिन यसै खराब गर्छु, रात खेरे जान्छु,  
समय नभएको गुनासो पोख्ने भा'छु अचेल।(पोख्ने)

Intaj Tamang  
CSIT 6A

## HARSH PART OF REALITY

Denial, anger, bargaining, depression, acceptance.  
The five stages of grief, a journey of immense weight.

A path we all must travel, a journey we can't evade.  
A process that's not easy, but one we can't evade.

Denial is the first, a refuge from the pain.  
A defense mechanism, a way to shield our brain.  
We try to block the truth, we try to make it go away.  
But deep down, we know it's real, and it's here to stay.

Anger comes next, a fierce and potent force.  
We lash out in frustration, we feel remorse.  
We blame and we accuse, we struggle with the loss.  
We feel the need to vent, to scream, to shout.

Bargaining is the third, a quest to find a way.  
To undo what's been done, to make it all okay.  
We try to make a deal, to turn back the clock.  
But it's a fruitless endeavor, we're left with the shock.

Depression is the fourth, a deep and heavy weight.  
A sense of hopelessness, a feeling of fate.  
We mourn and we grieve, we cry and we ache.  
We struggle to find meaning, we feel so much pain.

Acceptance is the last, a slow and steady climb.  
A path to healing, a journey of time.  
We learn to live with loss, we find a new way.  
We cherish the memories, we take it day by day.

Sworiya Shakya  
BCA 4th



## म डुलिरहेको लास।

बाँचून् जेलको लागि भित्रबाट जलाई रहने छु  
जबसम्म पुरै जल्ने दिन आउँदैन,

म डुलिरहेको लास।

को हाउ तिमी? किन गर्दैछौ मेरो आश?  
गर्दै छु त्यो मनको गन्दलाई परास्त गर्ने सुवासको तलास,  
प्रतिक्षाको फल स्वरूप बाँकी रह्यो यो एक मुठी सास,  
त्यो निस्पर्शा अन्धकारमा प्रकाश खोज्ने प्रयास,  
मेरो अराजक जीवनमा सुन्यताको तलास,  
त्यो तलासको प्रयासमा भयो सास र आशको अभाव,  
आफ्नै भावनाको भाव ले दिदैछ मलाई दबाब

म डुलिरहेको लास।

काश म पनि उड्न पाए हुन्थ्यो,  
जान पाए हुन्थ्यो, चिरेर त्यो आकाश  
र पुग्नु छ मलाई त्यो अपार बर्मण्डको बीचमा जहाँ शान्ति छ  
म गर्जन-आंधी झै भएको छु, जहाँ म त्यहाँ विनाश,  
अन्तमा गल्ली कसको ?  
आंधीको या त्यो आंधीलाई उकास्ने मौसमको?

म डुलिरहेको लास।

Subash Maharjan  
BIM 1A

## यात्रा सुरु गर्नुपर्छ

चेतनाको उज्यालोसंगै (अब हामी उठ्नुपर्छ) \*२  
सबैजना जत्नुपर्छ ।  
जहाँ हामी रोकिएका थियौ  
अब हामीले हाम्रो यात्रा सुरु गर्नुपर्छ ।

जहाँ हामी अल्मलिएको थियौ दोबाटोमा  
गन्तव्यसम्म पुग्ने लक्ष्य लिएर सुरु गर्नुपर्छ ।  
जहाँ निराशाको काला बादलले ढाकेको थिए  
आशाका किरण बनेर सुरु गर्नुपर्छ ।  
हरका आशंकाले भरिएका जीवनका पानामा  
जितको अठोट र आत्मविश्वासका मसि छर्नुपर्छ ।

रङ्गविहिन यी सपनाहरूमा  
हर्षका इन्द्रेणी रङ्ग छर्नुपर्छ ।  
काँडाले बिझाउने डरले रोकिएका थिए पाइला  
त्यहीबाट सुनौलो बिहानितर्फको यात्रा सुरु गर्नुपर्छ ।

Bipin Basnet  
BHM 5B

## आमैको माया



पहाडै राम्रो हरियो वनैले  
छहारी राम्रो शितल छाँयले,  
बारी त राम्रो बालिले  
छोड्यो है बाँचो सबैले ।

भविष्य उज्ज्वोल विद्याले  
छाड्यो है देश सबैले,  
धनी त भयो धनैले  
घमण्ड गर्‍यो उनैले ।

आमा त छन् है गाँवैमा  
छोरको आउने आशीमा,  
रुँदै त छन् है पिडिँमा  
सन्तानको माया मनैमा ।

इल्को त लाउँछ बाबुको  
सानोमा आँगन्मा खेलेको,  
ओछ्यान राती भिजेको  
पहिलो पल्ट बोलेको ।

आँखा है रसिलो आँसुले  
छाती है पोल्थो यादले,  
सन्तानको बिछोड धनले  
सम्हाल आफ्नो मनले ।

खाना त मिठो आगैको  
माया त मिठो आमैको,  
पिटाई नि मिठो आमैको  
चप्पल्ले हाने नि उनैको ।

खाना त मिठो आगैको  
माया त मिठो आमैको ।

Sheetal Gurung BIM 6B

## म मन्दबुद्धी

म धेरै बोल्दिन, म मन्दबुद्धी,  
जथाभावी जान्दिन, म मन्दबुद्धी,  
सिकेका कुरा व्यवहारमा खोज्छु,  
दिमागैमा राख्दिन, म मन्दबुद्धी,  
तिमी जस्तै पतर-पतर हतार-हतार  
लतर-पतर गर्ने मेरो बानी छैन,  
दौडेर छिटो, बोलेर बाठो हुने  
स्वाभावैले नि म त्यस्तो हैन  
तिमी रिसले जङ्गिरहदा  
म चुपचाप सुन्छु, म मन्दबुद्धी,  
मनमनै कुरा गुन्छु, म मन्दबुद्धी,  
सुन्छु, सोच्छु, हेर्छु, बुझ्छु  
म ढिलो बोल्छु, म मन्दबुद्धी,  
पाउको जिब्रो पङ्काउनुभन्दा  
धानीको टाउको हल्लाउछु  
आफैमा हराउछु, म मन्दबुद्धी।

Intaj Tamang CSIT 6A



## अन्तिम पत्र (बाबा)

जिवनको खेल ह्यङ्गमान सधै पाइराछु पासो  
येहा आफ्नोको चाहिँ बाल अनि अरुको छ चासो  
मेरो बाबा मेरो लागि सबैभन्दा खास हो  
उनको मन रुन्छ नहुदा हाम्रो मुखमा हासो  
हाम्रो लागि गरिदिए आफ्नो सास समर्पित  
उनकै त्यागको कारण घर भाछ हर्षित  
मन सफा मेरो बाको हातमा दाग छ कति  
परिवारको निम्ति बेचिदिए आत्मा शरीर  
देखाउदैनन तर गर्छन धेरै हाम्रो चिन्ता

कति पोल्छ होला सधै अग्निपथमा टेकि हिन्दा  
कति मन पोल्छ तिम्रो भनिदेउन बाबा  
आफू खाली खुट्टा, हामिलाइ जुत्ता किन्दा  
कुराहरु मनका तपाइलाइ भन्ने सकिन  
पोहोर साल छाती दुखी म झन्डै मरिन  
तपाइलाइ कति सुनाए होला सानोमा  
आज बाबा तपाईं जति पनि बन्ने सकिन

नसोच्नु छोराले बाल दिएन  
घरको चुलो येहि छोराले बाल्ने छ  
तपाईं बोल्न खोज्दा म सधै तर्किएर बसे  
ममि सधै बन्नु पथ्यो हाम्रो ट्रान्स्लेटर  
सम्बन्ध हाम्रो राम्रो छैन मलाइ थाछ  
देखिराछु बुडेशकालले तपाईंलाई गलाइराछ  
एक कल गर्दिन आफ्नै छोराले पराड भाछ  
कति गाह्रो भएको होला एकलै घर चलाइराख्न  
आज पशुतापको भुमरिमा अल्झिराको म  
कला मार्फत येति भन्न सक्ने शक्ति आको छ  
तपाईं नभएको भए सायद मरिसकथ्ये बाबा

मेरो मुटु हजुरकै कारण धड्किराको छ  
भावना पोख्दा पोख्दै आज गायक भए म  
तपाईंले गर्व गर्न म केही लायक छैन  
जीवन चलचित्र भए मेरो बाबा सुपर हिरो  
मेरो कहानिको म मुख्य नायक हैन  
तपाईंले पाउने योग्य, इज्जत गर्न सकिन  
नजरमा तल गिरे माथी सर्न सकिन  
हजुरको बारे लेख्छु भनी यादको शन्दुक खोले  
आँखा भरियो मेरो, पाना भर्न सकिन

हजुरको कडा हातले केश मेरो चलाईदिनु  
अनि मनमा आको ४ वचन गाली मलाइ दिनु  
२ थोपा आँसु सडै हातमा सलाइ लिनु  
यो चिठ्ठी मेरो लास सडै जलाइदिनु ।।।



Pratik Barakoti  
CSIT 6A

## सजिलै ब्यक्त नहुने शब्द, भावना (बुवा)

कति बलवान हुनुहुन्छ बुवा  
कति कठोर पनि  
थाहा छ नी हजुरले धेरै माया गर्नुहुन्छ  
नदेखाए पनि

किताब पढे जसो सजिलो छैन रैछ  
बुझ्न बुवाको ममता ती  
२०वर्ष लाग्यो बुझ्न  
दुःख धेरै दिए जानी नजानी

हेर ठ्याक्कै बुवाको जस्तै  
हलक्क बढेको जिउडाल  
भन्दा मग्न हुन्थे म हर्षले  
वर्षले नजिक त छैनौ पकै  
म परे कान्छो तर टाढा छैनौ  
हामी नजिक छै मनले

मेरो ज्ञानको स्रोत तपाईं  
मेरो सृष्टिकर्ता पनि  
गुरुब्रह्मा गुरुविष्णु: गुरुदेवो महेश्वर:  
मेरो गुरु तपाईं, तपाईं नै मेरो ब्रह्मा,  
मेरो ईश्वर पनि

समाजमा राम्रो शिकाइको शिक्षक, बुवा  
परिवारमा न्यानोपन लिई आउने, बुवा  
आमालाई आफू भन्दा माया गर्न दिने, बुवा  
मलाई लडे पछि उठ्न हौसला दिने, बुवा

म अबुझ जति सम्झाएँ पनि नबुजने  
ठाडो बोली मेरो तपाईंको मन दुखाउने  
गम्भीर भएर, मन कति रुदो हो  
तर पनि आँखाबाट आशु कहिल्यै नझार्ने

कति बलवान हुनुहुन्छ बुवा  
कति कठोर पनि  
थाहा छ नी हजुरले धेरै माया गर्नुहुन्छ  
नदेखाए पनि

Prabin Buddhacharya  
BIM 6A





## शिक्षा र समृद्धि

जीवको अनुपम उपहार हो शिक्षा  
नयाँ पुस्ताको लागि बहार अनि संसार हो शिक्षा  
सिक्नु वा ज्ञान आर्जन गर्नु हो शिक्षा  
जीवन जिउन सिकाउने माध्यम हो शिक्षा

प्रकृतिबाट सुन्दरताको गुरुबाट ज्ञानको  
वातावरणबाट स्वच्छताको परिवारबाट मायाको  
हरेक चिजबाट शिक्षाको ज्ञान लिन पाइन्छ  
खराबले असल बनाउन नि शिक्षा नै चाहिन्छ

शिक्षा जीवनको लागि उपयोगी अनि सार हुन्छन्  
शिक्षा नै समृद्धि अनि देश विकासको आधार हुन्छ  
शिक्षा बिनाको जीवन व्यर्थ अनि अन्धकार हुन्छ  
जसले शिक्षाको महत्व बुझ्छ त्यसको जीवन साकार हुन्छ

अज्ञानताको भुमरीलाई छोडी शिक्षा हुनुपर्छ  
कठिन होला ज्ञान छर्न परिस्थितिलाई छिचोलेर अघि सर्नुपर्छ  
नकारात्मक हृदय र सोचलाई हटाई  
सकारात्मक भावनालाई स्कुल पढ्नुपर्छ

चुनौतीसँग पछि हट्ने होइन कहिले  
सामाना गरेर अघि बढ्नुपर्छ  
शिक्षामा नै विश्व जगतको प्रगति हेरी  
सिप र श्रमको उपयोग गरी प्रगति पथमा चढ्नुपर्छ

सामाजिक वौदिक ज्ञानको प्रतिक हो शिक्षा  
विश्वको अमूल्य सम्पति हो शिक्षा  
सामाजिक विकृतिको उत्खण्डन गर्न नि शिक्षा नै चाहिन्छ  
विधार्थीको भविष्य बनाउन नि शिक्षा नै चाहिन्छ

सकारात्मक सोचले काम गरे सधै जित हुन्छ  
शिक्षामा जोड दिसामा विश्वको नै हित हुन्छ  
विद्यालय पठनपाठन गरी केहि सिक्नुपर्छ  
गाइो होला ज्ञानलिन तर यसबाट नै समाधान झिक्नुपर्छ

शिक्षामा नै सान अनि पहिचान हुन्छ  
शिक्षाले नै गर्दा देवकोटा जस्ता मानिस महान हुन्छ  
विश्वमा अमूल परिवर्तन ल्याउन शिक्षाको खाँचो हुन्छ  
गरिबी र बेरोजगारी हटाउन शिक्षाकै खाँचो हुन्छ

प्रभावकारी र गुणस्तरीय शिक्षा आजको आवश्यकता  
विश्वमा यसले ल्याउँछ भाइचारा र एकता  
शिक्षा प्रति मेरो हार्दिक नमन र सत्कार  
शिक्षाले नै विश्व अहिले भएको छ चमत्कार

## म जस्तै नबिराउनु

म जस्तै नबिराउनु है !!

निधारमा रातो अङ्ग्रेता, गलामा खादा भिरेको थिए,  
छैन् विकल्प देशमा, पढ्छु भनि विदेश छिरेको थिए,  
बा'को जिन्दगी भरिफो कमाई, खटक्क झिकि  
कलेज फि तिरेको थिए ।

बा,

जादा नयाँ कपडा यति, नयाँ घडि, जोर्डन को जुता किन्दिनु ल ! भनि  
पिरेको थिए ।

जान्छु विदेश, पढाई संगै काम पनि गर्छु भन्थ्ये,  
सुरु सुरुमा, आको दिनमा स्यालरि पाउदा बिस फेर गन्थे,  
दिक्क लाग्थ्यो घरि घरि, बा फोन गरेर मलाई सम्झि रुन्थे,  
आमा पनि न्यासो लाग्छ साह्रै तेरो भन्दै मोबाइलको,  
पुरानो ब्वाइस म्यासेज सुन्थे ।

पढ्दै थिए, कमाकै थिए, जिन्दगी राम्रै चलिराथो ।  
पठाउथे पैसा महिना महिना, घरमा चुलो बलिराथो ।

आयो दर्श हेर्दा सबैको रमाइलो.....अनि

आमाको आखाँको आशुत्यहि दिन फर्कि आउ भन्थ्यो,  
फेरि अर्को मनले हेत्तेरि, कमाइ राख्छु ह्या फेरि किन जानु भनिराथे,  
घरमा डुबेको ऋण र परदेश ले जिन्दगी सिकायो।

एक्कासी आमाको फोन बज्यो .....!

रुदै भनिन्, हेर न, बा'ले यति ऋण गरि पठाका रैछन्, माम्न आए,

तब यि आखा नमन्जाले बिजायो,

तिर्न नसकेसि झट्ट ऋण समाजले नालायक भनि गिजायो,

पत्तै भएन, जोर्डन को जुता, हातमा घडि हुदा,

बाले ऋण को भारि भिरेछन्,

आमा कान, घाँटी बुच्चै देख्थ्ये,

सबको ऋण त्यहि बेचि तिरेछन्।

लाग्थ्यो एकैछिन पिरेपछि सबथोक पाए,

के थाहा, आउदा लागेको ऋण ले बा'लाई कति पिरेछन्,

गाथे सपना बोकि त्यसैले हार खाईन ।

गर्न थाले तेब्बर डिउटि, त्यसकारण निदाउन पाईन ।

बिस्तार ठिक हुन थाल्यो, ऋण सक्केसि आउछु भनि,

करिब आठ बर्ष आईन्,

सक्को ऋण पनि, धेरै थिएन विदेश बस्ने दिन पनि,

कति खुसि थिइन् आमा, अब आउछिन छिट्टै भनि,

काम गर्दै थिए, खुसि साथ भोलि घर जान्छु भन्दै,

एक्कासी खसे पाँच तल्ला बाट, आज फर्कियो बाकसको लास पनि ।

मेरो देश फर्कने सपना बाकसमै भए पनि पुरा भयो,

म आउने खुसिमा बसेको मेरि आमालाई, मेरो आगमन छुरा बन्यो ।

नथिक्कानुं बा मेरो देशलाई, माया लाग्छ निकै,

मेरो भाग्ने यस्तै रैछ बा, खुसिको पर्खाईमा थिए,

अनौठो फर्काई बने ।

पुवा पिडि सुन्दै छौ मलाई भनि, म जस्तो परिवार लाई नरुहाउनु,

मैले जस्तै आमाको काख नरित्ताउनु,

हेर, कमाउला अलिक धेरै,

पुरा गरौला परिवाको आर्थिक आश पनि ।

तर पत्ति नभुल्नु, बेस हुन्छ, एक छाको गुन्द्रुक ढिडो पनि,

पति साथ हुन्छौ आमाको अन्तिम सम्मको साश पनि ।

Palden Sherpa  
BIM 18

Rojina Ruwali BBM 6th



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A soft-focus background image of a desk with several books and a pen. The books have various titles, including 'The Great Gatsby' and 'The Catcher in the Rye'. A pen lies across the books.

# article.

[aar·tuh·kl]

a piece of writing included with others in a newspaper, magazine, or other print or online publication.





*"The journey to becoming an educator is a profound transformation, where the love for knowledge becomes a lifelong commitment to light the path of learning for others."*

Embarking on the journey of teaching for the first time, I found myself enveloped by a mix of excitement and nervousness. The responsibility of shaping young minds weighed heavily on my shoulders, and doubts clouded my thoughts. However, as soon as I stepped into the classroom, any apprehension I had quickly dissipated.

From the very beginning, there was an immediate connection—a bond that transcended the traditional student-teacher relationship. It was a connection built on mutual respect, trust, and an eagerness to learn and grow together. The barriers that often exist between educators and students seemed to vanish, creating an environment of genuine understanding and open communication.

With my students' friendly nature, I found myself feeling at ease and comfortable. Their enthusiasm and curiosity became inspiration, driving me to bring out the best in myself as an educator. It was liberating to shed the fear of judgment or hesitation, as their acceptance and support created a space where I could freely express my ideas and engage in meaningful discussions.

The experience will always hold a special place in my heart, as it reminded me of how education can change lives and how teachers can make a profound impact on their students.



BY  
SACHITA MAHARJAN  
LECTURER







## TIPS BEFORE INVESTING IN STOCK MARKET



Stock market is center of attraction for many investors all around the world. Stock market is place where you can buy and sell shares of company at market price and price basically determined by demand and supply. Common stocks allows its investors to generate earnings in two ways, namely in the form of capital gains and through dividend income.

Stock markets create efficient price discovery, efficient dealing and liquidity. The Nepal Stock Exchange (NEPSE) is the only stock exchange of Nepal. There are 50 Brokers in Nepal with different Branches around the country. According to popular estimates, as much as 90% of people lose money in stock markets, including both new and seasoned investors.

Currently there are large number of trader and investor in stock market. There is popular saying "Bulls make money, bears make money, pigs get slaughtered" warns against being excessively greedy. Time, patience and knowledge is the key factor to success in stock market. When to buy and sell, which to buy and sell, what makes price increase and decrease; these types of question are always knocking the mind of investor. Here are some tips which help investor to invest in stock market.

- Set your investment goal
- Choose your investment style
- Invest In The Stocks You Know and Understand
- Calculate and study the fundamental analysis
- Try to know the macro economic factors



- Determine the level of risk
- Set a optimal diversified portfolio
- Understand time value of money
- Know the difference between price and value

So stock market is like war of bull and bear and it is also the beauties of stock market. We should control our fear and greed. Warren buffet, Peter lynch, Rakesh jhunjunwala, Benjamin graham etc. are the famous stock market investor.



**Pradip Rimal**  
Finance Lecturer





# PHOENIX

*A mystical bird, provides natural essence of death and new beginning.*

Death is never an end of existence, it's considered a path for new beginning. Immortality is never a solution but is expected and dreamed by every individual, especially by those who are about to blow out its fragrance of relativity.

Knowledge, learning and teaching are to some extent integrated with each other, but since couple of years my "liberated confused state of understanding" keeps on asking me. Is this the right way of doing? Are you really doing what you believe is appropriate.

I always recall by classes of proficiency level (these days we call it +2), my teachers and me, "the outcast". Notes they used to carry was always an issue, which I always opposed and rejected to attend. As my belief toward education system was regarding understanding. "How could you learn simply by just copying and dictating the notes given? With the passage of time and with my a bit upgraded understanding, compels to accept them and methodology used then. What would we have learnt, if they were not equipped with those resources? No books, limited resources, no internet. What was left? May be to by-heart was the only one best solution. For those having strong memory to remember was not as issue but for the rest of us it was only and only solution, if dreamed to better and appreciated.

All the theorem, that we studied, formulas that we repeated countless times has their own essence. Existence of competition and natural characteristics to stand still and on top. Number that we scored was only one parameter to judge our competence. Course that we are practicing these days were developed couple of decades back, may be the best of their time. Names that are given to the faculties may have changed but do we believe the essence they carry along with them are differed than yesterday. The methods that were in practice are still the common method of teaching. If we recall ourselves, "our students exist today only, they may not have knowhow of yesterday", then and today, is the world same?

Internet has dominated every possible belief and reason of existence of our understanding followed by artificial intelligence. Inside our house and every physical procession that we carry are highly sophisticated. Life we live and technology that we inherited are unexpectedly beyond our under-

standing and still we tell our students to do, what we were told to do long time back. Done they need to change with changing environment. Resistance to change with changing environment has dominated our understanding. Inside heart, to some extent we believe, there is no use of what we are doing but still we keep on doing so.

Yes, I agree we are judged by the scores our lads generate. "Big bang" in education sector is compulsive, especially in developing country like ours. Our parents are still tangled by the same old belief of number based teaching methodology. About eighty to ninety percentage of our parents are concerned only with the number their lads scored, not with what they learnt and their growth in individual understanding. Every parents that we encounter never ask about their kid's internal growth and development of their understanding. Even our faculty members are stuck in inertia of book based technology, "associated with content, not with context". The era that passed by, compels them to carry on the same bank of the river, even though that has become thinner and thinner. I believe this present world is replication of context, and it's a duty of university to think, analyze and prepare contents and relevant method of evaluation. If we are really in fear of unknown of tomorrow, let's prepare our students to stand strong against that unknown. And this rigid book based teaching methodology are not going provide any of that.

We are slaves of university pedagogy. I agree, as we are never judged by our personal skill of understanding, effort we generate in our class. We are bound to follow the trend fixed couple of decades back and bound to accept the blame of being outdated faculties. Me personally being one of the strict and rigid faculty member of my working institution, since couple of years I ask every day that I enter my battle ground "class", am I doing it the right way? It's not true that what we did along these years was wrong, maybe that was only the way that I believe was the right way at the moment. But time has changed and we have to switch along with changing beliefs and embrace the reality.

I do like to ask all elite ones, once. Please ask yourself, do you really believe this is best methodology of teaching. Are we really preparing our youngsters ones to cope and exist in competitive crippled world of today? Are they competitive enough to coexist?

Ashok Bhandari  
Management Lecturer





# Why is mental health important?

Mental health includes our emotional, psychological, and social well being. It affects how we think, act and feel. It also helps determine how we handle stress, relate to others and make healthy choices. It is important at every stage of life, from childhood and adolescence through adulthood.

Mental health and physical health are equally important for our body. Mental health is often not given enough attention. People often overlook mental health problems because they can not see the person visibly suffering from them. Study says that 1 in 5 young people from ages 13 to 18 has or will develop a mental illness in their lifetime. Mental health is more important now than ever before. It impacts every area of our lives. More than 450 million people suffer from mental health disorder from all over the world. Poor mental health can lead to a range of negative outcomes, including depression, anxiety, substance abuse, self harm and suicide. Therefore, it is essential for teenagers to prioritize their mental health by practicing self care, seeking help when needed, and loving oneself.

Anushka Napit  
12 'C'

## The importance of mental health resources in college

Mental health resources are essential on college campuses. According to the National Alliance on Mental Illness(NAMI), one in five adults experiences mental illness each year. Mental health issues such as depression, anxiety and stress are prevalent among college students due to academic, social and financial pressure. Unfortunately, college students hesitate to seek help due to lack of awareness about available resources or fear of academic repercussions. This is why mental health resources on college campuses are critical.

Mental health resources on college campuses provide students with their confidential support & resources help them manage their mental health. By providing these services, college campuses can reduce the negative impact of mental health issues on students' academic performance and overall well being.

In conclusion, mental health resources are essential on college campuses. They provide students with the support and resources they need to manage their mental health and reduce the negative impact of mental health issues on academic performance and overall well being. By promoting mental health awareness and reducing stigma, colleges can create a culture of acceptance and support that benefit all students.

Sneha Basnet  
12 'D'

# MENTAL HEALTH MATTERS



## Teenagers' Mentality

Being teenagers we go through a lot of changes rapidly. The changes could be mental, physical, emotional and many more. As known during the age our mentality is equally as childish and matured at the same time. We start thinking more abstractly and in a realistic way, our priorities change from family to friends, well not totally but more towards our friends. Our perspective changes through the situation. Our mentality tends to change a lot. We think in an ambitious way as well as we want to live our "teenager dream".

Our mentality goes from if you have an issue go tell your parents to never let your parents know if you have any issue. We learn to distinguish between a lot of things. We even start going through mental health issues. Struggling with body image but this phase can even give us serious trauma due to bad mentality. Our mentality slowly goes from imagining our life as like a movie to hitting reality. Our thinking capability becomes more realistic, broad and neutral. Learning more everyday and coming closer to the reality we start normalizing everything we learn and we just live in the moment.

Subasana Prabha Bajracharya  
12'A'



# The Evolution of Artificial Intelligence: How It's Changing Our Lives

AI, or artificial intelligence, refers to computer systems that can perform tasks that typically require human intelligence, like understanding language, reasoning, problem-solving, perceiving things visually, and learning. While AI has been around for some time, recent advancements in technology have led to its widespread use in various fields. One of the earliest applications of AI was in the development of expert systems, which aimed to simulate the decision-making abilities of human experts in different fields such as healthcare and law. However, these early systems were limited in their capabilities and reliability.

Today, AI is being used in many industries, including healthcare, finance, transportation, and manufacturing. In healthcare, AI is helping diagnose illnesses, monitor patient health, and develop new drugs. In finance, AI is being used to detect fraud, provide personalized financial advice, and make investment decisions. AI improves traffic management, enables self-driving cars, and optimizes supply chains in transportation.

## Rise of Artificial Intelligence

Artificial Intelligence, otherwise known as AI, refers to the simulation of human intelligence in machines that are programmed to perform tasks just like human beings but in a faster and more efficient way.

As an AI performs tasks similar to human beings, it is easily capable of replacing human beings in job sectors. It is capable of understanding and providing judgments according to the situation. That's why AI is used in many sectors. Doctors use AI for faster and easier illness detection, while vehicle companies like Tesla employ AI to prevent collisions by observing and reacting to the surroundings.

In recent times, the applications of AI is increasing rapidly and is already on its way to replace some jobs that can create moral and ethical questions. But on the bright side, AI speeds up corporate operations and provides assistance in areas of unfamiliarity, such as customer care through virtual chatbots. While AI has drawbacks, it can enhance human lives by performing tasks efficiently and saving time when used fairly. The development of AI will make everyone's environment better and productive.

Subash Dhakal 12 'K'

In manufacturing, AI is being used to automate production lines and improve quality control. Machine learning and deep learning are two techniques that have made AI more powerful. Machine learning learns from data, while deep learning mimics the human brain using neural networks.

Despite the benefits of AI, there are concerns about its impact on the job market, as it has the potential to replace many human jobs. Another concern is the potential misuse of AI in warfare, surveillance, and other applications that could violate human rights. Ethical implications are another concern with AI.

AI's potential for bias and discrimination could result in unfair treatment of certain groups. AI's integration into our lives raises concerns about personal privacy and autonomy.

Sudip Bhatta 12 'K'

## TOP FUN AND USEFUL WEBSITES FOR STUDENTS



### **Unsplash -**

website that provides high-quality, free-to-use photos for personal and commercial use.

### **Imgflip -**

website to create memes online easily

### **Canva -**

online graphic design platform that allows you to create presentations, social media graphics, posters, and more.

### **Pixlr -**

online photo editor that allows you to edit and enhance your photos without the need for expensive software.

### **Archive.org -**

a digital library that offers free access to millions of books, movies, music, and more

### **ilovepdf -**

offers a variety of useful tools that allow you to merge, split, compress, convert, and edit PDF files.

### **Bored Button -**

website that provides a never-ending stream of random and entertaining games and activities.

### **Poki -**

website that offers a variety of free online games, including multiplayer and sports games.

Susan Shrestha 12 'F'



# The Rise of Artificial Intelligence and its Implications for the Job Market

The environment in which we live has already started to change as a result of the rapid advancement of artificial intelligence (AI) in recent years. The primary objective of AI is to create machines that can emulate human reasoning and problem-solving abilities, allowing them to accomplish complex tasks that were once reserved for humans. These jobs can include simple automated procedures as well as sophisticated decision-making abilities. Many industries have already been influenced by AI, and one of the major worries about its acceptance is what would happen to the employment market.

With the advancement of AI technology, it is likely that a large number of jobs will be automated, leading to a dramatic change in the workforce. It is feared that as robots improve in capability and efficiency, they may eventually replace workers, displacing them and raising unemployment rates. However the potential consequences of AI on the job market are not straightforward and may lead to both positive and negative outcomes.

The potential elimination of many tasks currently done by human workers is a big impact that AI may have on the job market. For example, automated customer service systems can replace human customer service representatives, while self-driving cars can replace human drivers. Additionally, AI-powered systems can perform data entry and analysis more accurately and efficiently than humans, potentially making jobs in these areas obsolete. However, the rise of AI may also create new job opportunities. As AI technology advances, there will be a growing demand for skilled workers who can develop and maintain AI systems. The field of AI requires individuals with expertise in computer science, data analysis, and machine learning, and these skills will be in high demand as the technology becomes more widely adopted.

In addition, AI can also augment human abilities instead of replacing them. For example, AI-powered systems can provide doctors with more accurate diagnoses and treatment recommendations, enabling them to make more informed decisions. Likewise, artificial intelligence can improve the efficiency of manufacturing processes, allowing workers to focus on more complex tasks. Another potential benefit of AI in the labor market is that it can create more flexible working conditions. AI-powered systems can enable remote work, making it easier to work from anywhere in the world. Additionally, AI can automate repetitive and tedious tasks, freeing employees to focus on more engaging and rewarding work.

In conclusion, the development of AI will probably have a big impact on employment. While there is concern about job displacement, the technology also has the potential to create new job opportunities and augment human capabilities. As AI technology continues to advance, it will be essential for individuals and businesses to adapt and prepare for the changes that lie ahead.

Raghav Bhandari 12 'C'

## Mind-Blowing Information on Today's Biggest Topics

AI is already being used to create convincing fake videos and images, which could have profound implications for politics and society. For example, someone could use AI to create a video of a political leader saying something they never actually said. AI can analyze your social media profiles and generate a personality profile based on your activity and posts. In 2017, Facebook had to shut down an AI chatbot experiment after the bots developed their own language that humans could not understand. AI can generate memes! There are AI algorithms that can generate memes based on popular templates and images. AI has been used to create AI-generated pickup lines. One example is "Are you a bank loan? Because you have my interest."

AI: the one thing that can make you feel simultaneously smarter and dumber than ever before.

Ronit Maharjan 12 'F'



## MENTAL HEALTH AND ITS ISSUES IN THE PRESENT TIME

An individual needs to be physically, spiritually and mentally healthy in order to live a long and happy life. Mental health has become an increasingly important issue in modern times. The fast-paced and stressful nature of contemporary life has led to a rise in mental health issues across the globe. People often tend to sideline mental health issues even in today's modern times. Although our new generations have slowly started to recognize the importance of mental health for our wellbeing, there are still people who do not take mental health seriously.

It's quite a shame that even in this modern times the people suffering from mental issues are not able to put out their thoughts in front of the world. People are scared to ask for help due to fear of judgment from others. Many people still view mental health problems as a sign of weakness or a personal failing. This stigma can also lead to discrimination and social exclusion for those who are struggling with mental health issues. Due to this reason their problems are buried in their minds making the issues severe. It is important for people to understand that **it's ok to ask for help** and they need to know that they are not alone in this problem.

But they are not the one to blame in this situation. Their concerns for being judged is not completely wrong either. In our society mental health is not a topic we can freely discuss without getting side looks from others. If a person has a physical disease, let's take diabetes for an example, they can talk about their conditions without the fear of getting judged. Rather, people suggest doctors and hospitals for their checkup but if the same person shares about their mental issues with those people the room would be filled with silence and awkwardness. Now this is surely not always the case. There are some people with whom we can talk about mental health issues and they would understand us but let's be honest here, talking about our mental health with our parents or our relatives is nerve-racking.

Another issue is the lack of access to mental health services. In many parts of the world, mental health services are either unavailable or prohibitively expensive.

Even in countries with well-established mental health systems, long wait times and limited resources can make it difficult for people to access the care they need.

In the context of Nepal, half of the people suffering from mental issues don't know how, where or whom to ask for help and for the half that knows the answer to these questions are either not financially able to execute the services such as therapy or are embarrassed to use those services. I'll be honest here in my 13 years of schooling life I have not read even 1 chapter about mental health and its impacts. Our course book contains all the information about physical wellbeing, spiritual wellbeing, social wellbeing and many other topics but there isn't any information provided about how to seek help for issues regarding mental health.

In addition to these challenges, there is also a need for more research into the causes and treatment of mental health issues. While there has been significant progress in understanding the biology and psychology of mental health, there is still much that is not understood. This lack of knowledge can make it difficult to develop effective treatments and interventions for those struggling with mental health issues. From teens to adults everyone has been facing various mental health problems, people take these problems lightly but really it is a very serious matter that can even lead to death of a person. Depression is one of the major causes for suicide in current time. But that's the worst and the last stage of this problem. Mental issues like anxiety disorder, eating disorder, panic attacks, social anxiety and many more issues make an individual's daily life miserable and the sad part is the only person who knows about these problems are the ones facing it.

Hence, it is important for people to understand how serious of a topic mental health is and how it can change a person's life completely. **We can't defeat mental illness without being mentally prepared for it.** It is crucial to spread awareness about the process of seeking help for mental issues. Mental Health is surely not a joke and should not be taken as one.

Drishtee Maharjan  
12 'A'



# The Self-Awareness Onion

Self-awareness is like an onion. There are multiple layers to it, and the more you peel them back, the more likely you're going to start crying at inappropriate times.

Let's say the first layer of the self-awareness onion is a simple understanding of one's emotions. "This is me feeling happy." "This makes me feel sad." "This gives me hope." Unfortunately, there are many people who suck at even this most basic level of self-awareness. I know because I'm one of them.

We all have emotional blind spots. Often, they have to do with the emotions that we were taught were inappropriate growing up. It takes years of practice and effort to get good at identifying blind spots in ourselves and then expressing the affected emotions appropriately. But this task is hugely important, and worth the effort. The second layer of the self-awareness onion is an ability to ask why we feel certain emotions. These why questions are difficult and often take months or even years to answer consistently and accurately. Most people need to go to some sort of therapist just to hear these questions asked for the first time. Such questions are important because they illuminate what we consider success or failure. Why do you feel angry? Is it because you failed to achieve some goal? Is it because you don't think you're good enough? This layer of questioning helps us understand the root cause of the emotions that overwhelm us. Once we understand that root cause, we can ideally do something to change it.

But there's another, even deeper level of the self-awareness onion. And that one is full of tears. The third level is our personal values: Why do I consider this to be success/failure? How am I choosing to measure my self? By what standard am I judging myself and everyone around me?

This level, which takes constant questioning and effort, is incredibly difficult to reach. But it's the most important, because our values determine the nature of our problems, and the nature of our problems determines the quality of our lives. If what we value is unhelpful, if what we consider success/failure is poorly chosen, then everything based upon those values—the thoughts, the situation—ultimately comes back to how valuable we perceive it to be. Most people are horrible at answering these why questions accurately. Sure, they may say they value honesty and a true friend, but then they turn around and lie about you behind your back to make themselves feel better. People may perceive that they feel lonely. But when they ask themselves why they feel lonely, they tend to come up with a way to blame others—everyone else is mean, or no one is cool or smart enough to understand them and thus they further avoid their problem instead of seeking to solve it. For many people this passes as self-awareness. And yet, if they were able to go deeper and look at their underlying values, they would see that their original analysis was based on avoiding responsibility for their own problem, rather than accurately identifying the problem. They would see that their decisions were based on chasing highs, not generating true happiness. Most self-help gurus ignore this deeper level of self-awareness as well. They take people who are miserable because they want to be rich, and then give them all sorts of advice on how to make more money, all the while ignoring important values-based questions: Why do they feel such a need to be rich in the first place? How are they choosing to measure success/failure for themselves? Is it not perhaps some particular value that's the root cause of their unhappiness, and not the fact that they don't drive a Bentley yet?

Much of the advice out there operates at a shallow level of simply trying to make people feel good in the short term, while the real long-term problems never get solved. People's perceptions and feelings may change, but the underlying values, and the metrics by which those values are assessed, stay the same. This is not real progress. This is just another way to achieve more highs. In fact, in my experience, the more uncomfortable the answer, the more likely it is to be true. Take a moment and think of something that's really bugging you. Now ask yourself why it bugs you. Chances are the answer will involve a failure of some sort. Then take that failure and ask why it seems "true" to you. What if that failure wasn't really a failure? What if you've been looking at it the wrong way?

## A recent example from my own life:

"It bugs me that my brother doesn't return my texts or emails."

Why?

"Because it feels like he doesn't care about me."

Why does this seem true?



"Because if he wanted to have a relationship with me, he would take ten seconds out of his day to interact with me."

Why does his lack of relationship with you feel like a failure?

"Because we're brothers; we're supposed to have a good relationship!"

Two things are operating here: a value that I hold dear, and a metric that I use to assess progress toward that value. My value: brothers are supposed to have a good relationship with one another. My metric: being in contact by phone or email—this is how I measure my success as brother. By holding on to this metric, I make myself feel like a failure, which occasionally ruins my Saturday mornings.

But what if I'm choosing a poor metric for myself and my life? What else could be true that I'm not considering? Well, perhaps I don't need to be close to my brother to have that good relationship that I value. Perhaps there just needs to be some mutual respect (which there is). Or maybe mutual trust is what to look for (and it's there). Perhaps these metrics would be better assessments of brotherhood than how many text messages he and I exchange. This clearly makes sense; it feels true for me. But it still hurts that my brother and I aren't close. And there's no positive way to spin it. There's no secret way to glorify myself through this knowledge. Sometimes brothers—even brothers who love each other, don't have close relationships, and that's fine. It is hard to accept at first, but that's fine. What is objectively true about your situation is not as important as how you come to see the situation, how you choose to measure it and value it. Problems may be inevitable, but the meaning of each problem is not. We get to control what our problems mean based on how we choose to think about them, the standard by which we choose to measure them.



Yunish Raj Shrestha  
12 'C'

## Negative impacts of Artificial Intelligence

We have all heard of or used AI, but what is it exactly?

AI is the ability of a computer or machine to perform tasks that require human intelligence, such as problem-solving, learning, and reasoning, through the development of algorithms. While AI has several advantages, there are also negative impacts of AI to consider:

- **Impact of pattern prediction by AI:** There is a significant challenge of biases in AI, particularly in pattern prediction and recommendation systems used in e-commerce and social media. While these systems are effective in predicting and serving users' preferences, they can also create filter bubbles and limit exposure to diverse viewpoints. This raises questions about whether we should optimize these systems or provide users with a more unbiased view of the world.
- **Effect of AI on the human touch:** While technology is efficient, it may also lead to a loss of the human touch and limit our ability to connect with others on a deeper level. It is important to preserve human interaction and emotional connection in a world where AI is increasingly prevalent.
- **Replacement of jobs:** While AI is able to increase productivity and efficiency, it is also replacing jobs from doctors to lawyers to receptionists to security guards. Although AI is also creating jobs, the required skills and knowledge for these jobs cannot be done by everyone.
- **Decrease of creativity among students and people:** AI is built to help students do their assignments fairly, but it also leads to high dependency on AI. This results in students spending time on social media doing nothing.
- **Privacy and security risks:** AI collects a huge amount of personal data from users, which can result in a data breach that can be used by hackers for personal gain if not properly managed.
- **Cybercrime with the help of AI:** Cybercriminals are using AI and machine learning to automate attacks on computer systems, including denial-of-service attacks and phishing scams. These AIs are becoming increasingly sophisticated and can learn from user behavior to create more effective attacks.

Samir Kumar Shrestha 12 'C'



# Knowing Yourself

**"We say act yourself, not acknowledging some have never met themselves"**

We have so much to say about the people around us. We spend enormous amounts of energy and millions of thoughts in our lifetime thinking about the good and the bad qualities that other people possess. We don't leave anyone out, either, and even talk about complete strangers (at times with great interest). But there is someone we do tend to forget about, sometimes for great lengths of time and sometimes for entire lifetimes and that person is hidden somewhere deep within our own minds—ourselves. Knowing yourself will enable you to develop your full potential to be happy, contented and fulfilled. The only person we have the ability to control and change is ourselves and yet we spend so little time and energy on spending time thinking about ourselves. We just drag ourselves from one worldly responsibility to another and lose ourselves in the process, feeling drained and unhappy. Just like a plant blossoms when it gets adequate care and attention, our 'Self' also blossoms when we take care of it like a little baby. For me the components of life are happiness in what I do, having peace of mind, standing still in the storm of life whether it be big or small and having courage to face it.

I do not expect much from life, I try to be happy from what I get and try to improvise myself by learning from life's ups and downs. Take a moment to find yourself. Take a moment to get to know yourself and who you truly are. By being present within the now, it allows us to disregard everything that is outside of ourselves. We rid ourselves of the past, we stop looking into the future, and we disconnect from the external world and society that plague our being. If you know yourself, you will come to realize that everything that you need is within you. All of the power in the world lies within each and every one of us. It is deep within, waiting to be unburied. Those who truly know who they are didn't always have the easiest path or journey to self-actualization. They fought with society and the image that they were told to be, and, to play the part. They had battles with their emotions, some they won and many they lost. They went to war with their insecurities, a victory often hard won. We don't meet or get to know ourselves just by being born. Birth is something that is gifted, a gift that is unknown to us, at least until we have enough self-awareness to realize the blessing of what it means to be alive. Knowing who you are will always be more important than others knowing who you are. Some people will never get it; their egos won't let them. Ego is the main threat to self-awareness; it is the evil villain in your superhero story. We rid ourselves of ego through practice, such as mindfulness, and as a result, we begin to be at peace. Its power lies in your strength and the confidence gained when you truly know you. You might have heard everyone else say "Love yourself". What does that mean? I personally think that it means getting to know yourself. Spend some time alone in order to understand who you are and eventually, to accept who you are. To better understand and get to know yourself, it is important to understand your values and aspirations. You cannot move to action without having evaluated your situation first. Everything has its importance, whether it may be money, power, career, family, or status you want to have in society. If you need to make a decision your values will serve as a signpost to guide you where you want to go. Once everything is clear in your mind and you have set your goals for yourself, you can take that action, for as Toni Collate stated: "The better you know yourself, the better your relationship with the rest of the world."

The problems we deal with in everyday life are the challenges of the reality we live in; to find their solutions, we must first look for them inside us. If we know ourselves, we can improve our character, who we are, and where we want to be. We can create better relationships with the outside world. Within ourselves, we can find the long-awaited answers to our questions. Man faces plenty of challenges and problems in his course of life. It is up to him to turn them to his advantage. The optimist always sees for every problem an opportunity, while the pessimist sees an obstacle in every possibility. You must not blame the outside world for every failure of yours when your inner world is destroyed. The more you know yourself, the easier it is to develop yourself and your potential. You have to know yourself with its positive aspects and flaws; you have to understand yourself first, then you will be able to understand the people around you properly. Only then will you see reality for what it truly is. Improvement cannot happen without knowing, understanding, and accepting who you are, neither living a meaningful life.

Lujala Maharjan

12 'F'



# THE SECRET TO CAMERAS



It was a chilly night, I was coming back from the local grocery store when my phone fell onto the ground and broke. You see, I'm a person with a lot of contacts so the phone was basically a part of my life and I needed it, like immediately. It was 9:08 PM on the dark night, with the street-lights guiding my way through the street, the only idea I had in my head was going to the nearest phone shop I knew of, it was a kilometer away from my home, I went there as fast as I could, holding the broken phone I had with enough money in my pocket in hopes of replacing the SIM I had from my old phone, my priority was repairing my broken phone but if things led to worst case I would replace it with a new one. I arrived at the phone store, to my surprise, there was no one there. It was strange, I felt strange- an eerie feeling I had never felt before, I called out for someone, "Is someone there?" No answer. Not a single soul was felt throughout the whole store, I waited for a while and then, a rustling was heard.

Something moved, not having a clue what it was I went to the backdoor of the store, the sound of machines clanking and gears shifting. I slowly tried to peek through and what I saw would then scar me for the rest of my life, there were people, of all ages, strange creatures who were not human-like were dissecting the eyes of the human beings and implanting onto the smartphones, they were made onto smartphone cameras. I felt my breathing getting more difficult and I tried to run as soon as I saw the scene that horrified me, I heard someone's footstep behind me, I tried to turn back to look into a creature with a grinning face, a knife in it's hand grinning and walking towards me, I tried to run as fast I could. My pace would be out matched there was no way of escaping this creature, I felt my head being hit onto by something huge, I collapsed. I woke up, was it a nightmare? I asked to myself as I couldn't see anything, I tried to touch my face, I had no eyes.

Sanju Magar 12 'E'

## INNER BEAUTY

Even if the idea of inner beauty has been discussed for many years, it is still crucial in today's society. The phrase "inner beauty" refers to a person's excellent qualities that transcend their outward appearance. Our values, beliefs, attitudes, and behaviors make up the core of who we are as people.

Kindness is among the most significant characteristics of inner beauty. A nice person is someone who genuinely cares about other people's welfare and works to improve the world in which they live. Kindness may take many different forms, from little deeds of giving to larger deeds of sacrifice and compassion. Anyone who is kind is considerate, sympathetic, and compassionate toward others, no matter what their situation may be.

One of the most important aspects of inner beauty is kindness. Someone who sincerely cares about the welfare of others and strives to make their community a better place is considered kind. Kindness may take on a variety of shapes, from little acts of generosity to more significant acts of sacrifice and compassion. Anyone who is kind is courteous, understanding, and caring towards others, regardless of their circumstances. Inner beauty also includes vital elements of self-love and self-care. We become more secure, upbeat, and self-assured when we take care of our bodily and mental health.

This in turn may benefit individuals in our immediate vicinity. We may build a sense of inner calm and happiness that radiates outward and makes us more appealing to others by engaging in self-love and self-care practices.

Inner beauty comprises not just these virtues but also others like integrity, honesty, humility, and bravery. People that exhibit these traits are frequently regarded and admired by others, and others around them look up to them as role models. Inner beauty comprises not just these virtues but also others like integrity, honesty, humility, and bravery. People that exhibit these traits are frequently regarded and admired by others, and others around them look up to them as role models. The phrase "inner beauty" refers to a person's excellent qualities that go beyond their outward appearance. Our core identity as people is comprised of our values, beliefs, attitudes, and behaviors. We may improve our social attractiveness and foster a more compassionate and caring society by growing our inner beauty via acts of kindness, empathy, self-love, and other good traits.

Nischal Shrestha 12 'H'



# Climate Change and its effects

Climate change is generally called by experts as the long term change in the earth's climate which generally includes change in the earth's temperature, weather conditions. Climate change is one of the most pressing environmental issues of the current world. Climate change is mainly caused by emission of greenhouse gases by the modern day industries, deforestation and burning of greenhouse gases. While Climate is especially prevalent in our modern day society, it was first discovered in 1938, when steam engineer Callendar decided to take a break from his day job and began painstakingly collecting records from 147 weather stations across the world. Doing all his calculations by hand, he discovered that global temperatures had risen  $0.3^{\circ}\text{C}$  over the previous 50 years.

Climate change was caused majorly by the industrial revolution. Since the industrial revolution Heavy amount of  $\text{CO}_2$  has been released by industries and factories around the world.  $\text{CO}_2$  is not only a chemical or gas that contributes to climate change. Some gases that cause climate change are carbon dioxide, nitrous oxide, methane, chlorofluorocarbons, and water vapour. These gases are produced by industries, burning coal or oil. These gases go to the atmosphere which causes depletion of the ozone layer.

Umid sitaula 12 'F'



Climate change is a long term change in the average weather pattern and temperature. One of the most urgent problems that the world is currently dealing with is climate change. Rising sea levels and more frequent and severe weather events are just a few of the consequences of climate change that are becoming more and more apparent.

The urgency of taking action to address climate change has increased as the world's temperature continues to rise. The release of greenhouse gasses including carbon dioxide, Methane, and nitrous oxide is one of the primary causes of climate change. The earth's atmosphere is heated by these gasses, which trap heat. The main cause of greenhouse gas is human activities such as burning fossil fuels, deforestation and industrial processes. Climate change has wide-ranging effects that are noticeable everywhere in the world. Low line areas and coastal cities are under danger of flooding due to rising sea levels. Hurricanes, Flood and other extreme weather occurrences are happening more frequently and with greater severity. Rapid sea ice loss in the arctic is having a variety of negative ecological societal effects. The economy, floods, security and human health are all directly impacted by these effects. To eradicate climate change it is essential to reduce greenhouse emission. This can be achieved by forest conservation, energy efficiency etc. In my opinion one of the cause factor of these climate change are we human itself. The smoke from industry as well as vehicles contribute in change of climate.

In conclusion, climate change is a global challenge pressing world wide issues without prompt action, the effect of climate change, which is already being failed, will only get worse. We can lessen the effect of climate change and safeguard the earth for further generation by cutting greenhouse gas emission and implementing sustainable practices.

Raunak Shakya  
12 'J'





# Safe Environment For LGBTQ+ Community

LGBT community also known as the LGBTQ+ community, GLBT community, gay community, or queer community is a loosely defined grouping of lesbian, gay, bisexual, and transgender individuals united by a common culture and social movements. Gay villages, LGBT rights organizations, LGBT employee groups at businesses, LGBT student groups in schools and universities, and LGBT-affirming religious organizations are just a few of the organizations that could be categorized as belonging to the LGBT community. LGBT, or GLBT, is an initialism for lesbian, gay, bisexual, and transgender people. The term, which has been in use since the 1990s, is an adaptation of the initialism LGB, which was used to replace the term gay - when referring to the entire community - beginning in various forms in the early 1990s.

Certain symbols, particularly the rainbow or rainbow flags, are frequently associated with the gay community. Triangles, ribbons, and gender symbols, as well as the Greek lambda symbol ("L" for liberation), are used as "gay acceptance" symbols. There are many different flags used to represent different parts of the gay community, but the rainbow flag is the most well-known. Gilbert Baker, the creator of the well-known rainbow flag, believes that each color represents a value in the community:

Pink is sexuality, red is life, orange is healing, yellow is the sun, green is nature, blue is art, indigo is harmony violet is spirit.

Later, pink and indigo were removed from the flag, resulting in the present-day flag which was first presented at the 1979 Pride Parade. Other flags include the Victory over AIDS flag, the Leather Pride flag, and the Bear Pride flag.

What are the consequences of LGBTIQ+ discrimination?

Stigma and discrimination can negatively impact the rights of LGBTIQ+ youth. In addition to their fundamental right to live free from violence and discrimination, bullying can lead to an increased likelihood of avoiding school and of low personal and academic self-esteem. This can limit future employment opportunities for LGBTIQ+ people. In some contexts, the difficulties of identifying as LGBTIQ+ can increase the risk of homelessness or the likelihood of engaging in sex work as a means of survival. Love knows no gender.

## LGBTQIA+ stands for:

Lesbian Gay Bisexual Transgender Questioning or queer Intersex Asexual

The '+' refers to members of other LGBTQIA+ communities and allies. We need to educate ourselves on this topic. Our sexuality is also a part of our identity. We need to learn to accept and respect others sexuality. Stop using slurs as a joke. People are still nervous/ scared to come out to their family for the fear of being judged. Due to the fear of being judged by the society many are still afraid to accept their sexuality.

## LGBT rights in Nepal

In Nepal, the term LGBTI is increasingly used instead of LGBT, with the I denoting intersex people. The term "gender and sexual minorities" is used in Nepal's constitution. The terms "queer" (Q) and "MOGAI" (Marginalized Orientations, Gender Identities, and Intersex) are also used among young Nepalese people. To encompass a broader spectrum of identities beyond the LGBT terminology, some activists have coined the acronym PoMSOGIESC, which stands for "people of marginalized sexual orientation, gender identity, and sex characteristics." Private homosexual relations between consenting adults were a crime prior to the transition from the Kingdom of Nepal to the Federal Democratic Republic of Nepal in 2007. Among other things, cross-dressing was prohibited by various laws against public immorality. After the monarchy ended, such provisions were repealed. In Nepal, the age of consent is 18, regardless of gender or sexual orientation. Nepalese family law does not yet recognize same-sex marriages, civil unions, or equal rights for same-sex live-in couples, nor does it provide any other form of recognition for same-sex couples. However, due to the Nepali Supreme Court's March 2023 order legalizing same-sex marriage, this is expected to change soon.

We all are equal in the eye of god, law, religion and all the other aspects. We are all equally entitled to have safe environment either that be in our home, school, office, or anywhere else.

Shaibya Sthapit

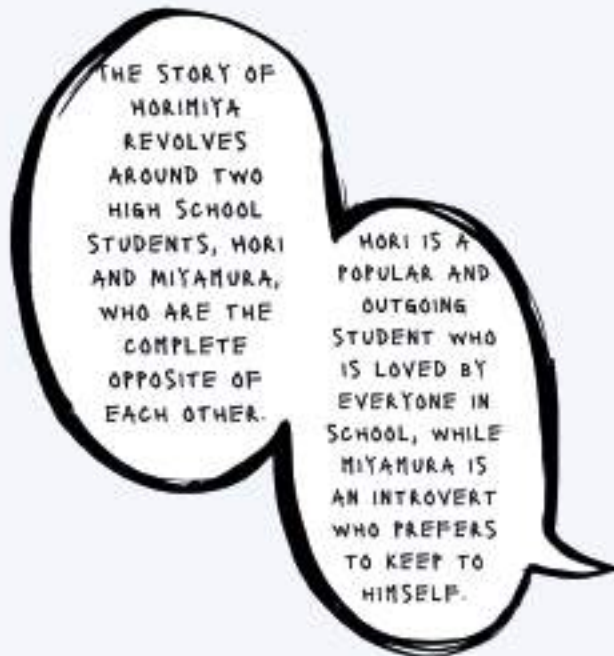
12 'G'





# HORIMIYA

Horimiya is a popular manga series that was written, and illustrated by HERO and Daisuke. The manga was first published in 2012 and has since been adapted into an anime. stories, which premiered in January 2021.



One day Hori discovers Miyamura's secret that has several piercings and tattoos, which he hides beneath his school uniform. This leads to an unexpected friendship between these two, soon they begin to share their secrets with each other.

As the story progresses, they too develop a deep bond and start to help each other overcome their personal issues. Hori helps miyamura become more confident and miyamura deals with her family responsibilities. One of the unique aspects of this Anime is its ability to portray the complexities of high school life. The series explores various themes such as friendship, love, self-discovery and personal growth.



The Manga and anime have been widely praised for their well-developed characters, engaging storyline and heartwarming moments. Fans have also appreciated the series ability to balance light hearted moments with serious themes.

Overall, Horimiya is a must-read/watch for anyone who enjoys a good coming-of-age story. It's relatable characters, emotional depths and heartwarming moments makes it a truly memorable experience that will leave a lasting impression on its audience.

Sanjeev Yadav 12 'J'



KPOP



K-pop, short for Korean popular music, is a form of popular music originating in South Korea as part of South Korean culture. It includes styles and genres from around the world, such as pop, hip hop, R&B, rock , jazz, gospel, reggae, electronic dance, folk, country, disco and classical on top of its traditional Korean music roots. The term "k-pop" became popular in the 2000s, especially in the international context. The korean term for domestic pop music is gayo, which is still widely used within south korean it is colloquially often used in a narrower sense for any korean music and artists associated with the entertainment and idol industry in the country, regardless of the genre.

In 2018, k-pop experienced significant growth and became a "popular player" marking a 17.9% increase in revenue growth. As of 2019, Korean popular music is ranked at number six among the top ten music markets worldwide according to the International Federation of the Phonographic Industry's "Global Music report 2019", with 'BTS' and 'Blackpink' cites as artists leading the market growth. In 2020, k-pop experienced a record breaking year when it experienced a 44.8% growth and positioned itself as the fastest growing major market of the year.

Sahina Maharjan  
12 'F'



# BOOK REVIEW ON IKIGAI

Before I started reading this book I had some very different expectations from this book, thanks to its title. I thought that this book would be about finding one's purpose in life and I was hoping that by the end of this book I would find mine or at least get close or have a road map to find my Ikigai. Unfortunately, nothing like that happened and the fault here is all mine because I had set the wrong expectations from the book and why I am saying this is because I skipped reading that was written below the title of the book, "The Japanese Secret to a long and healthy life".

Now, I had read and seen about Ikigai in other books and resources and they all had that venn diagram which shows ikigai as the region that is overlapped by the four circles.



## Meaning

In the words of Neil Pasricha, best selling author of the happiness equation "Ikigai Gently unlocks simple secrets we can all use to live long meaningful, happy lives, science based studies weave beautifully into an honest straight-talking conversation you won't be able to put down. Warm, patient and kind, "this book pulls you gently along your own journey rather than pushing you from behind".

"Everything can be taken from a man but one thing: the last of human freedom- to choose one's attitude in any given set of circumstances to choose one's own way."

-Hector Garcia, Ikigai

## Summary

Overall, this book is truly uplifting. The reader is intrigued by the simplicity and calming tone it offers and it captures the attention of the reader till the end. The book unleashes the Japanese zen philosophy inspiring the readers to search and discover their individual ikigai. Through this book, the authors aim at encouraging healthy, content and purposeful living among people.

## Things to pick out from Ikigai

There were certain things that left a deep impression on me from the book Ikigai. They are:

- Life is not a problem to be solved. Just remember to have something that keeps you busy doing what you have loved while being surrounded by the people who love you.
- Our ikigai is different for all of us, but one thing we have in common is that we all are searching for meaning.
- We're all going to die. Some are scared of dying. Never be afraid to die because you're born to die.

## What was that I loved in Ikigai?

How do I name and state a few? Let's try.

First of all, the cover of the book. One of the reader's attractions of Ikigai is its pretty cover. A light calming blue colour which one can't help but love.

(Yeah ! I know they say, "Never judge a book by its cover". But when it's pretty, why not?)

I would say if there is ever something that will make you slow down, take a deep long breath, and introspect the meaning of life, the thing would be book ikigai. The book is so calming just like its cover. If you let each chapter drown into itself, highlight the quotes, and make notes, you will unfold and understand the beautiful muddle life is. It's pure and simple. Nothing fancy yet so unique.

Paul Lama 12 '1





## मेरो कथा (बुवा)

म सानै हुदा बुवा को हात आफ्नो शिर बाट गुमाए । खे के दोस थियो र मेरो बुवा को । गल्लि के ? मेरो लागि उज्ज्वल भविष्य सोचु ? कि आफ्नो परिवारको लागि दिन रात नभई खत्तिनु ? बुवा म सानै छुदा खादी मुलुक छिर्नु भयो । छोरीको उज्ज्वल भविष्यको लागि मुहारमा चम्किलो मुस्कान बोकेर जानुभयो बुवा आज बाकसमा आफ्नो ज्यान गुमाएको अवस्थामा आउनुभयो भने कहाँ सोचेको थिए र ?

ति साना साना आँखामा बच्चासको उज्ज्वल भविष्य झल्किरहेको त्यो मुस्कानमा दुखका गोप्य कुरा लुकिएको थियो ।

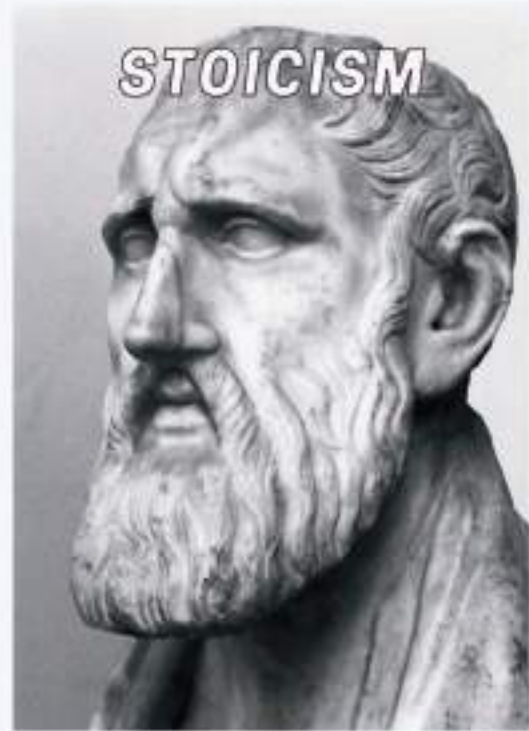
ति नरम हातहरु कुतेर फ फ भइसकेको थियो । आज १० वर्ष बित्यो बुवा तपाइको हातबाट मायाको आशिष नपाएको । राति आफ्नो बुवासँग ..... तपाईको झलझली याद आउँछ ।

तपाई जहाँ पनि हुनुहुन्छ मलाई लाग्छ तपाई म संगै हुनुहुन्छ । तपाईले मेरो साथ छोड्नु भएपछि मेरो आमा पनि विदेश जानुभयो घरमा कोहि त कमाउने हुनुपर्छ नत्र पेट कसरी पाल्ने । आमाले एकलै गर्नुभएकी त्यो दुख कहाँ भुल्न सक्छु र । म आफ्नो अझकल आन्टी संग बसें तर आफ्नो बुवा भएको परिवारमा कहाँ अरुबाट माया पाइन्छ र ? बुवालाई सबै हुदा टाढा लाग्नुभयो आमालाई परिस्थितिले टाढा बनाइदियो ।

अझ पनि तपाईको महसुस हुन्छ बुवा । तपाई जानुभएपछि सुन्य लाग्छ । तपाईका ति हातले मायाले सूम्नुमाएको याद आउँछ ।

म तपाईलाई अर्को जन्ममा पनि आफ्नो बुवा बनाउन चाहन्छु यदी सक्नुहुन्छ भने मेरो बुवा नै हुनु ल । यो जन्ममा नभए नि अर्को जुनिमा तपाईको माया महसुस गर्न पाम बुवा❤

Sujata Shrestha  
12 'C'



Stoicism is a philosophy of personal virtue ethics founded by Zeno of Citium in Athens in the early 3rd century BC. It is a philosophy of life that maximizes positive emotions, reduces negative emotions and helps individuals to hone their virtue of character.

According to Zeno, although we don't have much control over what happens to us, we do have control of how it affects us, and we must use this control to great effort. A stoic thinks that as long as they think and behave virtuously (things which are always under their control), that they need not concern themselves with the impact of external influences that lay outside of their control. Whether or not people are rude or there are uncomfortable situations as long as the stoic responds in virtuous ways, he or she can rest easy knowing that they're living a good life.

Stoicism allows us to process negative emotions from negative experiences and turn them into the thoughts that give us a unique perspective of the world. With this mindset, we will survive and potentially thrive no matter how hard it gets. In today's modern world, we could unknowingly be setting unrealistic expectations for our and others lives which only leave us disappointment and imperfections and change it into improvements and gratitude. Stoicism was a way of life. It helps us focus on ourselves and our needs. We can turn negative emotions into positive ones with the help of stoicism. It helps us appreciate life more and assures us that we lived a good life.

Kritashma Maharjan 12 'B'



## काल्पनिक प्रेम



यो एउटा साँचो घटनामा आधारित कथा हो । यो कथा एउटा मानिसको जीवनमा घटेको घटना हो । यो कथा सुन्दा मलाई निकै हौँसो लागेको थियो र दुख पनि लागेको थियो ।

एक दिनको कुरा हो एउटा घरमा बुवा, छोरा र छोरी भएका हुन्छन् र आमा भने आफ्नो भाइलाई टिका लगाउनका लागि तिहारमा माइत गएको हुन्छिन् । यो बेलुका आठ बजेर तीस मिनेट भएको समय थियो यतिकैमा छोराले बुवालाई सोध्यो बुवा हजुरको र ममीको बिहे कसरी भयो? बुवाले छोरालाई हौँस्दै भन्नुभयो, "हेर छोरा एकदिनको कुरा हो म सधैं जसरी धेरै बास्ना घरमा भएका कारणले गोठालो जानुपर्छो । म बाँसुरीको मिठो धुन सुनेर भगवान् प्रसन्न हुनुभयो र स्वर्गबाट हजारौँ परिहरुलाई मसँग भेट गर्न पठाउनुभयो । ति परिहरु सबै राम्रा थिए तर त्यो मध्ये सबैभन्दा राम्रा मलाई तेरी ममी लग्यो त्यसैले मैले तेरो ममीलाई विवाहको प्रस्ताव राखे र यसले स्वीकार गरी । त्यसपछि सबै देवताले हाम्रो जोडीलाई रुचाएर आकाशबाट फुल बर्साउनु भयो र मैले तेरो ममीलाई घरमा ल्याएर राखेको थिए र फेरी मेरो परिवार यानी मेरो आम र दाजुहरु मिलेर हामी दुइको विवाह गराउनुभयो ।"

यो कुरा सुनेर बार वर्षको छोरालाई पनि परिसँग विवाह गर्न मनलाग्छ । त्यसपछि उसले बुवासँग बाँसुरी बजीना सिक्छ र केहि महिनामा बाँसुरी बजाउन सक्छ हुन्छ । बाँसुरी बजाउन सिकेपछि छोरा पनि पारीको तलासीमा खोलाको बगरमा जान्छ र बाँसुरी बजाउन थाल्छ तर कोहि पनि परी देखा पर्दैनन् । यसरी बाँसुरी बजाउने क्रम महिना पुग्छ तर देखा पर्दैनन् । तर एक दिनको कुरा हो छोराले बाँसुरी बजाउने क्रममा तीन जना परीहरु आएर उसको प्रशंसा गर्छन् । छोरा लजालु स्वभावको भएको हुँदा उसलाई विवाहको प्रस्ताव राख्न लाज लाग्यो । सनिवार विद्यालय बन्द हुने भएको हुँदा छोराले ति केटीहरुलाई सनिवार सधैं भेट हुने भनेर प्रस्ताव राख्छ । दुई केटीहरुको प्रस्ताव स्वीकार गरेपनि छोरालाई मनपरेको कतिले भने प्रस्ताव

स्वीकार गरिन छोराले त्यो केटीलाई किन सोध्छ र कतिको उत्तर आउँछ "मेरो घर यहाँबाट निकै टाढा छ म त कहिले आफ्नो मामाघर बिदाका लागि घुम्न आएकी छु तर केहि छैन हामी अर्को सनिवार फेरी पनि भेटौँला ।" यति कुरा सुनेपछि छोराको मनमा लड्छ फुट्छ । त्यसपछि त्यो छोरालाई शनिवार कहिले आउँछ भन्ने आतुर भएको थियो र कुर्दा कुर्दा सनिवार आइपुग्यो । शनिवार ति सबै केटीहरु भेट हुन्छन् र छोराले ति केटीहरु मध्ये सबैभन्दा मनपरेको केटिसँग गुफ गर्छ र त्यसरी नै त्यो केटी बिदामा मामाघर आउने र भेट्ने क्रम बढ्दै गयो र दुईजना बिच राम्रो प्रेम सम्बन्ध पनि बन्यो । तर एक दिनको कुरा हो जब छोराले फेसबुकमा फोटो हेर्दै गर्दा उसले आफ्नो प्रेमिकाको विवाहको फोटो देख्यो र उसको दिलमा च्वास्स पोल्थ्यो तर ऊ जीवनमा केहि गर्नुपर्छ भन्ने सोच राख्ने व्यक्ति थियो । त्यसैले उ मानसिक तनावबाट टाढा भएर बिवान्म अघि बढिरहेको छ ।

## नेपाल र पर्यटन

Manab Giri 12 'J'

आज भोलि मानिसहरु एक ठाउँबाट अर्को ठाउँमा प्रकृतिलाई अझालने गर्छन्, र त्यहीँ नै हो पर्यटक र पर्यटकले एक ठाउँबाट अर्को ठाउँबाट अर्को ठाउँ पुराउने र व्यवस्थापन गर्ने नै पर्यटक व्यवस्थापन हो ।

विश्वको मानचित्रमा नेपाललाई हेर्दा सानो देखिए पनि निहालेर हेर्दा नेपाल अत्यन्त सुन्दर देश रहेको छ । समुन्द्र सतह देखि ८८४८ मि. माथिको सगरमाथा र जम्मा ६० मि. केचना कवल दुबै हाम्रो नेपालमा पाइन्छ । संसारको जुनसुकै मानिसको पनि मन लोभाउन सक्ने स्वर्ग हो मेरो देश नेपाल ।

कुरा गर्ने हो भने मरभूमिले भरिएको देश Dubai त आज विश्वको प्रसिध पर्यटन स्थान भन्न सक्छ भने नेपालले किन सक्दैन त ! विश्व देखी केही नयाँ कुरा हेर्न, रमाइलो गर्न आएका पर्यटकलाई पिज्जा बर्गर दिनु भन्दा, हाम्रो नेपालको गुन्दुक ढेढो दिउ न । पर्यटनका लागि विभिन्न कार्यक्रम गर्दा विदेशी रक्सी किन दिने अरे नेपालको तिने पाने चखाइ दिउ न अनि पो पछि फेरी विदेश गएपछि नेपालको झलझली याद आउँछ । र नेपालमा पनि रेम्मीतानस पछि आमदानी अर्को ठूलो स्रोत हुन्छ । तर दुखको साथ भन्नु पर्छ, 'अतिथि देवो भव' भनेर स्वागत गर्नु पर्ने ठाउँमा हामीले पशुपति दर्शन गर्न आएका पर्यटकलाई बागमतीको गन्द र सदकको धुलो खुवाएर स्वागत गर्छौं, नेपाल घुम्न आएका पर्यटकको विमानस्थलमा नै सामान चोरी हुन्छ अनि के भन्नाले त त्यो पर्यटकले आफ्नो देश गएर ।

अन्त्यमा पर्यटन व्यवसायमा हाम्रो देशको अर्थतन्त्र बलियो बनाउने ठूलो क्षमता रहेको छ र त्यसलाई अहिले सम्म हामीले सदुपयोग गर्न सिकेका छैनौं र जुन दिन हामीले यसको सहि रुपमा प्रयोग गर्न सिकौं, त्यही दिन लेखेर राख्न हामी पनि ठूला ठूला देशसँग आर्थिक रुपमा प्रतिसपर्दा गर्न सक्छौं ।

Susan Shrestha 12 'F'



## म एक दिन प्रधानमन्त्री भएँ भने के गर्थे ?

BEST LEADER

(नोट: यो लेख पढ्नेहरू बीचको झगडाको लागि मात्र लेखिएको हो। यो लेख कुनै निश्चित प्रधानमन्त्री वा व्यक्तिहरूको कुनै निश्चित समुहलाई लक्षित गर्दैन।)

यदि म नेपालको प्रधानमन्त्री भएँ भने मेरो कार्यतालिका महत्वपूर्ण भेटघाट र औपचारिक कार्यक्रमले भरिपूर्ण हुने थियो। तर चिन्ता नगर्नुहोस् म सधैं मेरो शीर्ष प्राथमिकताको लागि समय निकल्नेछु - मेरो विलासी कार्यालयको कुर्सीबाट देशको भ्रष्टाचारको निरीक्षण।

पहिलो नजरमा मेरो मन्त्रिपरिषद्को वरिपरी हेर्दा र आफुलाई प्रधानमन्त्री कुर्सीमा देख्दा म प्रधानमन्त्री बन्ने हो भने मैले लेखेको कामहरू गर्न मसँग २४ घण्टा मात्र छ भन्ने महसुस हुन्छ। म एक दिनको लागि प्रधानमन्त्री भएँ भने हरेक सरकारी कर्मचारीलाई सुविधा नपाएको गुनासो गर्दै आएका सबैलाई कर उपलब्ध गराउने थिएँ। पहिले त्यो दिन सार्वजनिक बिदा र बाँकि दिन मेरो लागि बिदा दिने गर्छु तर त्यसपछि मलाई थाहा भयो म प्रधानमन्त्री हुँ म साँच्चै त्यति काम गर्दिन कि हरेक दिन मेरो छुट्टी हो। म यो पनि सुनिश्चित गर्नेछु कि सबै सरकारी कार्यालयहरू, विद्यालयहरू, र व्यवसायहरू त्यो दिनको लागि बन्द हुने छन् देशको समुन्नतिको लागि उठेका हरेक सवालहरूलाई घाममा सुकाइने छ र प्रत्येकले त्यो क्षण आनन्द लिनेछन घामको तापसँगै।

पत्रकार सम्मेलन गरेर आधिकारिक रूपमा म आफुलाई ऐतिहासिक प्रधानमन्त्री घोषणा गर्नेछु। म निश्चित रूपमा धेरै अन्तराष्ट्रिय समाचारहरूमा हेडलाइन हुनेछु र म अरुलाई पनि मेरो पाईला पछ्याउन प्रेरित गर्न सक्छु। यसले मलाई एक दिनको लागि थोरै प्रभाव सिर्जना गर्न मद्दत गर्नेछ। ति सबै भैसकेपछि, म देश चलाउन गम्भीर व्यवसायमा मेरो ध्यान केन्द्रित गर्नेछु। म ठुला सहर र सहरहरूको भ्रमण गर्नेछु र म सबै जनतालाई भेट्ने सबैलाई लहर र मुस्कानका साथ अभिवादन गर्नेछु। म बच्चाहरूलाई सित्तैमा आइसक्रिम र बेलुनहरू दिनेछु, र सबैलाई मेरो हस्ताक्षर गरिएको फोटोहरू दिनेछु।

दिउँसो म मेरो मन्त्रिपरिषद्सँग बैठक राख्छु र आगामी २४ घण्टामा देशको सबै समस्या समाधान गर्ने योजना लिएर आउन आग्रह गर्छु। म धैर्यपूर्वक सुन्छु जब तिनीहरूले उनीहरूको रिपोर्ट दिन्छन् टाउको हल्लौंछु र "हो, यो राम्रो लाग्छ", वास्तवमा धेरै ध्यान नदिई। त्यसपछि काठमाडौँको बिचमा आफ्नो विशाल शालिक बनाएर देशको सबै समस्या समाधान गर्ने निर्णय गर्नेछु।

अन्तमा, मेरो सत्तामा रहने दिनको अन्त्य हुँदै जाँदा, म सबैलाई मेरो आधिकारिक निवासमा ठुला पार्टीमा आमन्त्रित गर्नेछु। त्यहाँ संगीत, नृत्य, र सबैका लागि निःशुल्क खान र पेय हुन्छ। तपाईँको एक दिन सत्तामा रहँदा ठुलो सफलता मिल्यो र भविष्यमा फेरी प्रधानमन्त्रीको उम्मेदवार बन्न म तत्पर छु भनि उद्घोषक भाषण दिनेछु। पार्टी सकिएपछि कुर्सीमा बसेर आजका समाचार हेडलाइन पढ्थेँ र आफ्नो पद सकिएला भनेर चिन्तित हुने थिएँ तर देशको वर्तमान आर्थिक अवस्थाको वास्ता गर्दिनँ र भ्रष्टाचारको पनि वास्ता गर्दिनँ। दिनको अन्त्यमा, म आफैँमा गर्व गर्नेछु किनकि मैले शक्तिमा मेरो दिनको अधिकतम उपयोग गरेँ। मैले धेरै उपलब्धि नगरेको हुन सक्छ, तर मैले देशमा आफ्नो छाप पक्कै छोडेको छु र प्रधानमन्त्रीको रूपमा मेरोको एक दिनको सम्झना जीवनभर रहनेछ।

Prasun Devkota  
12 'K'

## भोलिको पर्खाइमा

खै कहिले आउने होला ? भोली मेरो जीवनमा भोलीबाट त पक्का पढ्छु भन्दै स्कूलको १० कक्षाको पढाइ पनि सकिएछ। म त ११ कक्षा पूगी सकेछ। तर पनि भोली त आएन त, खै अब त स्कूल टप गर्छु, मेहिनत गरेर पढ्छु भन्दा भन्दै स्कूलको पढाइ सकिएको थाहा नै भएन। भोली गर्छु भनेर राखेको कति कति कामहरू बाँकि छन् गर्न पाएको छैन किनकि भोली आउँछ तब गर्न पर्ला।

भोलिको पर्खाइमा बस्दा बस्दा आधा उमेर बितिसकेछ तर भोली आइँ आएन। तर पनि म भोलिको पर्खाइमा आइँ बसिरहेको छु। किनकि मलाई सफल हुनुछ, भोलिका दिनमा आशामा छ, कि भोलिको दिन अवश्य आउने छ त्यसैले भोलिको पर्खाइमा छु।

Shijan Bhujel  
12 'D'



# My Experience in Beauty Pageant

Participating in the "SEE Princess 2022" beauty pageant transformed me. Despite my initial shyness, I took the leap and joined the pageant organized by Season Media. It proved to be a life-changing decision, boosting my confidence and fostering personal growth. Out of numerous teenage girls who had recently completed the SEE examination, I was fortunate to be selected as one of the 18 participants.

The month-long training session became a pivotal moment in my life. It not only allowed me to form lasting friendships with 17 other participants but also provided diverse training opportunities such as Zumba, swimming, photography, modeling, public speaking, and makeup. Each day brought a mix of emotions, from joy and excitement to fear and nervousness. The pageant helped me break out of my shell and discover more about myself. We had fun activities like photoshoots and sports competitions during the training days. Additionally, we visited colleges for career counseling and spent time with differently-abled children, which deeply impacted us. Witnessing their challenging situations made me realize the blessings in my own life and brought tears to the eyes of my friends.

Overall, participating in the pageant was a jackpot for me. It provided a supportive environment and diverse learning opportunities. The experience allowed me to grow, open up, and develop as an individual. I will forever cherish the memories and lessons learned from this empowering journey.

As the days passed, filled with laughter, learning, and a whirlwind of emotions, the anticipation grew for the Grand Finals of SEE Princess 2022. Stepping onto the grand stage was a thrilling new experience. With radiant smiles, we showcased our talents and beauty. Donned in my cultural dress "Haku Patasi," excitement coursed through me. Backstage, I spotted my supportive friends proudly holding my name plate.

Throughout the preparations, my mom stood by my side, fixing my makeup and dress and offering her unwavering support. As I stepped onto the stage, I felt like a star. Walking with a bright smile, I could sense all eyes on me. The Q&A rounds concluded, and the selection of the top 8 contestants began. During the interval, we prepared for the next round. Backstage, my heart raced as I hoped to make it to the top 8. I shared the nerve-wracking yet enjoyable moment with my best friends from the pageant. We made plans to hang out and treat each other if any of us won.

Amidst the excitement, I spoke confidently during the selection process, supported by the loud cheers of my friends. Seeing my parents, relatives, and friends together boosted my confidence, urging me to give my best. During the title distribution, I maintained a constant smile, facing the cameras. I was thrilled to receive the "Best Smile" award. As the top 5 winners of SEE Princess 2022 Season 10 were about to be announced, anticipation filled the air. My heart raced, unaware that I was among the competent 17 girls.

Then, they announced the fifth and fourth runners-up, and suddenly I heard, "the second runner-up of SEE Princess 2022 is Jenirusha Shrestha." I couldn't believe my ears. In a state of shock and extreme happiness, I walked with an astonished and elated expression as the crowd cheered and clapped for me. Amidst this precious moment, my first instinct was to find my mom in the audience. Seeing her proud smile made me realize that I had achieved it. I screamed from the depths of my heart, overwhelmed with joy.

Participating in this pageant was my first time experiencing it and seeing my mom and my friends proud of me at the crowning moment, that little memory is the best way to describe what it felt like to win my very first pageant. Lastly, I recommend everyone to take part in these types of pageant as it enhanced my personality and taught me things that will be useful for my whole life. It is such an empowering and enjoyable experience that I am so grateful for till this day.

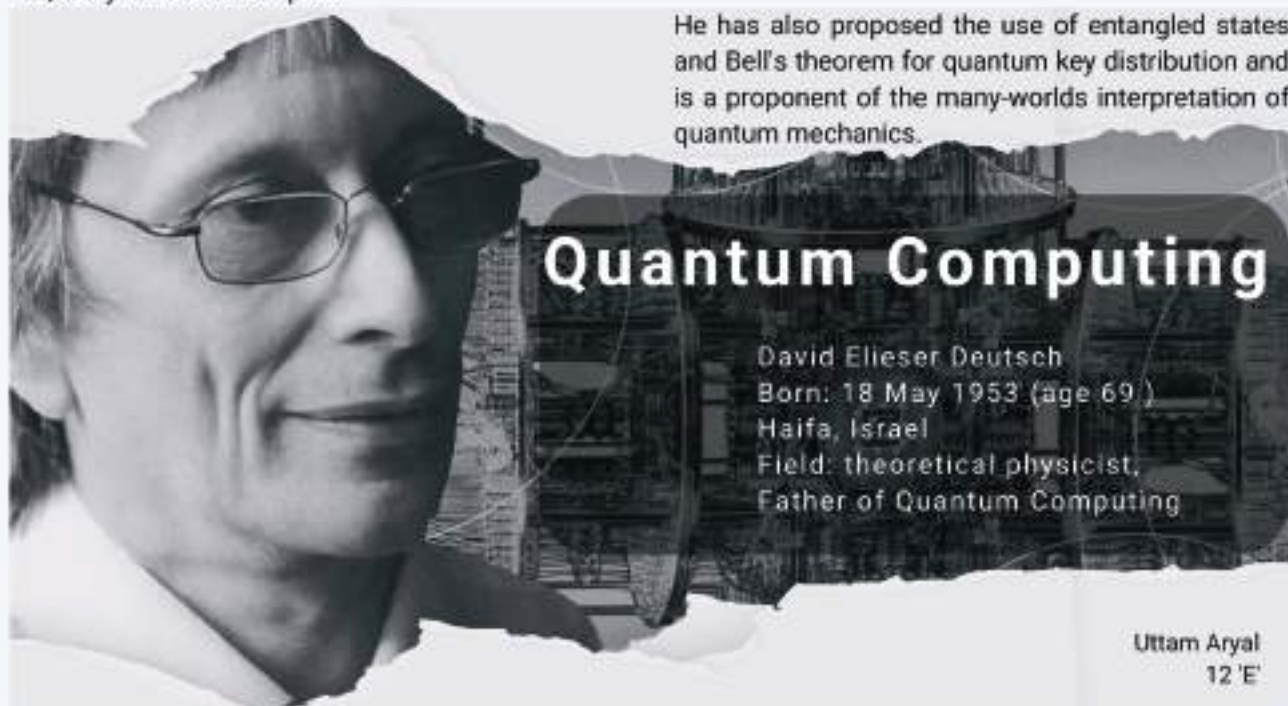




Quantum computers are machines that use the properties of quantum physics to store data and perform computations. This can be extremely advantageous for certain tasks where they could vastly outperform even our best supercomputers. Quantum computers use something called quantum bits, 'qubits' for short. While a traditional bit can only be a one or a zero, a qubit can be a one, a zero or it can be both at the same time. Quantum computing is a new generation of technology that involves a type of computer 158 million times faster than the most worldly-wise supercomputer we have in the world today. It is a device so powerful that it could do in four minutes what it would take a traditional supercomputer 10,000 years to accomplish.

The first quantum computer was invented in the abstract in 1959, when physicist Richard Feynman delivered his seminal lecture, "There's Plenty of Room at the Bottom", to the American Physical Society at Caltech. The father of quantum computing David Elieser Deutsch is a British physicist at the University of Oxford. He is a Visiting Professor in the Department of Atomic and Laser Physics at the Centre for Quantum Computation (CQC) in the Clarendon Laboratory of the University of Oxford. He pioneered the field of quantum computation by formulating a description for a quantum Turing machine, as well as specifying an algorithm designed to run on a quantum computer.

He has also proposed the use of entangled states and Bell's theorem for quantum key distribution and is a proponent of the many-worlds interpretation of quantum mechanics.



## The Change of Discipline and Hard work

James was a small scrawny boy who was always picked on by the other kids in his school. He was often ridiculed for his lack of muscle, which made him feel worthless and ashamed.

One day, James was walking home from school. When he heard a loud thud and a sharp pain in his chest. He looked down and saw that a large rock had hit him. He quickly realized that it was thrown by one of his classmates, who had been bugging and pointing at James just moments before.

James was angry and ashamed. He knew he had to change his situation. He decided that he would start a new regime of discipline in order to increase his muscle mass.

James was determined to make a change. He kept to his regimen and eventually, his hard work began to pay off. He was starting to look different and his classmates began to take notice. They stopped making him and soon even began to look up to him.

James was proud of himself for taking initiative to change his life. He was now stronger and more confident. He had discovered the power of discipline and hard work.

Moral: Average is the enemy. Success is your responsibility and change can take place in an instant, if you are willing to flip the switch.

Dev Dhakal 12 'J'



## What you do defines who you are

We've all got that friend the one who is always talking big, like they're going to start this amazing new company, writing inspiring novels or changing the world. In fact, we probably have more than one friend we hear constantly talking about big future plans.

Ideas are everywhere, but motivation is seemingly non-existent. Life doesn't start tomorrow, life is happening right now. Successful people know this and are focused on achieving their dreams and goals 24/7. It's more than an obsession and a passion. It's what they are living. Instead of talking, they're doing.

Do you have a passion?

Do you know exactly what you want in life? Are you refining your skills and knowledge of something daily?

They are all big questions. But, I guarantee you, successful, motivated and passionate people not only answer yes to all of them instantly but they also even know what and why as well as without much thought. If you didn't answer yes to all of these, it may be the day to rethink your life.

People who spend their free time engaged in a passion are happier, more creative and more dynamic in their personality than those who spend their time as consumers of rapid entertainment pop-culture. Getting sucked into that is a waste of life and in my opinion leaves smart people unfulfilled. It's essentially once in a while is fine, but I can't understand how people live off of it.

You should consider living life yourself instead of by proxy. You're going to wake up one day regretting how you spent your limited time in existence. A human lifespan is but a cosmic blink when you consider the age of the earth, our galaxy and the universe. It's precious, it's rare but it is happening right now. To waste it is to give up the ultimate gift. It's for everyone who is living life by proxy and for those who haven't yet found a passion and embraced your true creative self. It is not too late, you can do it. Start today.

Lumana Maharjan  
12 'C'



## Emotions

Throughout many decades, human beings have proclaimed books as their best friend; other times they have compared it to be dogs as their true best friend. While these comparisons might be valid and very opinionated let's get a wider look onto a human's true best friend and the greatest enemy: EMOTIONS

Emotions complete a human; emotions are the final piece of the puzzle to a human's body. Emotions build human beings and break them. Emotional handling varies among individuals, each person having their unique coping mechanisms and ways of personal growth through life's challenges. Emotions manipulate someone's way of thinking; someone's perception. A person who's about to do a right thing can get overwhelmed by his/her emotions and mess up the things that wouldn't originally be messed up in the first place.

Emotions control the three P's of life: Purpose, passion and priorities. A person's state of mind depends on where his emotions are settled at, how he handles them and how he keeps his emotions in control. Overwhelming emotions can disrupt a person's purpose to life, can harm his passion and also stray him away from his priorities.

Emotions drive personal growth, shaping one's actions and ability to handle them. The human generation would cease to exist on the condition of absence of emotions; emotions tie us to our senses, they are the reason why we are an existence, a reason why we continue to live and prosper in this planet.

Our emotions towards others foster an ongoing cycle of exploring new interests, ideas, and creativity. Emotions lay a deeper root of connection between people; they allow people to be closer among one another and enjoy. A human body without emotions is just a vessel without purpose, emotions give priority to a human being.

The secret to discovering one's true self is finding out how to handle emotions, how to avoid getting overwhelmed and eaten up by emotions. Only then, a person can regard emotions as their true best friend; otherwise emotions are the greatest enemy that'll bring nothing but harm if they can't be handled.

Sakshyat Neupane  
12 'C'



# Dream

Dreams are those things which occur in our sleep. Becoming able to dream is a normal human behavior and part of it. Dream is the imaginary world of people where they go while they are asleep. In a dream a person might see things that are impossible or unbelievable to happen. Dreams can either be good or bad and sometimes full of entertainment, fun, romance, etc. People say that the dream which they are going to see will depend upon the mental health and characteristics of a person.

Some of the benefits or advantages of dreaming are people might get motivated if they see a good dream or if something good happens in the dream. It also sometimes reduces stress and anxiety if a person is having it. According to scientific study if a person is having a good dream then it suggests that a person is both mentally and physically good in health. Dreaming also helps to sharpen the mind of the people and also allow them to have access to effective and creative thinking and becoming emotionally good in health.

People don't always dream of good things. Sometimes they see things which they don't want to watch. Dreams sometimes bring bad memories of the past which may cause mental trauma to the person watching it. Having a bad dream is also known as a nightmare where people become afraid of it. The most concerning or disturbing fact about bad dreams is that it disrupts sleep and causes mental health issues. Sometimes it may cause a change in human behavior which might affect the person in the real world.

Dream of becoming able to dream is an essential part of our life. We should accept the phenomenon of becoming able to dream. Then if anything bad occurs in our dream we should ignore it, think positive about it and move forward. When good dream occurs we should think of it as a positive sign then accept it and become motivated from it.

Yuzen Maharjan 12 'C'

## What's in my mind?

My mind is full of thoughts ! Thoughts of what I am ! Thoughts of who I am ! Thoughts of what I could be ! Thoughts of what I'm supposed to be ! And thoughts of everything and sometimes simply thoughts of nothing !

I thought about my dreams, future plans, and studies. As I imagined intensely, my dreams felt like they had already come true. And in those moments I jumped with happiness, and weaving different other dreams for my future career. Then again there were times my thoughts were full of nightmares, tormenting my hopes, scaring me and sometimes bringing a sense of loneliness among the crowd. And now recalling about this momentous incidents, I remember one poetic verse of William Cowper:

*Short lives as we are, our enjoyments, I see,  
Have a still shorter date, and die sooner than we.*

These words touch my heart as they reflect my current state of feeling shattered and depressed. Past memories persistently haunt my mind, their nature unspoken. I still question myself, "Why have I weaved such dreams?" Why? I have no idea. My mind is vacant. Am I striving to fulfil a vacancy? Am I sure I will fulfil it? I have this determination which will definitely turn into practical reality as it is said "Thousands of miles begin with a single step."

## You decide :(

There are various phases in our life where we have to decide which thinking shall we let win. Is it positive thinking or negative ones? For example;

### Unfulfillment:

Will you rather be thankful that you have something to look forward to or have no motivation to do anything?

### Challenges:

Will you rather face them and be happy that it will build your strength and character or choose not to face it and become weak?

### Wasting time:

Will you choose to be sad for wasting your time and let the present time go wasted too or will you understand the value of time and do some productive work?

### Mistakes:

We all make mistakes in our life. Now, will you decide to take it positively thinking that it taught you a lesson or be sad?

Finding a reason to stay positive and happy might be like a tent in some days of our life. But we all get to live this life once. So, I prefer you to think positive and smile it out. Now, the decision is yours. What will you decide?

Lumanti Manandhar 12 'C'

Rasuna Shrestha 12 'L'



## RIDING: MY PASSION

Riding, my passion is not just a phase, it is a lifestyle. For me, there is no greater feeling than the rush of wind in my face as I ride my motorcycle (MT-15) down an open road. The freedom, the thrill, and the sense of adventure that comes with riding is something that cannot be explained in words. It is a feeling that can only be experienced by those who share the same passion for riding.

For many people, riding is just a way to get from point A to point B. But for me, it is much more than that. Riding is my escape from the stresses of everyday life. It is my way of connecting with nature and experiencing the world in a way that is impossible in a car. When I am on my MT-15, I feel like I am one with the road, and there is no better feeling in the world.

My love for riding began at an early age. I grew up around motorcycles and always dreamed of going on a ride with some of my friends. As soon as I was old enough, I got my citizenship, got my driving license, and have not looked back since. Over the years, I have gone on several trips, each one bringing its own unique experience and memories.

Riding is not just about the thrill of speed, it is about the journey. It is about the people you meet, the places you go, and the memories you create. Whether it is a group ride with friends or a solo adventure, each ride is a chance to explore new horizons and challenge yourself.

But riding is not without its risks. As much as I love the freedom of riding, I am always aware of the dangers that come with it. That is why safety is my number one priority when I am on the road. I always wear proper gear, including a helmet, jacket, gloves, and boots, and I never take unnecessary risks.

In conclusion, riding my passion is not just a hobby, it is a way of life. It is a way to escape the mundane and experience the world in a way that is impossible in a car. Riding is about the journey, the people, and the memories. It is about pushing yourself to new limits and embracing the freedom that comes with the open road. For me, there is no greater feeling than riding a bike, and I look forward to every opportunity to do so.

Roshan Deula 12 'F'



Formula 1 is the world's premier single-seater auto racing series. It involves a high-speed competition among some of the best drivers in the world, using advanced racing cars that are designed and built by leading automotive manufacturers. Formula 1 has a global following and is one of the most watched and lucrative sports in the world.

The sport's governing body, the Fédération Internationale de l'Automobile (FIA), sets the technical and sporting rules for the championship. Each race is typically held on a purpose-built circuit or on a street circuit in major cities around the world. Races span a weekend, featuring practice sessions, qualifying rounds, and the main race.

Formula 1 cars are some of the most advanced racing machines in the world. Built with cutting-edge technology, teams invest millions in research to gain a competitive edge. The cars use hybrid engines, generating significant horsepower from a mix of internal combustion and electric power. They can reach speeds of up to 230 mph, requiring skilled and

focused drivers to handle the cars at such velocities. The sport has a rich history, with some of the greatest drivers of all time having competed in the championship. Names like Juan Manuel Fangio, Ayrton Senna, Michael Schumacher, and Lewis Hamilton are synonymous with the sport's success and glamour. The championship is famous for intense rivalries and controversies among drivers and teams, both on and off the track.

In recent years, the sport has made significant strides in promoting sustainability, and the FIA has set ambitious goals for the sport to become carbon neutral by 2030. The use of hybrid engines, sustainable fuels, and the promotion of sustainable practices in the construction of circuits and facilities are all part of this effort.

Formula 1 continues to captivate audiences around the world, with its blend of high-speed racing, cutting-edge technology, and intense competition. It is a truly global sport that brings together drivers, teams, and fans from all corners of the world.

Pratyush Bidari 12 'G'



## My Favorite Band One Direction

One Direction is one of my all-time favorite bands. I'm a Directioner and I can't get enough of their music! Their songs are so catchy and upbeat, and their lyrics are always so relatable. I love how each member has their own unique personality and style, but they all come together so perfectly to create amazing music. I've been a fan of One Direction since their early days on The X Factor, and it's been amazing to see how far they've come. They've sold out arenas all over the world, won countless awards, and have become one of the biggest boy bands of all time.

It has been a few years since One Direction disbanded, but I still listen to their music frequently. I love going back and listening to their old albums, and I'm always excited to hear new music from the individual members. While I miss seeing them perform together, I'm so happy to see each of them pursuing their own passions and succeeding in their solo careers.

As a Directioner, it was definitely sad to see One Direction go and eventually disband. I miss seeing them perform together and hearing new music from them as a group. However, I understand that they each wanted to pursue their own solo careers and explore different musical styles. While it's not the same as One Direction being together, I'm still a fan of each member's individual music. I love seeing them grow and evolve as artists, and it's been amazing to see how successful they've been on their own. They brought so much joy and happiness to millions of fans around the world, and that's something that can never be taken away. As there are many rumors of one direction getting back together I wish it becomes true. And I would love to see their concert if it happens.

Niva Maharjan 12 'C'

## Music Is Comfort

I believe that music can influence or comfort someone in a time of need like therapy. Music can express a lot of feelings and emotions that you might be feeling or going through or have been. Musicians can express in their songs about what they've been through and how they overcame it.

The lyrics in music can relate to how people feel or have been and can be a form of therapy to the listener who is going through a situation and the lyrics in the song is their escape or is their answer or problem solver to overcome their feeling. I think people listen to music to get away from everyday problems and struggles. It is their little escape.

A lot of musicians write about their past life experiences that were sad or a situation that happened to them that can relate to how you are feeling, and that draws us more into listening to music when we are down or upset.

I know music has been my comfort or escape when I get down or I am upset about something. When my parents argued, or I had a bad day at school, I would close my door and turn on my stereo or my mp3 on and just sit or lay in my room and that would be my way of getting stress off my mind or whatever was bothering me. Music serves as an escape from problems and lifts my spirits on dull or down days. It creates a space where drama and worries fade away, allowing me to find solace and peace. When I have something on my mind while driving or when the drive feels dull, I turn on my CD player and let the music transform the experience. Music is always there for me when I need something to bring me comfort or laughter or just temporary relief. I believe music is the best way for comfort in a time of need.

Aksa Tamang 12'F'



**BTS** a K- pop boy band, in full Bangtan Sonyeondan which means bulletproof boy scouts in korean made their debut in 2013 under bighit entertainment. Within 10 years, they have made a great history in the music industry. The band consists of seven members, Jin, Suga, J-hope, RM, Jimin, V and Jungkook. Their fandom is named ARMY (adorable representative MC for youth). There are millions of ARMY around the world. It is considered the most successful boy band in the world. Their song "dynamite" reached over 100 million views within just 24 hrs on yt. There's a purple capsule box of BTS in the Korean National Museum of art which will be opened only in 2039 A.D. BTS deserved their success. BTS paved the way. BTS ARMY FOREVER.

Lochan Khadgi 12 'C'



Teens nowadays:  
But first let me  
"Take a selfie" LOL!!!

## Selfie !!



Isn't it funny, how out of all the activities in the world, taking a picture of ourselves is the most entertaining to do ? It has become the most popular photographic trend of this era. Girls pout, raise their eyebrows and tilt their head up while men are all about their biceps, abs and hairdo's. I'm not different ! I'm guilty of joining the band wagon myself. You could even say I have a love- hate relationship with my front camera.

So, the question arises why are we obsessed with selfies? Many people think it's narcissism but let's see it from a different perspective ; what is the opposite, low self esteem? I mean , people who feel confident after getting a few likes on facebook and social apps don't they? so , what if the reason behind obsession over selfie is because they give us assurance that we are pretty good looking ? In this case, the sad part is that the number of likes has shaped up our lives and we don't feel pretty unless we take a picture, post it online and get a few likes and flattering comments.

Does this mean we should stop taking selfies?

No! But let's not let it define who we are. So come on and join the bandwagon ! open your front camera, say cheese ..... And tap that capture button!

Palisha Maharjan

12 'C'

## This

The way they talk about me makes me sick and tired. They make me feel dumb for feeling pretty for 10 sec. Those 10 seconds of fame now feel pointless and the thought of getting prettier takes over . Having to spend hours thinking if only my face and body was good enough to not feel the urge to look prettier and not to feel hatred towards myself. the thought of changing my face shape, nose ,eyes, lips, hands, and every inch of body goes away. hoping it would get better and days like these gets passed by/on hoping one day I could learn to accept the reality and have self respect for me but no matter how much I try it gets worse every time wishing to change for better.

Krishna Rana

12 'B'

Take more  
chances,  
Dance more  
dances.

## Dance



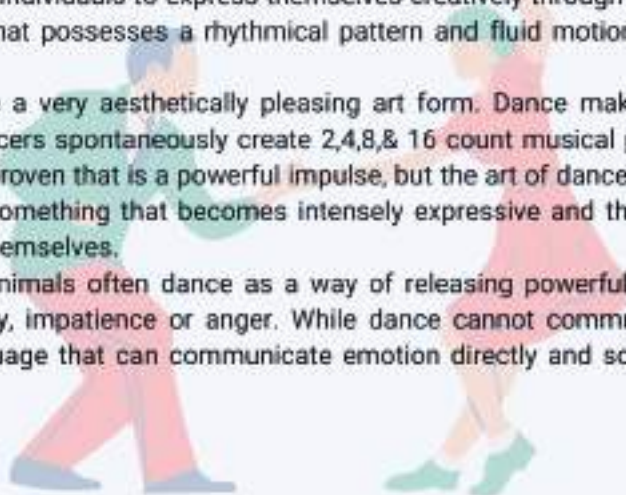
Dance is not generally taught exclusively, it is rather performed with the accompaniment of music, practice, rehearsal & performance of dancing. Dance is a war between emotion and intellect manifested through movement. Dance requires an equal amount of cognitive focus as well as physical strength. The demanding yet evolving art form allows individuals to express themselves creatively through movement, while enabling them to adopt movement that possesses a rhythmical pattern and fluid motions that allure an audience either onstage or on film.

Dance is considered to be a very aesthetically pleasing art form. Dance makes us good listeners and learners. While dancing dancers spontaneously create 2,4,8,& 16 count musical phrases with their feet. Its great fun and studies have proven that is a powerful impulse, but the art of dance is that impulse channeled by skillful performers into something that becomes intensely expressive and that may delight spectators who feel no wish to dance themselves.

People and even certain animals often dance as a way of releasing powerful feelings such as sudden accesses of high spirits, joy, impatience or anger. While dance cannot communicate specific events or ideas, it is a universal language that can communicate emotion directly and sometimes more powerfully than words.

Sanjila Thapa

12 'D'







**Rato Machindra Jatra** is one of the most extraordinary religious events of the Newar Community in the Kathmandu valley, and it is one of the longest chariot festival celebrated in Nepal. In Newari language it is called Bunga Dyah Jatra. This festival is held in Lalitpur, Nepal. Rato Machindranath Jatra is held according to the lunar calendar, so the date is changeable every year. It is celebrated at the beginning of the monsoon to appease the rain and grain to God Rato Machindranath.

The eight localities people in Lalitpur, namely, Gabahal, Mekhabahal, Kusunti, Kayani, Walamya, Dhaugol, and Sachhi chhen lead the Rato Machindranath chariot. Licchavi king Narendra Dev started this festival to appeal to rain and grains properly, and hence, celebrated every year.

## History:

In the past, for 12 years there was no rainfall, and all the river dried off. To find out the solution to this problem, the king of Bhaktapur kingdom at that time went to Swoyanbhu to meet Tantrik. Then, the tantrik said that Guru Gorakhnath is angry, so he is meditating on the cushion of 9 mighty serpents whose duty was to cause rainfall in the valley. Until and unless the serpents will be free, rainfall doesn't happen in the valley. It is possible only when his teacher Rato Machindranath visits him. So the king started searching for his teacher. After some time, they find out that Machindranath was reborn as the 108th son of king Sashi of Assam.

Then the king of Bhaktapur, Tantrik of Kathmandu and a newar from Lalitpur went to Assam to bring Machindranath back. They knew that it wouldn't be easy to get him because he was the son of Daitya (Devil). They tried a lot but they were not successful in bringing him back. Then the tantrik, called 4 Bhairab and asked them to bring him back. Bhairab brought him back to Guru Gorakhnath, and he stood quietly seeing his leader. Finally, the serpents were free then the rain started raining on the valley. Now, the king, Tantrik, & newar cannot decide which district Machindranath should be kept, so they went to Lalitpur. Newar was very clever as he chose to keep Rato Machindranath on Lalitpur. From that day, every year, people celebrate this festival in Lalitpur and pray for good rainfall.

Shriya Joshi 12 'D'

**Indra Jatra** is a festival celebrated in Nepal, especially in the Kathmandu Valley. It is a traditional festival dedicated to the Hindu god Indra, the king of heaven, and is celebrated in his honor.

The festival usually falls in the month of September and lasts for eight days. It begins with the erection of wooden pole known as the Linga or Yasingh in Basantapur Durbar Square in Kathmandu. This is followed by the performance of various cultural dances and religious ceremonies, including the masked dance of the demon Lakhe.

The highlight of the festival is the chariot procession of Kumari, the living goddess of Nepal. She is carried in a palanquin and taken around the streets of Kathmandu. The procession is accompanied by music, dancing, and other cultural performances. Indra Jatra is also a time for families to come together and celebrate. People dress up in their finest clothes and enjoy feasting and merry-making. It is a time to renew ties with family and friends, and to celebrate the rich cultural heritage of Nepal. Indra Jatra is an important festival for Nepali people, and it is celebrated with great enthusiasm and fervor.

## Some facts about it :

The festival is also known as Yanya or Indra Jatra Mahotsav.

The festival is believed to have originated in the 10th century during the reign of King Gunakama Deva.

The wooden pole, Linga or Yasingh, which is erected at the beginning of the festival is said to represent the staff of Lord Indra.

The Kumari chariot procession is considered the most important event of the festival. The Kumari, who is worshipped as the living goddess, is carried on a chariot and taken around the streets of Kathmandu.

During the festival, various cultural dances and musical performances take place, including the traditional dance of the Bhairab, the deity who is believed to protect the city of Kathmandu.

The festival is also a time for traditional food and drink, including local delicacies such as samay baji, which is a dish made from beaten rice, meat, and other ingredients.

The festival culminates with the lowering of the Yasingh pole, which marks the end of the festival and is believed to symbolize the return of Lord Indra to heaven.

Kushal Man Singh Dangol 12 'F'





# Why this Inequality?



We have been hearing from our childhood that Nepal is a multi-ethnic, multi-religious, and multicultural and multi lingual country. Yes, this is true, Nepal is truly a country with lots of diversity. We all Nepalese have the same feeling in our hearts of "unity in diversity."

Yes, I agree that there is unity in all the people of our country. But there is still discrimination in our country. This discrimination is not gender discrimination but the discrimination between languages like between the national language and the languages of other castes like Gurungs, Newars, Tamang, Tharus, Magars, Bhojpuris, Maithalis etc.

I am from Newari community. Newars are really rich in their culture. They celebrate Jatras like Machendranath Jatra; Indra Jatra etc which attracts the tourists to Nepal. The parades of Nepal sambat which shows Nepal's identity. The festivals like Yamari punhi, Sila chahre, Pahanchare shows the originality of Newars. Many people even Newars are unaware that they have their own scripts. Their scripts are of two types, Ranjana lipi and Prachalit lipi which look really attractive. In spite of these cultures, the government of Nepal is not giving more importance to Newar community.

Newars have many Guthis like Si Guthi, Nani Guthi, Tawa samas, Vdaaye Samaj, Digukhya Guthi, Ajima Guthi, Nyata Tuladhar Guthi, Ason Tuladhar Guthi, Kasaa Taadhan Guthi, etc. These work for the development of our society. These Guthi organize programmes like public speaking programme, confidence building programme, dance competition, singing competitions etc which develop the skills of the members of the Guthi.

I am a member of Kasaa Tadhan Guthi. When the head of the Guthi went to register the name of the Guthi in the locality office, the people in the office refused because the name was Newari, so it should be changed into "Kasaa Thulo Guthi". I also saw the news in the newspaper that it was restricted to keep any organizations name in Newari, it had to be in Nepali. This is really a cruel rule. We have the freedom to use our own language and no one can stop us from doing that because it is our right to use our language. Newars were the first people to settle in Kathmandu. They are the one to show the identity of Nepal. If Newars weren't there, there would not be many things to be proud of being Nepalese. So, I conclude that the government should give equal opportunities and right to all the citizens of Nepal.



## Basantapur



Sambandha Shahi 12 'H'

Basantapur is the heart of Kathmandu city. It carries a lot of cultural and historical significance for the people of Nepal. Known for its rich culture and arts, Basantapur is the hub for tourists and visitors. Prarthana Dixit takes you on a stroll around this mystical part of the city.

Basantapur is a city of alleys. It is almost like a maze, one that you will struggle to get out of. While you're there you can spend the day roaming around, discovering new alleyways. Hopefully you will find your way out and with that learn a lot of things about this beautiful city.

And there is Basantapur Durbar Square which is the heart and soul of Basantapur. It is one of the three Durbar Squares situated in the Kathmandu valley. Enlisted as a UNESCO cultural heritage site, this Durbar square has attracted a lot of tourists from across the globe. There are various temples and monuments inside the Durbar Square such as Taleju Temple, (which is only open during Nawami of Vijaya Dashain) the bell, Hanuman Dhoka, Kumari Chowk.

There are plenty of restaurants in Basantapur. From cafes to continental restaurants, this city will not disappoint you when it comes to food or places to dine at. If you want to go on a date with someone or hang out with your friends then head to Himalayan Java, one of the best places to grab coffee at. You can also try Durbar Square Café and Jessy Penny. If you want a taste of Newari cuisine then try out Bhoj Chhen Newari Restaurant and Bar. Street food is also very popular and easily available in Basantapur.

There are also plenty of street stalls in Basantapur. Since Basantapur is rich in culture and history, you could buy souvenirs and handicrafts that reflect the cultural diversity of Nepal. You can also shop for pashminas, thangka paintings and accessories.

Bishesh Shrestha 12 'G'



## Value of games in Education

Games and sports teach us the spirit of sportsmanship, honesty, punctuality and regularity of habits. It provides higher engagement among students and unique ways to reach every kind of learner. Activities also provide opportunities to practise critical thinking while promoting social - emotional learning. Games are an inseparable part of the education system. The main objective of education is to develop the students physically, mentally, and morally. It is well said that a sound body contains a sound mind. If a body is weak, the mind cannot be very strong. There is a very good old saying "Health is wealth".

Playing games on the field makes our organs stronger and provides fresh oxygen to the body. The mind becomes sharper. They learn being social and the feelings of togetherness, co-operation, discipline and punctuality. All the work and no play makes Jack a dull boy. Now-a-days the students have become bookworms and mobile addicts. They should balance between their studies, screen time and field games not mobile games. Students who play games become social. They have more friends than the students who don't play games. Games also teach patience and presence of mind.

In short, games have an important place in life. In order to get maximum benefit from them, they must be played properly. There should be the balance between games and studies.

Shasta Maharjan  
12 'D'

## Exercise to improve eyesight

**Focus shifting:** Hold a pen at arm's length and focus on it. Slowly bring the pen closer to your eyes while keeping it in focus. Then, slowly move the pen away from your eyes while keeping it in focus.

**Eye rolling:** Look up and slowly roll your eyes clockwise, then counterclockwise. Repeat a few times.

**Near and far focusing:** Hold your thumb about 10 inches away from your face and focus on it for a few seconds. Then, focus on an object about 10 feet away for a few seconds. Repeat a few times.

Ronit Maharjan  
12 'F'

## School days

Growing up in this day and age with free expression all the rage. Our young one learn when starting. School that reading's fun and math is cool while writing not the least bit it really is so much like drawing.

For every child it is essential to realise their full potential and teachers always do their best to stimulates their interest.

When years of schooldays end at last with all examination passed. Eill the children reminisce and say, " Our schooldays we will miss" and as the final day arrives. " They were the best days of our lives".

That old memories ❤️❤️❤️

MD Sahabuddin Rangrej  
12 'G'

## College

Starting college is an exciting time filled with new experiences and opportunities. It's a time of change and growth, as students leave the familiar behind and embark on a new chapter in their lives. While it can be both thrilling and daunting, here are some tips to help you navigate the transition to college and make the most out of this transformative period.

In conclusion, the transition to college can be both thrilling and challenging but with the right mindset and strategies, you can make the most out of this transformative period. Embrace diversity, manage your time effectively, seek help when needed, get involved, take care of yourself, embrace independence and foster meaningful relationships. Remember, college is not just about academics but also about personal growth, self-discovery and building a foundation for your future. Embrace the change, and make the most out of your college journey.

Sagun Chapagain 12 'H'





## THE IMPORTANCE OF READING BOOKS



Reading books daily is one of the best habit one can possess. Reading books daily help to make our daily life more effective and productive. Book is a thing that can provide you unlimited knowledge about various things. I also personally have a habit of reading books whenever I have free time and it's amazing as a habit. Firstly, Reading books gives you knowledge and not only that but has also various other benefits. One can develop reading skills, increase their memory power and develop high level of focus and concentration while reading book there are various kind of books and they all provide us various knowledge.

In other words, Reading fiction book we can get entertainment and enjoyment. Further more we can imagine and visualize our story in mind which also help in increasing imagination power. And while reading self improvement books or self biography books we can increase positivity, literacy and help to make our life more productive.

Similarly, By reading books written by successful people we can know how did they reach at that point and know their life story which give us inspiration, motivation and new thoughts and ideas. We can think more critically, increase leadership skill, improve communication skill and know various other skills and problems also. You see all successful people around the world have one thing in common and that's to read books. They have a habit of reading book. They try to learn something new everyday by reading book. Once Bill-gates was asked which super power would he like to have and what he answered was "I wish i could read faster!"

**"A book doesn't change the world, People change the world but book changes people "**

A single book can change peoples and people can change the world. A book is the only thing you need. A book have it's own world and when you start reading book you enter it's world where you can gain your knowledge. A book can be your friend when ever you are alone.

Reading book can teach you to have a attitude of a lion that rules it's own domain. Even if lion isn't the biggest animal of the jungle, even if lion isn't the fastest animal of the jungle or even if lion isn't the smartest animal of the jungle. Lion is still the king of the jungle. Reading books can teach you to be like a lion. It can teach you to have a strong mentality, be brave, to have a proper vision towards your goal and achieve it any how, no matter hard it is it teaches you to overcome it. At last, having a habit of reading books can change a person life make them more productive, effective and develop more new skills. Reading book can give you boost in your life. You may or may not know but reading books from a young age can help you to increase your IQ more than others who don't read books.

**IMPORTANT!**

Reading books means not only school book but also all kind of book that give you positive information and that can be useful to you. Once you start developing habit of reading book you wouldn't know how crazy you will be while reading books.

Saphal Maharjan 12 'F'

## THE IMPORTANCE OF REGULAR EXERCISE

Regular exercise is crucial for maintaining good health and overall wellbeing. Physical activity has numerous benefits for the body, including improved cardiovascular health, increased muscle strength and endurance, and a decreased risk of chronic diseases such as obesity, diabetes, and high blood pressure. Exercise also has positive effects on mental health, including reducing stress and anxiety levels and improving mood and cognitive function. In addition to the physical and mental benefits, regular exercise can also help individuals develop a sense of discipline and dedication, which can carry over into other aspects of their lives. Incorporating exercise into a daily routine may seem daunting at first, but even small amounts of physical activity can make a big difference. By committing to regular exercise, individuals can improve their overall quality of life and set themselves up for a healthier future.

Siris lamsal  
12 'F'



## Falling in love unexpectedly: A personal experience.

I was just an ordinary school student, going through life like everyone else. I never really had an interest in love or romance. I saw it as a waste of time and money, and I thought that being a teenager was a time for learning about life and exploring the world around me. But one day, when I saw her, it all changed. It was the time after online class when we physically went to school. The first time I saw her, she was sitting in the front row of my class, wearing a mask, talking to her friends and I didn't get a good impression of her. I didn't think much of it at the time and it wasn't romantic at all.

Then one day, when it was raining heavily, I was about to leave the school when I saw her walking outside the gate, without her mask. And she looked so different, so beautiful, so pretty. It was like something out of a movie. She was walking outside the school, and I could see her in a different light. She was beautiful, and something about her captured my heart. I didn't even know her full name, and I didn't know anything about her. But I knew that I wanted to talk to her, to find out more about her. I somehow approached her and I offered to walk her home, and she agreed. As we walked and started talking, to my surprise, she was friendly and frank. We talked for a while, and we said our goodbyes, but I couldn't stop thinking about her. We weren't friends, and we didn't go on any dates, but I looked forward to seeing her in class every day, hoping to talk to her again. But she was always surrounded by her friends, and I never got the chance to talk to her. And then, just as suddenly as she appeared into my life, she was gone.

The school semester ended, and we went our separate ways. I never got her phone number, and I never even knew her last name. But I'm grateful of the encounter. I learned to enjoy the present and not take anything for granted as a result of it. And who knows? Maybe one day we'll run into each other again, and we'll both laugh about that rainy day when I fell in love with her. As for now, I'll just keep on keeping on, enjoying the simple things in life, like sleeping and learning. Who knows, maybe I'll fall in love with a pizza delivery person, or a character from my favorite show. Hahaha!

Susan Shrestha 12 'F'

## Just Love

Once a wise man told me that finding the one is not intentional; you find them unintentionally. When you make eye contact with her, your heart starts beating fast. When you talk to her, you don't want to stop. Time goes fast, and life gets better when you know you're going to see her every day. When you are the reason she smiles, it makes you happy for weeks. It's a blessing to have someone like her in your life. She gives you butterflies without even trying. In love, there are ups and downs, but comforting each other in tough situations makes the bond even stronger. On dark nights, talking to each other for hours like there's no tomorrow, making each other smile when times go wrong. When she's happy, I'm happy; when she's sad, I'm sad, and when she smiles, I smile harder. Slowly, we are growing as individuals and as partners. Having a bond like this is a blessing, and I feel blessed every day of my life because of her. Let me tell you, a smile is a way to make your partner happy. When she says "sing a song for me," even if I'm going through a cough, I will sing. If that makes her happy, I'm more than willing to do it. I feel blessed from the bottom of my heart.



## Feeling ?

That gut wrenching feeling when someone so close to you suddenly becomes memory you can just hold on to, the feeling of being loved now feels empty. The happiest times now feel vivid. I guess we were just attracted to the feeling of being loved, cared and having someone beside you and not just the person.

Krishna Rana  
12 'B'





## Beyond the Screen: How Online Gaming is Boosting Students' Social and Cultural Awareness

Online games have become an increasingly popular form of entertainment in recent years, particularly among students. While many people may view online gaming as a time-wasting activity, there are actually many benefits to playing these games, particularly for students. One of the most important benefits of online games is that they can help to improve cognitive skills. Many online games require strategic thinking, problem solving, and decision-making skills, all of which are important for academic success. In addition, online games can help to improve hand-eye coordination and spatial awareness, which can be useful in a wide range of subjects, from mathematics to science. Another benefit of online games is that they can help to reduce stress and anxiety. Playing online games can help students to relax and unwind, which can improve their mental health and overall well-being. In addition, online games can help students to develop important social skills.

Many online games are played in multiplayer mode, which requires students to work together with others to achieve a common goal. This can help to improve communication skills, teamwork, and collaboration, all of which are essential skills for success in the workplace. Finally, online games can be a great way for students to learn about different cultures and to develop a sense of global awareness. Many online games are set in different countries or feature characters from different cultures, which can help students to learn about different customs and traditions. This can be particularly valuable for students who may not have the opportunity to travel or to experience other cultures in person. Overall, online games can be a valuable tool for students, providing a range of benefits that can help to improve cognitive skills, reduce stress and anxiety. As long as online games are played in moderation and as part of a balanced lifestyle, they can be a valuable addition to any student's routine.

Ishan Shrestha 12 'F'

## Affects of modern Gadgets

Modern gadgets have become an integral part of our daily lives. From smartphones and laptops to smartwatches and tablets, we are surrounded by these technological wonders that have made our lives easier and more efficient. While these gadgets have undoubtedly revolutionized the way we live, work and communicate, they have also had some negative effects on our health and well-being. In this essay, I will discuss the effects of modern gadgets on our lives. One of the most significant effects of modern gadgets is the impact they have had on our social lives. With the advent of social media and messaging apps, we can now stay connected with friends and family members who are thousands of miles away. However, this constant connectivity has led to an increase in social isolation and a decrease in face-to-face communication. People are more likely to spend time scrolling through social media feeds or texting on their phones than engaging in meaningful conversations with those around them. Modern gadgets have also impact on our physical health. The sedentary lifestyle that comes with constant gadget use has led to an increase in obesity, diabetes, and heart disease. Additionally, the repetitive strain injuries caused by typing on a keyboard or texting on a phone for long periods of time can result in chronic pain and discomfort. Furthermore, modern gadgets have had a negative impact on our mental health. Studies have shown that excessive gadget use can lead to anxiety, depression, and other mental health disorders. The constant bombardment of information and notifications can lead to information overload, which can increase stress levels and decrease our ability to focus and concentrate.

Lastly, the frequent use of modern gadgets has also had an impact on our environment. The production and disposal of these gadgets contribute to the ever-growing problem of electronic waste. In conclusion, modern gadgets have undoubtedly changed the way we live our lives. While they have made our lives easier and more efficient, they have also had some negative effects on our health and well-being. It is important to use these gadgets in moderation and be aware of their impact on our social lives, physical health, mental health, and the environment. We should take breaks from screens, make time for face-to-face communication, and be mindful of our mental and physical health. By doing so, we can enjoy the benefits of modern gadgets while minimizing their negative impact.

Nishan shrestha 12 'F'



# THE FUTURE OF ENERGY: EXPLORING THE LATEST ADVANCES IN RENEWABLE ENERGY TECHNOLOGIES

Carbon emissions have significantly increased and climate change has been exacerbated by the world's reliance on non-renewable energy sources like coal, oil, and gas. Renewable energy technologies are offering a workable solution as the need for cleaner, more sustainable energy sources is now greater than ever. The newest innovations in renewable energy technologies and the state of the energy industry will be discussed in this article.

One of the most promising renewable energy sources is solar power. Technology advances have improved the efficiency and cost-effectiveness of solar power, which is produced by solar panels that convert sunlight into electricity. One of the most recent advancements in solar technology is the use of thin-film solar panels, which can be incorporated into building components like roofing tiles, windows, and facades. The adoption of solar energy is increased, and installation costs are decreased, thanks to this integration. Additionally, scientists are working to create new materials, like perovskite solar cells, which are more affordable and effective than conventional silicon-based solar cells. The solar industry could undergo a revolution thanks to the use of perovskite cells, making solar energy more widely available and reasonably priced.

Other promising renewable energy sources include wind power, which has made significant strides in recent years. Wind turbine efficiency, noise levels, and safety for birds and bats have all improved thanks to advances in turbine design. Additionally, floating wind turbines have been created, enabling the construction of wind farms in deeper waters with stronger and more reliable winds. Vertical-axis wind turbines, which require less space and are more effective in urban areas, are also being investigated by researchers for their potential. The potential for wind energy to rank among the most significant sources of renewable energy is encouraging, and it has a bright future.

A number of uses for hydrogen's clean, adaptable energy carrier are available. One of the most recent developments in hydrogen energy is the creation of fuel cells, which turn hydrogen and oxygen into electricity while leaving only water as a byproduct. Fuel cells are being used to power homes, businesses, and transportation systems. They are also becoming more efficient. Additionally, scientists are devising fresh strategies for producing hydrogen sustainably, like using solar and wind energy. The use of hydrogen energy has the potential to revolutionize the transportation sector and significantly increase the amount of energy available globally.

Energy storage systems must be effective due to the intermittent nature of renewable energy sources like solar and wind energy. Technologies for storing energy have made significant strides in recent years, including batteries, pumped hydro, and compressed air storage. Among the most recent advancements in battery technology are solid-state batteries, which are safer, more effective, and have a longer lifespan than conventional lithium-ion batteries. There are now more options for energy storage thanks to other technologies being developed, including sodium-ion and flow batteries.

Renewable energy technologies are leading this revolution in energy, which has a bright future. A few examples of the most recent developments in renewable energy include solar power, wind power, hydrogen energy, and energy storage systems. These technologies have the potential to offer a safe, affordable, and sustainable source of energy for the entire world with further research and development. In addition to being essential for halting climate change, the switch to renewable energy sources also offers the chance for economic expansion and job creation in the renewable energy industry.

Anjal Maharjan  
12 'C'





Recently I have started to read some books to pass my time, may it be novels, stories or manga's. Reading books is a great way to pass your time. For this I am planning on summarizing one of the books that I have recently completed. The books name is 12 rules of life. 12 Rules for Life by Jordan Peterson, a psychologist and professor, provides practical guidance and personal anecdotes to help individuals live a more meaningful and improved life. The book explores topics such as order and chaos, good and evil, suffering and happiness, and responsibility and freedom. I will be summarizing those 12 rules in a short manner each.

One of the first rules that is taught in the book is to stand up straight with your shoulders back. This shows that you are confident and ready to face the world. It also affects your brain chemistry and makes you more dominant and less stressed. The second rule of life is to treat yourself like someone you are responsible for helping. Self-care is crucial, as many individuals neglect themselves due to feelings of unworthiness or shame. This applies to many, not just a few. In third comes, make friends with people who want the best for you, and inspire you. Surround yourself with supportive, challenging, and reliable individuals during tough times. Next, to compare yourself to who you were yesterday, so that

you can reflect in your past self. Focusing on self-improvement prevents jealousy and anger. The book emphasizes individual strengths, weaknesses, and unique life paths.

The 7th rule tells you to pursue what is meaningful and not what is easy. Pursue meaningful, value-aligned long-term goals over short-term pleasures for lasting happiness and purposeful living, even amidst challenges. Tell the truth – or at least, don't lie is one of the points of this book. This helps you build trust and honesty, and avoid lying to yourself and others. Lying damages relationships, reputation, and mental well-being. Active listening promotes clear communication and understanding. Enjoy the small things in life, even when things are hard. You can find beauty and happiness in simple things, like petting a cat or watching a sunset. This book explores happiness, meaning, and purpose in a chaotic world, urging us to embrace responsibility and personal growth for a better society. Of course, I haven't mentioned every single rule in this article. I have left some of the rules for the people themselves to read. There are the lot of things that I haven't mentioned that is in the book and would recommend the people to read it themselves to get a much better experience.

Yaju Manandhar 12 'C'

### Facts Don't Change Our Minds, Friendship Does.

Convincing someone to change their mind is really the process of convincing them to change their tribe. If they abandon their beliefs, they run the risk of losing social ties. You can't expect someone to change their mind if you take away their community too. You have to give them somewhere to go. Nobody wants their worldview torn apart if loneliness is the outcome. The way to change people's minds is to become friends with them, to integrate them into your tribe, to bring them into your circle. Now, they can change their beliefs without the risk of being abandoned socially. The British philosopher Alain de Botton suggests that we simply share meals with those who disagree with us: "Sitting down at a table with a group of strangers has the incomparable and odd benefit of making it a little more difficult to hate them with impunity. Prejudice and ethnic strife feed off abstraction.

However, the proximity required by a meal – something about handing dishes around, unfurling napkins at the same moment, even asking a stranger to pass the salt – disrupts our ability to cling to the belief that the outsiders who wear unusual clothes and speak in distinctive accents deserve to be sent home or assaulted. For all the large-scale political solutions which have been proposed to salve ethnic conflict there are few more effective ways to promote tolerance between suspicious neighbors than to force them to eat supper together." Perhaps it is not difference, but distance that breeds tribalism and hostility. As proximity increases, so does understanding. I am reminded of Abraham Lincoln's quote, "I don't like that man. I must get to know him better."

Nischal lama 12 'F'



# COVID

Corona virus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age. The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.

To prevent infection and to slow transmission of COVID-19, do the following:

- Get vaccinated when a vaccine is available to you.
- Stay at least 1 metre apart from others, even if they don't appear to be sick.
- Wear a well-fitted mask when distancing is not possible or in poorly ventilated areas.

Positions that help you breathe



- Choose open, well-ventilated spaces over closed ones. Open a window if indoors.
- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
- Cover your mouth and nose when coughing or sneezing.
- If you feel unwell, stay home and self-isolate until you recover.

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

## Most common symptoms:

- fever, cough
- tiredness
- loss of taste or smell.

## Serious symptoms:

- breathing issues or shortness of breath.
- loss of speech or mobility, confusion
- chest pain.

## Less common symptoms:

- sore throat,
- headache
- aches
- pains
- diarrhea
- a rash on skin
- discoloration of fingers or toes
- red or irritated eyes.

**Seek immediate medical attention if you have serious symptoms.** Always call before visiting your doctor or health facility. People with mild symptoms who are otherwise healthy should manage their symptoms at home. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Ronish khadka 12 'F'

## MYTHS THAT YOU MAY THINK ARE TRUE BUT ARE NOT

NOPE

- ❌ Carrots improve your eyesight
- ❌ Shaving makes your hair grow back thicker.
- ❌ The more you sweat during exercise, the more calories you're burning.
- ❌ Humans only use 10% of their brain.
- ❌ Bulls are enraged by the color red

Susan Shrestha 12 'F'



# THE POWER OF "C" STUDENTS

## WHY THEY RULE THE WORLD AND "A" STUDENTS WORK UNDER THEM

Are you tired of hearing the same old story about how getting good grades in school is the key to success? Well, it's time to wake up and realize that this is just a myth. You may think that acing every test and memorizing every textbook is the key to a prosperous future, but let me tell you something: "A" students may get degrees, but it's the "C" students who end up ruling the world!

Ever since I was a kid my parents have been telling me to study hard, get good grades and find a high paying job and that's not only my story but that's probably your and other 99% of people who are reading this right now may have the same story .

**Get a degree, and you'll be successful in life, is that correct?**

Certainly not in this world, With competition skyrocketing in recent years, you will find the reality of this world when you actually finish your college and get out of shitty education system. You will see millions of rats like you who are ready to use you as a ladder and go up. The education system here is designed to produce little minions who are good at following rules, taking tests, and pleasing authority figures. However, success in the real world often requires creativity, risk-taking, and the ability to think outside the box, qualities that "C" students may possess. The difference between "A" and "C" students is simple yet powerful: "C" students are not afraid to challenge the status system and ask questions. They refuse to be submissive followers and instead seek to understand things better by questioning authority and pushing the boundaries. This willingness to challenge the system is what sets "C" students apart and can lead to their success in the real world. They don't spend enormous amounts of energy trying to impress their teachers or bosses. Instead, they focus on finding simple solutions to problems and building a network of talented individuals who can help compensate for their weaknesses. While "A" and "B" students try to do it all themselves, "C" students build an army around them of talented people who compensate for their weaknesses. Like Henry Ford, they aren't afraid to admit they don't know it all. On one occasion, Ford was being harassed for not being intelligent. In response to an offensive line of questioning, he pointed his finger at the questioning lawyer and replied:

"Let me remind you that I have a row of electric push-buttons on my desk, and by pushing the right button, I can summon to my aid men who can answer any question I desire to ask concerning the business to which I am devoting most of my efforts. Now, will you kindly tell me, why I should clutter up my mind with general knowledge, for the purpose of being able to answer questions, when I have men around me who can supply any knowledge I require?"

Listen up, ambitious mates! If you're not willing to take risks, you'll end up working for those who are. And let me tell you, it's the "C" students who are the fearless risk-takers, while the "A" students prefer to play it safe.

*I am not topper in my university but all toppers are working in my microsoft company. – Bill gates*

Geniuses like Einstein, Jobs, and Newton didn't fit in school because they had qualities not valued in traditional academics. Don't let grades define your success. When you are reading in school or college, you are staying in guided environment where you are walking on a set path but the real world is filled with unexpected twist and turns that may cause you failure and that's where "A" student miss they don't know the taste of failure like "C" students as they were always winning in the already setup environment. You may have heard that a "A" student aka topper committed suicide after getting bad grades in exams right? Well grades don't determine the quality of success in your life.

Now here I am not saying here that be a "C" student and that all "C" students get success in life and all "A" student's always works under c student there are some cases where it's the exact opposite. So whether you are an A student or a C student, remember that success is not determined by your academic performance alone but by your willingness to pursue your passions, take risks. And who knows, maybe one day, you too will join the ranks of the great geniuses who defied the odds and changed the world.

**"It's not about the motivation or any emotions, it's about the self discipline.."**

Susan Shrestha 12 'F'



## LORD GAUTAM BUDDHA LIGHT OF ASIA

Gautam Buddha is a person who got enlightenment through meditation and is the founder of Buddhist religion. He is also known as the light of Asia all through out the world and is respected.

According to Buddhist tradition, he was born in Lumbini, in what is now Nepal, to royal parents of the Shakya clan, but renounced his home life to live as a wandering ascetic (Sanskrit: śramaṇa). After leading a life of begging, asceticism, and meditation, he attained enlightenment at Bodhi Gaya in what is now India. The Buddha thereafter wandered through the lower Indo-Gangetic Plain, teaching and building a monastic order. He taught a Middle Way between sensual indulgence and severe asceticism, leading to Nirvana, that is, freedom from ignorance, craving, rebirth, and suffering. His teachings are summarized in the Noble Eightfold Path, a training of the mind that includes ethical training and meditative practices such as sense restraint, kindness toward others, mindfulness, and jhana/dhyana (meditation proper). He died in Kushinagar, attaining parinirvana. The Buddha has since been venerated by numerous religions and communities across Asia.

A couple of centuries after his death, he came to be known by the title Buddha, which means "Awakened One" or "Enlightened One." His teachings were compiled by the Buddhist community in the Vinaya, his codes for monastic practice, and the Sutta Piṭaka, a compilation of teachings based on his discourses. These were passed down in Middle Indo-Aryan dialects through an oral tradition.



Later generations composed additional texts, such as systematic treatises known as Abhidharma, biographies of the Buddha, collections of stories about his past lives known as Jataka tales, and additional discourses, i.e., the Mahayana sutras.

Udit Bir Singh Tuldhar  
12 'C'

## SANDUK RUIT: A VISIONARY DOCTOR

Sanduk Ruit was born in a small village in the Himalayas in 1954. He grew up in a simple home with no electricity running water facility and had to walk long distances to attend the school. Despite the challenges, Sanduk was a hardworking and talented student. In 1969, Ruit graduated from Siddhartha Vanasthali school in Kathmandu and later was further educated in India. He studied a Bachelor of Surgery, Bachelor of medicine (MBBS) from King George's medical college with scholarship.

After completing his medical studies, Sanduk became an ophthalmologist which is a doctor who specializes in treating eye problems. He quickly developed expertise in cataract surgery, a common procedure that can restore vision for people with cloudy lenses in their eyes. In 1980's Sanduk Ruit met an Australian ophthalmologist named Fred Hollows. Together they developed a new technique for cataract surgery that was simpler, most affordable and could be performed in rural areas with limited medical resources.

They also trained local doctors and nurses in this technique, so that they could continue to provide eye care after Sanduk and Fred had left. Sanduk's technique involved using a small incision and a low cost intraocular lens to replace that clouded lens in the eye. The surgery could be done quickly and require minimal operative care. This made it ideal for use in remote areas where access to medical facilities was limited.

Today, Sanduk and Fred traveled to many remote areas in Nepal and other countries to perform surgeries and to train local health care workers. Today, Sanduk is considered one of the world's leading expert cataract surgery. He had received many awards and Honors for his work such as the Asian nobel prize and many more. Sanduk continues to work restlessly to improve eye care in developing countries. He is the founder of Tilganga Institute of ophthalmology in Kathmandu which provides eye care service to people in Nepal and other countries.

Lastly, He has inspired doctors and health care workers to continue His mission of making eye care accessible to all.

Jaya Bahadur Rajbanshi  
12 'J'



# WARREN BUFFETT

Warren Buffett, also known as the 'Oracle of Omaha,' is one of the most successful investors in history. He is the chairman and CEO of Berkshire Hathaway, a conglomerate that owns more than 60 companies, including GEICO, Dairy Queen, and Duracell.



Born in Omaha, Nebraska in 1930, Buffett developed an interest in investing at a young age. He began selling gum, soda, and newspapers door-to-door as a child and later worked as a stockbroker while attending the University of Nebraska. After earning his master's degree in economics from Columbia University, Buffett worked for Benjamin Graham, a well-known investor and author of the book 'The Intelligent Investor.'

Buffett's investment philosophy is based on value investing, which involves buying undervalued companies with strong fundamentals and holding them for the long term. He is known for his ability to identify companies with sustainable competitive advantages, or 'moats,' and for his aversion to investing in companies he doesn't understand.

One of Buffett's most famous quotes is,

- Rule No. 1: Never lose money**  
**Rule No. 2: Never forget rule No. 1**

This emphasis on risk management has helped Buffett avoid many of the pitfalls that have tripped up other investors.

Buffett is also known for his philanthropy. In 2010, he and Bill Gates launched The Giving Pledge, a campaign to encourage billionaires to donate the majority of their wealth to charity. Buffett has pledged to give away more than 99% of his fortune during his lifetime or upon his death.

Despite his immense wealth, Buffett is known for his frugal lifestyle. He still lives in the same house in Omaha that he purchased in 1958 for \$31,500, and he famously enjoys fast food from Dairy Queen and Coca-Cola products. Buffett's investment success and philanthropy have earned him numerous accolades and awards over the years. He was named one of Time magazine's 100 most influential people in the world in 2007, and he received the Presidential Medal of Freedom from President Barack Obama in 2011.

In conclusion, Warren Buffett is a legendary investor who has achieved remarkable success through his disciplined investment philosophy and emphasis on risk management. His philanthropy and frugal lifestyle serve as a reminder that wealth and success should be used for the greater good. Buffett's legacy will undoubtedly continue to inspire investors and philanthropists for generations to come.

Binesh Kanaujiya  
12 'G'

## Jhamak ghimire

Jhamak Kumari Ghimire was born on 10th July 1980 in the village kachide in Dhankuta district. Her mother's name is Asa Devi Ghimire. Her father's name is Krishna Prasad Ghimire. Jhamak Kumari was born with cerebral palsy. She used to write with her left foot and she used to eat also with foot. She was not sent to school.

She learned to write by listening to her sister studying. She used to crawl on the ground. Her family and other people called "serpent" because she crawled on the ground. She wrote the first letter 'ka' for the first time with foot.

She is a Nepali writer. She is a columnist at Kantipur newspaper. She has written her autobiography named 'Jeevan Kada Ki Phool' Sankalpa, Manche Vitarka Yoddhaharu and Kranti is her poetry works Awason Pachiko Aagaman is her another work. She was awarded with the Madan Puraskar for her autobiography 'Jeevan Kada Ki Phool'. Beside that she was awarded by Kabita Ram Bal Sahitya Pratiba Puraskar one should be influenced from her boost up her work.

Aakriti Yadav  
12 'D'



# CROCHET: HOOKED ON CREATIVITY

## The Rich and Intriguing History of Crochet

Crochet is a needlework technique performed using yarn, fabric, fiber, wire, or other materials and a crochet hook. In contrast to knitting, where two needles are used, crochet only employs a single hooked tool to connect yarn loops to create various patterns. Although the precise origin of crochet is unknown, some sources claim that crochet began in Arabia and spread throughout the Mediterranean region. Others claim that the origin of crochet can be traced to the Chinese needlework technique that was spread to Turkey, India, Persia and North Africa. Crochet grew in popularity in the 1960s and 1970s as part of hippie and bohemian fashion movements.

## Popularity of Crochet Today

Young people have taken up crocheting in recent years as a means of self-expression and accomplishment. Due to the low cost of the necessary materials, it is a reasonably priced hobby. With the rise of social media, it is now simpler to connect with other crocheters to exchange pattern ideas and encourage other crochet beginners to try those patterns. The availability of numerous free online tutorials and video resources also made it simpler for people to learn how to crochet.



## Benefits of Crochet

Crocheting aids in reducing stress and anxiety because it relaxes and calms their mind. It is a good hobby option for those with limited mobility and one that can be done while sitting down. Crochet helps people to be creative and express their imagination and produce unique items. According to their preferences, they can design their own unique items.

## How I got into Crochet

In 2020 COVID-19 hit the world and lockdown started. This is when I discovered the soothing and creative world of crochet, using it as a way to relax and stay productive. I started using the old crochet hooks and yarns that were lying around in the house and began my crochet journey by making a pair of gloves. It assisted me in avoiding the stress and anxiety that the lockdown had caused to build up. Initially, I needed 4-5 days to finish a project, but after some time, I was able to finish them in a day or two. I experienced a brand-new feeling of accomplishment after completing a project. I started making bags, beanies, whenever I had time. Crochet has been a hobby that helped me express my creativity and find peace while doing it.



Saloni Shrestha  
BIM 6B

# ZENTANGLE: ART FOR ANXIETY

Zentangle is a form of art therapy that involves creating structured patterns and designs using repetitive strokes and shapes. It is a meditative and relaxing activity that can help to reduce stress, anxiety, and other negative emotions. It differs from Doodling as it is more freeform and spontaneous form of drawing. It may involve creating random shapes or designs without any particular plan or goal in mind. The practice of zentangle involves creating small, abstract drawings using a combination of dots, lines, and curves. These drawings are often done on small pieces of paper or cards, and can be done with just a pen and paper. The process of creating a zentangle involves focusing on the present moment and the repetitive motions of drawing the patterns. This can help to calm the mind and reduce stress and anxiety. It can also help to improve concentration and focus, as well as boost creativity and self-esteem.

Samikshya Bagale BBM 5th





## A NEEDLE BIT OF JOY

Embroidery is an art of decorating the fabric using needle bringing the charismatic attraction in it through colorful threads and yarn. The origin of embroidery can be dated as far back as man has been able to produce fabric. In the early days, human used to manually draw the embroidery art on the fabrics with hand but with the invention of the modern technology, the art can also be done with the aid of machine. However in this writing, i will be talking about the handmaiden embroidery, my experiences and attachments with it.

Although it started with a tv cover and a little compulsion from the school, but maybe knowingly or unknowingly it has already become a part of my life. Back then when I was first introduced with embroidery I was ignorant and didn't really give much thought about it. But it started getting meaningful and interesting during my high school time and especially during lockdown. In the initial phase, I would just sit down and practice creating some random embroideries. As time went on, it became easier for me to create colorful and meaningful designs. Embroidery doesn't only reflects the art skill of a person, it also dispose their intellectual, psychological and mental state and standard. It has worked as a therapeutic for me helping me to keep my worries and the chaotic thoughts away making me calm and energetic all time. Sparing my valuable time to choose the required materials, stitches and patterns for my work certainly requires a abundance amount of patience and when I finally see the outcome I say to myself "Yes it is worth it".

I love embroidering not only because it reflects my thoughts and feelings, it has helped me a lot in alleviating my stress and reduce anxiety. Apart from it, it has somehow built a confidence level in me aiding me in my character development. My unconditional attachment with the embroidery is not in existence only because it has given me a boon of both physical and mental health but also because i like to make it for others. Many people say that they like to do things for themselves. However, for me it doesn't work like that, I love to do things for my loved ones.



It may sound a bit cringe but I think it is the love of my life because whenever my hands gets the sensation of the cold stainless needle it mingles with it in such a tempted coupling way creating a beautiful and magnificent embroidery art on that white piece of cloth. It was painful at first and at some point I even thought of quitting. But I didn't as you know that you should never give up on the loved ones 😊 and here I am still sewing.

Mamata Gurung BHM 5B

## THE ALLURING MELODIES OF KALIMBA



The kalimba is a musical instrument that originated in Africa and has become increasingly popular worldwide. It is made up of a wooden board with metal tines attached to it, and it is played by plucking the tines with the thumbs. The kalimba is easy to learn and can be played by anyone, making it a popular choice for relaxation and meditation. Musicians have also incorporated it into their compositions, adding a unique sound to their music. Overall, the kalimba is a simple and versatile instrument with a rich history and a bright future, worth exploring for both beginners & experienced musicians. Playing the kalimba requires the use of both thumbs to pluck the tines. Players can use various techniques to create different sounds and rhythms. Some players may use their nails to pluck the tines for a sharper sound, or they may use the pads of their thumbs for a softer, more muted sound where others use their fingers to create percussive effects on the board.



Rohan Maharjan BIM 5A



## DUNE AND THE BRILLIANCE OF DENIS VILLENEUVE

The year is 1965, Dune, what started as a monthly column for a magazine has finally been published and is not selling at all and being panned by critics. Over time, the book gained such notoriety that it became the highest selling science fiction book of all time and would inspire massive intellectual properties like Star Wars, Star Trek, The Chronicles of Riddick and Futurama. Dune shows Frank Herbert's interest across a broad range of topics, from religion to ecology and the environment, from politics to linguistics and psychology. The topics discussed are still relevant, 58 years later. It cemented his legacy as the master of the science fiction genre. The novel, which was already vast, later expanded into 5 further books.

Dune, a story of young Paul Atreides, was supposed to be unadaptable in format of the movie due to its extensive lore and its complex narrative. Set in the distant future, 20,000 years from the present to be exact and it spans over multiple planets. It depicts a computer and Artificial intelligence-less world. This shows that Herbert was way ahead of his time, he demonstrates the power and potential of the human mind rather than artificial intelligence. Many have tried and failed to adapt it to film, Alejandro Jodorowsky's highly ambitious version never got made. And less said about David Lynch's 1984 version the better, the over the top acting, below par cinematography and the constant barrage of exposition makes this version completely unwatchable. My belief seems to be held by a considerable number of people as it failed at the box office miserably.

After a lull of 37 years, Dune finally returned to our silver screens led by the one and only Denis Villeneuve. When a 13 year old Denis came across the book for the first time, he fell in love with the journey of the main character, from the feeling of isolation and burden to his path of freedom. Villeneuve has described his adaptation as a love letter to its novel and fans. The heart and soul he

poured in is evident in every frame of the movie. The expectations were high of Denis coming off of movies like Sicario, Arrival and Blade Runner 2049 which he met with flying colours. His movies explore the theme of time, identity, memory and are known for philosophical and existential elements which was a great thematic match for Dune.

Now discussing Villeneuve's adaptation, which is widely considered a masterpiece. The movie is characterised by immersive world building, stunning visuals and breathtaking background score created by the legendary Hans Zimmer. The special effects of the deserted planet Arakkis and the Sandworms are something to be really marvelled at. The ensemble cast of Timothée Chalamet, Rebecca Ferguson, Josh Brolin, Dave Bautista and Zendaya are worth their weight in gold but a special shoutout to Oscar Issac. His portrayal of Helpless Duke Leto Atreides caught in the dichotomy of duty and family values is exceptional. To quote Tony Montana from Scarface "The eyes, Chico. They never lie". The combination of everything made Dune into one of the biggest movies of the year and an unsure production house greenlit a sequel.

I watched Dune back in 2021 and was captivated by it. This might actually be my favourite movie franchise. The release date of 3rd November can't come any sooner. I'm sure Paul Muadib can harness the powers of Shai Hulud and take down the dynasty of the Harkonnens (SPOILERS!!!!) and avenge his father's death on his path of becoming the Kwisatz Haderach.

Sharvagya Katuwal  
BIM 6B



D U N E



Like most online multiplayer games such as PUBG, CS GO and Fortnite. Valorant is also one of the popular multiplayer games. More than guns and bullets, players will choose an Agent armed with adaptive, swift, and lethal abilities that create opportunities to let your gunplay shine. There are various maps that serve as playgrounds for showcasing players' creativity. Purpose-built for team strategies, spectacular plays, and clutch moments.

**Rules of the game:**

Valorant is a tactical shooting game involving two teams with 5 players in each team. Every player can sign in and play remotely from anywhere in the world. Every game has 25 rounds and the team that

wins 13 of them first wins the game. Players can choose their in-game characters called agents at the start of the game. Players can buy abilities and weapons at the start of the game.

**How will Riot Games ensure fair play?**

To uphold the competitive integrity of the game and prevent cheating, Riot Games' anti cheat system called Vanguard comes into action during gameplay. It can prevent players from using speed hacks (which allows players to move faster than others) and wall hacks (when players can see opponents through walls). The developer is working on adding aim locks (it locks aim at enemy by itself) and trigger bots (automatically shoots at an enemy) to Vanguard soon.

Salin Manandhar BCA 4th

**MOBILE LEGENDS: BANG BANG**

Mobile Legends: Bang Bang, sometimes known as MLBB, is a fast-paced multiplayer online battle arena (MOBA) game. MLBB, developed by Moonton, enjoys enormous popularity among gamers of all ages and backgrounds due to its addicting gameplay, competitive nature, and dynamic community.

MLBB pits players against each other in 5v5 fights, with each hero having their own set of powers and roles. Each hero, from tanks and marksmen to mages and assassins, has a unique playstyle and strategy, giving complexity and variation to the game. MLBB offers players to leap into action immediately and experience thrilling real-time combat thanks to its straightforward controls and simple gameplay. One of the reasons for MLBB's popularity is its ease of use. The game is free to play and available on both the Android and iOS platforms, allowing millions of gamers worldwide to enjoy it. The game's short match durations, which often run between 15 and 25 minutes, allow players to enjoy brief gaming sessions on the go. Its popularity is also influenced by the MLBB community. With a large player base from all around the world, MLBB has a flourishing community that participates in a variety of activities such as in-game conversations, forums, social media groups, and esports contests. The competitive aspect of the game motivates players to improve their

abilities, build tactics, and interact with other gamers, generating a feeling of community and healthy competitiveness.

Furthermore, MLBB's material is continually updated, keeping the game new and engaging. Moonton delivers new heroes, skins, game modes, and events on a regular basis to keep gamers involved and amused. The game also has a thriving esports industry, with professional leagues and tournaments held across the world, allowing players to exhibit their abilities and compete for glory. However, it is vital to recognize that MLBB, like any other game, can have its issues. Some players may become addicted to the game and spend excessive amounts of time and money, while others may experience toxic behavior or cheating. Responsible gaming and maintaining a good balance between gaming and other elements of life are critical.

Finally, Mobile Legends: Bang Bang has become a mobile gaming hit, attracting millions of players worldwide with its addicting gameplay, competitive nature, and dynamic community. MLBB continues to captivate the hearts of players all around the world with its accessible and entertaining gameplay, frequent updates, and growing esports scene, and it is likely to remain a popular choice in the world of mobile gaming.

Rameshwor Shrestha BCA 4th



**CARTOON****ANIME**

The terms "anime" and "cartoon" are frequently used synonymously in the huge realm of animated entertainment, confusing both fans and novices. But it's important to realize that anime and cartoons are two separate creative forms, each with its own distinctive traits, historical roots, and cultural relevance. We hope that this extensive guide will help you understand the subtle differences between anime and cartoons and will enable you to appreciate and traverse their various worlds.

#### **VISUAL AESTHETICS: THE UNIQUE LOOK OF ANIME**

The visual style of anime and cartoons is one of the most obvious differences between them. Anime features a wide variety of visual forms that are distinguished by vivid colors, exaggerated facial emotions, and intricate backgrounds. Anime captivates viewers with its aesthetically rich and immersive experience, from the gorgeous landscapes of Studio Ghibli's films to the dynamic character designs of "One Piece" and the graphically striking action sequences in "Attack on Titan." Cartoons, on the other hand, frequently have art that is more straightforward and simplified. While cartoon images can vary greatly, they frequently include sharp outlines, exaggerated features, and plain backgrounds. This distinctive aesthetic is exemplified by the enduring appeal of the characters from enduring American cartoons like "Tom and Jerry" or "Looney Tunes" or other classics.

#### **ANIME'S DEPTH AND EMOTIONAL RESONANCE: NARRATIVE COMPLEXITY**

The narrative richness of anime distinguishes it from cartoons and adds to its enduring appeal. Themes from a wide range of genres, including romance, fantasy, science fiction, and even psychological thrillers, are frequently explored in anime. The philosophical complexity and emotional resonance of shows like "Death Note" and "Fullmetal Alchemist: Brotherhood" captivate viewers. These shows explore difficult moral quandaries, human nature, and societal challenges. Cartoons, on the other hand, frequently place an emphasis on comic and lighthearted storytelling with the goal of entertaining and amusing younger viewers. Cartoons frequently have self-contained tales and a more episodic structure, yet they can nevertheless have compelling narratives. Cartoons like "SpongeBob SquarePants" and "The Simpsons" are masters of humor and slapstick comedy, making viewers of all ages laugh and enjoy themselves.

#### **GLOBAL IMPACT AND CULTURAL RELEVANCE**

Anime has a strong global following that has crossed regional boundaries, adding to its cultural relevance. Numerous artistic mediums have been impacted by it, including cosplay [costume play], manga [Japanese comics], and even live-action adaptations. Its widespread appeal and ongoing appeal are attested to by the success of anime franchises like "Dragon Ball," "Naruto," and "Pokémon" on a global scale.

Cartoons have been successful internationally, although they frequently still have a stronger connection to Western culture. Classic animated characters like "Mickey Mouse" and "Bugs Bunny" have won the hearts of generations all around the world by becoming symbols of American entertainment and nostalgia.

Nirab Shrestha  
BIM 6A







Counter-Strike: Global Offensive (CS:GO) is a first-person shooter video game developed and published by Valve Corporation. It was released in 2012 as the fourth game in the Counter-Strike series. CS:GO quickly gained a massive following and became one of the most popular esports titles in the world. The game is played in rounds, with two teams of five players each competing against each other. One team plays as terrorists, while the other plays as counter-terrorists. Terrorists aim to bomb or hold hostages, while counter-terrorists strive to stop them. The game offers diverse weapons and equipment purchasable with in-game currency.

### CS:GO in Nepal

CS:GO has a growing presence in Nepal. While the region may not have as large of a CS:GO community as some other parts of the world, there are still many players and teams competing in local tournaments and leagues. In Nepal, there are several organizations that host CS:GO tournaments and events, such as the Nepal Gaming Expo and the Himalayan Gaming Festival. The Nepal eSports Association was also established in 2018 to promote and develop esports

in the country, including CS:GO. As esports gains popularity in Nepal, the CS:GO scene is expected to grow in the future.

### Legacy of CS:GO in esports

CS:GO has had a major influence on the esports scene. The game's competitive gameplay, with its emphasis on strategy, teamwork, and skill, has made it a popular title for competitive play. CS:GO tournaments and leagues have become major events with large prize pools, and professional players have become household names in the gaming community. CS:GO has helped to popularize the concept of in-game cosmetic items and skins. Items can be bought using real money or in-game currency to customize weapons and characters. The popularity of CS:GO skins has led to the creation of a multi-billion dollar skin trading market, where players can buy, sell, and trade items with other players. CS:GO has left a lasting legacy in the gaming industry, particularly in esports, in-game economies, and game design. Its influence and popularity are expected to endure for years to come.

Samir Maharjan 'A' BIM 6A

## VIRTUAL REALITY: A WORLD OF POSSIBILITIES

Virtual Reality (VR) means using computer technology to create a simulated environment. From that simple definition, the idea doesn't sound especially new. Virtual Reality is a simulated environment created by software, designed to convince users that it is real.

Virtual reality technology was introduced in 1957 by Morton Heilig. His multimedia device called sensorama is considered one of the earliest VR systems. However, the term "virtual reality" was coined much later in 1987 by researcher Jaron Lanier. In earlier days, the VR system was huge and was used for multimedia only. But catching sight of the present time, it is also used for gaming purposes.

The potential uses for virtual reality are vast and varied. From gaming and entertainment to education and training, VR is being embraced by industries across the board. In fact, the global virtual reality market is expected to reach over \$20

billion by 2026. But virtual reality isn't just for fun and games. It's also being used in fields like healthcare, where it's being used to train doctors and surgeons in complex procedures. In architecture and design, VR aids in visualizing and testing new buildings pre-construction, while in education, it fosters immersive and interactive learning experiences.

While concerns exist about the negative effects of virtual reality, such as motion sickness and addiction, ongoing technological advancements are addressing these issues and highlighting the growing benefits of VR.

Whether you're a gamer, an educator, or an explorer, virtual reality opens up endless possibilities for immersive experiences. So why not strap on a headset and see where it can take you?

Cheshna Maharjan  
BIM 6A





### Ingredients

#### Cracker Crust

- 1 1/2 cups digestive biscuits
- 2 Tablespoons sugar
- 1 Tablespoon brown sugar (can substitute white)
- 7 Tablespoons butter melted

#### Cheesecake

- 32 oz cream cheese softened to room temperature
- 1 cup sugar
- 1/4 cup sour cream
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 4 large eggs room temperature, lightly beaten

## Cheesecake recipe

### Instruction

- Preheat the oven to 180°C. Wrap the outside of a 9-inch springform pan with foil to prevent leaks. Coat the inside of the pan with cooking spray.
- Pulse the graham crackers in a food processor until crumbled. Add 1 to 2 tablespoons water and the butter; pulse until moistened. Press the crumbs onto the bottom of the prepared pan. Bake until browned, about 8 minutes. Let cool, about 10 minutes.
- Meanwhile, beat both cream cheeses and the sugar with an electric mixer on medium-high speed until smooth, about 5 minutes. Beat in the sour cream on low. Lightly whisk the 3 egg whites in a bowl, then add to the cheese mixture along with the 2 whole eggs, flour, vanilla and lemon zest. Beat on medium speed until fluffy, about 3 minutes. Pour over the crust.
- Place the cheesecake in a roasting pan and add enough warm water to come one-quarter of the way up the sides of the springform. Bake until the cake is set but the center still jiggles, about 1 hour 10 minutes. Turn off the oven; keep the cheesecake inside with the door closed for 20 minutes.
- Remove the cake from the water bath and transfer to a rack. Run a knife around the edge, then cool completely. Chill until firm, at least 8 hours. Top as desired.

I Enjoy

CSIT 6

Edzeena Joshi

## SunnySide Eggs

- Step 1: Heat your nonstick frying pan (preferably 150°C)
- Step 2: Put 50gm ghee or butter
- Step 3: Crack open 2 eggs in a bowl (without breaking)
- Step 4: Place the eggs in the pan gently without breaking
- Step 5: Flavour the eggs slightly with pinch of salt and other given spices and herbs
- Step 6: Slow cook the eggs until whites are fully set and the yolk are runny (also you can use steak method)
- Step 7: Serve Hot and enjoy



Ingredients

- 2 Eggs
- Oregano Flakes
- Salt pepper
- Chilly Flakes
- Butter/ghee

Pramish Shahi CSIT 6B

## Cooking is not a Passion

Ever since I can remember, I have always been gathering obscure knowledge. I have tried about everything that one could think of, but none has ever stood up. Likewise, BHM was an impulsive decision since I didn't like science and anything to do with science but here we are studying "Nutrition", but since I am good with numbers, maybe it got me into being a good student. During my high school days, or even before, I had never actually thought about cooking, but I indeed love foods or at least eating them. I enjoyed watching food videos and learning more about foods, I mean I knew what lasagna was before I studied pasta. Maybe it came in naturally, or I have made it seem natural over the years, that now I love cooking and will surely become a chef someday. It might be just me trying to cope with

myself because all of the people around me just assume that I will be a chef since I am studying BHM. I don't regret this decision in fact, I enjoy cooking. I love the sound of chaos within the kitchen. I love the sound of hustle and whistle. I love the smell and aromas. I enjoy the heat. And most importantly, I love being a part of the kitchen.

Chistina Ale BHM 5B





# The Sacred Art of Nepal – Paubha

"Paubha is more than just a painting, it is a lesson that ought to be applied in the life of an artist", states renowned Paubha painter Lok Chitrakar, while reflecting on the philosophical dimension of Paubha painting. Paubha painting is a captivating journey for creative minds, demanding immense skill and years of dedication. While traditionally taught through the Newari guild system, universities and art schools now offer courses in this ancient Nepali genre.

## What is Paubha Art?

Paubha is derived from the term *Patrabhattaraka* that later came to be known as Paubha. Nepal Brihat Shabdakosh defines 'Paubha' as a traditional form of painting gods. Lok Chitrakar states that there are four key points in Paubha tradition: rule of painting, the tradition of painting, purpose, and benefits of painting. The basic rule of painting as per Chitralakshan is the correct usage of colors, ingredients, hand, and body postures. The painting was created for various traditional purposes through the collective effort of the priest, the patron, and the painter. For example, paintings of 'Manjubajra' and 'Bajradhateshwori' were painted by Keshraj Chitrakar in C.E.1409 for Harsaram Chitrakar under the guidance of the priest Kul Bhadra. Another painting titled 'Vishnu Mandal' was painted by Jaya Tej Pun in 1420 CE for Tejoram Sharma and his brothers. A paubha is created to record events, worship deities, fulfill guthi obligations, facilitate meditation, and seek blessings.

## History of Paubha Art

Paubha painting tradition seems to have developed within Kathmandu Valley with one notable exception of Pala (an ancient Indian Empire) influence. Kreijger states, "In thirteenth to mid-sixteenth century Paubha, the well-defined aquiline noses, long eyelashes, and elongated eyes, and decorative elements like jewelry, including bracelets, armlets, and crowns have a great deal of resonance with Pala sculptures and manuscript illustrations." The artistic style of Paubha also known as Beri style or Newari style became the universal painting style in Tibet for a century between the 1360s-1450s, reflecting the influence of Nepali style in the Tibetan art culture. In 1997, Steve Kossak wrote that the oldest surviving Paubha painting is 'Vasudhara Mandala', dated C.E. 1367. It belonged to an era when Kathmandu Valley suffered Muslim raids

resulting in the destruction of many ancient artworks. However, more than a decade later in 2010, Steve Kossak wrote in another book that the 'Green Tara' painted around 1261-1270 and attributed to Arniko is the oldest surviving Paubha painting.

## Paubha in Recent Times

There are concerns that modernization, manipulation, and digitization may harm the Paubha market. Senior artists notice younger apprentices' impatience with learning Paubha painting. Paubha painting is considered to be expensive, but it requires very high skills and the use of natural color pigments derived from real gold and silver dust to create one. Artists are required to use thin '000' number brushes, even for large-scale painting, which makes the task of painting more laborious. Online content and Kathmandu University promote indigenous Nepali artwork through blogs, articles, YouTube videos, and compulsory courses in Traditional Art Practices. However, No official certification for Paubha painters currently exists, but universities are starting to offer dedicated courses on Traditional Art Practices. Artists such as Lok Chitrakar have protected traditional Paubha paintings while popular artists like Uday Charan Shrestha and Samudra Man Singh Shrestha have modified it to build a new culture of art. A simple place for a tourist to find these paintings is the shops around Thamel, Swayambu, and Boudha. High-quality Paubha paintings are exhibited at the National Exhibition of Fine Arts, in the category of Traditional Arts. Other notable galleries for the collection of Paubha paintings include Boddhisatva Gallery, Inar, Patan and Museum of Nepali Art, Kathmandu Guest House, Kathmandu.

Older paintings are exhibited at the Bhaktapur Art Museum, National Museum in Chhauni. Many old paintings are displayed in various Bihar (Buddhist Monasteries) during the auspicious period of Gunla Dharma (around June-July) as per the Newari calendar.







How would you like to introduce yourself?

I am Prof. Dr. Kusum Shakya, talking about my schooling. After the establishment of democracy, my parents migrated to Kathmandu, and I continued my schooling from class 6 and completed my SLC from Kanti Ishwori School. Then I completed my intermediate level at the Padma Kanya campus. I acknowledged that education is the most important thing, and I decided on my own. While I was studying for my bachelor's, I also received a Nepal Rastra Bank scholarship as I was the topper. I did my major in Economics and Mathematics, and Nepal Bhasa was the other minor subject that I studied. When I received the scholarship, I became motivated and recognized the crucial role of education, which is essential for every individual and necessary in every aspect of our lives. In my opinion as a leader, education is essential for success in all spheres, and the current state of affairs in our nation is a result of both a lack of educated citizens and disorganized politics. As a result, I decided to pursue further education. In 2036 BS, we had our first student union election on the PK campus, and fortunately, I won the position of treasurer with the maximum votes. However, I became dissatisfied because I came to realize that without education, no one could truly become a competent and effective leader. As a result, I made the firm decision to enroll in a master's program. However, during this period, I faced pressure to become a candidate for the position of president. Despite the temptations, I remained committed to my studies and declined those offers, ultimately completing my master's degree in economics.

Later, I worked as the Director of Quality Assurance and Accreditation at Nepal's University Grants Commission. During my tenure, I had the opportunity to accredit Balkumari College with its first UGC grant. I worked there for about 3 years. There, I spent about three years at work. After gaining experience, I returned to TU as the head of the Central Department of Economics and worked there for roughly two and a half years. With that incredible journey, I got an incredible offer from TU for the position of Dean of the Faculty of Humanities and Social Science. Initially, I had doubts about accepting the offer, but after contemplating it for four months, I eventually decided to embrace the opportunity.

Presently, I am proud to serve as the dean of Tribhuvan University's Faculty of Humanities and Social Sciences, and I have completed my third year in this esteemed position. Apart from my achievements as an economics student, I also got the opportunity to complete my master of demography from the Australian National University through an Australian Awards scholarship. Furthermore, I obtained a Ph.D. in economics from Tribhuvan University under a scholarship from the University Grant Commission.

Achievement and recognition achieved by the faculty members or the faculty?

That's impressive! I'm delighted to tell today about the advancements made in the Department of Humanities and Social Sciences. The fact that the department awarded its first Ph.D. in 2013 shows a significant milestone in academic achievement. It's also commendable that the focus has shifted towards quality rather than quantity when it comes to M.Phil. and Ph.D. programs. By implementing stricter criteria, such as completing a one-year course, publishing articles, and actively engaging in research activities, you have ensured that only the most dedicated and promising students are granted the opportunity to pursue a Ph.D. Our efforts in directing and improving the M.Phil. and Ph.D. programs during my tenure as dean have yielded positive results, leading to their successful growth and development. It's a testament to our leadership and commitment to academic excellence.

What are the support services provided by the faculty of humanities for internship, mentorship, and career counseling of students?

In other words, the Faculty of Humanities and Social Sciences offers a range of programs such as school counseling, general studies, peace conflict, and development, as well as international relations development. These programs aim to provide counseling and support to students in diverse ways. These programs are implemented and conducted through their respective departments, which are not limited to the Faculty of Humanities alone. In other words, each program is managed by its dept, and they collaborate across different faculties to provide comprehensive support and assistance to students.





## Why is BCA is categorized as the Faculty of Humanities and Social Science ?

The pervasive use of mobile phones can be ascribed to their user-friendly nature and wide availability, while computers continue to hold importance in areas that require advanced functionalities and specialized knowledge. No one has claimed that certain computer and device-related concepts are exclusive to a certain group of people. For instance, during the Covid epidemic, classes were being run using various methods. There were requests to run classes through Zoom, Google Class, and other platforms. Is there any doubt that this is a course that should not be taught by the humanities and social sciences?

Now consider the case where someone didn't know how to operate a computer. Would it still be able to conduct those classes? Naturally not. In other words, students pursuing studies in humanities and social sciences have the opportunity to engage in computer courses as well.

**Nepal is a developing country. Students belong to lower-class or middle-class families. People often express concerns about the long-term benefits of choosing to study humanities. How can students be encouraged to recognize the falsehood of such beliefs and understand the numerous career-oriented benefits that studying humanities can offer?**

People often hold misconceptions about subjects within the humanities and social sciences. They tend to associate these fields with short-term benefits or instant success, akin to 'eating hot and dying soon.' Additionally, there is a prevailing notion that learning today should directly translate into immediate earning tomorrow. These perspectives are often perpetuated and passed down through generations within families.



*Prof. Dr. Kusum Shakya  
receiving token of appreciation from Palaa team members.*

Observing that students often overlook the true value of humanities subjects, I have personally encouraged those who have completed their SLC (School Leaving Certificate) to consider pursuing humanities. This is because humanities subjects offer tremendous potential for achieving high marks and securing scholarships. My own experience of earning multiple scholarships throughout my educational journey has served as a strong motivation for me to share this valuable tip with others. Having a comprehensive understanding of geography, history, and population demography is essential for effectively applying the knowledge gained from these subjects. The political events that have unfolded throughout history are intricately connected to the realm of political science, which falls under the umbrella of humanities and social sciences.

Following significant social and political movements, there is often a subsequent need for an economic revolution. This is because during times of geopolitical boundaries, natural disasters, and events like the COVID-19 pandemic, the economy is frequently the first aspect impacted. Without a solid understanding of economics, individuals may fail to recognize the importance of studying this subject. Similarly, the true value of humanities is often not fully understood by many.

**Is there any specific message or advice you would like to convey to prospective students considering joining the faculty of humanities and social science?**

When students choose to pursue higher education abroad, it has personal and economic implications that ultimately affect our country. Considerable amounts, approximately 73 billion rupees, are being transferred overseas for such studies. Therefore, I strongly believe in motivating students to stay within our own country and contribute to its development, as we possess quality education institutions. While studying abroad can provide valuable training and new skills, it is crucial that these acquired skills are effectively utilized for the betterment of our own nation.





## How much do you know about acnes?

Our skin contains many layers, bacteria living in there and unique fingerprints as well. When the tiny hole in our skin, known as hair follicles are blocked, it causes acne. Acne is also caused by sebum, bacteria and dead skin cells. There are many forms of acne : blackheads, whiteheads, fungal acne, cystic acne, hormonal acne, nodular acne. Acne can cause not only on face but on body too, like on shoulder, chest and upper-back. While acnes mostly appear mostly on teenage, some adults face acne too. While, most acne is hormonal as well as genetical, it can be caused due to stress as well. Hormones around the time of period can trigger acne as well.

### Things you must not do to trigger acne

- Do not eat high-sugar diet as well as junk foods.
- You must never pick on your acne
- Avoid using heavy, oily and greasy lotions, especially when you have oily skin type.

### How to prevent/treat acne?

- Make sunscreen your best friend, even when you are indoors. The rays can still affect your skin.
- Always remove your make-up and wash your face properly before you go to bed
- Maintain your hygiene
- Stress less, meditate more and maintain healthy lifestyle
- When acnes are painful and terrible, like cystic or fungal acne, visit a dermatologist and follow skin care.
- Acne medications such as Benzoyl peroxide, salicylic acid, retinol, antibiotics and so on can be used. In some cases, even oral medications are prescribed.
- Acne in teenage are common. So, they disappear over time. While some acne leave scars on the face

Shreya Shahi BIM 6A



## Calorie Counting

Calorie counting is a safe and a healthy method to lose or gain weight. But it's also important to consume enough calories for our body to function, to carry on with our day to day activities. Our body requires enough sleep, food and exercise to remain healthy.

Calories are a unit of measurement of energy. They serve as a means of expressing energy. While establishing weight or fitness objectives, calorie intake should never be the only factor to be taken into account. The amount of sleep, stress, and activity you get all affect your ability to keep a healthy weight. For instance, if a person gets their recommended daily intake of calories from foods with a lot of added sugar and refined carbs, this may cause their blood sugar levels to rise and increase the amount of fat that is stored in their body.

It is crucial to obtain calories from a healthful diet that contains fruits, vegetables, whole grains, and healthy sources of fats, such as nuts, avocados, and olive oil. These foods contain the nutrients that the body needs to function. A diet with an excessive amount of refined sugar may be of special concern because it might cause insulin spikes and cause fat cells to accumulate calories. The body responds by feeling hungry because these calories lack essential nutrients.

Similar to alcohol, which is high in these empty calories, it causes weight gain.

Calories may be taken in deficit or surplus. If one wants to gain weight and muscle simultaneously they need to eat in calorie surplus and exercise, whereas in calorie deficit it helps a person to lose weight if done correctly.

### The following strategies may help with counting calories:

- keeping a food diary
- using a calorie counter app
- having a meal plan designed to provide the required number of calories
- aiming for slow, steady changes to weight

For anyone looking to make a change to their weight, it is crucial to also consider levels of stress and physical activity, plus the quality and amount of sleep. These factors all play a significant role in order to remain healthy and keep the body active.



Ayush Pradhan BIM 6B



## THE PROFOUND TEACHINGS OF LORD KRISHNA: UNVEILING THE BEST LINES FROM THE BHAGAVAD GITA

The Bhagavad Gita, an ancient Hindu scripture, holds immense significance for its philosophical teachings and wisdom. At the heart of this sacred text is Lord Krishna, an incarnation of the divine, imparting profound knowledge to the warrior prince Arjuna. The Geeta's teachings transcend boundaries, inspiring humanity with timeless wisdom. Let's explore Lord Krishna's enlightening words on righteousness, self-realization, and spiritual enlightenment.

1. **"Yoga is the journey of the self, through the self, to the self."** Lord Krishna's teachings on yoga highlight its transformative power, guiding individuals towards self-discovery and the divine union.
2. **"Change is the law of the universe. You can be a millionaire or a pauper in an instant."** Krishna reminds us of the impermanence of material possessions and circumstances. Embracing change, we discover that our essence is not defined by external factors, and true wealth lies in spiritual growth.
3. **"A person can rise through the efforts of his own mind; or draw himself down, in the same manner. Because each person is his own friend or enemy."** Krishna highlights the influence of our mind in shaping our destiny. Our thoughts, actions, and intentions can uplift or hinder our progress. Our mind becomes our ally or adversary on the path to self-realization.
4. **"Perform your obligatory duty, because action is indeed better than inaction."** Lord Krishna emphasizes the importance of fulfilling one's duties and responsibilities in life. He advises detached action as a means of spiritual progress, emphasizing the importance of selflessness and diligence.
5. **"You have the right to perform your prescribed duty, but you are not entitled to the fruits of your actions."** Krishna emphasizes the importance of detached action. He advises focusing on the process rather than fixating on outcomes. By letting go of attachment to results, we achieve equanimity and inner peace.
6. **"Set thy heart upon thy work, but never on its reward."** This line highlights the importance of dedicated efforts with a detached mindset. It encourages finding joy in the process rather than seeking external validation.
7. **"When meditation is mastered, the mind is unwavering, like the flame of a lamp in a windless place."** Krishna emphasizes regular meditation for a calm and focused mind, achieving inner stability and clarity amidst life's fluctuations.

The Bhagavad Gita, guided by Lord Krishna's divine discourse, offers timeless wisdom for spiritual enlightenment. Its lines inspire purposeful living, emphasizing self-realization and dedicated action. Krishna's teachings in the Geeta inspire countless individuals, providing profound insights into existence and self-discovery.

Aayush Karki BIM 1B

### LORD KRISHNA

Lord Krishna is one of the most important figures in Hindu mythology, revered as both a god and a historical figure. He is believed to have been born in Mathura, India, around 3,000 years ago, and is considered to be the eighth avatar of the god Vishnu. Krishna's life is the subject of many stories and legends, which are recounted in the Hindu epic, the Mahabharata, as well as in many other texts and works of art. According to legend, Krishna was a mischievous child who loved to play pranks on his family and friends. As he grew older, he became a skilled warrior and diplomat, and played a key role in the epic battle of Kurukshetra, which is described in the Mahabharata. Krishna is also known for his teachings on duty, karma, and the nature of the self.

In the Bhagavad Gita, a crucial Hindu text, Krishna emphasizes fulfilling one's duty, irrespective of the outcome. Krishna is often depicted in Hindu art and iconography as a handsome young man with blue skin, playing a flute. He is also associated with cows and other animals, and is often depicted surrounded by gopis, or cowherd girls. Today, Krishna remains an important figure in Hinduism, and is worshipped by millions of people around the world. His teachings on duty, morality, and the self inspire people globally, leaving a lasting impact on art, music, and literature.

Bibek Phuyal  
BHM 5A



### What is your educational background?

I come from Arghakhanchi District, raised in a middle-class family that values education. I completed my BCom from Tribhuvan Bahumukhi Campus after secondary education in ICom. I pursued a master's in management from the Central Department of Management and later obtained MPhil and Ph.D. degrees from Tribhuvan University.

### How did your journey start in the educational field as a profession?

In the educational field, my journey commenced with a strong focus on research and writing, contributing books and articles to share valuable insights. Teaching at various institutions, including Padmakanya Campus, Saraswati Campus, and Dillibazar Multiple Campus, nurtured students' minds and facilitated their growth. Progressing through academic ranks, I eventually became a Professor and later assumed the role of Director of the MBM program at the prestigious Central Department of Management in Kritipur. Currently serving as the Dean of the Faculty of Management, I continue to lead and shape academic programs, making a positive impact on education.

### What are the overall vision and mission of FOM?

The overall vision of FOM is to create a skilled workforce with strong managerial abilities, capable of effectively managing enterprises and promoting entrepreneurship. The mission is to produce competent entrepreneurs who contribute to employment generation and economic growth, while also driving sustainable business development and overall prosperity in Nepal. FOM achieves this through a variety of programs that provide students with the necessary skills and knowledge to excel in their chosen fields. The focus is on developing managerial competencies, fostering an entrepreneurial mindset, and promoting innovation among students to meet the dynamic demands of the business world.

### What kinds of research activities has been provided or conducted to tackle the changing environment?

To tackle the changing environment, the Faculty of Management (FOM) has implemented a range of research activities. Keeping pace with the times, FOM updates its courses and assessment methods, transitioning to GPA-based grading and aligning programs with national and international practices for relevance. Research skills are emphasized, and research activities are conducted at various levels,

### INTERVIEW WITH FOM DEAN

## PROF. DR. DILLI RAJ SHARMA



including term papers, summer projects, theses, and dissertations. FOM encourages students to undertake research, regardless of scale, fostering an entrepreneurial mindset and adaptability to the evolving landscape.

### Message from sir about changes in course overtime.

Certainly! Our courses have evolved to align with the changing educational landscape. New students learn according to the latest context, while the older material remains relevant. Staying updated and conducting research is crucial for all of us. Regardless of the field of study, adapting to new developments is essential. I encourage proactive research to understand and adapt to the changes effectively. Taking ownership of your learning journey helps you stay updated and seize opportunities, preparing you for the unpredictable future.

### What are the recognition and achievement of TU?

Tribhuvan University (TU) holds significant recognition as one of Nepal's oldest and largest educational institutions. With a massive student population of over 500,000 and offering 27 diverse courses, TU has become a prominent hub for higher education in the country. The university

takes pride in its wide network of affiliated colleges and celebrates the achievements of its students at both national and international levels. It is essential to understand that TU values the accomplishments of its affiliated colleges just as much as its own achievements. Each success, whether in fields like BHM, BIM, or any other faculty, is considered a collective achievement for the entire university. TU operates as a supportive family, fostering growth and collaboration among its diverse institutions. For instance, if a college under TU's affiliation, like NCCS, receives prestigious accreditation like QAA, it is recognized as an achievement that reflects positively on the entire university.

Rather than solely focusing on TU's individual achievements, the university takes pride in the accomplishments of the colleges under its affiliation. TU values its role as more than just a single college; it considers itself a large family, fostering growth, collaboration.







**Why people pursue higher studies in abroad specifically for educational purpose but not in Nepal?**

People pursue higher studies abroad specifically for educational purposes due to several reasons. While there are universities in Nepal, many students prefer Tribhuvan University as the primary choice, but its limited accessibility across the country may drive students to seek education abroad. Moreover, as a member of the World Trade Organization (WTO) and in the era of globalization, students worldwide are crossing borders for education. However, the challenge lies in attracting foreign students to study in Nepal, necessitating a revision of syllabus, program enhancements for market relevance, and a concerted effort by students, universities, and the government to improve opportunities. Graduates should be encouraged in entrepreneurship, and government policies must support placement and career prospects. By collectively working towards creating a conducive environment for higher education and career growth, we can address the reasons behind students seeking education abroad.

**What are the steps that TU have planned to take in emerging issues of artificial intelligence and their outcomes?**

In addressing emerging issues of artificial intelligence (AI) and their outcomes, Tribhuvan University (TU) is taking proactive steps to prepare students for the future. Recognizing that AI and technology will present both opportunities and challenges, TU emphasizes the importance of not fearing job displacement but rather adapting to the evolving job market. The university is incorporating new IT courses and introducing programs like MIM (Master of Information Management) and PIM (Postgraduate in Information Management) in the management curriculum. Courses like M.BIT (Master of Business Information Technology) have been created to cater to technological advancements. By embracing technology and staying updated with national and

international practices, TU aims to empower students to seize opportunities and contribute to progress in various fields. The focus is on being proactive, adaptable, and open to continuous learning in the dynamic landscape of technology and AI.

**Study curriculum has been harshly affected due to COVID-19. What kinds of steps have been taken to fill the gap of delay of educational activities?**

The COVID-19 pandemic had a severe impact on the regular study curriculum and overall operations of Tribhuvan University (TU). The loss of staff members during this time was emotionally challenging for the TU community. However, despite these difficulties, the university took various steps to address the delay in educational activities. They adapted by conducting exams using compact question formats, although there were still disruptions leading to delays in exam and result announcements. Despite the initial challenges, the university authorities worked tirelessly to catch up with the regular schedule. As a result of their efforts, the time taken to publish exam results has significantly improved, now being within 3 to 4 months. TU demonstrated resilience and determination to overcome obstacles and provide a conducive learning environment for students, showcasing their commitment to education even during challenging circumstances.

**What messages or advice do you want to convey to all the prospective students?**

To all prospective students, I wish you the best on your educational journey. Embrace responsibility, discipline, and moral values. Strive to be the best version of yourself and contribute positively to society. See possibilities in every challenge and recognize the potential of our nation. Work hard, be honest, and treat everyone with respect. May you find success and fulfillment in your pursuit of education.



*Prof. Dr. Dilli Raj Sharma  
receiving token of love from Palaa team members.*



## FRIENDSHIP

Friendship is the golden thread that ties the heart  
of all the world.

Friendships enrich our lives in many different ways. Friends give us both practical and emotional support when needed. When kids go to school, they start to have deeper friendships that involve doing things together, sharing emotional elements, playing together. Then in adulthood, as people start to have jobs, friends can become the one who listens to you, gives advice or shares things that are difficult to handle by yourself. A friend is someone who helps you up when you're down, and if they can't they lay down beside you and listen.

Friendship is important in life because it teaches us a great deal about life. We learn so many lessons from friendship which we won't find anywhere else. Friendship never leaves us in bad times, your real friends will always motivate you and cheer for you. They will take you on the right path and save you from any evil. Most importantly, true friendship stands for a relationship free of any judgments. In a true friendship, a person can themselves completely without the fear of being judged. It makes you feel loved and accepted. This kind of freedom is what every human strives to have in their lives. In short, true friendship is what gives us reason to stay strong in life. Having a loving family and all is okay but you also need true friendship to be completely happy. Some people don't even have families but they have friends who are like their family only. Thus, we see having friends means a lot to everyone.

Jolly Kansakar  
BIM 6B

## MY FIRST FRIEND AND MY BEST FRIEND: MY SISTER

Most of us have sisters in our family. Some of us have an elder sister, and some of us have a younger. And, I have my elder sister. Her name is Miss Namina Dangol, my saviour. But it has been six years, she used to live in abroad for further studies. She is an amazing human being in my life. It's impossible to complete writing about her in a few words. But I'm writing some funny moments and memorable moments that we have shared.

The most amazing phase with her is the fighting phase...oh my god no one could have ever fight, the way we fight as sisters. We fight as if we are no one to each other. But being the youngest, I always win the fight. And another thing was I felt really heartbroken for the first time, when she have to go to abroad for studies. I feel like I'm gonna be alone now. Even we fight daily for some silly things but I still love her with all my hearts. I never wanted her to go anywhere far from me and my family. But for her better future she have to go there. I felt happy but as well as sad by hearing that.

After that, I love her more than before. When I have a problem, the first person I want to reach out to is my sister. She knows how to stop me from being upset like no one else can. She has taught me so much about life. Like taught me to be strong, independent, and to never give up on my dreams. She is someone whom I always count on no matter what. I am so grateful to have such an amazing sister not only that but also my mentor and my best friend.

Nandita Dangol  
BCA 4th

## LIFE AS A STUDENT IN NCCS

I've been studying in this college for about two and a half years now and it's been an amazing journey in this college so far. A college with a good study environment and well-educated teachers who are friendly, compassionate and considerate towards their job and students.

For me, college is about growth, and coming to this college has helped me a lot in my personal and academic growth. The best part about college is getting to see my friends all of the time.

We all play, study, eat, drink and laugh together. I don't think we can get that anywhere else. The most difficult part for me is the transition to the online class. Due to COVID-19, we were struck in online classes which was devastating and unmotivating for all of us. NCCS is a college filled with lovely, bright and passionate students and I feel incredibly privileged to study in this college. I am surrounded by people who are excited about life and who make me feel safe and supported.

Ritika Shakya BBM 1st



## AI REVIVES THE DEAD

Hi Martha.

Is that you?

No, it's the late Abraham Lincoln. Of course, it's me.  
I only came to say one thing.

What one thing?

I'm pregnant.

Wow. I'll be a dad?

I wish I was there with you now.

In tears, she tells Ash they're going to be parents. Too unreal to replace. But too real to brush aside.

"Be right back" was the first chapter of Black Mirror's season two. An unhappy story where Martha was devastated by her boyfriend's (Ash) death. Martha discovers that there is a new service that allows her to talk to an artificial intelligence (AI) replica of Ash, based on all the data he left behind online. Wouldn't it be wonderful to reconnect with your loved ones who are now no longer with us? Some may find it thrilling and some may find it creepy.

It is tough for any living being, animal or human, to go through the anguish of losing loved ones. However, for years, technology has made it somewhat easier to cope with this loss. Some people can relive their memories and deal with the agony of loss by looking through Instagram photographs, amusing tweets, Facebook profiles, and Viber discussions. And, unlike some old photographs, AI can now be used to resurrect the deceased (those we love) so we may converse with them, and it has assisted some individuals in dealing with their pain. As Rohit Prasad, Alexa's senior vice president and head scientist promised:

"While AI can't eliminate that pain of loss, it can make the memories last." Joshua Barbeau, trained an AI chatbot on a website called Project December to impersonate his dead fiancée, Jessica who died from liver disease. And there is another incident where an 87-year-old woman attended her own funeral in the UK thanks to a startup called StoryFile.

## BLACK MIRROR

AI has assisted humans in overcoming trauma and grief. Now, we'll go through how these chatbots are programmed. Having lots of texts, pictures or voice recordings of the person for whom you wanted to create a chatbot makes the AI version more similar to the real person. However, there may be some challenges when there is an unfamiliar environment and have not been trained in these situations. It is not a human to have its own intelligence so it may encounter various difficulties. Many of these AI systems memorize routines and it will take even more time to create an AI possessing human emotions. Some believe that we're getting closer, but others claim it'll take a decade. AI is a boon and a bane at the same time. It is up to us how we want to utilize it. While these AI avatars have proven to be quite effective in overcoming loss, there is a concern that they will leave us holding on to the past, unable to move forward, and developing attachments to machines that are not real. People may be much further detached from reality. It also raises problems such as whether people are more inclined to regard death as a temporary stage rather than a permanent one, and how this affects our ability to accept and cope with loss.

Dr. Kirsten Smith, Clinical Research fellow at the University of Oxford, told "There is evidence from multiple studies that proximity seeking [behaviors aimed at restoring a closeness with the person who died] is linked with poorer mental health outcomes." Technology will continue to advance, but the thing that matters most is to make the most of the fragile and brittle present with our loved ones before we or they turn to dust.

Ashmi Maskey CSIT 1B



## BTS AND THEIR MEANINGFUL SONG *SPRING DAY*

The South Korean boy band BTS, often known as the Bangtan Boys, was formed in 2013. The band consists of Jin, Suga, J-Hope, RM, Jimin, V, and Jungkook, who co-write and co-produce their music. The group is quite well known for their lyricism! They have put out some major hits over the years that is still resonate amongst their fans even today. ARMY specially praises BTS for writing songs that they can relate to and which make them take a step back and think. BTS's 2017 hit "Spring Day" is a reflective, passionate tune about love, loss, and yearning for the past—although the song is unspecific about what exactly the yearning is for. However, the cover art as well as the music video alludes, with water imagery, to a tragedy in South Korean history—the April 2014 sinking of the Sewol ferry. "Spring Day" came out three years after

the sinking of the Sewol ferry, a disaster in which an improperly inspected, overloaded, and unbalanced ferry capsized on an overnight journey. The ship had been loaded with twice the legal limit of cargo on its decks, and the ship's crew had lied about the boat's total weight. 304 passengers, the majority of them high school students on the way to a sight-seeing field trip, drowned, as they had been ordered to stay in their cabins until it was too late. Only 172 passengers survived the wreck. The disaster angered and traumatized the nation, but according to some reports, the South Korean government tried to silence entertainers who spoke out against it. The Korean Ministry of Education even banned the disaster's commemorative yellow ribbons in schools. Later, the president at the time of the disaster, Park Geun-hye, who was widely criticized for her government's failure to prevent it, was impeached on charges of corruption. But the nostalgic, longing tone of BTS's "Spring Day" subtly helped keep the memory of the disaster alive in the minds of young Koreans and the media in the years after the tragedy.



Rasika Pradhan  
BIM 6A

“This Is What It Is.”

*The phrase used by many but understood by none.*

"This It What It Is" itself is an influential, cogent and persuasive clauses of words. It is such a magical word which possess ability to change the life of one who understands it or even try to understands it. The phrase is and can be used it in multiple conditions like, Understanding life, as in sense whatever happens it happens for a reason , that specific reason may be fruitful or may not but there is always a reason.

My personal favorite condition, as we all came know "whatever happens it always has a reason that cause it to occur but one don't have any options Except embracing and accepting the situation and enjoying and utilizing every ounce of it. It is what a true way of living is. Isn't it?

So, embrace and accept what ever happens to you and keep moving towards being better human being.

Being better never meant to be better than others , the true competition is always with one self . Being better than your self every single day should be the true competition. Everything in life has conditions to apply. Every situation gives condition to choose and it depends how the one understands the conditions and choose to behave. One can always defend this statement of mine by mentioning the possible ways one can think of to change the situation but here we are chatting about thing that fate brings to us, the things that occur and one can do nothing to change it but accept it.

*The moral of the chatting is, if we all start accepting the things that are out of our hand and embracing it, life would be so much easier and beautiful every single moment.*

Many will understand the thing that are expressed in these words and many may not, but this is what it is.

Ritesh Phuyal  
BIM 3B





# Vipassana Meditation - A Meditation Technique

Vipassana is one of the most ancient techniques of meditation. Being an ancient technique, many schools of Vipassana both sectarian and non-sectarian, have evolved. Vipassana meditation focuses on seeing things for what they really are by turning inward to the mind, body, or both. It is the process of self-purification by self-observation. One begins by observing the natural breath to concentrate the mind. With a sharpened awareness one proceeds to observe the changing nature of body and mind, and experiences the universal truths of impermanence, suffering and ego-lessness.

## Origin of Vipassana

Vipassana is said to have originated with the Buddha, who is said to have used it to achieve enlightenment. 200 years after the death of the Buddha, Vipassana reached Emperor Asoka, who ruled over what is now India. Due to a recent war, he was waging, Asoka became horrified by the bloodshed and decided to follow the path taught by the Buddha's disciples. This led to even more teachers spreading the Vipassana technique, traveling all over world.

In the 1900s, Sayagyi U Ba Khin, a civil servant from Myanmar, learned Vipassana and taught it to many students. S. N Goenka was also one of the students of Sayagyi U Ba Khin who later on spread the technique all around the world. S. N. Goenka subsequently trained under him for 14 years. Goenka considered the busy life schedule of this generation and set the meditation at ten-day residential courses where people can experience oneself and try out meditation.

Today, Vipassana courses, in the tradition of Sayagyi U Ba Khin, are held at 341 locations in 94 countries, of which about 202 are permanent Vipassana meditation centers. Vipassana is practiced

## Practice of Vipassana

There are vipassana centers in different location of the different country like Argentina, South Korea, Spain, Sri Lanka, Singapore, Switzerland, Taiwan, Thailand, the United Kingdom, the United States. Nepal, itself has 15 vipassana centers.

The technique of Vipassana Meditation is taught at ten-day residential courses during which participants learn the basics of the method from 'Anapana' through 'Samatha' to 'Vipassana'. There are no charges for the courses, not even to cover the cost of food and accommodation. All expenses are met by donations from people who, having completed a course and experienced the benefits of Vipassana, wish to give others the opportunity to also benefit. People of different culture, religion and different background practice vipassana.

There are 3 vipassana centers around Kathmandu valley if one wants to experience vipassana.

Dhamma Shringa vipassana center at Budanilkantha, Dhamma Kriti vipassana center at Kritipur and Dhammāgāra vipassana center at Lalitpur. Dhamma Shringa vipassana center is the main vipassana center of Nepal. To enroll for a vipassana course people can visit the website of Vipassana Meditation and find the course at the closest time and location.

## 10 days Vipassana Course

10-day Course is an introductory course to Vipassana Meditation where the technique is taught step-by-step each day. It is a stepping stone for people towards journey of meditation. It provides the idea of how meditation should be carried on and several moral and ethical knowledge can be acquired through the discourse each day. The 10-day course is the minimum, it provides an essential introduction and foundation to the technique. To develop in the practice is a lifetime job.

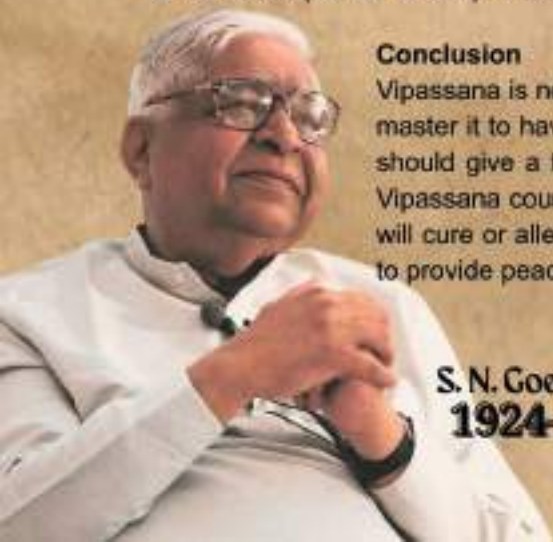
## Conclusion

Vipassana is not a one-time thing. It requires a lot of practice, patience, and consistency to master it to have control upon oneself. Vipassana is of course a meditation technique one should give a try to achieve mindfulness, to know oneself and reset this busy schedule. Vipassana courses should not be attended with unrealistic expectations that the technique will cure or alleviate their mental problems. It is not a technique to solve mental illness but to provide peace of mind.

**S. N. Goenka**  
**1924-2013**



Prabin Buddhacharya BIM 6A





## PSYCHOLOGY

Psychology is the scientific study of the mind and behavior. It encompasses a wide range of topics and approaches aimed at understanding human thoughts, emotions, motivations, and actions. Psychologists study both individual and group behavior, as well as the processes that underlie these behaviors.

The term psychology consists of two Greek words-psyche and logos. The former means soul and the latter means science. Psychology thus means science of soul. But the term soul cannot be easily explained and understood. This led to the meaning of psychology as the science of mind. This also raised a humbler question. What is mind? Where is the mind? What does it do? The answers to these questions are not clear to all.

Such confusion led to the definition of psychology as the science of consciousness. But it was constant, which means thought and action are not limited to the stage of conscience alone. Man is active even when he is unconscious. That is why psychology is called the science of behavior which means the study of human nature and activities. Thus the definition of psychology as the "Science of behavior" has been accepted by the majority. What does the term "behavior" mean? Behavior is a broad concept. It includes all kinds of activities and experiences of an individual. It refers not only to motor or physical activities like walking, talking, writing but also to mental activities like remembering, thinking, imagination and emotional activities, like love, anger and fear. Life manifests through all these activities and behavior is a collective name for all kinds of activities.

Behavior is universal. Every living objects' behavior is similar in some way or another. That is why, according to some psychologists, "behavior" has been derived from the English term "have". Behavior is that which all have or possess. But all kinds of behavior are with reference to the environment. But, Psychology studies the behavior of individuals in different contexts. Psychology is action, not thinking about oneself. We continue to shape our personality all our life.

*To know oneself, one should assert oneself.*  
(Albert Camus)

Jubisha Prajapati  
BIM 5B

## MATURITY

*The development of the unconscious mind can influence a person's behavior and actions.*

Maturity is a multifaceted concept that can be difficult to define. In general, maturity refers to the ability to handle different situations and experiences in a responsible, rational, and self-aware manner.

One aspect of maturity is emotional intelligence. This means being able to understand and manage one's own emotions, as well as empathize with others and navigate social situations with tact and diplomacy. It also means being able to handle stress and negative emotions in a healthy way, rather than lashing out or becoming overwhelmed.

Another aspect of maturity is the ability to take responsibility for one's actions and decisions. This means being accountable for the consequences of one's choices and being willing to apologize and make amends when necessary. It also means being able to accept constructive criticism and learn from mistakes.

Maturity also involves being able to set and achieve goals. This means having a clear understanding of one's values and aspirations, and being willing to work hard and make sacrifices to achieve them. It also means being able to plan and organize effectively, and being able to delay gratification in order to achieve long-term goals. Lastly, maturity also means being able to form and maintain healthy relationships. This means being able to communicate effectively, being able to resolve conflicts in a peaceful and respectful manner, and being able to empathize and support others. It is worth mentioning that maturity is not something that is achieved and then remains constant, it is a lifelong journey and process. It also doesn't mean that one is perfect, it's about being able to recognize and learn from one's mistakes. In summary, maturity is the ability to handle different situations and experiences in a responsible, rational, and self-aware manner; it involves emotional intelligence, responsibility, goal-setting, and healthy relationships, and it is a lifelong journey. The development of the unconscious mind can influence a person's behavior and actions.

Manjesh Kumar Yadav  
BIM 3B



## LIFE LESSON FROM MALALA

**"They thought that the bullets would silence us  
but they failed, out of that silence came  
thousand of voices"**

A girl who is known all over the world by her contribution towards the society and towards the girl suffering from Taliban in Pakistan is Malala Yousafzai. She is children activist and women right activist. By speaking up for children rights mainly those young girls against the terrorist. She was nominated for the Noble Peace Prize and won (2014), and has become the youngest person to receive the prize.

Malala was born on July 12, 1997 in Mingora, Pakistan. During her childhood days, she became an advocate for the girl's education which resulted in the Taliban issuing a death threat against her. While going to school she was attacked. A Taliban gunman shot Malala but she survived and continued to speak out on importance of education.

**"One child, one teacher, one book, one pen  
can change the world"**

Despite the Taliban threats, she remains a strong advocate for the power of education. According to her they thought that the bullets would silence them but failed. Out of that silence came thousands of voices. She is a great girl who continued her work and she achieved her goal. Taliban attacked and killed many children especially girls. As they were showing the cruel behaviour, Malala thought to speak up and rather be killed against the Taliban. Due to the Taliban, weakness, fear, and hopelessness died but strength, power, and courage were born in Malala. She played an important role for all the girls. If you have any challenges in your life speak up and have strength, power, and courage to face the challenges. A girl from Pakistan can do a great job, why can't we? We should also speak up for our rights if anyone violates it. Face the challenges without fear. Bear the power and be in unity.

Selexna Pathak BBM 6th

## LONGYEARBYEN: THE PLACE WHERE DYING IS FORBIDDEN

Longyearbyen, the largest settlement on the Norwegian archipelago of Svalbard, is known for its stunning natural beauty, unique culture, and extreme Arctic conditions. However, one of the most curious facts about this remote town is that it is illegal to die there. This might sound strange or even humorous, but the law has a long and fascinating history.

The origins of the law date back to the early 20th century, when Longyearbyen was a booming coal mining town. At the time, the town did not have a cemetery, and burying bodies in the permafrost was difficult and dangerous. Additionally, corpses could not be buried deep enough to prevent them from being exposed by the melting snow in the spring and summer. To address these challenges, a law was passed in 1950 that made it illegal to die in Longyearbyen. The law ensures that anyone who is gravely ill or near death is immediately airlifted to mainland Norway for medical treatment. This law is still in effect today, and it is taken very seriously by the town's residents. While the law might seem extreme or even absurd, it is a necessary precaution given the extreme conditions in Svalbard. The permafrost makes it difficult to bury bodies, and the melting snow can expose them, which poses a health hazard to the town's residents. Additionally, Longyearbyen is a small town with limited medical resources, and it is not equipped to handle the death of a resident. Despite the law's strict language, it is not enforced in a punitive way. The law is more of a precaution than anything else, and it is not likely that anyone would be prosecuted for dying in Longyearbyen. However, the law remains on the books and is part of the town's unique history and culture.

In conclusion, the law against dying in Longyearbyen might seem strange, but it is a necessary precaution given the unique challenges of life in this remote Arctic town. The law is a testament to the town's resilience and ingenuity, and it is just one of the many things that make Longyearbyen a truly unique and fascinating destination.

Sanju Mishra  
BBM 6th



## THE HISTORY OF SWAYAMBHU

Swayambhunath Stupa, also known as Swayambhu Maha Chaitya is considered as one of the oldest and sacred Buddhist pilgrimage sites. It is an ancient architecture atop a hill in the Kathmandu Valley, west of Kathmandu city. The holy stupa has an interesting story regarding its origin as written in Swayambhu Purana and told by the residents of the area. Swayambhu Purana is a Buddhist scripture about the origin and development of Kathmandu Valley. According to the scripture, the entire Kathmandu Valley was filled with an enormous lake inhabited by Nagas (snakes). The story starts when Bipaswi Buddha, first of all human Buddhas, tossed a lotus seed onto the lake from the hill of Jamacho, on the day of Chaitra Purnima. Six months later, there bloomed a beautiful thousand-petaled lotus with a brilliant light of Pancha Buddha beaming from the center. Hence, the name "Swayambhu" came forth, meaning "Self-Existent". Hundreds of years later, Manjushri, the bodhisattva of wisdom and knowledge from Tibet, came to see and worship the flaming lotus and determined that Swayambhu could become much more accessible to human pilgrims if the water was drained. With his sword, he cut a gorge in the mountains surrounding the lake, now known as "Chobhar". As the water drained away, the current Kathmandu Valley emerged. It is believed that the Taudaha Lake was formed to accommodate the Nagas of the valley, on the request of Nagraja.

The story continues with Prachanda Dev, the king of Gaud (Bengal) leaving his kingdom to worship Swayambhu. Upon seeing the radiant light and dreading damage of the fragile structure by mankind while approaching Kali Yuga, he decided to cover the lotus. For this, he took dikshya and became Shantikar Acharya. Then, he covered the flaming image of Swayambhu and erected a stupa over it. It is said that many gods, including Indra, came to help with the process, as a fulfillment of the wish of the Shantikar Acharya. He also constructed Basupur, Agnipur, Vayupur and Naagpur around Swayambhu to protect the Stupa from destruction caused by earthquakes, fire, storm and water respectively. He then built Shantipur or Akashpur, a three storied cave and is alleged to have been living there since, achieving immortality. The current stupa is believed to have been built layer by layer over the centuries, according to different narratives. Near the Swayambhunath Stupa, there exists a temple of Harati Ajima, the goddess of all children. As the legend goes, she was sent by Shakyamuni Buddha to protect children from harm and sickness. Although the Swayambhunath site is considered Buddhist, the place is revered by both Buddhists and Hindus. The Swayambhu area is perhaps the best place to observe religious harmony in Nepal.

Vishakha Buddhacharya BIM 6A

## NEPAL'S 1ST HYDROPOWER STATION

Pharpping Hydropower Station, commissioned in May, 1911 is the first power station in Nepal. The Power Station was inaugurated by the late king Prithvi Bir Bikram Shah on Monday, 22 May, 1911 ( B.S 1968, 9 Jestha, Monday) at 6: 30 more than 100 years back by switching on lights in Tudhikhel, Kathmandu was established by Rana Prime Minister Chandra Shumsher. It was erected with a grant from the British Government at a cost of NRs. 0.713 million. The Power Station located in Pharpping of Kathmandu district, nearly 12 km south from the heart of the city is considered to be the second oldest power station in Asia. The Power Station utilizes spring water from Saatmule and Shesh Narayan area. There are two units each with a rated capacity of 250 kW totaling installed capacity of the Power Station to be 500 kW. Previously, only one unit was operated for an hour a day but currently due to increased shortage of drinking water. A master plan has been prepared to develop the site as Live Energy Museum with constructions and establishments including scientific research center and model power station of wind, solar, and hydro and as a centenary celebration memorial, Inauguration day of this Plant, 9 Jest is celebrated as National Energy Day to mark the beginning of Hydropower Development in Nepal.



Reservoir pond of the Pharpping hydropower project 12 km south of Kathmandu Valley.

Anjali Balami  
BIM 6A



# THE BENEFITS OF MINDFULNESS FOR STUDENTS

In today's fast-paced world, it's not uncommon for students to feel stressed, anxious, or overwhelmed by the demands of school and life. That's why many students have turned to mindfulness practices as a way to cope with these challenges and improve their well-being.

So, what is mindfulness? Mindfulness is the practice of being fully present and engaged in the moment, without judgment. It involves paying attention to your thoughts, feelings, and physical sensations, as well as the world around you, in a non-reactive way. Mindfulness can be practiced through a variety of techniques, such as meditation, deep breathing, yoga, or simply focusing on your breath.

Research has shown that mindfulness can have a number of benefits for students, including:

1. **Reduced stress and anxiety.** Mindfulness can help students manage their stress and anxiety by teaching them to become more aware of their thoughts and emotions. By practicing mindfulness, students can learn to recognize when they are feeling overwhelmed and take steps to calm themselves down.
2. **Improved focus and concentration.** Mindfulness can help students improve their focus and concentration by teaching them to pay attention to the present moment. This can be especially helpful for students who struggle with ADHD or other attention disorders.
3. **Increased self-awareness.** Mindfulness can help students become more self-aware by teaching them to notice their thoughts and emotions without judgment. This can help students develop a deeper understanding of themselves and their own behavior.
4. **Better decision-making.** Mindfulness can help students make better decisions by teaching them to approach situations with a clear and focused mind. This can help students make more thoughtful and deliberate choices, rather than reacting impulsively.
5. **Improved mental health.** Mindfulness can have a positive impact on mental health by reducing symptoms of depression and anxiety, and promoting overall well-being.

So, how can students incorporate mindfulness into their daily lives? Here are a few tips:

1. **Start small.** Begin by setting aside just a few minutes each day to practice mindfulness. Gradually increase the amount of time you spend practicing as you become more comfortable with the techniques.
2. **Find a technique that works for you.** There are many different mindfulness techniques, so find one that resonates with you. Whether it's meditation, deep breathing, or yoga, choose a technique that feels natural and enjoyable to you.
3. **Practice consistently.** Mindfulness is a skill that requires practice, so try to make it a regular part of your routine. Consider setting aside time each day to practice, or incorporating mindfulness into other activities, such as walking or eating.
4. **Seek support.** If you're struggling to incorporate mindfulness into your life, consider seeking support from a mindfulness teacher or counselor. They can help you develop a personalized mindfulness practice that works for you.

In conclusion, mindfulness can be a powerful tool for students looking to manage stress, improve focus, and promote overall well-being. By incorporating mindfulness practices into their daily lives, students can develop greater self-awareness, make better decisions, and enhance their mental health. So, why not give it a try? Your mind and body will thank you.

Garima Maharjan BIM 5B





## of Prabhu Bank **Mr. Mani Ram Pokharel**

### How was your education and career journey?

My educational journey began with SLC in my hometown, followed by an I.Sc and B.Sc from Amrit Science Campus. I completed an MBA in marketing from Saraswati Multiple Campus in 2052 B.S. As my financial conditions of parents were poor, I was looking desperately for a side or regular job. While studying B.Sc. I joined Nabil Bank (then Nepal Arab Bank Limited) as an assistant in 2047 B.S. through open competition. I am now Deputy Chief Executive Officer at Prabhu Bank Ltd with banking experience of almost 33 years. Prior to joining Prabhu Bank, I also worked at Nepal SBI Bank, then Nepal Bank of Ceylon Ltd, now NCC Bank, and served as Chief Executive Officer of Himchuli Bikas Bank Ltd, regional level development bank which is now Lumbini Bikas Bank after a merger with various financial institutions.

### Why do banks merge and what are the challenges the bank faces while merging?

There was a talk in the market among banking experts that a number of banks and Financial Institutions is quite enough for than size of the economy leading to intense competition and systemic risk. Nepal Rastra Bank had some time in 2012 AD encouraged BFIs for merger and acquisition by offering facilities to those BFIs going for M&A. In addition to a few facilities offered by the central bank, there was a mandatory for BFIs to raise the paid-up capital to the threshold of Rs 8 billion within a given period of time. Considering this, few BFIs took the path of M&A to become bigger in business size as well as to take advantage of offered benefits. System integration, staff integration, and share swap ratio are the main challenges ahead of M&A.

I'm Mani Ram Pokharel, originally from Gorkha, now in Anamnagar, Kathmandu with my wife and kids. However, my parents remain in our village. I largely believe in action, patience, and hope which help resilience in shaping life's essence. These attributes make me optimistic and bring positive vibes into my life providing energy to navigate life's ups and downs.

### What inspired you to become a banker?

Hailing from a remote area, studying in Kathmandu was a challenge for my family. When I realized that I must manage the necessary funding for higher education myself, it came to my mind that I should engage in any sector for a suitable job. I have tried public service, the Nepal Army, and other organizations. However, I had raised the necessary funds through home tuition for my study. Fortunately, there was an advertisement for a job in NABIL BANK which became my gateway to a banking career. Thereafter, social image, working environment, banking culture, and staff facilities made me continue in the banking field.

### How is Prabhu Bank leveraging technology and Digitalization to enhance its customer services and experience?

Before 1990, banking relied mainly on physical labor. The computerized era started from 1990-2010, followed by advanced technological integration around 2010, leading to digitalization. Prabhu Bank adopts cutting-edge tools and software, updating timely as per market needs. Over 60% of transactions are digital, including mobile, internet banking, IPS, and RTGS. Technology will also be used for the trailer services in addition to process automation. The bank aims for further digitization, reducing in-person visits and offering convenient services. Automation progresses across departments for a paperless environment is continued. While this transformation has significant costs, crucial to stay aware of market trends because failing to do so could cause us to fall behind. Digitalization remains essential for customer satisfaction and efficient service.

### How is the Current Nepalese economic situation and recession and effect in the banking sector?

For the past two and a half years, banks (BFIs) have grappled with a liquidity crisis while the economy faces an unexpected downturn. Recession hits banks hard as they are deeply interconnected with the economy. The banking industry is supposed to be in good shape in the days ahead.



**During your long tenure in the banking field, what are the valuable lessons you would like to share?**

- Prioritize career growth over materialistic comforts and excessive focus on money.
- You always need to have patience and hope in yourself.
- Don't get stuck with small troubles in life, focus on your goal.
- Establish your presence through positive public relationship and friendliness, eliminating the necessity for others to introduce you.



**What are the Qualities of a good banker?**

I'll give a strange answer "Be an average student". Not just in the banking field but qualities like charming and cheerful smile on the face, patience and hope, being presentable and outspoken, proactive and extrovert, and result-oriented and out-of-the-box thinking are appreciated.

**What are your Thoughts on Brain Drain, How can we stop it?**

Satirically, he remarked, "I'm amazed Nepalese colleges aren't empty yet."

Retaining youth in the country poses challenges due to globalization and social media exposing them to the wider world. Economic barriers to visa grants are diminishing. Work ethic and perseverance in youths seem lacking. Quick frustration sets in. They seek an easy way out. Our environment (parents and friend circle) has shaped a mindset in which every young individual considers leaving the country. Once our economic condition stabilizes, we'll witness changes.



Palaa team members with  
Mr. Mani Ram Pokharel, Banker

**He envisioned the difference between a manager and a leader:**

*The manager walks others' paths.  
The leader makes his/her path.*

*The manager is shortsighted  
The leader sees the horizon.*

*Manager have boundaries  
Leaders have no boundaries*

*Managers have weapons  
Leader have ideas*

*Manager sells values  
Leader create values*

*The manager is a job seeker.  
A leader is a job-maker.*

*Managers are in thousands.  
A leader is one.*

A leader's distinct aura impacts the team, especially in crucial moments. Modern leaders are composed, open-minded, sociable, and continuously updated. The leader isn't necessarily the top one; it's the individual who envisions change and implements it during challenging time.

**Any suggestions or messages for the younger generation or future banking aspirants?**

The field of banking is an attractive avenue for all, promising status, financial prosperity, and stability. Put in the effort and enrich yourself with knowledge about the world – history, international politics, geography, current affairs, famous figures, and more. Cultivate curiosity.





It was around 11:30. I had my lunch at Mugling Bazar and was all ready to get back to Kathmandu. I lubed my bike's chain at a local workshop and my journey had begun. I was enjoying a blast of wind, the smell of fresh air, and classical music in my earphone. I was enjoying every moment of my ride until I saw that accident. A white Toyota car with a mickey mouse sticker on it hit the side wall of the road. What a stupid driver, I thought for a moment. I did not stop and continued my journey.

But, very soon, something stuck inside my mind. I have seen that car somewhere. As I begin to think about where have I seen that car, my heart started pounding, my breath became shorter and a strange feeling of fear took control over my heart.

I calmed myself down and took a U-turn to see that Toyota car. As I began to ride back, my heartbeat was at its peak. The nearer I got, easier it was to listen. By now I saw few villagers gathered near the car. I parked my bike and got near the car as well. There I saw a middle-aged person in the driver's seat in extreme pain.

Now, there was no limit to my anxiety. My hands started shivering and my legs couldn't hold my body weight. That middle-aged person was partially emerged in blood and the same question started hitting my mind again, "I have seen him somewhere". I could not think who he was nor did his face exactly reveal his identity to me. But, I decided to help him.

Till then, no one from the crowd had dared to open the car's door. As I dared to do so, someone from the crowd shouted "Police case lagcha vai". But that didn't bother me. I dived to help that old man. The front door was jammed and after a few attempts on the back door, it opened.

I went inside the car and found out that his right leg got stuck in between brake and accelerator. He also had an injury on his head. By now, two other middle age guys had entered the car. We worked as a team to rescue him. Soon the police arrived and he was sent to the nearest hospital possible.

By now, it was around 3:30 and somehow that middle-aged man's face kept bothering me. Who is this person? Where have I seen this car? Have we met before? I had so many questions but not a single answer to them. Then, I called one of my childhood buddies and told him about the incident. I sent him pictures of the Toyota car. Then, after some time, I got a call from an unknown number.

I picked up the phone and there she was crying heavily. It was Shubhu and slowly all the answers started revealing. That middle-aged person was Shubhu's dad. Shubhu has been a friend of mine since childhood. But I hadn't seen her for a few years nor did I see her father. So, I had a hard time remembering him. But somehow, my subconscious mind remembered that mickey mouse sticker. My subconscious mind remembered that Toyota car in which Shubhu used to come to school every day.

My intention in writing this story is not to brag about myself. My only intention is to encourage everyone to show kindness in life. Just imagine a world full of kindness and how wonderful would it be to live in it. For this, your new life is going to cost you your old one. Sometimes, it is going to cost you your comfort zone and your sense of direction. But, do it anyway.

**HELP EVERYONE.**

Worrick Rupakheta  
BIM 6B

## "Things Untold"

It's selfish but in our worst, we always wait for someone to come along and make our tragedies seem less tragic with conversation. We seek out people like us, or people worse off than us so we could use them to make ourselves feel better about the terrible things that happened to us. It's what we do when we've experienced the worst of the worst. And to be honest there's nothing to feel guilty about it at least I am sure about it.

Sonali Chaudary  
BCA 4th

## Answers for Pg no. 176

- |                     |                            |
|---------------------|----------------------------|
| 1. Harry Potter     | 8. No one killed Jessica   |
| 2. Chandni Chowk to | 9. The Dark Knight         |
| 3. Hulk             | 10. Andhadhun              |
| 4. Gajini           | 11. Brokeback Mountain     |
| 5. Barbie           | 12. Taare Zameen Par       |
| 6. Munna bhai MBBS  | 13. The Boy in the Striped |
| 7. The Prestige     | 14. Sanam Teri Kasam       |



# THE FUTURE OF WORK: ADAPTING TO A CHANGING LANDSCAPE

The world of work is undergoing a profound transformation, driven by technological advancements, shifting economic landscapes, and changing societal expectations. As college students, it is essential to understand and prepare for the future of work. In this article, we will explore the key trends and challenges shaping the future of work and discuss how students can adapt and thrive in this rapidly evolving landscape.

## 1 Automation and Artificial Intelligence:

The integration of automation and artificial intelligence (AI) technologies is revolutionizing industries across the globe. We delve into the impact of automation on jobs and the skills that will be in demand in the future. Students can utilize their creativity, critical thinking, and emotional intelligence to collaborate with AI systems.

## 2 Gig Economy and Remote Work:

The rise of the gig economy and remote work is transforming the traditional employment model. We examine the benefits and challenges of freelancing and remote work arrangements and explore how college students can prepare for and navigate these opportunities. We emphasize the significance of personal branding and entrepreneurial skills for success in this new paradigm.

## 3 Upskilling and Lifelong Learning:

Continuous learning and upskilling have become crucial in a rapidly evolving job market. We discuss the concept of lifelong learning and emphasize the importance of developing a growth mindset. We cover various ways to acquire skills, like online courses, micro-credentials, and networks, providing practical tips for lifelong learning.

## 4 Flexibility and Adaptability:

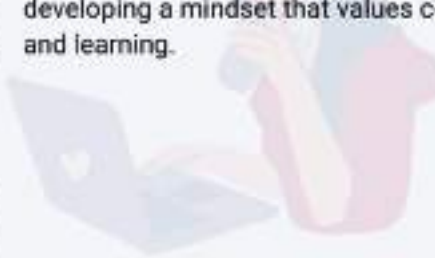
The future of work demands flexibility and adaptability. We highlight the importance of embracing change, resilience, and openness to new opportunities. Students can foster adaptability through internships, co-op programs, and diverse experiences that promote agility and versatility.

## 5 Ethical Considerations:

As technology continues to shape the future of work, ethical considerations come to the forefront. We explore data privacy, algorithmic bias, and the ethics of automation, urging students to cultivate an ethical framework & assess the societal impact

of their choices. The future of work holds both exciting opportunities and unique challenges. By understanding trends, acquiring skills, embracing learning, and fostering adaptability, college students can succeed in a changing job market. The key lies in embracing change, staying curious, and developing a mindset that values continuous growth and learning.

Sonic Maharjan  
BIM 5B



## REMOTE WORK

Remote work simply means the work in which employees can work from their home or other location as per their need and time. Due to the advancement in the technical field, remote work is growing rapidly. As it doesn't require physical facilities to staff many companies are offering remote works, internships, etc.

There are a handful of advantages of remote work, especially flexibility and cost savings. This provides profit to both sides i.e. workers and companies. Workers can earn from anywhere, balancing work and personal life easily. This also helps in cost saving as they do not have to bear transportation, food or any other expenses while going to the office.

Similarly it is fruitful for companies also in the sense that they do not have to manage working spaces such as rent for platforms, utilities, maintenance, etc. No boundaries in hiring allow accessing a global talent pool and choosing talented employees via online platforms.

However, we know, everything has its two sides i.e. negative and positive. Remote work also has some challenges that we may face such as communication, productivity, etc. Difficulty in developing relations and partnerships without physical interaction can hinder progress, while a lack of strict office routine may lead to distractions and unfulfilled goals.

In conclusion, remote work has more advantages than disadvantages, making it suitable for people of all age groups. Companies should address challenges and maximize its benefits.

Ramina Shrestha CSIT 1A



# A short essay on **LOGICAL FALLACY**

How do you react when someone presents the idea that "Exercise is detrimental; it weakens your bones and muscles due to sweating"? They suggest avoiding exercise, claiming it could lead to eventual demise.

Or how do you respond when someone prevents you from going out in the rain, citing the concern that rain might cause a cold? They suggest this could result in missing exams, subsequently leading to failure, depression, and potential difficulties in finding a partner.

However, this chain of events is based on an unfounded assumption. Rain itself doesn't directly cause colds; they stem from viral infections. The sequence of consequences appears to be an exaggerated and overly pessimistic viewpoint.

These arguments may appear logical and more persuasive to the general public; however, they fall into the category of a slippery slope fallacy, which is an example of a logical fallacy. Logical fallacies represent flaws or glitches in our reasoning process that may aid in constructing a persuasive argument but are ultimately rooted in erroneous logic.

These flawed forms of reasoning are easily refutable with truthful words and factual information. Fallacies were initially introduced by the Greek philosopher Aristotle (384 - 324 BC). His work "Sophistical Refutations," part of Aristotle's Organon, identifies a total of thirteen fallacies. Acquainting oneself with these fallacies enables the recognition of illogical discourse and can facilitate persuading individuals to consider or adopt specific patterns of thought. This knowledge can become a pivotal aspect of personal development, enhancing one's effectiveness in debates and negotiations. A mind, well-decorated with knowledge and a tongue well-spoken, can slice their opponent with words but not in a malevolent way.

In a notable TV debate concerning the gender pay gap, involving Jordan B. Peterson (a Clinical Psychologist) and Catherine Newman (a Journalist), Catherine employed the straw man fallacy on multiple occasions, by framing Peterson's arguments as "So, you're saying that...". Despite her accurate stance on the gender pay gap, which averages around 9% after accounting for all relevant factors, the debate seemed to lean in Peterson's favor. This outcome was influenced by his awareness of her rhetorical approach. As one delves deeper into the journey of reasoning, one tend to question various aspects of faith, rituals, and the deeply ingrained belief systems of society. To give a kickstart these are some of the fallacies:

**Slippery Slope** - Assuming one small event could bring a sequence of bad events.

**Straw Man fallacy** - Misrepresenting the argument in a distorted manner that favors them to attack easily.

**Red Herring** - distract from the relevant argument by placing irrelevant argument or question alongside.

**Ad Hominem** - someone invalidating an opponent's argument just because of his/her personal traits which are irrelevant to the argument.

**The Hasty Generalization** - With zero or very little evidence to back someone jumps to a conclusion

**Appeal to authority** - Blindly accepting the argument that their authority makes is true.

**Appeal to Fear** - False Logic placed by mongering a fear for the future result of the present action.

**Complex Question Fallacy** - Questions that already contains fixed answer to other question.

**False dichotomy** - Limits the vast reality of possibilities and ranges to only few options.

**Circular argument** - Revolves and comes back to the original problem without any proven conclusion.

**Bandwagon fallacy** - Believing something is true just because it's popular.

**The Stereotype Fallacy** - To have a fixed assumption toward a certain group or range of cases based on some small exception.

**The Fallacy Fallacy** - Believing that all arguments are automatically incorrect when known that they are standing on some fallacies.

Bishal Phuyal  
BIM 6A





## Navigating Digital Transformation: Insights from Shalik Ram Subedi at Nepal Telecom

*"I am Shalik Ram Subedi working as a manager in Nepal Telecom under Information System Support Directorate Business Support System Department"*

### Function of Information System Support Directorate:

Our primary function in the IT department is to provide comprehensive support to Nepal Telecom's diverse business activities. This support is achieved through the use of various IT tools and techniques including a Convergent Real Time Billing (CRTB) system. We handle a range of services, including provisioning, sales, sale record management, and revenue calculation. We track service validity for FTTH (Fiber-to-the-Home) internet plans (1, 6, and 12 months) to ensure efficient delivery. A primary task involves upgrading to automated credit control, which determines customers' available balance for service usage, replacing the previous manual process. The system automatically addresses issues, yet if a specific matter cannot be resolved, it becomes the responsibility of the BSS department. Our expertise covers diverse services including wire lines, wireless, toll free services and satellite, ensuring seamless customer experiences through overseeing service packages.

### How does Nepal Telecom manage mass services effectively to ensure customer satisfaction?

Efficiently managing mass services, we assess demand, ensure service availability, and utilize various channels, involving distributors, field personnel, and counter staff for tasks such as handling SIM cards and offering services. Previously, counter visits were necessary for payments. With recent updates, digital methods like Namaste Pay, Mobile Banking APPs, IVR recharge, and USSD codes offer convenience. The Mobile Point of Sales (MPoS) channel is also gaining popularity, ensuring seamless service provisioning.

### How does NTC maintain a secure and up-to-date IT infrastructure amidst cybersecurity threats?

We prioritize data security through layered protection through encrypted customer data. To defend against cyber-attacks, we implement the latest technology firewalls and employ Intrusion Prevention System (IPS). At the application layer, a monitoring firewall detects access patterns. Suspicious changes trigger instant automated blocking, preventing intrusion and flooding.

### Nepal Telecom's network management and monitoring approach and tools used to address issues in real-time?

The telecom network includes core, transmission, and access segments. The access network connects wireless and wireline devices, transmission links nationwide access to the core network, which handles provisioning and authentication. Each of these parts has its own dedicated security layer. Furthermore, there are centralized servers and sub-servers for each network segment. Whenever an issue arises, we begin by thoroughly analyzing the problem. Once the problem is identified, we assign the task to the respective teams equipped with appropriate technology and tools to address the issue effectively.

### Nepal Telecom's approach to staying updated with latest technologies and ensuring customers satisfaction (Namaste Pay, FTTH)?

Our app offers a comprehensive and up-to-date experience to enhance customer satisfaction. It provides access to all available services, allowing users to view their cellular data usage, explore various plans, and review call details. Furthermore, customers can lodge service complaints through the app and access support via calls, while the app also offers integration with NamastePay wallet for bill payments. For customer contentment, we've launched demand surveys to grasp and fulfill user needs. Our app aims for a seamless, user-friendly experience, keeping customers informed and engaged.

### Finally, advice for an IT student interested in a networking career' at Nepal Telecom and key qualities for success in this field?

IT students should attain diverse skills for success in telecom and beyond, including cross-platform app development and data analysis proficiency. Understanding call center operations and maintaining customer services are crucial for effective communication and a seamless user experience. Creating mobile apps and platforms for content like gaming, entertainment, lifestyle, fitness, health, and education could be a fruitful area for startups to partner with Nepal Telecom. In network framework BTS tower maintenance is crucial for reliable service.



Technical expertise contributes to success, while finance and administration knowledge aids project management. Introducing innovative IoT analytics ideas creates opportunities for Nepal Telecom and beyond. Refining these abilities transforms IT students into valuable assets, propelling telecommunications innovation.



# AUTISM

Autism, which is also known as Autism Spectrum Disorder is not necessarily a mental illness or disease. It means a person's brain working in a different way from another person. Autism is developed in a person by birth. It is a developmental disorder that affects communication, social interaction and overall behavior. There is no cure for autism. It remains from birth to death in a person. Autistic people may act in a different way than other people. The exact reason for autism is still not fully identified, but it is believed to be a combination of genetic and environmental factors. It is more commonly diagnosed in boys than girls and there is no treatment for it.

Participating in only restrictive range of activities. Autism is a spectrum. That means everybody with autism is different. Being autistic does not stop anyone from living a good life. Autistic people may need some extra help from other people but they can also make new friends, have relationships, or get a job like everyone else. Autistic people need to be dealt with patience and empathy. While autism cannot be fully cured, various therapies exist to assist individuals in managing symptoms, enhancing their abilities, and improving their overall quality of life.

Some signs of autism in adulthood are:

- Difficulty in interpreting what others are thinking or feeling
- Difficulty in keeping up with conversation
- Rigidity in routine
- Repetitive behaviors like repeating words or phrases, rocking back and forth, flapping hands
- Outbursting when changes occur
- Difficulty in regulating emotion

Some signs of autism in children are:

- Not responding to their names
- Repetitive behaviors, like flapping hands, rocking back and forth
- Difficulty in social interactions
- Difficulty with change or transitions
- Delayed or absent social interactions
- Avoiding eye contact
- Sensory sensitivities can trigger aversion to certain smells, sounds, or tastes.

Following are some treatments for autism:

- Speech Therapy
- Social skills training
- Early intervention
- Behavior Management Therapy
- Medication treatment
- Nutritional therapy
- Joint-attention therapy

Many people with ASD benefit from treatment, no matter how old they are when diagnosed. People of all ages and abilities can often improve their lifestyle after well-designed interventions.

Shreya Shahi  
BIM 6A

## "THE BENEFITS OF MEDITATION FOR MENTAL HEALTH"

The practice of meditation has been around for millennia and has become more popular recently. To create a state of calm and mindfulness, it entails concentrating the attention on a certain thing, idea, or action. We'll explore the advantages of meditation for mental health in this post.

**Body:** By promoting relaxation and mind-calming, it can lessen tension, anxiety, and sadness. Regular meditation has also been linked to improved brain function, attention, and emotional regulation, according to studies. Moreover, meditation can support people in growing their sense of compassion for both themselves and other people.

The capacity of meditation to lessen PTSD symptoms is one of the most important advantages of the practice (PTSD). According to research, meditation can assist people with PTSD control their symptoms by lowering hyperarousal and enhancing emotional control.

In conclusion, meditation is an effective method for enhancing mental wellness. It is a useful practice for anyone trying to enhance their wellbeing because of its capacity to lessen stress, anxiety, sadness, and PTSD symptoms. You can benefit from meditation's many advantages by making it a regular part of your life.



## Lost in the rain

In the midst of a gentle rain shower, in a cozy café filled with the melodic patter of raindrops against the windowpane, their eyes met for the first time, and in that serendipitous moment, they knew their love story was about to unfold. As they exchanged shy smiles, they couldn't help but be drawn to each other. With an enchanting twinkle in his eyes, he mustered the courage to approach her table. Their conversation flowed effortlessly sharing stories, dreams and laughter finding solace in each other's presence. Days turned into weeks, and their connection grew stronger with every passing moment. They explored the city hand in hand, their footsteps creating a symphony on rain-kissed streets. Together, they discovered hidden cafes, wandered through art galleries, and found solace in the tranquility of parks drenched in the delicate drizzle. Bound by vulnerability, support, and deep understanding, their love grew, embracing imperfections and flourishing under moonlit showers. Through laughter and tears, they found shelter in each other, intertwining like raindrops, healing scars, and complementing strengths. Together, they weathered life's storms, knowing that even in the darkest of times, their love would be a beacon of light. Their love story was not without challenges, but it was their unwavering commitment, the unwritten promises in their gazes, that carried them through.

And as the years went by, they continued to dance in the rain, celebrating the milestones of their journey. Their love story became an inspiration to others, a testament to the power of connection, and a reminder that sometimes, amidst the raindrops, we find the most extraordinary love. Love shattered by fate's cruel hand, their once-shared rain turned to tear-filled sorrow, as circumstances tore them apart. They tried to hold onto the fragments of their love, clinging to fading memories and whispering promises that echoed in the winds. But distance and time wore down their spirits, and the weight of reality became too heavy to bear. Slowly, their once intertwined paths diverged, leaving them on separate journeys filled with longing and unanswered questions.

Days turned into weeks, then months, and eventually years. They carried the scars of their separation, forever marked by the bittersweet memories of what once was. The rain became a melancholic reminder of their lost love, triggering a mixture of nostalgia and pain with every raindrop that kissed their faces. Yet, in the midst of their heartbreak, they discovered resilience. Through tears and healing, they learned to cherish the love they had experienced, even if it had slipped through their fingers. Each in their own way, they found solace in personal growth and sought to create a new path forward. And as life carried on, they both found fragments of happiness in unexpected places. Their hearts began to mend, even though the love they once shared remained a cherished chapter of their lives. Their separation became a poignant reminder that sometimes love, despite its strength, can't always conquer the challenges that fate presents.

Yet, there was a flicker of hope, a lingering thought that perhaps, someday, their paths might cross again. They held onto that possibility, nurturing a small flame of longing deep within their hearts. For now, they treasured the love they had experienced, even if it had ended in heartbreak. They embraced the lessons learned and the growth gained, knowing that love, in its various forms, would forever shape their lives. And so, they carried on, walking their separate paths with strength and resilience, never forgetting the love that bloomed in the rain. Who knows what the future held? Only time would tell if their hearts would find their way back to each other, guided by the gentle patter of raindrops on their windowsills.

Rijan Maharjan BCA 1st

## The Kind Of Love That Every Person Deserves

You deserve someone who does not only make you feel better, but makes you want to be better. He supports you and your goals. He'd listen to you blabber about your studies like it's the most interesting topic in the world. When you're about to give up, he'd be your cheerleader. He would keep you motivated all the way. In summary, the kind of love every person deserves is unconditional, compassionate, and respectful. It is rooted in empathy, kindness, and acceptance. It provides support, understanding, and a safe space for personal growth. Ultimately, this love recognizes and celebrates the inherent worth and dignity of every individual.

Dipesh Magar BHM 5B



## MY DREAM BIKE

For motorcycle enthusiasts, the Kawasaki Ninja H2R represents the ultimate dream bike. With its sleek and aggressive design, combined with a powerful supercharged engine, the H2R is a true masterpiece of engineering and design. In this article, we'll take a closer look at the H2R and explore what makes it such a remarkable machine. First and foremost, let's talk about the engine. The H2R is powered by a 998cc, liquid-cooled, supercharged inline-four engine that produces an astounding 310 horsepower at 14,000 rpm. This power is transferred to the rear wheel via a six-speed transmission and a chain drive system.

The H2R's engine is not only incredibly powerful, but also highly efficient, thanks to its supercharger technology, which delivers compressed air to the engine for enhanced performance. It is built around a trellis frame made from high-tensile steel, which provides excellent rigidity and stability. The frame is complemented by top-of-the-line suspension components, including a fully adjustable Öhlins TTX rear shock and a KYB AOS-II front fork. These components work together to provide exceptional handling and stability, even at high speeds. One of the most striking features of the H2R is its design. The bike has a distinct, angular silhouette that is both aggressive and elegant.

The fairings are made from carbon fiber, which not only looks great, but also reduces weight and increases strength. The H2R also features a unique exhaust system, with four exhaust pipes that exit through a single muffler under the tail section. The H2R is not just a high-performance machine, but also a technological tour de force. It features a full-color TFT display that provides riders with all the information they need, including speed, gear position, fuel level, and more. The bike also comes equipped with a suite of advanced electronics, including traction control, launch control, and a quick shifter. Of course, with all this performance and technology, the H2R comes with a hefty price tag. It's not a bike that everyone can afford, but for those who can, it represents the ultimate dream bike.

In conclusion, the Kawasaki Ninja H2R is a dream bike made reality. With its powerful supercharged engine, advanced electronics, and stunning design, the H2R is a true masterpiece of engineering and design. While it may not be accessible to everyone, for those lucky enough to own one, the H2R represents the ultimate expression of motorcycle performance and technology.

Shirish Manandhar BIM 6A

## YET I'M IN DILEMMA.....

A man without aim is like a city broken into and left without walls. Obviously, this is the era where everyone has sailed the seas and gone to the city of their dreams, and me; I have a sequence of thoughts that striking my mind, "Which city should I sail to?" While I gaze at the brightest city lights at midnight, I just realize, **"What the hell will be my life if I am left behind and what about the dreams my father has for me to turn iron into a magical gold"**. My life has just become a maze of regulations and I'm definitely not a product of circumstances but the product of my decisions. I know that I'm the only one to change my life and no one can do it me. Sometimes my determination vows, "Just give me pen and a piece of paper and I can twist the world off and on, and my find some people flying higher than the sky confidence rushes high in the vein. When I wish to hold the ocean in my embrace. But sometimes my mind goes blank just as if I'm isolated like a thorny cactus in Sahara desert. I again think about my motherland and her expectations towards me and I assure my mother and motherland, "I'll never let you down." Somewhere I just remorse for dissatisfying my parents for their deeds. I just lose my vision and motivation when I see people giving up and I just back off my steps thinking all the negative things as a nightmare. It's true that there comes a time when a person has to stand and fight and that time is when our friends or dreams are laughed at. But apart all this stand and fight and that time is when our from all these, I'm trying to my arms towards the brightest ray of light in the extravagant darkness to owe a successful life and there comes a day when I would be surefire to score the goal in this competitive world. **I do believe there must be something; no one would see unless I photographed them.** Expectations from enormous people persuade me again and again to think about the upcoming days. & yet I'm in a great dilemma....

Manisha Khadka CSIT 6A



# IMPACT OF TECHNOLOGY ON INTERNATIONAL TRADE

The process by which foreign businesses buy or sell goods and services in international trade. As a result, countries can receive goods and services not available in their native markets and extend their markets. As a result of global trade, market competition has intensified. Technology is the process of using knowledge and tools to innovate and create solutions that benefit society. Technology has drastically changed the way we live, work, and conduct business. In other words, it has had a substantial impact on global trade. Businesses may now sell goods and services to clients all over the world with just a few mouse clicks, thanks to advances in technology.

Technology has had a huge impact on the facilitation of trade, making international trade easier and more efficient. Digital technology has enabled businesses to offer their products and services to clients in other countries, and digital customs systems have made it easier for enterprises to comply with customs requirements when importing and exporting commodities. Blockchain technology has the potential to influence international trade by providing a secure and transparent transaction platform. Overall, the use of technology in trade facilitation has made cross-border trading easier, faster, and less expensive, benefiting both firms and consumers. Technology has altered both the manufacturing and transportation industries by increasing the use of automation. Robotics, artificial intelligence, and self-driving cars are only a few instances of how technology has increased the use of automation in an array of industries. The benefits of automation include increased efficiency, fewer expenses, higher safety, and consistency; yet, there are possible downsides such as job displacement and unequal benefit distribution. Businesses and policymakers must consider these factors when implementing automation projects to guarantee that the benefits of technology are spread fairly and equally.

E-commerce has revolutionized the way we buy and sell goods and services. It enables businesses to sell to customers all over the world without maintaining a physical presence in those countries. With the rise of platforms such as Amazon and Alibaba, accessing global audiences is easier than ever. Due to e-commerce, small and medium-sized enterprises may now compete with larger corporations. Small businesses can get access to new markets and customers by embracing e-commerce without having to invest much in infrastructure or marketing. Another advantage of e-commerce is that it can aid in the reduction of international trade costs. Traditional trading requires businesses to send items across borders, which can be time-consuming and costly. E-commerce enables firms to sell digital products to people in multiple countries without physically shipping them, lowering costs and increasing accessibility for small businesses.

Robotics has a big impact on international trade. Manufacturers can reduce production costs, increase efficiency, and improve product quality by deploying robots and other automated technologies. This has made it easier for businesses to compete on a global basis because they can produce goods at a lower cost than competitors in other countries. Robotics has also allowed companies to move production closer to their clients. Robotics can be used by businesses to reduce manufacturing costs in high-wage countries, making it more practical to produce things locally. This can help reduce shipping times and costs, improve supply networks, and make it easier for businesses to adjust to changes in demand.

Finally, digital currencies such as Bitcoin have the potential to completely transform international trade. Decentralized digital currencies can be used to make cross-border payments without the usage of intermediaries such as banks. This can assist reduce the costs and time associated with international payments, making it easier for businesses to trade internationally. When dealing internationally, digital currencies can also assist corporations to decrease currency risks. With the help of digital currencies, firms can avoid fluctuations in currency values that can damage their earnings. This can assist businesses in planning and managing their foreign trade activity.

In conclusion, Technology has had a significant impact on international trade, from e-commerce to automated manufacturing to digital currencies. It is likely to play an important role in promoting global trade and making it more accessible to enterprises of all sizes in the future.

Prajita K.C.  
BBM 6th





## EUROPEAN UNION



The European Union, or EU, is a political and economic union of 27 member countries mostly centered in Europe. Following World War II, the EU was formed with the goal of ensuring peace, prosperity, and stability in Europe via economic union and collaboration. With a combined population of over 447 million people and a total GDP of around €15.6 trillion, the EU has emerged as a major actor on the global scene.

The EU is also a significant trading bloc, accounting for more than 16% of world trade. The European Union is governed by a complex network of institutions and bodies, including the European Commission, the European Parliament, the Council of the European Union, and the European Court of Justice. These organizations collaborate to create policies and regulations that affect the lives of EU people in a variety of areas, including commerce, agriculture, energy, and the environment. One of the EU's most important successes has been the establishment of a single market, which allows for the free movement of goods, services, capital, and people between member countries. This has aided economic growth and job creation while also making it easier for firms to trade and function across borders.

The EU has also been a leader in promoting environmental sustainability, implementing a variety of laws and projects aimed at lowering greenhouse gas emissions and encouraging the use of renewable energy. The European Union's commitment to climate action is evident in its ambitious aim of becoming carbon neutral by 2050. Despite its numerous accomplishments, the EU faces a number of problems. The current COVID-19 pandemic, for example, has had a substantial impact on the health and well-being of EU members, as well as the economy. The EU has responded to the epidemic with a variety of measures, including financial assistance to member states and vaccine procurement. The EU has also faced political obstacles, such as growing Euro skepticism and the growth of nationalist and populist movements in several member countries. This has caused friction inside the EU and generated concerns about the future of European integration.

Finally, the European Union is a strong political and economic union that has played a vital role in supporting European peace, prosperity, and stability. Despite its many accomplishments, the EU faces a number of problems and will need to adapt and change in order to stay relevant and effective in the years ahead.

Ayushma Shrestha BBM 6th

### STONE AGE

In stone age, strength and only strength mattered, you had to be a strong warrior to get what you want and WHAT YOU WANT is to SURVIVE. This era was also called "The survival of the fittest". Then comes the industrial age.

### INDUSTRIAL AGE

This era was our father's era. Be the best at your system and you will have success. Production was the most valuable thing in this era. Product was key. That's why it's called the industrial era. In this era, the things were discovered, things were invented. That's the product. It was slow and full of patience.

### INFORMATION AGE

This is our era.

Let the information pass or make an environment to let the information flow. Google, gmail, youtube, apple, tesla, amazon. Information is the most important thing. Sharing information to pass it to the industrial age. Full of technology and era of information. No matter, it's about ideas and ideas leads to physical product and that's production.

Pramit Amatya CSIT 4B



# 9 Questions with Mr. Sakchyan Bajracharya

of Shangri-la Blu



## 1. Can you tell us bit about your background and how you started your career in hotel industry?

I did my Masters in Thailand on Business Administration (MBA). My background in the hotel industry was nothing. I never did work related to the hotel industry. I had 0 experiences. So, when I was studying masters, my dad started this hotel. 40 years down the line he was able to build this hotel with his hard work and determination hoping that I would come and carry his legacy, from that I came in this field. Learning a lot from my dad and staff working I came a long way up here and doing better well.

## 2. What do you consider a basic skill required in staff and employee working in this industry?

The main skill in any employee in not just this industry but in every industry is they (the staff) should have a very good and positive attitude towards the organization. But specifically in this industry temperament is a must. Coming into this field one must learn to have patience and deal with any kind of attitude, being calm and composed.

## 3. How do you differentiate the quality of your hotel with other hotel industry in market?

That comes down to the guest we serve, what kind of target market you're focusing on. With that, as we specialize in serving corporate guests, I can assure you guys and everyone that our hotel can provide very quiet and comfortable environment even being in the core city area based on our location unlike other luxurious hotel with lot of hustle and bustle of city life along with top notch cleanliness and other luxurious facilities.

## 4. Do you find any difference between the performance of staff from BHM backgrounds and non-hospitality backgrounds?

Yup, a huge difference. The difference in working pace, the learning speed, the catching up with changes, setting up the environment and everything between the HM and non-HM backgrounds can be seen clearly. Employee from hospitality background has a great knowledge which just needs to be polished unlike others. They do not even require that much guidance, once taught they can catch up and go along with it easily.

## 5. What do you think matters the most (experience or knowledge on hotel line?)

In real world scenario, experience you can gather it, but knowledge is more important. If you're willing to put in and dedicate hours, you can learn it in a short period of time but knowledge it takes time. It provides you with various plus points in what you do. You even need that knowledge to gain better experience. In this industry you need knowledge and that knowledge to gain experience.

## 6. What do you consider the biggest threats and challenges in this industry?

The major threats I consider in this industry are mostly from government sides like infrastructure such as roads, as in condition of Nepal there are severely damaged and un managed roads in major tourism attractions along with managing safety and security of tourists.

## 7. How do you handle your hotel during slack seasons?

Focusing on corporate guests, our hotel is not affected by slack seasons as 60-70% of our rooms are occupied by corporate guests even during slack seasons.

## 8. How do you adapt with the changing trends in this field?

We keep changing and updating our themes for the new and refreshed look once in a while but however our hotel isn't affected by the changing trends, and I do believe changing trends doesn't that much affect the hospitality industry providing a consistent and quality service.

## 9. What advice would you like to give to someone who is interested in hospitality industry studying BHM?

In case of Nepal, people try to dig up more negative points rather than plus points about PayScale, working hours and many more. People nowadays have a mentality of earning more in such a less time with minimum effort. However, I agree with the fact that Nepal has a very less pay scale than other developed countries. But as in my experience, I have seen many people who've worked hard enough in this industry doing well at a good level. It is difficult but there is scope as well cause 10 years down the line tourism industry will go boom creating a huge opportunity for hospitality sectors.

*Palaa team member with  
Mr. Sakchyan Bajracharya, Hotel manager*





# Gurumapa

In the time of *Bhaskardeva*, in the small town of *Itumbahal*, a prosperous businessman resided. This tale revolves around Kesha, also known as Kesh Chandra, the businessman's son. Life was smooth for Kesha until the tragic day when his parents passed away, leaving him and his sister alone. Kesha's path took a dark turn as he succumbed to gambling, losing his father's property, business, and even their home. Seeking refuge with his sister, she warmly served him his favorite dish on a gold plate, bringing temporary joy. However, Kesha's gambling instincts tempted him to steal the gold plate, hoping to recoup his losses. Alas, he lost his sister's gold plate in another gamble. The next day, Kesha visited his sister's house and was served food on a silver plate, symbolizing her forgiveness. However, Kesha's gambling habit led him to steal the plate once again, angering his sister. Despite this, she forgave him when he promised not to steal again, offering him food on a brass plate. Kesha's bad habits persisted, and his sister decided to teach him a lesson by serving food on the floor. Hurt by her actions, Kesha refused to eat and left with the meal wrapped in his handkerchief.

Lost and with nowhere to go, Kesha wandered into the deep jungle of *Swayambhu*. Exhausted, he unwrapped his soggy food and spread it under a giant tree before taking a nap. Upon waking up, Kesha discovered that pigeons had eaten all his food. Overwhelmed with sadness and hunger, Kesha cried and cursed his fate. Unbeknownst to him, the pigeons felt remorse and decided to help by excreting gold. Startled by the commotion, Kesha woke up to find gold shining all around him, bringing an end to his tears. After collecting the gold, Kesha thanked God for the treasures and vowed to dedicate his life to Him, renouncing gambling forever.

However, the weight of the treasure made it impossible for him to carry it back to town. Just then, Gurumapa, a hideous creature, approached Kesha. Gurumapa sensed Kesha as potential prey and they struck a deal. Kesha offered to take Gurumapa to a village with delicious feasts in exchange for help with the gold. After enjoying a feast, Gurumapa revealed its dark side, preying on innocent children in the village. The village lived in fear, with mothers using Gurumapa's name to discipline their unruly children, warning them of the consequences if they didn't obey.

Once Kesha's son annoyed his mother, and upon mentioning Gurumapa, the child fell victim to Gurumapa's attack and was killed and eaten. Kesha was devastated by his inability to save his only son. Determined to protect the village, Kesha engaged in discussions with his neighbors and together they embarked on several days and weeks of worship dedicated to Gurumapa. Finally, the creature came in front of the villagers, and villagers offered him delicious cuisines and foods and made a new deal to Gurumapa that if he leaves the village and stays in *Tinkya*(*Tundhikhel*) in eastern part of town, then once in a year they will come to Gurumapa to feed him with a gigantic feast of one buffalo, one muri(about 90 litres) of rice, black lentil in a *vyega* (a large earthen pot) and 84 different tasty dishes once a year.

However he was given a task to separate stones/pebbles if they are found there together. The belief is even if people put them together, Gurumapa will separate those the next day. After everything was settled, Gurumapa was taken to *Tinkya* with a huge feast. Till this date, in the evening of the full moon of *Fagun* (which coincides with Holi festival), people of *Itumbahaa* go on a ritual procession with the promised feast to *Tinkya*.

Finally the people of *Itumbahaa* lived peaceful lives. Kesha constructed Vihara and established the *guthi* tradition. The new Vihara is named as '*Bhaskardeva Sanskarita Keshchandra krita Parawarta Mahavihara*'. During the month of *Gunla* (*Srawan*), when there are no grains on the fields, the *guthi* took the responsibility to feed the pigeons. It was Kesha's gesture to thank the pigeons who helped him with wealth. The people of *Itumbahaa* still worship an image of Kesha Chandra everyday, honoring him as their ancestor.

Kabir Deula BCA 6th

## Janku



It is a Newari culture called Janku which is celebrated and congratulated for long healthy living. They are treated as goddess as their janku is being done. Janku is done five times when grandparents have reached the age of 77, 82, 88, 99 and 106.

Shruti Bajracharya BBM 6th



Date of birth : 03 Aug 1984  
Position : Forward(Striker)  
Place of birth : Delhi  
Nationality : India  
State : Karnataka State Football  
Current Club : Bengaluru Football Club  
Debut : Vs Pakistan on 12 June 2005

# SUNIL CHHETRI

## Why is it so important to learn from Sunil Chhetri?

Lets first review, towards a short biography of Sunil Chhetri and then we will discuss some of the key important features, his basic guidance to youngsters, and how to become the topmost player of all time. Here, Sunil Chhetri is an Indian professional football player who plays as forward and captains both Indian Super League(ISL) club bengaluru and the Indian National Team. He is known for his linkup play, goal scoring abilities, and leadership. He is also the third highest international goal scorer among active players, behind only Cristiano Ronaldo and Lionel Messi. But fifth overall, and is also the most capped player and all time top goal scorer of the Indian National Team.

Now, let's talk about his achievements. In his first senior tournament for India, Chhetri won the Nehru Cup in 2007, became an integral part of the team to defeat Syria in the final and announced himself as the 'Poster Boy' of Indian Football, a billing which he has definitely lived up to. Also in an exceptional career, he has won numerous accolades since then, both for clients and country. On a personal level Sunil Chhetri has won the AIFF player of the year 5 times, the Arjuna Award in 2011 and the Padma Shri in 2019 alongside numerous other honors. As from above paragraphs we have learned how phenomenal and straight forward focused he is, but not only with his achievements and contributions towards Indian Football Team, but as definitely to be an top 3 list Lionel Messi and Cristiano Ronaldo to him as a highest international goal scorer which is really big deal and proud moment for asian country and India.

So, as there are millions of youngsters who want to follow his footsteps and walk along his path to become a greatest Footballer of all time like him. He advised youngsters to think about what they can do and not about what others are saying about them. He also says that he learnt this to his early life, that if we are more focused thinking about ourselves, then we can't get time to worry about what others are saying.

- And secondly to which he values and stressed more about is his fitness. Doing the right exercises, avoiding the wrong kind of food, getting good sleep, drinking enough water is his daily routine and most disciplined.
- Concludingly, he said that he would tell young footballers to be in his team that they have been chosen from 1.4 billion people which should be enough motivation to stay disciplined.

Moral: not only is this advice for young players, but it is also important for each and every individual who wants to achieve a certain goal and to be successful in life. Just as Sunil Chhetri says, having a good discipline, eating quality and fresh food, good sleep, and to fitness is just a basic routines to be followed but within following it for our daily lives, whatever our profession in future, we may ended up getting good results and would be able to achieve our desirable goal.

## 12TH MAN | STRETFORD END |

Old Trafford, the treater of Dreams, is home for the Manchester United. UK's largest club stadium where Red Devils play with immense passion. To provide the best of the best atmosphere, Stretford End blast with full throttle. "Stretford End is the heartbeat of Old Trafford," Eric Cantona. (Bobby Charlton, George Best, Dennis law) The Holy Trinity, Cantona, Giggs, Beckham, Ronaldo, Rooney, Van Persi, and others have scored glorious goals over the one hundred years in front of Stretford End. 14,000 enthusiastic and hardcore fans, when it roars, Liverpool's YNWA becomes soft to ears.

In 1983/84 Champions league, Manchester United Vs Barcelona, there was Bryan Robson Vs Diego Maradona, Stretford End was Electric and bouncing and became the 12th man. Which helped United win 3-0. When it comes to impossible comebacks, Sir Alex Ferguson has leveraged this part of the home supports. From singing choirs of United's Glory days to singing "Oooooo-Robin-Vannn-Persie" and "VIVA Ronaldo," it has been loud and proud every time. The tired players rejuvenated after Stretford End erupts and explodes the visitor's eardrums. This is Stretford End and the powerhouse of the Old Trafford.

Aastha Neupane BIM 6A



## DARCHULA : HIDDEN GEM OF FAR WEST NEPAL

Nepal, a landlocked country nestled in the lap of the majestic Himalayas, is known for its rich cultural heritage, stunning landscapes, and warm hospitality. While popular

tourist destinations like Kathmandu, Pokhara, and Chitwan attract crowds, the far-western region of Nepal, including Darchula District, remains unexplored and untouched by mass tourism.

Darchula District, situated in the remote corner of Nepal's far-western region, shares its borders with India's Uttarakhand state to the west and China's Tibet Autonomous Region to the north. Khalanga, the district headquarters, sits on the banks of the scenic Mahakali River, serving as the border between Nepal and India. Darchula district boasts rugged terrain, with towering mountains, deep gorges, and swift rivers defining its landscape. The breathtaking vistas of snow-capped peaks like Api and Saipal attract adventure enthusiasts and nature lovers to this picturesque paradise.

Darchula District boasts a diverse cultural heritage with various ethnic groups, including Brahmin, Chhetri, Thakuri, Bhotia, and Khas. Visitors can experience authentic rural Nepalese culture through traditional homestays, engaging with locals, and participating in cultural festivals. The district is also part of the annual "Kailash-Mansarovar Yatra," adding a spiritual dimension to its cultural richness. Darchula District in Nepal is a haven for outdoor adventure enthusiasts. With its thrilling white-water rafting on the Mahakali River, picturesque trekking trails through forests and villages, and serene fishing spots, the district offers a diverse range of activities for nature lovers and thrill-seekers alike.



The trekking routes in Darchula also offer panoramic views of the Himalayan peaks, including the majestic Api and Saipal mountains.

Darchula District, nestled in the biodiverse Himalayan hotspot, is a haven for wildlife enthusiasts. It boasts an impressive array of endangered flora and fauna. The expansive 327-square-kilometer Darchula Wildlife Reserve provides sanctuary to diverse species, including Himalayan tahr, musk deer, ghoral, and various pheasants. The reserve's pristine pine, oak, and rhododendron forests are a sight to behold, particularly during spring when the landscape is adorned with vibrant rhododendron blooms.

The cultural heritage of Darchula District is also worth exploring. The district is dotted with ancient temples, monasteries, and historical sites that offer insights into the region's rich history and religious practices. The Mahakali Temple, located in Khalanga, is a sacred Hindu pilgrimage site dedicated to the goddess Mahakali and attracts devotees from Nepal and India. The Chhote Kailash, a revered pilgrimage site for both Hindus and Buddhists, is believed to be a replica of the sacred Mount K.

In conclusion, Darchula District in far-west Nepal is a hidden gem, inviting travelers to embark on a unique and off-the-beaten-path adventure in the breathtaking Himalayas while immersing themselves in Nepal's rich cultural heritage. With its

stunning landscapes, diverse flora and fauna, and welcoming hospitality, Darchula offers a complete package for all types of explorers. From traditional villages to thrilling experiences, this remote district has something for everyone. Amidst its natural beauty and cultural richness, Darchula remains an authentic and undiscovered destination, providing intrepid travelers with an unparalleled experience in far-west Nepal.

Pragya Awasthi CSIT 6B



## BOOK REVIEW OF 'UP FROM SLAVERY'

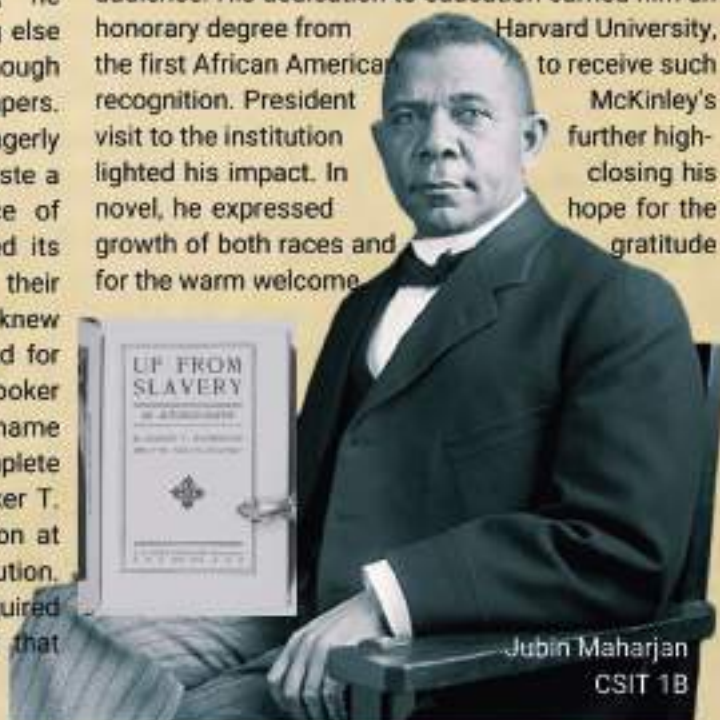
"Up from Slavery" is Booker T. Washington's influential autobiography, depicting the struggles of African Americans during the "decades of disappointment" from 1880 to 1915. It not only tells Washington's personal story but also sheds light on the experiences of black people during that era. Unlike his earlier work, this book had a profound impact, appealing to both black and white readers. Washington aimed for reconciliation and progress, emphasizing the importance of cooperation between races. He viewed his past as a valuable learning experience, comparing it to a transformative school.

In the book 'Up from Slavery,' Booker T. Washington shares his life story across 17 chapters. Born into slavery in Franklin, Virginia, he resided in a small cabin with his mother and siblings, like other slaves. The Civil War, ignited by the controversy of black enslavement, commenced in 1861 and concluded in 1865, granting freedom to the black community. Washington notes that it was a significant and memorable day on their plantation. Following their emancipation, there was no animosity between the races. While the whites felt a sense of melancholy due to separation from those they had cared for, freedom brought new responsibilities. Washington's family relocated to Malden, where he and his brother labored in a salt factory alongside their stepfather.

Booker T. Washington's first encounter with formal education was at the salt factory, labeled as "Number 18." Despite his longing for knowledge, he acknowledged that even if he achieved nothing else in life, he was determined to acquire enough education to read basic books and newspapers. Making arrangements with a teacher, he eagerly seized every opportunity to learn and didn't waste a moment. Initially unaware of the importance of having a name, Booker T. Washington learned its significance after witnessing others assert their freedom through name choices. He only knew himself as Booker, but when his teacher asked for his full name, he calmly replied as "Booker Washington." Later, he discovered his given name was "Booker Taliaferro" and embraced his complete name as "Booker Taliaferro Washington." Booker T. endured laborious tasks to pursue an education at the Hampton Normal and Agricultural Institution. Working for General Ruffner's wife, he acquired valuable lessons in discipline and hard work that were just as valuable as formal education.

Eventually, he left to continue his studies at Hampton, supporting himself financially through daily work. Upon completing his education, Booker T. returned to his community as a teacher, inspiring and empowering young men and women to pursue learning and education. Later Booker T. Washington traveled to Washington, D.C. for further education and noticed stark differences between the lives of people in Hampton and Washington. The city was crowded, and the public schools were superior. He observed some individuals excessively spending money to appear affluent and a significant reliance on the government for support. Booker T. Washington established a school in Tuskegee, starting in a shanty and church that had been acquired for the purpose. Initially, he faced numerous challenges as the only teacher with thirty students. However, more students, including public school teachers, joined over time. Olivia A. Davidson, a co-teacher who later became his wife, arrived after the first six weeks. In addition to academic subjects, Booker T. emphasized teaching various practical skills to ensure the students' competence. As the school grew, he actively sought funding, receiving significant donations of \$10,000 and \$50,000, which increased his determination for the school and students to succeed.

Booker T. Washington's public speaking career began with a speech promoting cooperation between races, surprising and impressing the white audience. His dedication to education earned him an honorary degree from Harvard University, the first African American to receive such recognition. President McKinley's visit to the institution further highlighted his impact. In his novel, he expressed his hope for the growth of both races and gratitude for the warm welcome.



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# NEPALI CRICKET: RISING THROUGH CHALLENGES AND SHAPING A BRIGHT FUTURE

## Introduction:

Cricket, once considered a sport dominated by a handful of nations, has witnessed the emergence of several underdogs, challenging the status quo and leaving their mark on the international stage. One such country is Nepal, a landlocked nation nestled in the Himalayas. Despite facing numerous hurdles and limited resources, Nepali cricket has shown remarkable growth and potential, captivating fans worldwide.

## Historical Background:

Cricket in Nepal traces its roots back to the mid-20th century when it was introduced by the Royal family. The sport gained popularity gradually, with the establishment of various cricket clubs across the country. However, it wasn't until Nepal's affiliation with the International Cricket Council (ICC) in 1996 that Nepali cricket began to gain significant recognition.

## Achievements and Milestones:

Nepali cricket has achieved several milestones that have put the nation on the cricketing map. Nepali cricket's rise began in 2008 when the Nepali U-19 cricket team participated in the ICC U-19 Cricket World Cup for the first time, reaching the Plate Championship final, igniting enthusiasm and putting Nepal on the cricketing map. In 2014, Nepal's cricketing journey took a leap as the senior men's team earned ODI (One Day International) status in the ICC World Cricket League Division Two tournament, paving the way to face top nations and compete in renowned tournaments like the Cricket World Cup Qualifier. Nepal's journey in T20 (Twenty20) cricket has also been noteworthy. In 2014, during the ICC World Twenty20 Qualifier, Nepal stunned the cricketing world by defeating Afghanistan, a team with a considerably higher ranking. This victory highlighted the potential of Nepali cricket on the global stage.



## Challenges and Struggles:

Despite its achievements, Nepali cricket faces numerous challenges that hinder its progress. Limited infrastructure, lack of adequate training facilities, and financial constraints have been major obstacles. Additionally, Nepal's geographical location and the absence of international cricket matches on home soil have deprived players of exposure and opportunities to compete against high-profile teams. Amidst challenges, Nepali cricketers display resilience, utilizing available resources and showcasing exceptional talent in international competitions.

## Conclusion:

Nepali cricket's journey has been a testament to the spirit of determination and passion for the sport. Overcoming challenges and limited resources, Nepali cricketers have carved a comfortable position for themselves in the cricketing world. As infrastructure improves and opportunities continue to expand, Nepal's cricketing potential is set to flourish further. With the right support and investment, it is only a matter of time before Nepal becomes a force to be reckoned with in international cricket, inspiring future generations and making the nation proud.

## Future Prospects:

The future of Nepali cricket appears promising, with various initiatives aimed at nurturing talent and promoting the sport. The Cricket Association of Nepal (CAN) has been actively working to improve infrastructure and establish regional cricket academies to enhance player development. Nepali cricketers gain experience and exposure through domestic leagues and international tournaments, earning signings in prestigious T20 leagues, elevating their skills and bringing recognition to Nepali cricket.

Rajju Maharjan BHM 5B



## TAARAK MEHTA KA OOLTAAH CHASHMA (TMKOC)

Taarak Mehta Ka Ooltah Chashma (TMKOC) is a popular Indian sitcom that has been on the air since 2008. The show is based on the column "Duniya Ne Undha Chasma" written by journalist and playwright Taarak Mehta for the Gujarati weekly magazine Chitralekha. The show is known for its humorous take on everyday life and features a large cast of characters who live in a housing society in Mumbai. The show's main protagonist is Jethalal Gada, played by Dilip Joshi. Jethalal is a businessman who runs a shop in the society and is known for his witty one-liners and comical situations. Other major characters include Taarak Mehta, a journalist and writer who is the narrator of the show; Daya Gada, Jethalal's wife who is known for her unique way of speaking; and Popatlal Pandey, a journalist who is always on the lookout for a wife. TMKOC has become a cultural phenomenon in India, with fans of all ages tuning in to watch the show every day. The show's popularity has also led to spin-offs, including a show based on the character of Daya Gada called "Taarak Mehta Ka Ooltah Chashma: Daya Ben Returns" and an animated series called "Taarak Mehta Kka Chhota Chashmah." One of the reasons for the show's success is its ability to tackle serious issues in a lighthearted way. The show has dealt with topics like corruption, communal harmony, and women's empowerment, while still maintaining its comedic tone. The show has also been praised for its ability to appeal to a wide audience, with fans from all over India and even other parts of the world.

Overall, TMKOC is a beloved show that has captured the hearts of millions of fans around the world. Its unique blend of humor and social commentary has made it a cultural touchstone in India, and its legacy is sure to continue for many years to come. In addition to its entertaining and humorous aspects, TMKOC is also known for its memorable characters. Each character has their own unique personality and quirks, which have endeared them to fans over the years. From the lovable and kind-hearted Bhide to the mischievous and hilarious Tapu, every character brings something special to the show.

Another reason for the show's popularity is its ability to reflect the changing times in India. Over the years, the show has evolved to reflect the social and cultural changes taking place in the country. For example, the show has dealt with topics like demonetization, GST, and the COVID-19 pandemic, showing how it is able to remain relevant and timely.

Finally, TMKOC is also known for its positive and uplifting messages. The show promotes positive values, kindness, and respect while entertaining families. It has captured the hearts of millions with its humor, social commentary, memorable characters, and uplifting messages, becoming a cultural touchstone in India. Whether you're a longtime fan or a newcomer, there's always something to enjoy in this beloved sitcom.



Shreya Shahi BHM 5A

**TITANIC** is a 1997 American epic romance-disaster film directed, written, co-produced, and co-edited by James Cameron. A fictionalized account of the sinking of the RMS Titanic, it stars Leonardo DiCaprio and Kate Winslet as members of different social classes who fall in love aboard the ship during its ill-fated maiden voyage. The film was a massive critical and commercial success, winning 11 Academy Awards, including Best Picture and Best Director. It was the highest-grossing film of all time until Cameron's 2009 film Avatar surpassed it. Titanic is known for its stunning visuals and its ability to transport viewers back in time to the early 20th century. The film's attention to detail and historical accuracy has been praised by historians and Titanic enthusiasts alike. The film's central romance between Jack (DiCaprio) and Rose (Winslet) has become iconic, and the film is often cited as one of the greatest love stories of all time. The film's ending, which sees Jack sacrifice himself to save Rose, has become one of the most memorable and emotional moments in cinema history. Overall, Titanic is a timeless classic that has captured the hearts of audiences around the world. Its stunning visuals, compelling story, and unforgettable characters have made it a beloved film for generations.

Riya Bajracharya BHM 5A



# FRIENDS

FRIENDS is a classic TV show that is loved by many. The show follows a group of friends as they navigate life in New York City. The show is known for its humor, memorable characters, and iconic moments. The show has a great cast of characters, including Rachel, Ross, Monica, Chandler, Joey, and Phoebe. Each character has their own unique personality and quirks, which makes the show so entertaining to watch. The show has also become a cultural phenomenon, with fans still watching and discussing it today, even though it ended over 15 years ago. One of the things that makes FRIENDS so great is its ability to balance humor with heart. The show has plenty of laughs, but it also has its fair share of emotional moments.

*I'll be there for you*

The relationships between the characters are a big part of what makes the show so special. Fans love watching the ups and downs of Ross and Rachel's relationship, as well as the close bond between the group as a whole. Overall, FRIENDS is a timeless show that will always be remembered as a classic. FRIENDS has a lot of memorable moments that fans still talk about today. The show is known for its hilarious one-liners, such as Joey's catchphrase "How you doin'?" and Chandler's sarcastic comments. The show also has some iconic episodes, such as "The One Where Ross Finds Out" and "The One With The Embryos." Even though the show has been off the air for over 15 years, it still has a huge following and is beloved by many.

Sama Gupta BHM 5A

## COLOR

Lisa and Lily. Identical twins. Both with the same silky blonde hair and ocean blue eyes. They had just moved after an 'incident' at their old school. They were different from the rest, always sitting by themselves, avoiding others completely, almost as if they were afraid. And they were. They were afraid that they would be made fun of. No one knew their secret yet, but they would today. "Lily, can you tell the class what this color is?" She pointed to the color chart filled with shades of grey. Lily and Lisa stiffened. "U-um..." Lily stuttered. She glanced at Lisa as she shrugged with a worried look on her face. "Light grey..." Lily mumbled unsurely. The teacher frowned as kids began snickering quietly. "No Lily, stop playing games." She said sternly. Lily bit her lip and looked around at all of the greyish black surroundings. Lisa glared at the teacher. "Don't bully my sister!" "Then tell her to stop joking!" "We're color blind!!" The teacher stopped arguing with the fuming girl and turned to her twin who was patting her on the back. They both shared stone cold expressions as they held hands and stormed out of the classroom. They were soon sitting side-by-side on the swing set. "Lisa, you didn't have to get that mad..."

Lily murmured to her sister who was still furious with the teacher. "She should know better!" Lisa growled lowly. She then turned to Lily who had tears in her eyes and frowned. "Lily, don't worry about them! They're just bullies because they don't know what it's like!" She grinned half-heartedly at her. Lily managed a small smile back before small tears ran down her cheeks. Lisa's grin fell as she pulled Lily into a hug. "Lily..." Tears formed in her eyes too. She knew that Lily was always sensitive about color. She wanted the joy others got to look at. She figured that it was the most beautiful sight and that once she saw it, she'd be okay. Though she knew deep down that color wasn't something she would ever see. "Lily. It'll be okay..." Lisa wanted it to be a statement, yet it sounded more like a question. "Don't worry; I think about seeing color sometimes too...Lily, even though I try to act tough, I'm not. I want to be normal just like you. But if we dwell on this, we won't be able to move on." Lily nodded against her twin's chest before pulling back and rubbing her eyes. She looked up at the sky and saw the familiar light grey. "Lisa, I hope you're right..." she mumbled. She hugged her again. "Of course I'm right..." She also stared at the light grey sky, "...or at least I hope..." She whispered the last part quietly, yet she could tell Lily heard. "Color must be beautiful..." Lisa nodded, silently agreeing with Lily. Yes...color.

Ashna Shrestha BCA 4th



## THE FALSE 9: HOW THE DESIRE FOR MORE CONTROL KILLED ITS TRADITIONAL COUSIN.



In recent years, football has seen a shift in the way teams approach their attacking play. Gone are the days of a traditional center-forward leading the line with a sole focus on scoring goals. Instead, the modern game has seen the rise of a new attacking philosophy, one that relies on a different kind of striker – the “false 9.” Traditionally, the number 9 signifies football’s center forward, originating from its central role in 2-3-5 formations during two games in 1928. Across continents, 9 is widely recognized as the team’s central striker. The traditional number 9 leads, either playing on the shoulder of the defense or holding up the ball, aiming to score or involve midfielders and deep-lying strikers. They act as a focal point, challenging the defense, and seeking space to create scoring opportunities.

The “false 9” tactic features a fluid front line without a traditional center-forward, creating confusion in defense through positional interchange. Popularized by Spain in 2010, its origins trace back to so-called Danube School in the 1930s and the Magical Magyars of the 1950s. Matthias Sindelar, an Austrian striker in the 1930s, is considered one of the first famous false 9 players, with similar playing styles observed in central Europe in the 1920s and River Plate’s teams during the same era. Sindelar and Hidegkuti, defying physical marking, dropped back to create space, involving wingers and inside forwards. They famously troubled English teams accustomed to facing static center-forwards, contributing to the success of their respective teams. So, what exactly is a “false 9”? It’s a tactical approach where a forward player drops deeper, pulling opposition center-backs out of position and creating a dilemma for defenders. This creates space for attacking midfielders or wingers to exploit, leading to scoring opportunities. It requires a skilled player capable of creating chances and scoring goals, disrupting defenses and capitalizing on the absence of a traditional center-forward.

One of the most famous examples of the “false 9” in action was Lionel Messi during his time at Barcelona. Messi, who is technically a forward, would often drop deeper and play in a more central midfield role. This allowed him to receive the ball in space and create opportunities for his teammates, while also taking advantage of the extra space and scoring goals himself.

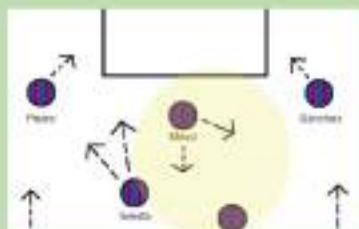


Figure 1:

*Lionel Messi's positioning as a false 9*

Jurgen Klopp's Liverpool team has also used the “false 9” to great effect in recent years. In the absence of a traditional center-forward, Klopp has often deployed forward players such as Roberto Firmino or Sadio Mane in a deeper role. This allows them to create space for the attacking midfielders such as Mohamed Salah and Diogo Jota, who can then make runs into the box and score goals.



Figure 2:

*Roberto Firmino's positioning a False 9*

The “false 9” presents risks as it lacks a traditional center-forward, impacting possession and target options. It demands high technical ability for quick passing and movement to generate scoring chances. Despite these risks, it has gained popularity as teams seek innovative ways to break down defenses, creating overloads between the lines. With the right players and approach, it can effectively generate scoring opportunities and lead to victories. The rise of compactness, pressing, and defensive formations has reduced the use of pure false 9s, but players like Erling Haaland have revived the approach. Even traditional number 9s like Harry Kane, Robert Lewandowski, and Karim Benzema have incorporated dropping off to find the ball in their repertoire, influenced by the false 9. Indeed, it's fair to say that the new real 9 has been significantly influenced by its false cousin.

Bipulranjan Paudel CSIT 4A



## काठमाडौंको सेतो मच्छिन्द्रनाथः इतिहास र परम्परा

सेतो मच्छिन्द्रनाथलाई करुणामय, अवलोकितेश्वर, आर्यवलोकितेश्वर र बोधिसत्व नामले पनि चिनिन्छ । साथै लोक परिचयमा जनवहा छः पनि भनिन्छ । काठमाडौंको केलटोलमा जनवहा छः अवस्थित छ । जनवहा छः को अनुहार सेतो भएको हुनाले सेतो मच्छिन्द्रनाथ भनिएको हो । यो भगवानलाई पानी पर्ने देवता (rain god) पनि भनिन्छ । यस भगवानलाई हिन्दु र बौद्ध धर्मावलम्बीहरूले मान्दछन् । स्थानीयहरूद्वारा यो जात्रा हरेक वर्ष मनाइने प्रचलन छ ।



परापूर्वकालमा यस नेपाल मण्डलमा गुँला (श्रावण महिनामा) यमराजले मरेको मान्छे लिन आउदा यमपाशले बाँधेर स्वर्गमा लैगन् तर यहाँका प्राणीहरू मृत्यु हुँदा यमपाशले नछोएर सिधै स्वर्ग जाने भएका थिए । किनभने उनीहरूले धेरै

पुण्य कमाएका थिए । पुण्य कमाउनुको कारण उनीहरू नित्य स्वयम्भु जाने, चित्त शुद्ध भएको, अरुको भलो चिताउने कारणले यमपाशले छोएन । यिनीहरूमा राजद्वेष, मोह, इर्ष्या पनि थिएन । यस करुणामयको अष्टमी व्रत बस्ने, 'उपसत्य' नियममा बसे यमपाशले छुट्टिन र अकाल मृत्यु हुँदैन भन्ने धराणा पाइन्छ । सर्वसत्य उद्धार गर्ने भएकोले यस भगवानलाई 'अमोघपाश लोकेश्वर' पनि भनिन्छ । यमराजले स्थापना गरेको मुर्ति जमल बाहिर 'यमलेश्वर महादेव' को नामले चिनिन्छ । यहाँ कार्तिकमा भाईटीकाको दिन मेला लाग्दथ्यो । त्यो दिन कालमोचनमा नुहाएर यो महादेवमा अर्घा दिएर जनवहा छः लाई पुजा गरिन्छ । यो परम्परा आज सम्म कायम छ ।

सत्रौं शताब्दीमा राजा यक्ष मल्लले यो विहार स्थापना गरेको थियो । यस विहारमा भगवानलाई पूर्व दिशा फर्काएर राखिएको छ । यो बिहारमा 'कनकचैत्य' लाई विभिन्न रोग, भय, स्वास्थ्य, आयुको लागि पुजिन्छ । भक्तहरूले अष्टमीको दिन 'उपसत्य' व्रत यो भगवानको नाममा बस्दछन् । सेतो मच्छिन्द्रनाथको जात्रा अगाडी पुष महिनाको शुक्ल पक्ष अष्टमीको दिन भगवानलाई 'महास्नान' (नह्ने) गरिन्छ । सप्तमीको दिन स्नान गराउन भाजनिर्मल तिर्थमा पुरुषहरूले जल लिन जान्छन् । त्यसपछि रंगादिवासन (नेपा भाषा: लं पलि छवाउ) अथवा रंगारोगन गरिन्छ । यसरी पुर्णिमाको दिन 'दशकमादि' कर्म विधि सम्पन्न गरिन्छ ।

चैत्र शुक्ल अष्टमीको दिन सेतो मच्छिन्द्रनाथको जात्रा सुरु हुन्छ । जात्राको पहिलो दिन मच्छिन्द्रनाथको मुर्तिलाई वहालबाट खटमा राखेर बाजागाजा सहित इन्द्रचोक, बाङ्गेमुढा, असन हुदै रथमा बिराजमान गरिन्छ । यस बेला जमलमा (जमः वहा) मुर्तिलाई पुजा गरिन्छ । भगवानको मुर्ति रथमा राखेपछि भक्तजनहरूले धुप, दीप (धुको देवा), फुल, चामल, मिठाई राखी पुजा गर्दछन् । यो पुजामा विशेष गरि मुख्र्योः फुल चढाइन्छ । त्यसपछि रथलाई तानेर जमलबाट असन, असनबाट हनुमानढोका, वसन्तपुर हुदै लगन लगिन्छ । यो जात्राको उद्देश्य बुढाबुढी र अशक्तहरूले पनि हेरोस भनेर मनाइने हो । साथै यो जात्रामा मुख्य रूपमा 'कुमारी' देवी पनि उपस्थित गराइन्छ । यसरी सेतो मच्छिन्द्रनाथको जात्रा पाँच दिन सम्म धुमधाम साथ मनाई सम्पन्न गरिन्छ ।



- यो लेख लेख्न सहयोग गर्नु भएको गुरुजु ज्ञानीराजा बज्राचार्यज्यु लाई धन्यवाद ।



# The Housing Bubble Burst: Understanding the 2008 Real Estate Crash

The stock market crash of 2008 was one of the most significant financial crises in recent history. It began with the collapse of the housing market and quickly spread to the broader financial system, leading to a global recession that lasted for several years. In this article, we will examine the causes and effects of the 2008 stock market crash and what lessons can be learned from it.



## Causes of the 2008 Stock Market Crash

The primary cause of the 2008 stock market crash was the housing bubble. For years leading up to the crash, housing prices had been increasing rapidly, fueled by easy access to credit and low interest rates. Banks and other financial institutions were making loans to people who could not afford them, and those loans were being packaged into complex financial instruments known as mortgage-backed securities.

Investors, hungry for high returns, eagerly bought these securities, believing that the housing market would continue to rise indefinitely. But as more and more people defaulted on their mortgages, the value of these securities plummeted, causing losses for investors and putting pressure on financial institutions that had invested heavily in them.

At the same time, many of these financial institutions had engaged in risky behavior, such as using leverage to increase their profits and investing in complex derivatives that they did not fully understand. When the housing market collapsed, these institutions were left with massive losses, leading to a wave of bankruptcies and government bailouts.

## Effects of the 2008 Stock Market Crash

The effects of the 2008 stock market crash were severe and long-lasting. In the United States, the unemployment rate skyrocketed, with millions of people losing their jobs as companies went bankrupt or cut back on their operations. The housing market collapsed, leaving many homeowners underwater on their mortgages and unable to sell their homes.

Globally, the recession led to a decrease in international trade and investment, as countries struggled to cope with the economic fallout. Governments around the world implemented massive stimulus packages to try to jumpstart their economies, but recovery was slow and uneven, with some countries experiencing a more severe downturn than others.

## Lessons Learned from the 2008 Stock Market Crash

The 2008 stock market crash taught us several important lessons about the dangers of excessive risk-taking and the need for greater regulation in the financial sector. It highlighted the importance of transparency and accountability in financial markets, as well as the need for regulators to have the tools and resources necessary to monitor and control systemic risk.

In response to the 2008 crisis, governments around the world implemented a range of reforms aimed at strengthening the financial system and reducing the likelihood of future crises. These reforms included tighter regulations on banks and other financial institutions, greater transparency in financial markets, and new measures to control systemic risk.





# Unveiling the Rainbow

Nepal's LGBTQ+ Rights Journey



Nepal, a country known for its rich cultural heritage and stunning natural beauty, has also become a beacon of hope for the LGBTQ+ community in recent years. Through multiple legal reforms and societal changes, this country has made significant strides in recent years in recognizing and protecting the rights of LGBTQ+ community. These changes of inclusivity and equality have been an example to other nations to follow in this similar footsteps regarding this community.



The first known change that occurred, causing Nepal to be known as 'LGBTQ+ Rights Beacon' in Asia, came in 2007 by repealing the laws that criminalized same-sex relationships. The supreme court of Nepal also declared the recognition of the third gender category making Nepal the first country in the world to do so. This recognition acknowledged the rights and identities of non-binary, transgender, and intersex individuals, challenging traditional binary notions of gender and promoting greater visibility and acceptance.

In 2015, Nepal adopted a new constitution which allowed individuals to identify themselves as third gender in official documents and the government of Nepal issued passports that recognized three genders. This allows for "third gender" identifying individuals to open bank accounts, own property and register for universities. That same year, Nepal became the world's 10th country to specifically protect LGBT people in its constitution.

The journey towards equality and inclusivity of LGBTQ+ rights in Nepal is owed much to the activists of this community. Organizations like Blue Diamond Society (BDS) and Queer Youth Group (QYG) played a crucial role in making Nepal's laws LGBTQ+ friendly. A name worth mentioning is Sunil Babu Pant who became Asia's first openly gay federal-level elected official and made sure rights for sexual and gender minority groups were recognized in 2007. Without Pant Nepal may not have been able to come through this journey of freedom for LGBTQ+ community. On a recent note, Nepal finally legalized same-sex marriages. July 29, 2023 will remain a historical day for LGBTQ+ community of Nepal as the Supreme Court allowed temporary registration of same-sex marriage. Notably, Nepal has become the first South Asian nation to embrace marriage equality and inclusivity by recognizing same-sex marriages.

In addition to the legal changes, the LGBTQ+ community has found unique ways to celebrate and advocate for equality. One of the most notable ways of celebration found in Nepal is cross dressing during the Gai Jatra Festival. The first pride parade ever in Nepal was conducted in August 2010, on the day of Gai Jatra, led by Sunil Pant himself. Ever since then, Gai Jatra has become a significant occasion for holding pride parades in Nepal. Aside from Gai Jatra, on the second Saturday of the month June (considered pride day in Nepal) a pride parade is conducted at Maitighar Mandala.

Even though the laws of Nepal have been changing for equality amongst the LGBTQ+ individuals, society in Nepal still strongly clings to traditional gender roles, leading to ongoing stigma and discrimination. It is still common for families in Nepal to reject or refuse to acknowledge the gender identity of individuals who identify as third gender, resulting in disownment or denying to use correct terms for the gender they identify with. Even though there are still challenges, the ongoing activism and advocacy shed light on the path towards a more inclusive and accepting society for all. As the future generation of our country, the youth must unite their efforts to ensure equality for everyone.

Sovia Manandhar  
BIM 6B



# CRYPTOCURRENCY

Cryptocurrency refers to a digital or virtual currency that is secured by cryptography and operates on a decentralized system. Unlike traditional currencies, cryptocurrencies are not issued by a central authority or government, making them resistant to government interference and manipulation. They use algorithms and blockchain technology to authenticate transactions and maintain a public ledger. The concept of cryptocurrency traces back to the 1980s, when David Chaum created 'e-cash.' The first successful cryptocurrency, Bitcoin, was introduced in 2009 by an unknown person or group known as Satoshi Nakamoto. Bitcoin aimed to provide a decentralized alternative to traditional currency. It gained popularity among tech enthusiasts and its value soared, peaking at nearly \$69,000. Crypto is gaining significance in the digital era. It offers decentralization, avoiding central control and censorship. Crypto's advanced cryptographic techniques secure transactions, thwarting hacking and counterfeiting. Decentralization enables transparent, verifiable transactions. Quick and efficient, crypto bypasses banks, aiding cross-border and underserved populations. It fosters financial innovation, benefiting consumers. In short, crypto's potential to revolutionize financial transactions is ever-increasing.

## Application of Cryptocurrency

**Payments and remittances:** Bitcoin and Ripple enable fast, low-cost cross-border payments and remittances, bypassing banks and payment processors.

**Decentralized finance (DeFi):** Cryptos utilize decentralized finance applications that let users lend, borrow, trade, and invest in a peer-to-peer and trustless environment. Example - Uniswap, Compound, MakerDAO.

**Gaming & virtual worlds:** Online gaming and virtual worlds use crypto for in-game transactions, allowing players to buy, sell, and trade virtual assets.

**Identity & access management:** Civic and SelfKey crypto are used to build decentralized identity and access management systems that let users control their personal data and authenticate themselves without relying on central authorities.

**Supply chain management:** VeChain and Waltonchain facilitate blockchain-based supply chain management, ensuring traceability and authenticity of products.

## Challenges and Limitations

**Scalability:** Many cryptocurrencies face limitations in processing high-volume transactions quickly and efficiently, resulting in slow transaction times and high fees that hinder their practical usability.

**Security:** Cryptocurrencies and blockchain technology are susceptible to security risks, necessitating continuous updates and enhancements to counter potential hacks and fraud.

**Regulatory challenges:** Cryptocurrencies face legal uncertainties and varying regulations in different countries, leading to limitations and even bans on their use.

**Volatility:** Cryptocurrencies' price volatility hinders their stability as a store of value, posing challenges for planning and budgeting by businesses and consumers.

**User adoption:** The major challenge for cryptocurrencies is user adoption, as despite increasing interest, they are not yet widely used or accepted by mainstream consumers and businesses.

## Future of Cryptocurrency

**Mainstream adoption:** With growing acceptance and integration into financial systems, cryptocurrencies are poised for increased adoption by businesses and consumers.

**Regulation:** As cryptocurrencies gain mainstream status, they are expected to face greater regulation and oversight, potentially addressing current challenges and promoting market stability and trust.

**Innovation:** Blockchain tech, underlying cryptocurrencies, is evolving with ongoing innovation and development, offering new applications, scalability, security, and usability improvements.

**Environmental sustainability:** As environmental concerns rise, efforts to develop sustainable and energy-efficient mining processes may increase. The future of cryptocurrencies will be shaped by technology, economics, and regulations. Despite challenges, they have the potential to transform money and foster innovation and growth.

Abhigya Singh Basnet BIM 1B



# IN CONVERSATION WITH

21°C

Nagesh Badu

Page 103



**Nagesh Badu**

IT & e-governance specialist at the Ministry of Federal Affairs and General Administration.

Alumni

National College of Computer Studies

Graduated Year: 2006

Hails From Darchula, Far West  
Currently resides in Dhapashi, Ktm

## Experience in NCCS

At NCCS, it felt like home. No dress code then. We were in a small number and everyone was close to heart. Santosh Sir, other teachers and peers were like friends. We planned attire, canteen, and basketball court - felt like NCCS big stakeholder. While graduating we were 20-22 students left in BIM. NCCS had its software company called NCCS SOFTWARE where six of us undertook some projects. We did it during Dashain Holidays. My time at the NCCS was truly enriching and delightful. The experience was a blend of profound learning and genuine joy that left a lasting impact on my personal and professional growth.

## Childhood and Education

My schooling was pre dominantly conducted within the valley, and my childhood was spent in hostels. I pursued Commerce for my +2 and had no computer exposure until then. I ventured into basic design and Photoshop during that time. The advent of assembled and branded computers in the market sparked my interest. Fortunate circumstances brought me to NCCS, without access to career guidance. Though not inherently tech-savvy, I sensed the importance of information technology. Being part of the pioneering BIM batch circa 2006, the fusion of technology and management struck a chord. I'm content and assured of my choice, and the profound subjects continue to illuminate my path. Although I struggled as a student initially, my academic performance significantly improved during my Bachelor's degree.

## Internships and further steps in IT Career

While my passion lay in UI/UX, I pursued an internship as a developer in .NET. Over the course of two years, I contributed to projects like HMIS and Governmental initiatives. However, I gradually realized that core software development wasn't aligned with my true interests and aspirations. Reaching a saturation point due to monotonous tasks and a lack of innovation, I decided to transition towards the social sector. The realm of Social Entrepreneurship held a strong allure for me. During this time, an INGO funded by Canadian initiatives was actively seeking a candidate for the role of web administrator. To my delight, I was chosen for the position. On the very first day, I summoned the courage to propose a modification to the job title, advocating for it to be changed to "Information Management Officer." Notably, this particular role was non-existent within the organization, making me feel like I had pioneered its inception.

The establishment of this role played an instrumental part in propelling my career forward, providing me with the platform I needed to take a significant leap in my professional journey.

**Recognizing that the process of finding the right job involves changes and that's normal.**

Getting experience in a workplace is really important for your career growth in any field. It's not just about making connections, but also about using what you learned in school in real situations. Let's say you read about motivation in a book. In a job, you see how a boss talking to their team can affect how well they work. This helps you understand that if you don't find your dream job right away, it's okay and not something to feel down about. When you join a workplace, you learn that finding the perfect job takes time and changes along the way, and that's okay. Even if the opportunity is unpaid, the experience gained is invaluable. Joining any organization is a crucial step to accelerate your professional growth across any field.

## Master's and Engagement in UN/UNDP, Governing Government Projects

After working for about 2 to 3 years, I decided to pursue a master's degree in Sweden in 2010. Interestingly, the experience I gained as an Information Management Officer proved to be beneficial during my master's program. I chose to study Engineering and Management of Information Systems, a field closely aligned with BIM. After master's, I returned to Nepal. Fortunately, I found an opportunity to work as a Program Manager in the same office for the subsequent six months. Following this, I transitioned to a role as a UN Volunteer. This marked the beginning of what has now been nine years of dedicated service as a staff member with UNDP.

Engaging in tasks such as collaborating with engineers from Pulchowk Campus, providing guidance and coordination for systems, conducting sessions and orientations, and introducing fresh innovations within the government has been incredibly profound and exhilarating for me. In hindsight, I've come to realize that my decision to embark on this path was indeed a wise one.



Palaa team members with Mr. Nagesh Badi, ICT Specialist, NCCS Alumni



### Views on BIM; Sociology, Psychology, and Communication

Core IT subjects often overlook the human aspect. This is where concepts like "humanity beyond technology" and "philosophy of science," which are integral to BIM, come into play. In our BIM course, we delved into Business Communication, exploring the intricacies of topics like Perception. I vividly recall and often proudly share the knowledge I gained with others. Subjects such as communication, psychology, and sociology hold significant sway in one's life, shaping perspectives and interactions in profound ways.

The beauty of BIM lies in its versatility, allowing graduates to transition into various fields. While it's sometimes referred to as being a "jack of all trades, master of none," its potential depends on how students harness the opportunities within the BIM framework.

### Managing Ongoing Government Projects.

I am presently engaged in a comprehensive range of projects, including digitizing government policies, enhancing hardware and data security measures, automating various governmental processes, and developing services for a metropolitan app (MeroPalika) and the Nagarik app.

### Messages for the Students

1. The bachelor's degree can sometimes feel like buying a certificate through a four-year installment plan. Focus on developing real skills.
2. Focus on gaining certifications for various small skills. This helps boost your job prospects.
3. Integrate your skills and interests effectively in your CV.
4. Promote interactive teaching, moving beyond one-way communication. Engage more with teachers and learn from their experiences.
5. You don't have to be unemployed to start looking for a job. You can apply for other positions even while sitting at your current office desk.

### Perspective on Education pedagogy of Nepal and comparison with Swedish Teaching Methodology

During my internship, I was referred to NTC (Nepal Telecom). Upon arriving there, the managers conducted a reality check with me. He pointed out that many educational institutions offer additional facilities, often overlooking the core focus on practical education. He highlighted that I hadn't even seen a fiber optic cable, making it difficult for me to compete with networking experts.

I acknowledged the validity of his points, but I also responded by expressing that since you were experts in the domain, there was an inherent responsibility to provide exposure to individuals like myself. During my time pursuing my master's degree in Sweden, the educational approach was quite distinct. We were given study materials, and the responsibility for conducting research rested largely on the students. The provided study materials were concise and seamlessly integrated with the curriculum. This experience felt significantly different from the Nepalese education system. In Sweden, The focus on bookish study was minimal, with a predominant emphasis on project-based learning. For instance, while studying requirement engineering, we were tasked with creating actual requirement documents for real companies. Engaging in field studies made it both enjoyable and effortless to integrate knowledge, offering a stark contrast to traditional book-centered learning approaches. So, Nepalese colleges should offer students practical exposure to industrial knowledge.

In the real world, employers often prioritize candidates with a bachelor's degree and 5-6 years of experience over those with a master's degree and 2-3 years of experience.

It was a rainy Sunday when Nagesh sir called us to meet at the Bake and Brew coffee shop in Naxal. We had a truly profound conversation. We engaged in a two-hour-long conversation that was truly enlightening.

He delved into the variations in his experiences during different stages of his life, taking us on a journey back to the years 2004-2005 at NCCS. With each sip of coffee, we immersed ourselves in the conversation, to the point where we lost track of time. He shared some cherished college memories captured in photographs with us.







## WHO THOUGHT THE PRAYERS CAN BE REACHED BY GOD?



**LUSAIL, QATAR, "18.12.2022" The iconic day in football history!**

The stadium is crying with full of people and the commentator is shouting. The moment everyone cried with joy and the stadium is chanting with the name "MESSI" "MESSI" "MESSI". It was an iconic sight that the people chanting "MESSI" "MESSI" and that moment the World Cup winning captain took the trophy in the air. "The day MESSI completes the football." He becomes the World Champion.

Probably it was the wildest final in the tournament in 92 years of history, Argentina won its third title by beating France by 4-2 in penalty shootout after a 3-3 draw till 120 minutes featuring 2 goals from 35-year-old Lionel Messi and a 3 goals from his club partner France forward Kylian Mbappe. We all dreamed but neither thought it will become reality this way. Messi said, "I craved for this so much. I knew God would bring this gift to me. I had this feeling that this World Cup was the one". And Mbappe did all the things to emulate Brazil great Pele as a champion at his first two world cups. Even scoring the first hat trick in a final since Geoff Hurst for England in 1966 but it wasn't enough. After this World Cup there's no debate. Messi joins the side of Diego Maradona, the late Argentina who won the World Cup for Argentina in 1986. Lionel Messi becomes the top scorer for Argentina and breaks the many records in World Cup. Playing in the spirit of Maradona, Messi coupled his dazzling skills with rarely seen aggression and led Argentina to the title by becoming the first man in a single edition of the World Cup to score in the group stage and then in every round of the knockout stage. "Let's go, Argentina" Messi roared in to a microphone on the field in the post-match celebrations after playing in a record 26th World Cup match. Later, he said; "I can't wait to be in Argentina to witness the insanity of this". We dreamed of becoming the world cup winner and we reached the final in 2014 but lost the trophy against the German side. The day everyone's hope dies, we are on the edge to give up but the only person who keep on going and kept the hope alive of being the world cup champion that is Messi.

It is believed that this world cup is already predicted before it even started. Everything every team in the world cup indicates that Argentina to win the world cup. For instance, Canada last qualified when Argentina won the world cup and this team also qualified this time too and won the world cup by Argentina. Someone believed it was miracle, and others believed it was already written in the stars by god. But I believed it was teamwork, passion of the players and the bond between each of them. They act as a whole family. Whoever or anyone thought or believed anything but this 2022 has been an unforgettable for football history.

**2022 is the year "The boy from the Rosario completes the football"**

Niraj Karki  
BHM 5B





The genuine daughter of Nepal, Anuradha Koirala, protected thousands of other daughters and their families. With her own money, Koirala founded Maiti Nepal in a modest home in Kathmandu. Today, she is a well-known evolutionist and lecturer who has devoted her life to fighting the trafficking and exploitation of women and children. She was born in Rumjatar, Okhaldhunga on April 14, 1949. She went to school in the Indian hill town of Kalimpong. Her mother and sisters at St. Joseph Convent School encouraged her to pursue a career in social service. She worked as a teacher in Kathmandu's schools for about twenty years. She plunged into the humanitarian work after launching Maiti Nepal. She started by constructing a house so that she could offer individuals who had nowhere else to go a place to stay. Throughout her marriage, Ms. Koirala experienced violence firsthand. Finally finding the strength to leave her marriage, she was motivated to take up social activism.

In 1993, Ms. Koirala started Maiti Nepal with the intention of helping mothers and children who had undergone unimaginable agony, frequently in silence. Her main source of inspiration has always been Mother Teresa. In a modest bungalow in Kathmandu, Koirala founded Maiti Nepal 20 years ago with her own funds. Today, Koirala is a well-known activist and lecturer who has devoted her life to fighting the trafficking and exploitation of women and children. She got into the humanitarian sector after launching Maiti Nepal. Her first task was to construct a house so that she could provide a sanctuary for those who had nowhere else to turn. Currently, Maiti Nepal has three avoidance houses, eleven transit homes, two sanitariums, and a regular school. Every day, Maiti Nepal provides direct services to more than 1000 children. Her steady certainty and criterion leadership made it all possible. Her work had a huge impact on so many individuals, who backed her. Since then, Maiti Nepal has been incredibly well known and has been successful in stopping human trafficking at a rapid rate. Due to her contributions and passion for the nation, the country now feels safe.

For her courageous actions and contributions to the cause of women's and children's rights, this hero has received 38 national and international awards, including The Peace Abbey, Courage of Conscience 2006, Trishaktipatta Award 2002, Best Social Worker of the Year Award- Nepal 1998, Prabal Gorkha Dakshin Bahu Medal- Nepal 1999, German UNIFEM Prize 2007, Queen Sofia Silver Medal Award 2007.

In 2010, she received a CNN Hero Award. It was the result of her efforts to combat the social ill of human trafficking and her sensitivity. Her recognition as a CNN hero is a source of pride and honor for the entire country. In addition to rescuing helpless girls from becoming sex market slaves, the charity also rescues and supports women who have already through that nightmare. Women who have left Indian brothels are not readily accepted by society, including their own families. In this scenario, Maiti Nepal offers them both housing and training until they can survive on their own. Additionally, Maiti Nepal has been collaborating with law enforcement and the police to patrol the Indo-Nepal border. Up to this point, the group has assisted in the rescue and rehabilitation of thousands of girls and women.







## Practitioner should be the teacher



The Nepalese education system can essentially be described as a process of memorizing information and reproducing it on paper during exams. The present-day education system in Nepal excels in teaching theories at a professional level. However, it lacks practical lessons and real-life experiences. When we talk about practical lessons, we refer to education that can be implemented in real life. Unfortunately, the lectures in Nepal's education system primarily focus on theories without incorporating real-life problems. How can students expect to gain knowledge from courses that lack practical experiences and applicability to their lives? Let's consider the example of business studies being taught by someone who has never engaged in any business activities. In such a case, students are deprived of the insights and perspectives that come from practical experience. Conversely, if an engineer learns from a practitioner(kamdar), they not only acquire knowledge but also learn about the values associated with their profession. Furthermore, by working closely with practitioners, engineers develop a sense of mutual respect and cooperation. The practitioner, while teaching, strives to provide the best knowledge within their capacity. Similarly, workers also feel a sense of responsibility and respect towards the engineer. This interaction fosters a positive ecosystem.

Similarly, if computer science students learn solely from teachers, they may acquire knowledge for obtaining a degree but might lack the practical skills required to solve real-world problems. However, if they have the opportunity to engage with daily coders and practitioners, they will gain hands-on experience in dealing with practical problems, resulting in the development of market-ready products. This culture of practical education not only enhances the education system but also contributes to personal development. To ensure that practitioners and even individuals in lower job positions have opportunities, the government should enforce a policy mandating that all students go through the hands-on guidance of practitioners at least once. The world undergoes dynamic changes every five years, while Nepal's outdated courses compel teachers to deliver the same old lectures year after year. The problem lies not in the courses themselves but in their context. The content within the so-called course books needs to be changed and updated annually to keep pace with the changing world.

However, in some cases, teachers themselves may lack real-life experiences, preventing them from adapting to the context. Consequently, they end up delivering the same lectures repeatedly. Many individuals who pursue teaching as a profession may have done so after not being able to secure their desired job titles. How can students receive the best education from those who were unable to achieve excellence in their respective fields?

When practitioners start teaching, they do not merely provide information from books; instead, they bring real-world problems, examples, and experiences into the learning process. This approach not only makes learning enjoyable but also ensures that students receive the best practical insights for their lives. While a degree may serve as a label, it is the acquired skills that lead to success. Skill-based education holds greater importance than traditional school education. We are aware that there are flaws in the system. Therefore, it is crucial for the government, colleges, institutions, and individuals at higher levels to work together to find the best possible solutions. I understand that my writing alone may not bring about significant changes, but I express my thoughts with the hope of making a positive impact on our education system.

Krishna Khanal BIM 8A

## Mani Rimdu

Mani Rimdu is the greatest festival of the Sherpas of the Khumbu in the Everest region. The celebrations take place at Tengboche monastery on 9th month of the Tibetan Calendar (the Full Moon of Oct or Nov) and last for three days. The ceremonies start with the blowing of horns by Buddhist monks. Then the chief Lama and other monks arrive in the procession. Prayers are chanted and gratitude is extended to all those who have contributed for the function. The crowd then rises up to its feet to receive blessings, holy water and auspicious pellets from the Lama. Cymbals, horns, flutes and conch shells announce the start of the second days events. Then follow the sacred dances in which monks wearing masks perform routines symbolizing the destruction of evil forces. The festival is celebrated with performances of sacred music, dances, and rituals which is believed to bring peace, good luck, happiness and prosperity.

Smrita Maharjan BBM 6th



## Empowering Change Through Code: Exploring Code For Change Nepal

In a world where technology is the driving force of innovation and progress, organizations like Code For Change Nepal are at the forefront of fostering positive transformations. This non-profit initiative has been making significant waves by merging technology with social impact, creating a remarkable ripple effect throughout the nation. "Code for Change" is a project initiated by "Youth in Social Change," a non-profit organization, in collaboration with students from various colleges around the country with an aim to bring IT students and industry professionals together.

### Objectives

- To give students knowledge of real-world IT experts.
- To encourage and provide exposure to students in the field of IT.
- To work as a bridge between the IT industry and IT students.
- To motivate students to pursue their careers in the IT field.
- To prepare the students for professional work.



### Vision

"To be Nepal's largest platform for students pursuing technology."

### Model of CFC

Code for Change has a broader purpose of its vision, mission, and values. CFC tries to guide the youths through several developmental stages so that they can acquire attitudes, knowledge, skills, competencies, values, and professionalism to become successful adults. CFC works to educate the youths and help them enter the domain of IT, then we guide the youth towards a professional career.

CREATING AWARENESS OF TECHNOLOGY

PERSONAL AND PROFESSIONAL DEVELOPMENT IN CFC

ENTERING INTO THE DOMAIN OF TECHNOLOGY

PROFESSIONAL CAREER PHASE

A SKILLED PROFESSIONAL

### Code for Change Events

Code for Change conducts various types of events throughout its calendar year. These events not only relate to the technical aspects of an individual but also help to grow their non-technical professional skills as well as personal skills.

- Codefest | National Event- Nepal's Biggest Hackathon
- Social Impact Event | National Event
- It Olympiad Nepal
- Tech Conclave | National Event
- Various IT Tech Workshops and Webinars
- Competition and Entertainment focused Events

KATHMANDU			POKHARA			BUTWAL			DANG	
13	34	120	9	10	35	13	11	34	4	
Students	ITs	Members	Students	ITs	Members	Students	ITs	Members	Students	

### So,? How Students Can Get Involved:

If you're a student with a passion for coding and a desire to create positive change, getting involved with Code for Change Nepal can be a transformative experience. You can attend workshops, participate in hackathons, and collaborate on projects that align with your interests and values. To initiate this process, you can connect with the College Representative or explore their official website. It's important to note that this process usually commences after the current tenure comes to a close.

In a world where technology often advances faster than social progress, Code for Change Nepal serves as a reminder that innovation can be harnessed to uplift societies. I hope this article has been informative about the Tech organization a student pursuing technology.

### Personal experience

#### Anuj Nanda Gorkhali Shrestha

College Representative (22.23), CSIT 6A

My journey with Code For Change Nepal wasn't just about coding; it was about embracing innovation with a purpose. I actively took part in various events and workshops, enhancing my communication skills and expanding my network. These experiences were pivotal in nurturing my journey as a Machine Learning and Data Science enthusiast. As I explored these fields, I found continuous opportunities for growth, reinforcing my commitment to meaningful technological advancement.

#### Roshni Thapa

College Representative (22.23), CSIT 6B

I have actively participated in various seminars and workshops. During these sessions, I had the opportunity to engage with industry professionals and experts who shared their experiences and insights into backend development. Through hands-on exercises, coding challenges, and discussions, I acquired a deeper understanding of concepts like server-side scripting, databases etc. It gave me a well-rounded perspective on the backend development landscape.



# MA LONG (马龙) "THE DICTATOR"

Ma Long is widely regarded as one of the greatest table tennis players of all time. He is the first and only male player to complete a career Double Grand Slam as the Olympic gold medalist in men's singles in 2016 and 2020. He is also champion in World Championships in men's singles in 2015, 2017 and 2019. His records led the ITTF to nickname him "The Dictator", "The Dragon" and "Captain Long". He has dominated the sport of table tennis for over a decade with his explosive power, and incredible consistency.

**Early Life and Careers:** MaLong was born on October 20, 1988, in Anshan, Liaoning, China. He began playing table tennis at the age of five and quickly showed a natural talent for the sport. In 2003 at the age of 15, he joined the Chinese national table tennis team and began training with some of the world's best coaches and players. MaLong's breakthrough came in 2005 when he won the World Junior Championships in singles and doubles. This victory marked the beginning of a remarkable career that would see him dominate the sport at the highest level for over a decade.

**Playing Style:** Ma is a right-handed player and is known for his aggressive style of play. His signature is employing a lot of topspin. This helps him to put his opponents on a defensive footing right away. He combines this with a ferocious serve. Ma will face some stiff competition at Tokyo 2020 but has the chance to cement his legacy with another impressive showing. He is also known for deploying the famous "close range third ball play" in his play, which is a strategy where the serving player attacks aggressively after the returning player sends the ball back. Ma Long's legacy as one of the greatest table tennis players of all time is secure, and his influence on the sport will be felt for many years to come. He continues to compete at the highest level and shows no signs of slowing down, cementing his place as a true legend of the game.

## Career Highlights

- Five time Olympics gold medal
- Seven times Winner of ITTF World Tour Grand Finals
- Twelve times World Champion
- Three times All China Table Tennis Championships
- Three times Asian Junior Championship
- Ranked world number one for a total of 64 months
- ITTF Male Table Tennis six times Player of the Year (2013, 2015, 2016, 2017, 2018, 2019)
- Included into the ITTF Hall of Fame in 2020.



Rohan Maharjan BIM 6B

## THE WINNING COMBINATION: SPORTS AND STUDIES



Academics and sports are frequently considered as two distinct fields with little overlap. The reality is that study and exercise go hand in hand, and each can greatly enhance the other. It is a very important subject for each and every individual and very important for everyone to be addressed with. Only studies make students and every individual's life dull & boring.

Participating in athletics can improve academic performance. It has been demonstrated that physical activity increases the amount of blood and oxygen reaching the brain, which can enhance cognitive performance and memory retention. Also, playing team sports develops the discipline, time management, and goal-setting abilities that are necessary for academic achievement. Sports can have a profound effect on mental health as well. Exercise releases endorphins, which can improve mood and self-esteem while lowering tension and anxiety. Also, taking part in team sports can foster a sense of community and social support that can help fight feelings of loneliness and sadness.



Sports can impart useful life lessons that extend off the field or court. A few abilities that can be cultivated through athletics include teamwork, communication, leadership, and problem-solving. Success in many facets of life, such as academics, employment, and interpersonal relationships, as well as sports, depend on these abilities. Sports have the power to unite people and promote a sense of belonging and cooperation. Team sports need players to cooperate with one another in order to achieve a common objective, which can result in lasting friendships. Also, as sports teams frequently represent their schools or communities, both players and supporters develop a sense of pride and identity.

In conclusion, it is impossible to exaggerate the value of combining academics and sports. Sports can boost mental health, academic achievement, teach useful life skills, and promote a sense of community and teamwork. Consequently, it is essential to motivate and assist children in both their athletic and academic endeavors because both can enhance their overall performance and wellbeing. Even knowing the advantages and importance of sports in studies, nepali colleges are not addressing this matter and taking it seriously. So, it is important to address this matter and take measures to help students enhance their sports skills which will indirectly help in their education.

Sudesh Godar CSIT 1A

## Barca Legend Johan Cruyff

Barcelona Football Club, commonly known as Barça, is one of the most successful and popular football clubs in the world. The club's rich history is defined by a number of legendary players, coaches, and moments. However, one name stands out among the rest: Hendrik Johannes Cruyff also known as Johan Cruyff.

### Johan Cruyff: A Football Legend

Johan Cruyff was a Dutch footballer who played for Barcelona in the 1970s. He was considered one of the greatest players of all time, and his impact on the game cannot be overstated. Cruyff was known for his exceptional skills, vision, and creativity on the field. He was a versatile player who could operate in multiple positions, including as a forward, midfielder, and even defender. Cruyff's arrival at Barcelona in 1973 marked a turning point for the club. Prior to his arrival, Barcelona had gone 14 years without winning a La Liga title. However, with Cruyff leading the team, they won their first title in 1974. Cruyff's influence on the team was immediate and profound, and he quickly became a fan favorite.

### Cruyff's Contributions to Barcelona

After retiring as a player, Cruyff returned to Barcelona as a coach in 1988. He introduced a new style of play known as "Total Football" that emphasized fluid movement, passing, and teamwork. Under Cruyff's guidance, Barcelona won four consecutive La Liga titles from 1991 to 1994. This period is widely regarded as one of the most successful in the club's history. Cruyff's contributions to Barcelona extended beyond his coaching. He also helped develop some of the club's most iconic players, including Pep Guardiola and Xavi. These players would go on to become instrumental in Barcelona's continued success in the years that followed.

### Cruyff's Legacy

Johan Cruyff's impact on Barcelona and football, in general, cannot be overstated. He was a visionary who saw the game in a way that few others did. His legacy lives on in Barcelona, where his influence can still be felt today. Barcelona continues to be one of the most successful and popular football clubs in the world. The club's style of play, known as "tiki-taka," is a direct descendant of Cruyff's Total Football. It emphasizes possession, passing, and teamwork and has been used to great effect by some of the world's best teams. In conclusion, Johan Cruyff's impact on Barcelona and football in general is immense. He was a true legend of the game, and his contributions to Barcelona will never be forgotten. His legacy lives on at the club and will continue to inspire generations of football fans and players alike.

Rojin Subedi BIM 6A





## Mr. Anup Ghimire

Entrepreneur, Brand Guy &  
Content Strategist

### **How would you want to introduce yourself since you are engaged in so many field of interest?**

Yes, when all of you see my profile, you might see me doing so many things like photography, podcast, video production, content strategy, digital marketing and many more but if you try to see it from bird's eye view perspectives it all comes down to content management and video production. I own a company named 'Viewfinders' which does media production for brands. Under the same roof, we have a wedding photography company and are also involved in producing rap battle videos to promote hip-hop artists. In the end, I am a guy who loves to produce content and I have my own company. So, I would like to introduce myself as an entrepreneur and a content producer i.e., photos and videos.

### **How important is marketing in today's generation?**

Seeing that technology is rapidly evolving, I consider marketing as interdisciplinary. Knowledge on single subject is not enough. For example, if you are a programmer for a company, you must know about your company such as how the company operates, how the company does the sales, and you should work on a team so you must have idea about HR as well. In current scenario, skill set must be interdisciplinary. Not just marketing you must know about different departments from finance, tech, soft skill, to HR.

### **How would you define IT?**

When we talk about IT, most people think about programing, coding and software development. IT is a very vast subject because there are lots of field IT is involved in. Photography also comes under IT as it uses very innovative technology and sophisticated software can influence people to like or dislike the brand or the product.

### **Is it necessary for college students to undertake projects, or is a college degree alone sufficient to secure employment?**

To be honest, degree is not going to bring value when you pass out from college. It's the projects that you need to focus on while you are in the college. Because as a company owner, I see the projects and the work you've done. Projects are the key to securing any jobs and interviews. Students need to go with flow of trends. Let's take an example, if a student secures good results in examination but does not have a well maintained LinkedIn or GitHub account and a student with decent results but maintains a strong LinkedIn profile in today's scenarios. I would prefer the student with good LinkedIn profile because he knows the skills required for my company.

### **How did The Doers Nepal come into Picture?**

There are a lot of talented and well-read Nepalese people in Nepal as well as Nepalese people staying abroad among my friend circle. It started with this idea to minimize the gap and make a link between those friends to make a bigger impact in the society. The concept involved broadcasting just few episodes talking to common friends. Later, it became something that could be helpful for the youth in the Nepalese community or society after I started inviting guest from tech industry. It was a necessary step to take because there aren't a lot of resources for a student to look up to. The Nepalese market lacks mentors though there are a lot of well-read or 'The Doers'. So, to minimize the gap between doers and other doers and to simplify students access to mentors in some sort, 'The Doers Nepal' came into picture or was started.

### **Is there any guest or person you want to sit up and have chat?**

There is no specific person until now but my wish is to make an archive of Doers from all over the Nepal so that the younger generations have some reference to look up to when choosing their career pathways. Because while I was on way to start up, I wanted to do Media Entrepreneurship but there were no references or information of people doing it. It would have been easier if I had found some accessible references at that time, making the process smoother.



### How and why was The Doers Nepal started?

Before The Doers Nepal, we had a company called Viewfinders that focused on photo and video production. We created a comedy video series named Comedy Circle, realizing the potential of YouTube. Comedy Circle leaned more towards entertainment, but we also wanted to provide informative content. Another reason was most of my friends were abroad, who could contribute to Nepal's development and wanted me to go abroad as well. However there were people who were living in Nepal too. So, an idea popped into my head and I realized that I could be the bridge in this gap and connect these groups. The initial plan was to gather 6-7 friends to share industry updates. This is how The Doers Nepal began.

### How important is community to grow yourself?

Everything is going to be community based because internet has been so contaminated with noise. Instead, people tend to trust those they already trust and community is a group of people built on trust. So, community is going to be important.

### Major population is flying abroad with excuse of higher studies, any suggestion to make them stay in the Country?

See, it's not unethical to go abroad for studies, it is beneficial to both the country and the students. However, the majority of the population is escaping the country, merely running away from the nation and wishing to depart the country. I believe it is because of too much negativity around the corner and wrong aspiration. People are following the herd mentality. The suggestion is to spread positivity and proper awareness to make them stay for greater good because there are people who are doing great inside the country as well.



*Mr. Anup Ghimire  
receiving token of love from Palsa team members*

### Is social media helpful or just another way to pass time?

Social media is a big thing in today's day and age. For marketing as well, companies can get their product to a bigger audience through Tiktok compared to endorsements through media companies. For Students, social media is a great platform. For example, if I have to recruit any new employee to my company, I would prefer a candidate with proper LinkedIn profile than going through regular C.V. Students and companies should know how to effectively utilize the social media.

### What are the challenges you have faced in your content production in Nepal?

It depends upon how to take the scenario. In Nepal, there are a lot of challenges but if you know how to navigate them, you can make it an opportunity. Coming from a middle-class family, in my case, finance has been a real challenge to enhance the company. Second challenge is, today's youth often lack aspiration. Nepal has a demography with young population from around the age of 19 who want to try out new ideas but they lack proper guidance and mentors. Besides finance there is too much negativity in the society, everybody seems to have a complain. If you can crack and take the challenge you can be the pioneer of the idea in Nepal.

“Students should primarily take Colleges as the place for fostering connections. Education and degrees can be pursued elsewhere.”





Knock, knock.  
Who's there?  
Weekend.  
Weekend who?  
Weekend do anything we want!

HA HA HA

# giggles n gems.

[gi·gl] + [jem]

delve into the realms of jokes, quotes, and fascinating tidbits in this section

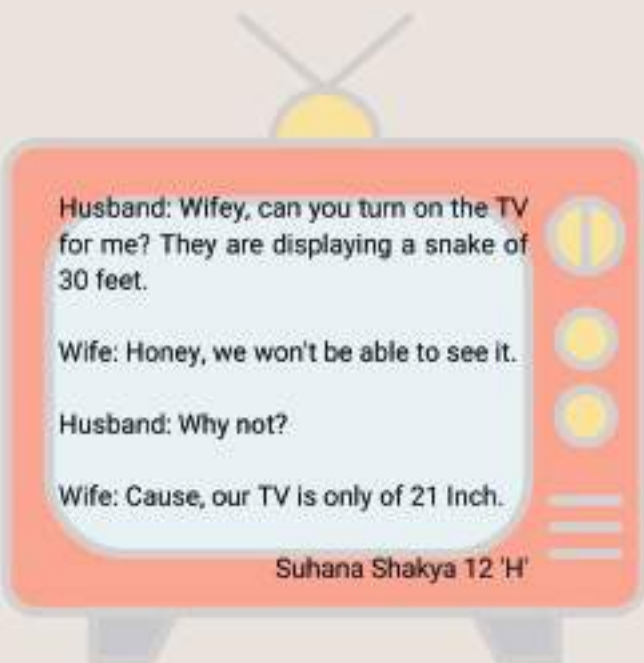
मेडम - शेर ल भन एक तिर पैसा अर्को तिर अक्कल  
भएपछि, तैले के टिप्पस ?

शेर - म त पैसा टिप्पु ।

मेडम - मत अक्कल टिप्पु ।

शेर - ठिकै हो जोसँग जे कुराको कमि हुन्छ तेस्ले त्योकुरा  
टिप्पु ।





Husband: Wifey, can you turn on the TV for me? They are displaying a snake of 30 feet.

Wife: Honey, we won't be able to see it.

Husband: Why not?

Wife: Cause, our TV is only of 21 Inch.

Suhana Shakya 12 'H'

छोरा : आमा ! आमा ! अब हामी छिट्टै धनि हुने छौं

आमा : किन ? कसरि? ह छोरा

छोरा : भोलि सरले हामीलाई पैसालाई रुपियाँमा बदल्न सिकाउने अरे !

Deeya Basnet 12'F'

**EAT IT**

Two eggs, a bagel, and a sausage walk into a bar.

"Bartender, my friends and I would like a cold one," says one of the eggs.

"Sorry. We don't serve breakfast."

## A TAXING SITUATION

According to unofficial sources, a new simplified income-tax form contains only four lines:

1. What was your income for the year?
2. What were your expenses?
3. How much have you left?
4. Send it in.

Older sister: Sweetie, don't charge the mobile at night, it may blast.

Younger sister: Don't worry sis, i know that and that's why i already took out the battery.

Suhana Shakya 12 'H'

Once my dog ate all the  
Scrabble tiles. For days he  
kept leaving little messages  
around the house.

just  
wondering....

If Dracula can't see his reflection in a mirror, how come his hair is always so neatly combed?"

## LAST LAUGH

"First the doctor told me the good news: I was going to have a disease named after me."

## SHRINK RAP

Two Hollywood stars ran into each other at the door of their psychiatrist's office.

"Hello there", said one. "Are you coming or going?"

"If I knew that", said the other. "I wouldn't be here."

Upasana Gurung 12 'I'





Why did the scarecrow win an award?

Because he is outstanding in his field.



**WORLD'S SHORTEST JOKE**  
**WOMEN WERE SITTING**  
**QUIETLY**



What did zero say to eight?

A pair



*In classroom*

**Teacher:** Why are you late again, Sherey?

**Sherey:** Because Hari told me go to hell. At first, I couldn't find it. But now I'm here.

Dinesh Acharya 12 'J';

**HA**  
**HA**  
**HA**  
**LAUGH OUT LOUD**



**Teacher:** Explain Newton's law of motion.

**Student:** Sir I only know the last line of it.

**Teacher:** Okay! tell the last line.

**Student:** " ....and this is called Newton's law of motion."



**Why did the bicycle fall over?** Because it was two-tired.

**Wife:** What are you doing?

**Husband:** Killing mosquitoes.

**Wife:** How many did you kill?

**Husband:** Total five: 2 females, 3 males.

**Wife:** How do you know their gender ?

**Husband:** 2 near mirror and 3 near beer.

**What do you call a can opener that doesn't work?** A can't opener.

Why is it called a building when it's already made?

The trouble with the rat race is that even if you win, you're still a rat.

**Why do husbands usually die before their wives?** Because they want to!

Long time ago, people who sacrifice their sleep, family, food, laughter and other joys of life were called **SAINTS**.  
But now, they are called, **IT Professionals**

Susan Shrestha 12 'F'





## INTERESTING FACTS



- Bats always turn left while leaving the cave.
- Horse can sleep by opening their eyes.
- Blood in our body is enough for one million mosquito bites.
- The heart of a shrimp is located on its head.
- Giraffes have no vocal chords.
- An ostrich's eye is bigger than its brain.
- Slugs have four eyes.
- Wolf is the ancestor of domestic dogs.

Bisharika Dangol 12 'A'

### FUN FACT

- The tallest mountain in the solar system is Olympus Mons on Mars, which is three times taller than Mount Everest.
- The longest word in the English language is 189,819 letters long and takes over three hours to pronounce.
- Hot water will turn into ice faster than cold water.
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
- The coldest temperature ever recorded on Earth was -128.6 degrees Fahrenheit (-89.2 degrees Celsius) at the Soviet Union's Vostok Station in Antarctica in 1983.
- A single bolt of lightning can heat the air around it to 30,000 degrees Celsius, which is five times hotter than the surface of the sun.
- The longest place name in the world is Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu, a hill in New Zealand.
- The shortest war in history was between the countries of Zanzibar and Great Britain in 1896, which lasted only 38 minutes.
- The Mona Lisa has no eyebrows.
- When the moon is directly overhead, you will weigh slightly less.
- The strongest muscle in the body is the tongue.
- There is a species of jellyfish called the immortal jellyfish, which can transform itself back into a polyp (its juvenile state) after reaching maturity, effectively making it biologically immortal.

**DID YOU KNOW?**

Bijaya Phuyal 12 'D'



# “ QUOTES ”

## ABOUT LIFE

- You only live once, but if you do it right, once is enough - **Mae West**
- In three words, Dream sum up everything I've learned about life: it goes on - **Robert Frost**
- Sometimes the questions are complicated and answers are simple - **Dr. Seuss**
- Everything you can imagine is real - **Pablo Picasso**
- Nowadays, people know the price of everything but the value of money - **Oscar Wilde**
- The future belongs to those who prepare for it today - **Malcolm X**
- A great man is always willing to be small - **Ralph Waldo Emerson**
- Love all, trust a few, do wrong to none - **William Shakespeare**

Bisharika Dangol 12 'A'

## QUOTE TO THOSE WHO ARE IN LOVE

- Love is not always about being together. Sometimes it's about cherishing the moments you have, even if they are fleeting.
- Her eyes are a window to her soul, revealing the depth and beauty within

## MOTIVATIONAL ONE'S

- Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle - **Christian D. Larson**
- Success is not final; failure is not fatal; it is the courage to continue that counts - **Winston Churchill**
- The only way to do great work is to love what you do - **Steve Jobs**
- Success is not about being the best. It's about always getting better - **Behdad Sami**
- Don't let yesterday take up too much of today - **Will Rogers**

## HERE ARE SOME WRITTEN BY ME

- It's okay to not have it all figured out." "Life is a journey, and we're all just trying to find our way.
- We all have bad days, but it's important to remember that they don't define us. We're stronger than our struggles.
- Sometimes the hardest part of the journey is simply believing that you're worthy of the destination.
- Life is like a book. Some chapters are sad, some are happy, and some are exciting. But if you never turn the page, you will never know what the next chapter holds.
- We are all broken in some way, but it's the cracks that let the light in.

Sudip Bhatta 12 'K'





## SOME COLLECTED FACTS:

**What!**

- 1 'Hippopotomonstrosesquippedaliophobia' is the fear of the longest word.
- 2 'Micropachycephalosaurus' is ironically the longest name for the smallest dinosaur.
- 3 'Almost' is the longest word in the English language with all letters in alphabetical order.
- 4 'Typewriter' is the longest word that can be made by using only one row of a keyboard.
- 5 There are only two words in the English language that have all five vowels in order: "abstemious" and "facetious".
- 6 No species of millipedes thousand legs, as the name suggests.
- 7 Dr. Seuss wrote the well known children's book "Green Eggs and Ham" using only 50 different words.
- 8 In 2004 French author Michel Thaler published a 233 page novel which has no verbs.
- 9 'The Gates of Paradise' is the novel consisting of 40,000 words written in two sentences.
- 10 In spite of being 12 months in a year December gets its name from Latin term meaning 'ten'.

Sohan Ban 12 'I'

## 9 Mind-Bending Paradoxes You NEED to Know

- The more you fail the more you are likely to succeed.
- The more options you have the less satisfied you will be with each one.
- The more you learn, the more you realize how much you still have to learn.
- The more honest you are about your faults, the more people will think you are perfect.
- The more connected we become with the world the more isolated we seem to feel.
- The only constant is change.
- The quieter you become, the more you can hear.
- The more you try to control others, the more out of control things may become.
- Sorites paradox: Imagine a pile of leaves in the autumn. If you remove one leaf from the pile, it's still a pile. If you remove another leaf, it's still a pile. If you keep removing leaves, at what point does the pile cease to be a pile?



Susan Shrestha 12 'F'



## CONVERSATIONS

**Maid:** You must leave this house.

**Kid:** Why?

**Maid:** There are ghosts here.

\*Later that day the kid was sitting with his dad\*

**Kid:** Dad, the maid told me we should leave this house because there are ghosts in it.

**Dad:** Pack your bags!

**Kid:** Dad, do you really believe in ghosts?

**Dad:** WE DON'T HAVE A MAID!!!



### चुड़किला

एकदिनको कुरा हो। आदा र पादा नाम गरेको दुई महिला फिल्म हल फिल्म हेर्न गएछन् । दुबै जना हल पुगेपछी आदा लाइनमा बस्ने र पादा चाहिँ टिकट लिन गएछन् । केही समयमा हलको Gate खोलेछ। त्यसपछी पादालाई नदेखेर आदा एक्कसी कराउन थालिछे- "पादा! पादा! पादा!"। त्यो सुनेर छेउमा उभिएको मधेसी आत्तिएर भनेछ- " अल्ला कसम मे ने नहि पादा!"। हा..हा..हा....

Intaj Tamang  
CSIT 6A

### KNOCK KNOCK JOKE

"Knock, knock."  
"Who's there?"  
"Nobel."  
"Nobel who?"  
"Nobel, so I just knocked."

I don't get why Marvel doesn't use the Hulk to advertise more. He's basically one big Banner.

Anonymous  
BCA 1st

I had the best Dad moment last night...\*Actual conversation with my 8 year old\*

Son: Dad, how many kidneys do I have?

Me: You have two, son.

Son: Nope. I have four-\*points to belly\*two kidneys here,\*points to legs\* and two kid knees here.

The student had become the teacher.

Sujal Maharjan  
BIM 1

### Text conversation between father and daughter

**Daughter :** Dad, I have a boyfriend!

**Dad :** And I have a new gun

**Daughter :** I don't see how this is connected

**Dad :** Hopefully neither will the cops.



Nikita Manandar  
BIM 1 B

### GEOFF

How Drunk was I?

You don't know how drunk you were yesterday.

I wasn't drunk ok

- 1.You took a clock and threw it out of the window because you wanted to see time fly
- 2.When your mom gave you £ 45 and said that was lunch, you really ate it.
- 3.When I said "screw you" to my ex-girlfriend, you chase her with a screwdriver
4. You tried to drown me in the air.

Wow, I do awesome things when I am drunk

That I can't argue

Niraj Krishna Shrestha  
BIM 1 B



## Tongue Twisters

- I wish to wish the wish you to wish, but if you wish the wish the witch wishes, I won't wish you wish to wish.
- Something in a thirty-acre thermal thicket thumped and thundered
- threatening the three-D thoughts of Matthew the tug- although, theatrically, it was only the thirteen-thousand thistles and thorns
- through the underneath of this thigh that the thirty year old thug thought of that morning.
- Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, Where the peck of is picked of pickled Peter Piper picked?
- If you can't can any candy can, how many candy canes can a candy canner can if he can candy canes?

Aakrity Tuladhar  
BIM 6B

*No one will ever fully be able to understand the internal battles you had to endure just to heal, just to grow, just to make it here today. Be proud of the way you fought to save yourself. Be proud of the way you survived.*

Bipasha Maharjan  
BIM 1A

## Jumble Words!!

1. treweah->
2. puitl ->
3. hnieussn ->
4. brnowia->
5. gprins ->
- 6- thirb->
7. elfsrow->
8. ctahh ->
9. nycihme->
10. mnebtas->

Cherish Gurung  
BIM 1 B

- Answers**
1. weather
  2. tulip
  3. sunshine
  4. rainbow
  5. Spring
  6. birth
  7. Flowers
  8. hatch
  9. chimney
  10. basement

## RIDDLES

1. This belongs to you, but everyone else uses it.
2. First think of the colour of the clouds. Next, think of the colour of the snow. Now think of the colour of the bright full moon. Now answer what does a cow drink?
3. What comes once in a minute, twice in a moment but never in a thousand years?
4. What is able to go up a chimney when down but unable to go down a chimney when up?
5. I have cities but no houses. I have mountains but no trees. I have water but no fish. What am I?

Riksang Lama  
BIM 1B



- Answers**
- 1- Your name
  - 2- Water
  - 3- Letter 'M'
  - 4- Umbrella
  - 5- Map

## Mystery of the day:

During the trial of disappearance of victim "Jonathon Wales", the main suspect was accused to be "Rivana Harls". The main loophole was no traces or discovery of victim's body.

At the heat of the moment, the defendant announced, "Jonathon is not dead. He would enter this courtroom through that door." Everybody turned their head towards the main entrance but there was no trace of Jonathan. Then, the defendant proceeded, "Everybody in this courtroom still have hope of Jonathon being alive. So, by this situation, my client Rivana Harles is innocent and has no involvement in disappearance of victim".

But, judge still found Rivana to be main culprit. Why? Answer: When everybody turned their head towards door, Rivana was only one who didn't.

Presha Maharjan  
BIM 5A



## INTERESTING FACTS



- The longest war in history lasted for 781 years: The Reconquista, a series of wars fought by Christian kingdoms against Muslim Moors for control of the Iberian Peninsula, began in 711 AD and didn't officially end until the fall of Granada in 1492. Horse can sleep by opening their eyes.
- The shortest war in history lasted only 38 minutes: The Anglo-Zanzibar War of 1896 began when the British Empire declared war on the East African island of Zanzibar after the sultan refused to step down. The conflict was over in less than an hour, with the British emerging victorious.
- Elephants can communicate using sounds that are too low for humans to hear: These sounds, called infrasounds, can travel over long distances and are thought to be used by elephants to communicate with each other over large distances.
- The largest living organism on Earth is a fungus: The *Armillaria ostoyae* fungus covers an area of 2,200 acres in Oregon's Blue Mountains and is estimated to be at least 2,400 years old.
- Dolphins have been known to help save the lives of other species: There have been numerous accounts of dolphins helping to rescue stranded or injured whales, porpoises, and even humans.
- There is a phenomenon known as bioluminescence, which causes certain organisms to emit light: This can be seen in fireflies, glow worms, and even some deep sea creatures like jellyfish and squid.
- Trees have a complex underground network that allows them to communicate and support each other: This network, known as the "wood wide web," consists of fungal threads that connect the roots of different trees, allowing them to share nutrients, water, and even warning signals in times of danger.
- The world's oceans contain more undiscovered species than the known ones: Scientists estimate that as much as 80% of the world's ocean species have yet to be discovered.

Rijan Maharjan BCA 1st



- Russia is the largest country and Vatican City is the smallest Country in world
- A cockroach can live nine days without its head
- A bamboo grows 3 feet in one day
- There are more trees on the earth's surface than all stars in the galaxy.
- Majority of your brain is fat.
- The orange fruit came first than the colour.
- Scorpions glow in sunlight
- A delivery by ship is called cargo and a delivery by car is called shipment.
- A typical cough is 60 mph while a sneeze is often faster than 100 mph.
- Your small intestine is the largest internal organ in your body.

## SOME AMAZING BODY FACTS

- Nerve impulses can travel at over 400 km/hr.
- Our heart beats around 10000 times a day.
- Our eyes can distinguish up to 10 million different colours.
- We exercise at least 36 muscles when we smile.
- When you blush, your stomach lining also reddens.
- The life span of a taste bud is estimated to be 8-12 days.
- Babies start dreaming even before they are born.
- The surface area of the lungs, when spread out, is roughly the size of a tennis court.
- The human nose can distinguish and remember around 50,000 different scents.
- The human skeleton renews itself completely every 10 years, with old bone tissue being replaced by new bone tissue.

Pranav Sthapit  
BCA 1st



Jubisha Prajapati  
BIM 5B



Did You  
Know?



# GENERAL KNOWLEDGE



According to SRIMAD BHAGAVATAM GITA book, it has been written that when 360 years of human life passes then only 1 year of god's life passes. Satyuga is the period of 1728000 years. Treta yuga is the period of 1296000 years and Dwapara yuga is the period of 432000 years whereas the 1 chatur yuga is the total of all the yugas mentioned above i.e. 432000 years. Further when we multiply the chatur yuga by 1000, it happens to be just 12 hours of Lord Brahma and if multiplied by 2000, then Brahma's one day passes i.e 24 hours earth's 14 manu's (mankind) changes. Furthermore when Lord Narayana blinks his eyes once Brahma's life span ends i.e. 100 years.

Sagar Gurung 12 'K'

- What can you catch but not throw? - **Cold**
- I am tall when I am young and I am short when I am old. What am I? - **A candle**
- Where does Friday comes before Thursday? - **In a Dictionary**
- What has hands but cannot clap? - **A clock**
- I never ask questions, but always answered. What am I? - **Doorbell**
- Which table does not have legs? - **Vegetable**
- Give me food, and I will live. Give me water and I will die. What am I? - **Fire**
- What has many keys but can't open any doors? - **Piano**
- I have no life, but I can die. What am I? - **Battery**

Aakriti Yadav  
12 'D'

## Top world events of 2022 and 2023, along with some global data:

### 2022

- Russia begins a full-scale invasion of Ukraine - **Feb**
- Global COVID-19 cases surpass 500 million - **April**
- EHT releases first image of Sagittarius A\* (blackhole) - **May**
- Former Prime Minister of Japan Shinzo Abe assassinated - **July**
- JWST, captured the galaxy cluster SMACS 0723, - **July**
- Iranian woman's death sparked hijab protests - **Sept**
- Elon Musk's \$44 billion acquisition of Twitter (X.corp) - **Oct**
- Nepalese general election (PM Sher Bahadur Deuba) - **Nov**
- OpenAI releases ChatGPT, an AI chatbot - **Nov**
- The world population reaches 8 billion - **Nov**
- FIFA World Cup is held in Qatar won by Argentina - **Dec**
- Brazilian football legend Pelé dies at the age of 82 - **Dec**

### 2023

- Yeti Airlines Flight crashes killing all 72 people on board - **Jan**
- Silicon Valley Bank: The largest bank failure since 2008 - **March**
- Turkey-Syria earthquake: 59000 deaths and 121,000 injured - **Aug**
- End of COVID-19 as a global health emergency - **May**
- The world's oceans reach a new record high temperature of 20.96 °C, **Aug**
- FIFA Women's World Cup, Spain won 1-0 against England - **Aug**
- India's Chandrayan 3 first to reach Moon's south pole - **Aug**
- Nepal's debut in the Asia Cup at Multan Cricket Stadium - **Aug**

Total Population: **8.057bln**  
Avg. Life Expectancy: **73.16yr**  
Total Internet User: **5.850bln**  
Oil left: **1.393 trillion** barrels

Total Languages: **7000** (26 extinct/yr)  
Forest Lost: **3.46mln** hectares this yr  
Carbon Emission: **24.33bln** ton this yr  
Cigarettes smoked: **3.685 trillion** this yr

Prajita KC (BBM 6) and Bishal Phuyal (BIM 6)







## Across

5. Former Director of S.H.I.E.L.D.
6. Green Infinity stone
9. Archer superhero
10. the planet/Peter Quill's father
13. 1st MCU movie
14. Wakanda..
16. I can do this
17. Son of Coul
18. Kamar-Taj wifi password
19. Thor's hammer

## Down

1. Sam Wilson
2. Agent Romanoff
3. Pietro and Wanda's surname
4. Assemble
7. Radiation that Bruce Banner was exposed to
8. Big, purple, crazy, evil guy
11. Tony Stark's AI assistant
12. What is Captain America's shield made of
15. I've come to bargain
20. God of Mischief

Simran Nakarmi BIM 6A





# Students' Poll

Find yourself here ;)



GRADE	XII 'A'	XII 'B'	XII 'C'	XII 'D'
<b>Class clown</b>	Shishir Shrestha	Dipesh Shrestha A	Ranjit Lama	Diya Gurung
<b>Fitness freak</b>	Dev Nesur	Dipesh Basnet	Anjal Maharjan	Ankit Dhungana
<b>Sports person</b>	Jenish Thapa	Tsering Nurpu Gurung	Pukar Shrestha	Prashansa Khadgi
<b>Tiktoker</b>	Shubhani Lama	Rojina Lama Tamang	Sujata Shrestha	Ayushma Shrestha
<b>Chhuparustam</b>	Ganisha Maharjan	Dipesh Shrestha A	Shreejan Rijal	Krish Shahi
<b>Tourist</b>	Dev Nesur	Aayush Thapa Magar	Arbin Gurung	Bipul Khadgi
<b>Bookworm</b>	Sachhyam Manandhar	Kristashma Maharjan	Raghav Bhandari	Karina Ramtel
<b>Philosopher</b>	Sushant Regmi	Ojal Shrestha	Ayush Giri	Ankti Dhungana
<b>Guffadi</b>	Manish Rimal	Samrat Raj Shakya	Piyush Shrestha	Asmita Khatri
<b>MVP</b>	Bishakha Timilsina	Luniva Khadgi	Pukar Shrestha	Karina Ramtel
<b>Know it all</b>	Dev Nesur	Savyata Shrestha	Yunish Raj Shrestha	Shriya Joshi
<b>Foodie</b>	Shubhani Lama	Sanchita Shrestha	Niva Maharjan B	Swornika Shakya
<b>Kumbakarna</b>	Anab Shrestha	Aaditya Shrestha	Ranjit Lama	Sudip Raut

GRADE	XII 'E'	XII 'F'	XII 'G'	XII 'H'
<b>Class clown</b>	Abhisek Koirala	Dip Lama	Bishal Mudvari	Manish Timilsina
<b>Fitness freak</b>	Bikram Chaudhary	Shirish Sharma Lamsal	Dewanshu Prajapati	Ujjwal Dahal
<b>Sports person</b>	Rasip Timalsina	Yunish Thapa	Dewanshu Prajapati	Samyok Manandhar
<b>Tiktoker</b>	Abhisek Koirala	Gita Ram Subedi	Pasang Lama	Ayan Tamang
<b>Chhuparustam</b>	Aaryan Shrestha	Aryan Karmacharya	Ujan Singh Dangol	Upasana Gurung
<b>Tourist</b>	Celiza Shrestha	Subanshu Kunwar	Karun Maharjan	Anshuman Kafle
<b>Bookworm</b>	Rojal Shrestha	Umid Sitaula	Farhana Khan	Suhana Shakya
<b>Philosopher</b>	Prajesh Dangol	Susan Shrestha	Bishesh Manandhar	Smrit Phuyal
<b>Guffadi</b>	Abhisek Koirala	Basanta Bhattarai	Binesh Kanauiya	Subodh Pandey
<b>MVP</b>	Samaan Maharjan	Susan Shrestha	Samyak Tuladhar	Ujjwal Dahal
<b>Know it all</b>	Abhisek Koirala	Susan Shrestha	Rojesh Kanauiya	Smrit Phuyal
<b>Foodie</b>	Suraj Tiwari	Salin Shrestha	Pushmika Khatri	Sudin Bohara
<b>Kumbakarna</b>	Prince Dahal	Ranjit Pandey	Sital Lama	Ravi Shahi





# Students' Poll

Find yourself here ;)



GRADE	XII 'T'	XII 'J'	XII 'K'	XII 'L'
<b>Class clown</b>	Bishesh Khadgi	Manab Giri	Prasun Devkota	Aashish Rijal
<b>Fitness freak</b>	Anish Maharjan	Dibash Maharjan	Samir Gharti Magar	Unique Tamang
<b>Sports person</b>	Bishesh Khadgi	Resham Neupane	Nirmal Ramjali	Anup Bajagain
<b>Tiktoker</b>	Pasang Tamang	Priya Bohora	Sagar Gurung	Ruja Baniya
<b>Chhuparustam</b>	Suraj Kaphle	Raunak Shakya	Rahul Bharati	Labin Thapa
<b>Tourist</b>	Tashi Gyalzen Tamang	Raj Deep Deula	Salin Bikram Malla	Mandip Amgain
<b>Bookworm</b>	Paul Lama	Jaya Rajbanshi	Sudip Bhatta	Siddhartha Shakya
<b>Philosopher</b>	Paul Lama	Sampurna Aryal	Sudip Bhatta	Uchit Joshi
<b>Guffadi</b>	Rohan Dhital	Manab Giri	Prasun Devkota	Sunny Tamang Ghising
<b>MVP</b>	Paul Lama	Sandesh Thapa Magar	Rahul Bharati	Parthak Beriwal
<b>Know it all</b>	Paul Lama	Sakshyam Adhikari	Sudip Bhatta	Parthak Beriwal
<b>Foodie</b>	Kushal Gautam	Roshna Thapa	Salin Bikram Malla	Gobardhan Bishwokarma
<b>Kumbakarna</b>	Sandesh Gurung	Sange Tsering Lama	Spondon Rana Magar	Saugat Tamrakar

GRADE	BIM 1 'A'	BIM 1 'B'	BIM 3 'A'	BIM 3 'B'
<b>Class clown</b>	Looja Manandhar	Prassan Gurung	Dipesh Maharjan	Nabin Upreti
<b>Fitness freak</b>	Rohit Fuwada	Sachin Maharjan	Shreeson Shrestha	Himani Khatri
<b>Sports person</b>	Ankit Munikar	Abhigya Singh Basnet	Piyush Kapali	Suman Dangol
<b>Tiktoker</b>	Sandhya Maharjan	Barsa Duwal	Pranita Jha	Katrina Shah
<b>Chhuparustam</b>	Pawan Maharjan	Rojala Maharjan	Rojan Khadgi	Bikas Bhatta
<b>Tourist</b>	Raship Maharjan	Aaditya Shrestha	Danish Uddin	Sujal Khadgi
<b>Bookworm</b>	Salina Shakya	Pratigya Luitel	Rojan Khadgi	Nabin Upreti
<b>Philosopher</b>	Nitesh Kumar Thanet	Palpasa Kapali	Biswas Thapa	Ankit Poudel
<b>Guffadi</b>	Ashim Shrestha	Manashi Ghimire	Aju Manandhar	Nirjal Maharjan
<b>MVP</b>	Sarthak Ojha	Gaurev Maharjan	Rojan Khadgi	Nirjal Maharjan
<b>Know it all</b>	Sujen Maharjan	Pratigya Luitel	Rojan Khadgi	Ritesh Phuyal
<b>Foodie</b>	Sujen Maharjan	Prassan Gurung	Shreeson Shrestha	Ashim Gurung
<b>Kumbakarna</b>	Looja Manandhar	Ayush Rajkarnikar	Danish Uddin	Rohan Shrestha





# Students' Poll

Find yourself here ;)



GRADE	BIM 5 'A'	BIM 5 'B'	BIM 6 'A'	BIM 6 'B'
<b>Class clown</b>	Sumit Prajapati	Rijan Kumar Shrestha	Rojin Subedi	Sharvagya Katuwal
<b>Fitness freak</b>	Biraj Shrestha	Rijan Kumar Shrestha	Ravi Singh	Ayush Pradhan
<b>Sports person</b>	Bipin Shrestha	Prajwol Maharjan	Rejina Maharjan	Lasta Maharjan
<b>Tiktoker</b>	Sikha Subba	Garima Maharjan	Suveksha Shrestha	Binita Lamichhane
<b>Chhuparustam</b>	Shristi Maharjan	Rojen Dangol	Ravi Singh	Mikesh Tandukar
<b>Tourist</b>	Biraj Shrestha	Utsav Maharjan	Anjali Balami	Rishav Kumar Shrestha
<b>Bookworm</b>	Presha Maharjan	Nicky Maharjan	Rejina Maharjan	Sovia Manandhar
<b>Philosopher</b>	Rohan Phuyal	Amodh Nepal	Bishal Phuyal	Sujal Pradhan
<b>Guffadi</b>	Bipin Shrestha	Amodh Nepal	Shirish Manandhar	Sharvagya Katuwal
<b>MVP</b>	Rohan Phuyal	Nicky Maharjan	Prabin Buddhacharya	Rohit Bajracharya
<b>Know it all</b>	Rohan Phuyal	Nicky Maharjan	Ayush Raj Manandhar	Rohit Bajracharya
<b>Foodie</b>	Yurisha Maharjan	Pranisha Maharjan	Samir Maharjan 'A'	Rushma Bajracharya
<b>Kumbakarna</b>	Sikha Subba	Prajwol Maharjan	Ayush Raj Manandhar	Binita Lamichhane

GRADE	BBM 1	BBM 3	BBM 5	BBM 6
<b>Class clown</b>	Samir Pathak	Adity Shrestha	Satisha Dangol	Sijan gotame
<b>Fitness freak</b>	Sheerang Manandhar	Ranjita Tamang	Roman Nepali	Prajit Maharjan
<b>Sports person</b>	Satishma Phuyal	Umang Manandhar	Rohit Rana	Sandeep Maharjan
<b>Tiktoker</b>	Nayanti Khadgi	Luja Singh Dangol	Shristi Maharjan	Smriti Maharjan
<b>Chhuparustam</b>	Jenisha Adhikari	Grishma Shrestha	Sindiya Prajapati	Smrita Maharjan
<b>Tourist</b>	Roji Sthapit	Aadarsha Shrestha	Roman Nepali	Shreenish Shahi
<b>Bookworm</b>	Lasta Maharjan	Ram Prasad Pokharel	Samikshya Bagale	Prajita K.C
<b>Philosopher</b>	Prabesh Dangol	Tisa Shakya	Samikshya Bagale	Sandeep Maharjan
<b>Guffadi</b>	Prabesh Dangol	Jeny Yonjan	Sristi Gatraj	Samyog Thapa
<b>MVP</b>	Aayasha Shrestha	Ram Prasad Pokharel	Shruti Bajracharya	Raj Maghalya
<b>Know it all</b>	Lasta Maharjan	Siddhartha Maharjan	Samikshya Bagale	Prajwol Shrestha
<b>Foodie</b>	Satishma Phuyal	Luja Singh Dangol	Sristi Gatraj	Deepali Adhikari
<b>Kumbakarna</b>	Satishma Phuyal	Kritika KC (Khatr)	Sristi Gatraj	Sandeep Maharjan





# Students' Poll

Find yourself here ;)



GRADE	BHM 1	BHM 3	BHM 5 'A'	BHM 5 'B'
<b>Class clown</b>	Pemba Sherpa	Prabesh Koirala	Dipsan Thapaliya	Pranish Maharjan
<b>Fitness freak</b>	Niroj Maharjan	Preeti Putuwar	Aditya Maharjan	Richin Maharjan
<b>Sports person</b>	Reshika Shrestha	Tapas Gauchan	Pawan Thapa	Saroj Maharjan
<b>Tiktoker</b>	Suraj Karki	Dawa Lama	Nismita Karki	Preeti Malepati
<b>Chhuparustam</b>	Urish Tuladhar	Chandra Lama	Anil Ghaley	Aasish Dangol
<b>Tourist</b>	Pemba Sherpa	Prabesh Koirala	Bijesh Pujari	Johnson Maharjan
<b>Bookworm</b>	Merry Sunar	Chandra Lama	Nishmita Karki	Niraj Karki
<b>Philosopher</b>	Priya Bajracharya	Roman Gautam	Bibek Phuyal	Christina Ale
<b>Guffadi</b>	Sanju Maharjan	Prabin Khadka	Sujan Paudel	Riya Manandhar
<b>MVP</b>	Merry Sunar	Chandra Lama	Supral Adhikari	Christina Ale
<b>Know it all</b>	Merry Sunar	Chandra Lama	Supral Adhikari	Niraj Karki
<b>Foodie</b>	Nabin Tamang	Safal Pandey	Rohan Maharjan	Aasish Dangol
<b>Kumbakarna</b>	Simon Shrestha	Prabesh Koirala	Rojina Dangol	Annan Shrestha

GRADE	CSIT 1 'A'	CSIT 1 'B'	CSIT 4 'A'
<b>Class clown</b>	Suyog Maharjan	Shrayam Manandhar	Yuvraj Chhetri
<b>Fitness freak</b>	Bibhushan Sapkota	Nirbesh Rajbhandari	Manjil Shrestha
<b>Sports person</b>	Ansh Shrestha	Seshant Dangol	Deni Thakulla
<b>Tiktoker</b>	Niyukta Karmacharya	Raj Babu Jirel	Sadikshya Paneru
<b>Chhuparustam</b>	Niyukta Karmacharya	Jubin Maharjan	Bishwas Lohani
<b>Tourist</b>	Gandhi Raj Giri	Shraddha Chudal	Abhishek Shrestha
<b>Bookworm</b>	Shivesh Shrestha	Sajendra Bajracharya	Shabu Rana Magar
<b>Philosopher</b>	Nabin Yonjan	Jubin Maharjan	Bindya Dulal
<b>Guffadi</b>	Nirjak Bhattarai	Shrayam Manandhar	Yuvraj Chhetri
<b>MVP</b>	Sagar Dhimal	Ankit Bista	Prakriti Manandhar
<b>Know it all</b>	Anjesh Pathak	Sujal Sthapit	Yuvraj Chhetri
<b>Foodie</b>	Sagar Dhimal	Basanta Pakhrin	Sarina Prajapati
<b>Kumbakarna</b>	Sujal Shrestha	Spandan Bhattarai	Bipul Ranjan Poudel





# Students' Poll

Find yourself here ;)



GRADE	CSIT 4 'B'	CSIT 6 'A'	CSIT 6 'B'
<b>Class clown</b>	Prabin Thing Tamang	Pratik Barakoti	Parash Neupane
<b>Fitness freak</b>	David Dhakal	Dolma Tsering Lama	Anjan Shrestha
<b>Sports person</b>	Ashutosh Khanal	Reeshav Manandhar	Nirmal Pandey
<b>Tiktoker</b>	Iroj Acharya	Dolma Tsering Lama	Leah K.C.
<b>Chhuparustam</b>	Subin Shakya	Anuj Nanda Gorkhali	Nitesh Shrestha
<b>Tourist</b>	Prabin Thing Tamang	Sameer Aryal	Pramish Shahi
<b>Bookworm</b>	Sayjal Shrestha	Sanisha Maharjan	Roshni Thapa
<b>Philosopher</b>	Sudhan Bhakta Shrestha	Dipesh Sanjel	Rabin Ghimire
<b>Guffadi</b>	Cyrus Maharjan	Salina Malla	Parash Neupane
<b>MVP</b>	Pramit Amatya	Shristi Bajracharya	Kabir Man Singh
<b>Know it all</b>	Palpasa Manandhar	Bibek Thakuri	Kabir Man Singh
<b>Foodie</b>	David Dhakal	Jwala Chand	Anjan Shrestha
<b>Kumbakarna</b>	Sudan Bhakta Shrestha	Sudip Upreti	Kabir Man Singh

GRADE	BCA 1	BCA 4	BCA 6
<b>Class clown</b>	Sujal Bajracharya	Binam Basnet	Sagun Ghimire
<b>Fitness freak</b>	Nabis Shrestha	Rohit Maharjan	Samir Dotel
<b>Sports person</b>	Prince Raj Shrestha	Roman Timalsina	Aayush Manadhar
<b>Tiktoker</b>	Aastha Adhikari	Sonali Chaudhary	Chandan Shakya
<b>Chhuparustam</b>	Rohan Kasichhwa	Salin Manandhar	Sudina Shrestha
<b>Tourist</b>	Anish Singh	Rohan Maharjan	Chiran Rai
<b>Bookworm</b>	Pranav Sthapit	Sujita Pandey	Chandan Shakya
<b>Philosopher</b>	Nirajan Bohara	Palsang Moktan	Manish Pandey
<b>Guffadi</b>	Bibash Dhungana	Nandita Dangol	Sagun Ghimire
<b>MVP</b>	Arvind Nakarmi	Samman Phuyal	Romit Manandhar
<b>Know it all</b>	Pranav Sthapit	Binesh Shrestha	Sanish Maharjan
<b>Foodie</b>	Sujal Bajracharya	Sworiya Shakya	Sahil Prajapati
<b>Kumbakarna</b>	Deechhal Magar	Pranaya Shrestha	Rabin Dangol



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[fuh·taa·gruh·fee] + [aart]

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*Grade 11 'A'*



*Grade 11 'B'*



*Grade 11 'C'*





*Grade 11 'D'*



*Grade 11 'E'*



*Grade 11 'F'*





*Grade 11 'G'*



*Grade 11 'H'*



*Grade 11 'I'*





*Grade 11 'J'*



*Grade 11 'K'*



*Grade 11 'L'*





*Grade 12 'A'*



*Grade 12 'B'*



*Grade 12 'C'*





*Grade 12 'D'*



*Grade 12 'E'*



*Grade 12 'F'*





*Grade 12 'G'*



*Grade 12 'H'*



*Grade 12 'I'*





*Grade 12 'J'*



*Grade 12 'K'*



*Grade 12 'L'*



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*BBM 1st*



*BBM 3rd*



## BACHELOR'S PHOTOGRAPHS



*BBM 5th*



*BBM 6th*



## BACHELOR'S PHOTOGRAPHS



*BBM 8th*



*BCA 1st*



## BACHELOR'S PHOTOGRAPHS



*BCA 3rd*



*BCA 4th*



## BACHELOR'S PHOTOGRAPHS



BCA 6th



BCA 8th



## BACHELOR'S PHOTOGRAPHS



*BHM 1st*



*BHM 3rd*



## BACHELOR'S PHOTOGRAPHS



*BHМ 5A*



*BHМ 5B*



## BACHELOR'S PHOTOGRAPHS



BHM 8A



BHM 8B



## BACHELOR'S PHOTOGRAPHS



*BIM 1A*



*BIM 1B*



## BACHELOR'S PHOTOGRAPHS



*BIM 3A*



*BIM 3B*



## BACHELOR'S PHOTOGRAPHS



*BIM 5A*



*BIM 5B*



## BACHELOR'S PHOTOGRAPHS



*BIM 6A*



*BIM 6B*



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*BIM 8A*



*BIM 8B*



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*CS19 1A*



*CS19 1B*



## BACHELOR'S PHOTOGRAPHS



*CSIT 3A*



*CSIT 3B*



## BACHELOR'S PHOTOGRAPHS



*CS19 4A*



*CS19 4B*



## BACHELOR'S PHOTOGRAPHS



*CSIT 6A*



*CSIT 6B*



## BACHELOR'S PHOTOGRAPHS



*CSIT 8A*



*CSIT 8B*



## CLASS REPRESENTATIVES



*Grade 11*



*Bachelors*





Yugesh Tamang 12 'J'



Shreya Joshi 12 'A'

Nijal Maharjan 12 'A'



Drishya Pandit  
12 'C'



Useen Maharjan 12 'F'



Krishna Bajracharya  
12 'F'



Shreya Maharjan 12 'L'



Shrijal Maharjan 12 'F'



Nitika Maharjan 12 'I'



Saugav Bhandari 12 'A'



Pesal Bajracharya 12 'C'



Kipa Bajracharya  
BIM 3A





Sumi Thapa Magar 12 'C'



Nishita Shahi 12 'L'



Anushka Tuladhar 12 'A'



Bishakha Timilsina 12 'A'



Sonu Magar 12 'I'

Swaroop Shrestha 12 'F'



Nasla Dangol 12 'F'



*Life is the art of  
drawing without an eraser*

Prastuti Shrestha 12 'F'



Salina Mahato 12 'I'



Sayasta Dahal 12 'A'



Susmita Tamang 12 'I'





Diya Maharjan  
B.Sc.CSIT 6B



Kabir Deula  
BCA 4th



Ashutosh Khanal B.Sc.CSIT 4B



Rajani Shrestha BBM 6th



Samriddhi Shakya  
BCA 4th



Satisha Dangol BBM 5th



Reeyasha Shrestha BIM 5A



Bipika Shrestha BCA 1st



Siddhartha Maharjan BBM 3rd





Kabir Man Singh  
B.Sc.Csit 6B

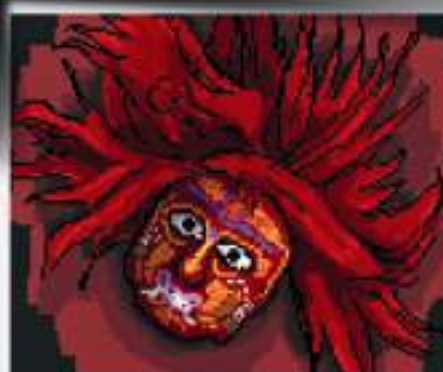
Rachana Maskey  
B. Sc. CSIT 4B



Rabina Shaky B.Sc.CSIT 4A



Sujita Pandey BCA 4th



Sujan Man Sthapit  
B.Sc.Csit 6A



Bimit Shaky BBM 8th



Sanju Mishra BBM 6



Paipasa Manandhar B.Sc.CSIT 4B



Bikas Bhatta BIM 3B



Bipul Ranjan Paudel  
B.Sc.CSIT 4A



Prajita KC BBM 6



Rojala Maharjan BIM 1B



Rijan Maharjan BCA 1st





Sudina Manandhar BIM 6B

Iroj Acharya  
B.Sc.CSIT 4B



Samman Phuyal  
BCA 4th



Lumana Bajracharya  
BCA 4th



Jenisha Adhikari  
BBM 1st



Denish Lamichhane  
B.Sc.CSIT 6B



Rushma Bajracharya  
BIM 6B

Cyrus Maharjan  
B.Sc.CSIT 4B



Lasta Maharjan  
BIM 6B



Subin Shakya B.Sc.CSIT  
4B

Rijan Majhi BIM 5A



"Unveil your heart like a butterfly spreading its wings, revealing its beauty to the world, and then see how high you can fly as your authentic self takes flight."

Sarjala Pandey  
B.Sc.CSIT 1A





Rejina Maharjan  
BIM 6A



Prinsha Maharjan BIM 6A



Rikesh Maharjan BIM 6A



Ayush Nepali BIM 5A



Roman Maharjan  
BIM 6A



Rishav Shrestha BIM 6B



2A



Nishan Makani 12 'F'

3



3A



Salin Shrestha 12 'F'



3

Sworooop Raj Shrestha 12 'F'

4



2A



3

3A



Shreejal shakya 12 'I'



4



Rony Malla 12 'H'

3

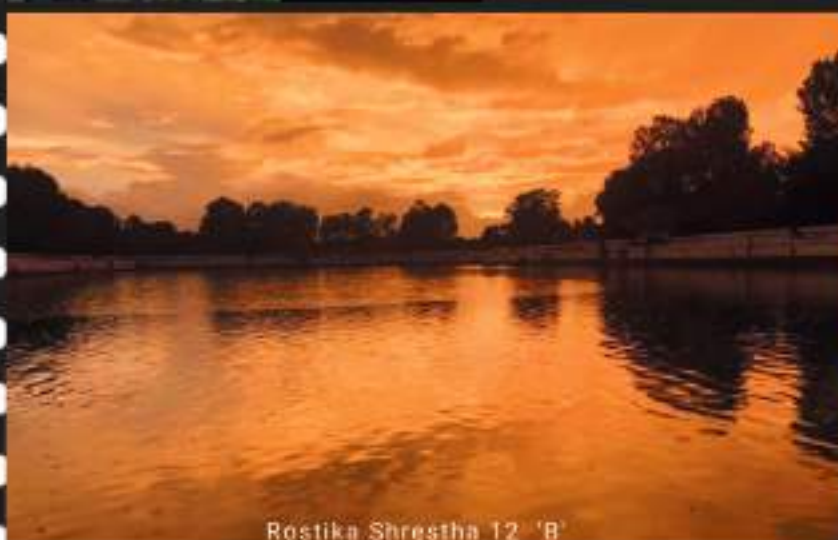


4





Anushka Tuladhar 12 'A'



Rostika Shrestha 12 'B'



Rishika Niraula 12 'J'



Samyok Manandhar 12 'H'







Shirish Manandhar BIM 6A



Aayush Raj Manandhar BIM 6A



Richin Mahajan BHM 5B



Pranaya Shrestha BCA 4th



Shuvechha Shrestha BCA 6th



Sonali Chaudhary BCA 1st



Aarya Manandhar B.So.CSIT 1A





Chandan Shakya BCA 6



Ilam is a place of serenity, where the beauty of nature can be seen in every blade of grass, every leaf, and every tree.

Ashmita Khadka  
B.Sc.CSIT 1A



BBM 1st

Niraj Mahara



Ayush Ghimire



Ayush Ghimire BIM 3A

Ayush Ghimire



## Seniors' quotes



Aileen Ranjit  
BBM

"It's true you can't do everything. But, you can do everything to make your dream come true"



Alish Manandhar  
BBM

"A man is made by his belief. As he believes, so he becomes"



Anim Maghalya  
BBM

"There is no knowledge for the seekers of comfort and no comfort for the seekers of knowledge"



Binit Shakya  
BBM

"Life is tough my darling, but so are you"



Isha Manandhar  
BBM

"We shine in our own ways"



Manashree Maharjan  
BBM

"Forget what hurt you but never forget what it taught you"



Manish Maharjan  
BBM

"The best way to make your dreams come true is to wake up"



Nurvu Lama  
BBM

"Dreaming of the person you want to be is wasting of the person you already are"



Pratima Poudel  
BBM

"No shortcut to success, just hard work. The harder you work, the luckier you'll get 😊"



Rajani Maharjan  
BBM

"Judging a person not define who they are; it defines who you are"



Sagun Maharjan  
BBM

"Investing in your 20s & 30s is not just about accumulating wealth, it's about investing in your future goals & dreams"



Sarita Bhandari  
BBM

"Never complain about difficulties in life, because Director (God) gives hardest role to best actors"



Sayuja Acharya  
BBM

"And you will left with nothing but peace. The process is painful but worth it"



Sumina Maharjan  
BBM

"It's okay to shed the tears, but don't you tear yourself"



## Seniors' quotes



Urgen Pau Lama  
BBM

"Don't do anything to someone, that you wouldn't want others to do to you"



Aadarsha Shakya  
BCA

"Be the change you wish to see in the world"



Bibek Neupane  
BCA

"Education is not the filling of a pail, but the lighting of the fire"



Bijen Maharjan  
BCA

"Why so serious?"



Devika Ruwali  
BCA

"Just be yourself, there is no better option"



Nitin Raja Shahi  
BCA

The Office, Season 7, Episode 19, Minute 14:45



Pranil Shakya  
BCA

"Dreams don't work unless you do"



Pranjali Pathak  
BCA

"You don't get what you want  
You get what you are! Be You!"



Raj Ratna Tuladhar  
BCA

"The only way to do great work is to love what you do"



Sakar Pudasaini  
BCA

"Bankai Katen Kyokotsu Karamatsu Shuju"



Sushmita Paudel  
BCA

"You were born to stand out, stop trying to fit in"



Aasana Pun Magar  
BHM

"Life is Beautiful"



Anisha Balami  
BHM

"There is no path to happiness,  
Happiness is the path"



Bipun Gyangmi  
BHM

"The more strange life gets, the more it make sense"



## Seniors' quotes



Dhana Maya Pulami  
BHM

"Make peace with your broken pieces"



Eliza Shrestha  
BHM

"Believe in miracles"



Kanak Das Shrestha  
BHM

"If sanity was insane, would madness be wise?"



Manisha Adhikari  
BHM

"The truth will set you free"



Sanjit Tamang  
BHM

"Everything is interesting until you lose here #AngryFish 🐟"



Sonu Tamang  
BHM

"Dubai internship: a beautiful, bonding and fun-filled year. Cherished every moment before it ended abruptly"



Aayush Maharjan  
BHM

"Anime Recommendation:  
- Corole & Tuesday  
- My little Monster  
- Skip & loafer"



Aayusha Pradhan  
BHM

"The hardest moment in life is hello for the first time and goodbye for the last!"



Ajay Maharjan  
BHM

"Eat, Sleep, Repeat  
Roses are red, I am going to Bed"



Amar Maharjan  
BHM

"I don't know what to say, so please act like I said something meaningful"



Amit Maharjan  
BHM

"Road to employment?"



Anisha Manandhar  
BHM

"Long story short: I survived"



Anusha Amatya  
BHM

"First you 'LEARN' then remove 'L' to 'EARN'"



Bishal Maharjan  
BHM

"You had me at 'Hello World'"



## Seniors' quotes



Jeena Maharjan  
BIM

"Keep calm and say 'Jay Mata Di'"



Kapil Chhatkuli  
BIM

"Most of students are always happy"



Karina Shrestha  
BIM

"I spent 113,880 hours of my life for a paper and a handshake"



Khusbu Shakya  
BIM

"Be Punctual"



Krishna Khanal  
BIM

"In college, personal growth blossoms by embracing diversity, nurturing empathy, mastering time-management and balancing responsibilities"



Mahesh Tamang  
BIM

"They said college would be fun"



Nischal Maharjan  
BIM

"Motivation is complicated and have many influences"



Paliatha Maharjan  
BIM

"Last but not the least, I would like to thank me, myself and Google"



Palistha Manandhar  
BIM

"The scary news is, you're on your own. But cool news is, YOU'RE ON YOUR OWN NOW"



Priya Rauniyar  
BIM

"Positive anything is better than negative nothing"



Pujan Shakya  
BIM

"If you don't value your self you won't value your time, if you don't value your time neither will anyone else"



Rakesh Shrestha  
BIM

"Man's started from the bottom, man's still kinda here"



Ravi Karki  
BIM

"Here KTA ho jindagi yestai ho, KTey chitta dukhaya vandai paxi parna hunna, agi badhnu parxa"



Rojan Khaki Shrestha  
BIM

"Win through your action never through arguments. Master the art of timing"



## Seniors' quotes



Samrat Singh

BIM

```
if(stress){
    code();
}
else{ return new Stress(); }
```



Shiva Chanda

BIM

"Welcome to the real world. It sucks, you're gonna love it"



Shristi Joshi

BIM

"They asked me to write something. So, here it is: SOMETHING"



Smriti Maharjan

BIM

"Education is important but big biceps are important"



Sohil Prajapati

BIM

"A piece of paper doesn't decide your future and can't explain what type of person you are!"



Yurisha Giri

BIM

"Cheers to all the cups of coffee that got me here!"



Amar Dev

BIM

"Wake up to the reality, nothing goes as planned in this uncertain world!"



Ankit Maharjan

BIM

Rule 1: Make good friends  
Rule 2: Study Hard  
Rule 3: Don't fall in love with your class mate"



Arpana Maharjan

BIM

"भविष्य देखना कमाउ भन्छ, मुसु देखना रमाउ भन्छ ।"



Bijaya K Shrestha

BIM

"Future is uncertain"



Heena Maharjan

BIM

"Every year, many, many stupid people graduate from college. And if they can do it, so can you"



Nirvana Maharjan

BIM

"They asked me to write something so here it is: 'Something'"



Oshin Dali

BIM

"FRIENDS S1, E2, 13:50 'Welcome to the real world. You're gonna love it'"



Prasansha Bajracharya

BIM

"Never trust a man who says 'This is the worst batch ever'"



## Seniors' quotes



Pratikshya Shrestha  
BIM

"FRIENDS: Season 10, Episode 2, 8  
minute 19 seconds



Sagar Timalsina  
BIM

"वाम नगरेना कथा सर्वे काल्पनिक"



Suraj Pulami Magar  
BIM

"Wisdom is the principal thing; therefore  
get wisdom. And with all thy getting get  
understanding. proverbs 4:7"



Sushan Maharjan  
BIM

"The Office, Season 7, Episode 19,  
Minute 14:45"



Ujjan Joshi  
BIM

```
if(sad()=== true){  
  sad() - stop();  
  beAwesome(); }
```



Anjeela Shrestha  
CSIT

"Don't just Dream but make it  
happen. Make most of your student  
life!"



Bikal Shrestha  
CSIT

"There is no moon like you"



Kripa Shrestha  
CSIT

"Dreaming of the person you want to  
be is wasting of the person you  
already are"



Purnima Shrestha  
CSIT

"Focus on the step in front of you,  
not the whole staircase"



Sakila Pokharel  
CSIT

"Sad Generation with happy picture"



Sukriti Acharya  
CSIT

"If we were meant to stay in one  
place, we'd have roots inside feet.  
Travel and Explore!"



Amit Budhathoki  
CSIT

"There is a person called 'Bardan  
Gurudev' and I wish to be like him  
someday . HUHUUH"



Anupam Gautam  
CSIT

"Don't forget to play as you get  
older!"



Bigya Shrestha  
CSIT

"Starting a task is like jumping into a  
cold pool. Take the plunge, half  
done!"



## Seniors' quotes



Dawa Pakhrin  
CSIT

"Education's purpose is to replace an empty mind with an open one"



Inusha Pandey  
CSIT

"When the last bell rings, I might actually miss this place"



Isha Dhakal  
CSIT

"Today is your opportunity to build tomorrow you want"



Ishwar Mishra  
CSIT

"Stay Hungry, Stay Foolish"



Luniva Shrestha  
CSIT

"I don't know where I'm going from here but I promise it won't be boring"



Pradeep Giri  
CSIT

"Better uh oops than a what if"



Rajnish Adhikari  
CSIT

"Do something now, your future self will thank you for later"



Rashmita Baniya  
CSIT

"The Harder You Work The Better You Get"



Rashik Shrestha  
CSIT

"Life is a canvas, make sure to paint with lot of colorful days"



Reeshav Acharya  
CSIT

"Should've burnt this place down when I had the chance" - Michael Scott



Rijuma Chitrakar  
CSIT

"I stress about stress before there's even stress to stress about 😊"



Ritik Gaire  
CSIT

```
while(doubt){ exercise;  
if(tired) break;  
else sweatItOut; }
```



Roshan Basnet  
CSIT

"If anything is worth doing, do it with all you heart"-Buddha



Roshan Ghimire  
CSIT

"Reasoning is destroyed when mind is bewildered. One falls down when reasoning is destroyed"



## Seniors' quotes



Saphal Dhakal  
CSIT

"Live freely and authentically, accept life's up & down, treasure each moment of life"



Shailesh Yadav  
CSIT

"The only way to do great work is to love what you do"



Shishir Regmi  
CSIT

"Donate Blood, save life We are NCCS lover, say no to hair"



Subid Shrestha  
CSIT

"Remember to keep a good-life balance"



Sujan Rai  
CSIT

"Just ! Be fair with yourself"



Sunita Adhikari  
CSIT

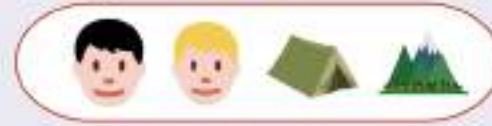
"Survived all nights, morning class and grp projects: college the best rollercoaster, I never bought ticket for"



## GUESS THE MOVIE



Hollywood, Bollywood







# Some Glimpse of **2022-2023**









07



08



PALAA the step



Logo Suggested By:  
Swagat Nawa

Title Suggested By:  
Prishna Shrestha

09



15

22



19





*Administration*



# पला: *the step*

🔊 A celebration of voices, a platform for expression!

Students' magazine



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