



# palaa

THE STEP

2019

# Administration Team, Paknajok





## Message from the Chairman

It's my great pleasure to write the message for the fifth issue of NCCS College magazine "Palaa". The magazine is a platform for the students to express their creative pursuit which explores their originality of thought and perception. The contents of the magazine reflect the wonderful creativity of thought and imagination of the learners who want to present them in extra-curricular activities.

We believe that the activities and achievements contribute to the holistic development of the students, who are able to hone their talents and channel their creativity into creative and productive work. NCCS has a strong believe that students can gain their full potential when they are given free rein to explore their innate talents.

Additionally, college magazine "Palaa" is expected to communicate to its readers, including those who had little or no personal experience of the college, something of the ethos of the institution and inquisitive learners who want to know about NCCS sitting beyond the college boundary. Also, it grants its reader a glimpse of the progress and activities that it has made in these years.

At last, I extend my warm wishes to the Principal, Staff and Students of NCCS who directly and indirectly continue and contribute this journey to publish the new issue and to achieve our motto 'working towards excellence'.

---

**Prachanda Raj Anil**  
Chairman





## Message from the Principal

It gives me immense pleasure to pen a few words as prologue to our in-house college magazine "Palaa". Our students have received excellent support, high response and well contribution from all the sectors. I hope this "Palaa" magazine will be helpful for all round development of the student and further development of this institute. I am sure that it will give chance to all our valued reader to have in depth know how of the various activities carried out by NCCS. I would like to congratulate to the students and editorial board members who participated actively for giving it continuity.

Over the years, the college management committee has given us such guidance, under the able leadership of our highly experienced chairman Mr. Prachanda Raj Anil, which was very fruitful in shaping NCCS at this stage ever since the inception of this college and I am proud of being the principal of such college, the college that stands for excellence and quality education. NCCS college is considered among the best sought after college in Kathmandu. We feel proud to provide quality education equipping our students with skills, confidence and a positive approach with all a round 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.

I am proud to say that our students are doing excellent in academics, sports and cultural activities with high value and ethics which are accountable in the progress of our institution. The members of the non-teaching staff are highly dedicated with total commitment towards achievement of our mission and goals. Similarly, our teacher's commitment towards achievement of our mission and goals. Similarly, our teachers are committed and dedicated for the development of the institution by imparting their knowledge.

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

Ganesh Man Singh Basnyat



# Editorial

"How do we express the entirety of the fun, success, fun, hurdles, & fun we'd encountered while preparing and delivering this magazine, in a mere page?" was the first question that struck our mind amidst writing this editorial. Nonetheless, here goes nothing!

All thanks to Nimesh Maharjan, our colleague, for initiating the resurrection of NCCS's magazine – "Palaa, the step" after 2 years. Getting the green signal after submitting the idea of reviving the magazine to the college's management kicked-off this adventure of preparing the 5th edition of Palaa. The first order of business was to gather competent team members, who could provide in preparing this magazine. So, we did just that. Different students from different faculties were contacted and selected for the process.

## **Avengers, Assemble!**

Palaa is a Newari word, meaning "a step". After gathering the team members, different activities were planned and executed, step-by-step. "see what we did there" The philosophy of taking small steps, to making big leaps was embedded into the entire process. Adopting the essence of synergy, we have been able to deliver this magazine to you, the readers. The team members were deployed into various sections of responsibilities like designing, content editing, field-visit, etc. We've had the pristine opportunity of working with the best people, and also met with various movers-&-shakers of the respective industries of Nepal. Not only has this helped in completing the magazine, it has also provided us with the platform of learning something new.

We'd like to thank the college administration, and other helping hands whose continuous support and mentoring has helped us in completing this project. We would also like to express our utmost gratitude to the teachers, for their valuable encouragement and advice. All the team members and the aforementioned authorities are to be accredited for the successful completion of the magazine.

To conclude, we've done our best to make Palaa as visually and content-wise appealing as possible. We've tried to implement all the accumulated suggestions and ideas while making this magazine. But then again, we're only humans. Not everything may be perfect or as one had hoped it to be. Thus, we'd be thrilled to get additional suggestions on areas of improvement, which could be passed on to the juniors, so that they'll incorporate the suggestions in making it even better the next time.

Thank you.

Palaa Team, 2019.

## PALAA THE STEP 2019



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# INTERNSHIP

Internship, it is a position of a student who works in an organization, sometimes without pay, in order to gain work experience or to complete qualification requirements. Internships can be selected according to interests in certain career, to build networks with other people, or to gain recommendation letter to add to their Curriculum Vitae.

## WHY INTERNSHIP?

- For students, internship is a great platform to develop their critical thinking, decision making, communication and problem solving skills.
- Internship helps to create a good relation with other professionals which creates an opportunity for interns to gain advice and information about new job opportunities.
- Internship is the key to landing first job out of college; it is an ability to learn day to day workings of a business.
- It helps students to gain work experience at their related field, when one has a degree and list of experiences job search will be lot easier.

## BECOMING A GOOD INTERN

Internship is not only a crucial phase for candidates, it is equally important for enterprises too. Today's interns are tomorrow's CEOs, leaders, and world-changers. So, it is necessary for an intern to spend their internship phase with a goal to develop themselves as a professional who delivers quality works with a great attitude.

- **Take it seriously**  
"To get the most of an internship, regardless of the pay, interns should treat their internship like they would any job," Schofield says. Internship should be treated like it's a permanent job and act as a part of the team. So, as a rule, take on all tasks seriously and perform them well. You will be moving up the ladder in no time!
- **Do a research**  
Before joining for an intern have some additional research on organization's history and culture. A good research makes an intern more confident and knowledgeable for interviews as well as performing certain tasks.

- **Network**  
Internship is a great opportunity for interns to know their superiors and build as many quality relationships as possible. It supports interns once it's time to turn internship into a full-time job.

- **Time management**  
Interns should always be organized and should be able to complete tasks within the given deadline. Be careful not to take on too much, and let someone know if you can't complete task by the deadline. Do not turn in work that is half finished or that is done poorly.

- **Don't stay idle**  
During internship never stay idle, if one is able to complete the work early, ask for more. Helping others at free time is a great way to prove that they are hard worker. The effort made during internship will be appreciated and won't go unnoticed.

- **Ask questions**  
Asking questions of the things you are confused of is one of the most essential jobs of every intern. Most of the supervisors take it as a positively, so that they won't have to correct once the task is completed. They will appreciate any questions you ask because your eagerness shows that you are attentive and willing to learn.

Thus, Internships are a big deal for every student. It is the first step towards future career and expanding networks. So, during internship take everything that it offers. Learn as much as you can and make sure you take advantage of it, and be the best intern you can be because "The expert in anything was once a beginner."

**Sajan Sthapit**  
**BIM 6th Semester**

# SUCCESS OF JACK MA

Jack Ma intends to use the internet and Alibaba's influence to facilitate more globalized trade across borders beyond China and to help SMEs (Small and Medium Enterprises) across the world. Ma vows that helping SMEs to succeed is much like a religious calling for him.

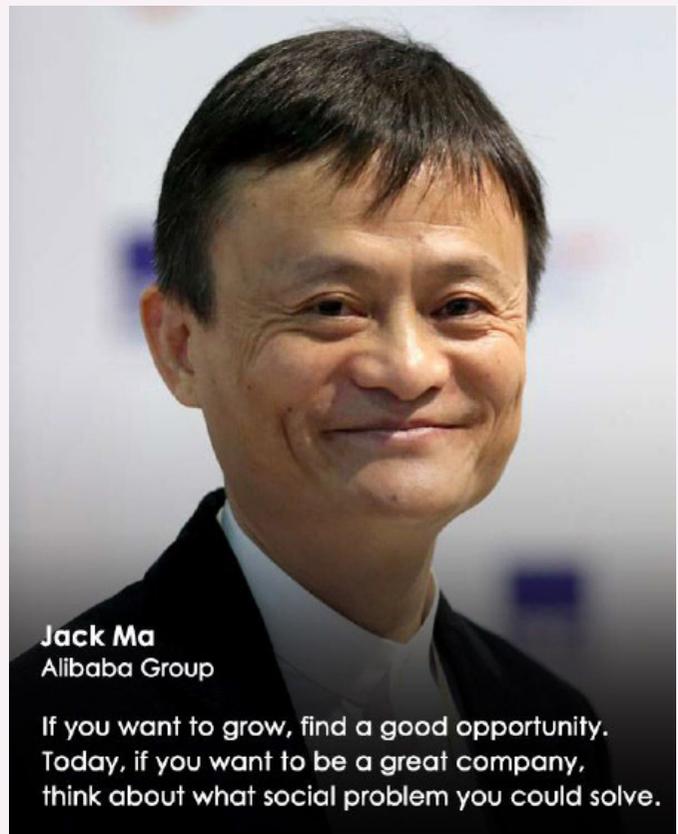
Frustrated with his lack solid employment opportunities after graduation in the early 1990s, Ma relied on his English to teach at the local university he had attended a few years prior and to start a translation service business. Upon his first visit to the United States in the 1995 as a translator, Ma got introduced to the Internet, and to his shock after looking up beer from various countries, he learned that there was none from China (a country of about a Billion people) on the World Wide Web. Ma immediately saw the potential business opportunities of the internet and how it could facilitate the way small and medium Chinese enterprises could do business with the rest of the world. Then, he and his friends decided to launch a site about China and Chinese products online, known as "Chinapage", that listed Chinese businesses and their products. Within the same day, he began to receive emails from people around the world requesting that they partner up. That experience taught Ma about the incredible power of connectivity, especially how the internet can greatly impact global trade, especially for SMEs.

**“Without internet, there would have been no Jack Ma, and no Alibaba or Taobao.”**

In 1999, after leaving the government job, Ma took a second bite at internet-based business ventures by grouping 18 people (including himself and his wife) at his home and sold them a dream to found Alibaba with the goal of facilitating international trade for small and medium ventures based in China. Alibaba was born out of Ma's unfulfilled dream of using the internet to facilitate business activities for Chinese SMEs and frustration with the bureaucrats he worked with in the preceding joint venture (Chinapage), where his suggestions to use the internet to facilitate trade of Chinese made products in the international market were repeatedly rejected.

In the early stages of the Alibaba, Ma tried to raise funds in Silicon Valley, the tech hub in the United States and was met with denials, and his business model was criticized to be unprofitable and unsustainable by many at the time. Eventually, Ma succeeded in getting Goldman Sachs and Softbank to invest USD 5 Million and USD 20 Million in Alibaba, respectively.

In 2003, still unprofitable with Alibaba, Ma and his team launched an online auction site named "Taobao.com", charging zero commission, and took on a multinational e-commerce giant, eBay, which already had the lion share of the Chinese online auction market. Determined to win against eBay, Taobao remained a commission-free marketplace for millions of online traders, and that did put Alibaba under significant financial strain.



**Jack Ma**  
Alibaba Group

**If you want to grow, find a good opportunity.  
Today, if you want to be a great company,  
think about what social problem you could solve.**

To stay afloat while maintaining the platform's commission-free policy, Ma and his team began offering peripheral value-added support services (e.g. custom webpages to online merchants) for small fees. Ma and his team won the Chinese market in less than five years, and eBay subsequently withdrew from China. Jack Ma reflected on this challenging period on a YouTube video of his interview with Charlie Rose, stating "If eBay are the sharks in the Ocean, we (Alibaba and Taobao) are the crocodiles in the Yangtze River." Since then, Alibaba has created many subsidiaries through organic growth (such as Tmall and AliExpress) and acquisitions.

After Ma and Alibaba reorganized their operations and made their Mark by driving eBay out of China after just few years in business, with the help of Jerry Young of Yahoo, Ma succeeded in getting Yahoo to invest a sizable USD 1 Billion for a 40% stake in Alibaba in 2005. Besides getting crucial funds to help Alibaba to execute its international growth strategy, that investment earned Alibaba (a six-year-old company) a valuation of USD 2.5 Billion.

In 2014, in what turned out to be the largest initial public offering to date, Ma and his team successfully raised in excess of USD 20 Billion for Alibaba by listing it in the NYSE stock exchange in the United States. That made Alibaba, a 15 years old e-commerce company that has its origins outside of the United States, one of world's largest companies as measured by its market capitalization that was approximately USD 200 Billion. Ma and his team are turning Alibaba holding group into a massive conglomerate by acquiring many smaller companies from technology related to logistics and beyond.

**Bishwash Gupta**  
**BIM 6th Semester**

# AUTHOR RAVINDER SINGH BIOGRAPHY

Books are our favorite buddies and so are the authors who ink amazing stories in extremely captivating and lucid words. Authors have risen to fame owing to the response they have received from the readers of their books. A handful of Indian authors have also become a part of the trend with some of their works and short stories focusing on love life niches, friendship, and emotions. Ravinder Singh is just another Indian author like Chetan Bhagat and Durjoy Datta who has enchanted the nation with his delightful writings. Author Ravinder Singh biography gives a brief introduction to this Indian author Ravinder Singh personal details and his career. Ravinder Singh all novel list includes three solo novels so far and all of which has backed immense good response from the readers. People are just waiting with their fingers crossed to turn the pages of his next upcoming novels and simultaneously know on his personal life that has inspired him to pen down amazing stories.

Ravinder Singh was born to a Sikh priest family. Ravinder Singh date of birth is February 4th, 1982. Ravinder Singh age is 32 years. He had spent the early days of his childhood in a small town Burla in Orissa.

## Ravinder Singh Best-selling Books

Author Ravinder Singh was a well-bred engineer and had started off his career with the illustrious I.T. establishments but his penchant for writing and a life incident had motivated him to become a full-time author. Author Ravinder Singh Wiki talks about Ravinder Singh author books list and his achievements. He has written 3 novels so far entitled "Like It Happened Yesterday", "Can Love Happen Twice", and "I Too Had a Love Story" "I too had a Love Story" author Ravinder Singh biography clearly explains his inspiration from his first novel which has deeply touched readers. The book was also published in the Kannada language. His love life too faced a tumultuous turmoil after the demise of his girlfriend. He has imprinted his story on this novel that has shaken the nation.

## Indian Author Ravinder Singh Novels and Writings

Ravinder Singh is a Computer Engineer by profession but his flair for writing has embossed his name as a popular Indian author. Ravinder Singh famous novels include 3 amazing novels written by him but Ravinder Singh first novel I Too Had a Love Story had garnered unmatched recognition and success. This book is inspired by his real-life incident. It was unveiled by Anupam Mittal at a press conference in the city of Chandigarh. Ravinder Singh new book can love to happen twice after his first book also shared equal attention and was well accepted by the Indian readers.

Ravinder Singh can love to happen twice book review stated both the positive and negative points associated with the story which was believed to be a sequel to his first book for the promotion purpose. The book is a romance based novel and a shared story like a typical Bollywood flick. Ravinder Singh new novel name Like it Happened Yesterday which was released in the year 2013 was Ravinder Singh latest book. His first book was considered sincere and spontaneous and the second novel was dramatic but Ravinder Singh like it happened yesterday story, the third novel was found to be a futile attempt. This romance-fiction author had emerged as one of the highest selling author and but little flaws in his last book might have deprived him of this title.

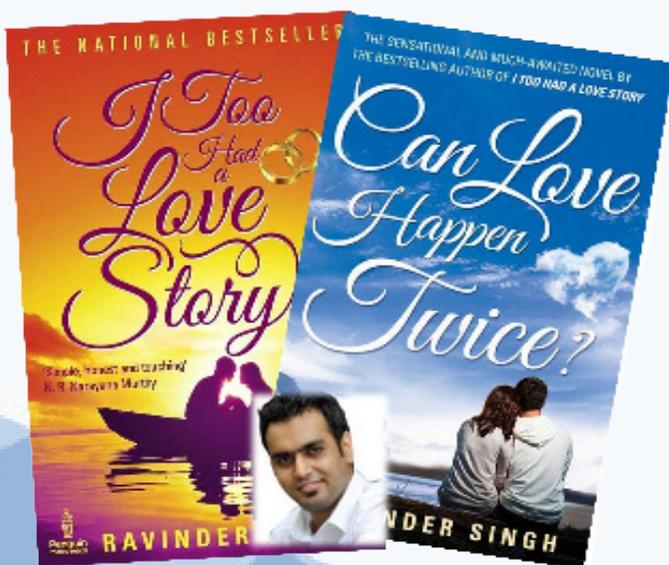
## Author Ravinder Singh Personal Life

Ravinder Singh has had a sad love affair that had inspired him to move to writing. Ravinder Singh height is 5 feet 7 inches approximately and he has a fair complexion. No wonder he had wooed many gorgeous damsels. Ravinder Singh girlfriend name and his first love story was the interest of most of the readers. He had met his first girlfriend through a matrimonial website but she passed away in the year 2007. Her sad demise had left the author broken and shattered.

He adapted his own love story in his first novel "I Too Had a Love Story". The story shall definitely give you firm notion on Ravinder Singh first girlfriend Khushi or rather Ravinder Singh first love Khushi and their love affair. Their relation lasted till they were formally engaged and her sudden death dawned darkness in his love life. Ravinder Singh Khushi wiki is tragic but their love tale did have a powerful story that touched millions of hearts. They were supposed to meet on a Valentine' day but a truck had crashed into Khushi's car and she later succumbed to her injuries leaving the author all distressed and miles away from the faith in God.

source: official pages of Ravinder Singh biography

Abinash G.C



## THE CASSETTE AND THE TUNE

The story begins with a cassette, which I had with me for almost seven years. It had one of my favorite songs' which I enjoyed a lot. I had a rough day and so I wanted to hear the song. I put it on but for some reason, the cassette did not play. It was fine just the day before. I took it out and put it back in the cassette player but it did not play. I wondered why it happened, maybe it broke or some insects attacked it. Not thinking more, I got a technician to have a look at it the next day. I was shocked to hear that the cassette had been damaged for a very long time. I told the technician to check it again and he said the same thing, the cassette had been damaged and did not function for many years. I took the cassette back home and kept wondering, the chills running through my bones at the same time. I tried my luck and put on the cassette, the song did not play. I tried a few more times but I ran out of luck. Finally, I gave up and went to sleep.

I heard something, it had a nice ring to it. I opened my eyes, it was almost 12:00 at night. I followed the tune and what I saw made me sweat out like crazy. I saw the cassette playing just fine. I even took the cassette out of the cassette player before I went to bed. I got so scared that I ran towards it, took the cassette out and went straight back to bed with lights on.

I got through the night and then woke up the next day. The first thing I did was put on the cassette back to play the song. It did not play. I tried a couple more times but it did not work. I freaked out. That night, I finished all my works early and immediately went to bed with all those weird thoughts about the cassette. It was 12:00 at night when I heard the same tune again. I stepped out my room and saw the cassette playing just fine. I could not move an inch; I was so scared. I stood right there and suddenly the cassette stopped playing. I slowly walked towards the cassette player as a heavy amount of sweat were falling like rain drops down my body. I stood in front of the cassette player. As I lifted my arm to take the cassette out, I saw something move, like a shadow passing by me. I turned my head around to look, there was no one. I took the cassette out and went straight to bed. I locked the door and when I turned back, there was a lady with long hair and blood all over her white dress standing in the corner. I rushed to open the door locks but it was getting hard to undo it.



I turned back once again while trying to unlock the door, the lady had disappeared. I kept looking all over the room for a minute. I saw no sign of the lady and thought it was some hallucination because of work stress. I went to drink some water and came back to my bedroom. I locked the door and when I turned back, I saw the same lady with the long hair; this time up close. She was just some inches away from me. She caught my throat and I tried to fight her super strength. I was powerless. She pierced her hand right through my heart and I thought this was the end when suddenly I opened my eyes and found myself on the bed. It was just a dream. I had watched a horror movie before going to bed. I drank some water, got fresh and was about to get ready for college when I heard the 'tune' again.

**Anish Krishnan**  
**BIM 6th Semester**

## TONGUE TWISTERS

1. The cheap shop sold sheep chops.
2. Purple paper people, purple paper people, purple paper people.
3. Betty bought some butter but the butter was bitter, so Betty bought some better butter to make the bitter butter better.
4. I thought a thought but the thought I thought wasn't the thought I thought.
5. I wish to wish the wish you wish to wish but if you wish the witch wishes, I won't wish the wish you wish to wish.
6. Peter Piper picked a peck of pickled peppers. How many pickled peppers did Peter Piper pick?
7. If a Fudpucker could pucker fud, how much fud could a Fudpucker pucker if a Fudpucker could pucker fud?
8. Luke Luck likes lakes.  
Luke's duck likes lakes.  
Luke Luck licks lakes.  
Luke's duck licks lakes.  
Duck takes licks in lakes Luke Luck likes.  
Luke Luck takes licks in lakes duck likes.

**Dikchhya Rauniyar**

### DID YOU KNOW?

1. Swans only have one partner for their whole life. If their partner dies, they could pass away from broken hearts.
2. An ostrich's eye is bigger than its brain.
3. Owls live in every continent except Antarctica.

**Ruplu Shahi**

## LIFE

Life takes a number of turns during its whole span. It may not be kind to you all the times but there are too many things which really test your courage and your capability of facing an unfavorable situation. People who just close their eyes to avoid facing the hardship of life are coward. They don't have courage and stamina to stand in front of life's demon. Remember, nothing can be done without trying hard to get yourself out of the trouble, without facing situations. If there were no thrills in life, it would be quite boring and monotonous. Give incidents make you strong nerved person. In other words, life tests all the time.

Life is a different form of a teacher because the teacher teaches a lesson and takes an exam but life takes the exam first then teaches a lesson.

Do not waste your life. Life should have some propose identify your aim , head towards your destiny and spend your entire life in achieving your goals.This is what you call a life. It is a wise saying that time waits for no one, once it is spent it is gone we have got To be wise choosing our priorities. So as not to waste any of our precious time keep on trying to get your goals and don't lose hope. It is said by Paulo Celho.

Life is worthless without hope. Hope is the key element in life which never lets you down and keeps your mood high. Always be optimistic and have faith in yourself everything happens for a reason. Sometimes, inconvenience makes us think that we are unfortunate life is cruel etc but this is not the reality.Spread optimism instead of pessimism it will light up your life positively.

**Anil Subedi**

## IMPORTANT QUOTES

All propaganda has to be popular and has to accommodate itself to the comprehension of the least intelligent of those whom it seeks to reach.

- Adolf Hitler

You have to learn the rules of the game and then you have to play better than anyone else.

-Albert Einstein

I studied everything but never topped but today the toppers of the best universities are my employees.

-Bill Gates

Let us always meet each other with smile, for the smile is the beginning of love.

-Mother Teresa

Education is the most powerful weapon which you can use to change the world.

-Nelson Mandela

**Lisha Mittal**

## THE KEY FUNDAMENTALS OF LIFE

The Key Fundamentals of Life

You are what you eat

It is necessary to find out what types of food makes us feel best and stick with it. Foods give the right fuel to generate positive internal energy. Our body is a temple and we need to feed right as it directs correlation with the way we think and feel.

Exercise is vital

Involving in physical activity like gym, run, cycling, play any sports is essential if we want to live and grow. Without exercise, the mind would get dull and it would reflect on our work. So, no matter how much busy we are, we need to make time for physical activity.

Importance of sleep

The quality of sleep directly affects our mental sharpness, productivity, emotional balance, physical vitality and even our weight. Our day actually starts from the time we go to bed at night. Thus it is necessary to understand the need for sleep and allow ourselves to have enough sleep to lease energy which we don't know we had.

Mediate, Calm Mind

We need to make time to meditate and use mindfulness to get in touch with what we really care about. It will not only give us a better memory as well as it helps to compose and think clearly. Mediation is secret. Working on what we love with passion unleashes unimaginable energy in our life.

Learn to give back

In the process of making our living, if we become wealthy our responsibility to give back also increases. This is the law of karma. Irrespective of the size and amount we are giving back, we should take time out and engage ourselves in an activity that helps others and makes a difference.

Be in the present moment

Energy and the best experiences come from being at one with time in the moment, living in the present. The happiest people are those who have learned to experience the exact moment and feel their best.

Continuous learning

The best way to learn is curiosity. Curiosity fuels learning, and can really energize and gives the power to master infinite subjects and information with excitement and passion. So, don't live in denial. Ask questions and find out the answers.

**Likita Maharjan  
BIM 6th Semester**

## THE BERMUDA TRIANGLE

There are many unsolved mysteries about “Bermuda Triangle” which is also known as the “Devils Triangle” because of all the vanishings that take place here. The explanation range from the mundane to the terrifying. It lies on the west Atlantic ocean. Numbers of ships, airplanes and, people have disappeared in the area of this triangle of Atlantic ocean for over a century. Till now no scientific reasons have been discovered, though many scientists are trying their best.

It all began in 1950, with a newspaper article on how ships and aircraft had gone missing overseas within the triangle area. These included Flight 19, a group five bombers on a training mission in December 1945. However, we should mention that disappearances have been going on since the 19th century, with the vanishing of the schooner USS Grampus in 1843. In 1969, two keepers of Great Issac lighthouse in the Bahamas disappeared and were never seen again.

Previously, the disappearance of ships and airplanes were just thought to be an accident caused by some kinds of an engine problem. But the rate of accident kept on increasing over the same triangle area which made people think more about it. One of the most interesting facts of this triangle is that it doesn't leave any trace of an accident. There are many theories which have been cultured to explain the accidents around in Bermuda Triangle. Some people say that the area has a very strong gravity and strong magnetic deflection which made the radio functionless and direction pointer points the wrong way on reading over that area. Fortean researcher Ivan Sanderson suspected that the strange sea and sky phenomena, mechanical malfunctions etc were the results of what he called “vile vortices”. Bermuda triangle is one of the two places on the earth where a magnetic compass doesn't point toward true north. Normally, it points towards magnetic north.

Some have talked of danger, others of green and white Waters. No transmission has described exactly what was happening, leading to some of the more fanciful speculations. Early writers write about the triangle that there must be a supernatural cause behind the disappearances. Others, rational have say that triangle covers part of some of the biggest shipping and air lanes in the world, that the disappearance is a not think abnormal or larger number than the average expected here.

Aircraft and ships have simply furnished and never been located, which gives an eerie tone to the story. Whatever be the cause, from freak weather to aliens human errors to deliberate acts of destruction by the crew the Bermuda Triangle is a place that evokes Wonder and fear in equal measures.

Sangita Kumal

Deepika K.P

## STEROIDS USE IN WRESTLING

Wrestling is a scripted combative sport. In other words, it is also known as pro wrestling or sports entertainment. It is a sport where results are pre-planned and the wrestlers choreograph the matches accordingly. It requires great physical fitness, athleticism, and endurance. In wrestling, actions are fake but the pain is real. The wrestling industry is worth more than seven billion dollars.

As the pain is real, wrestlers use painkillers and other performance-enhancing drugs. About more than 50% of wrestlers use painkillers or other types of steroids to escape from the pain. It hampers their body very badly. Wrestlers put their life online for the entertainment of the audience. Vince McMahon, the owner, and promoter of WWE was arrested for distributing steroids to his wrestlers.

Chris Benoit was the legend and a multiple time world champion. He was regarded as one of the most technical wrestlers of all time. He got so addicted to steroids that it has an adverse effect on his brain. Due to the condition of his brain, he killed his wife “Nancy” and his 7 years old son “Daniel”. Two days later, he killed himself. Another example is Dynamite kid. He is also great wrestler of his generation. He was also addicted to steroids. Due to the overdose of steroids, he even got paralyzed and had to retire at every early age.

So, we should encourage people to avoid steroids.

Sharvagya Katuwal

## UNICORNS

The unicorn is a legendary creature that has been described since antiquity as a beast with a single large, pointed, spiraling horn projecting from its forehead. The unicorn was depicted in ancient Greeks in the account of natural history by various writers.

In European folklore, the unicorn is often depicted as a white horse like or goat-like animal. They are so fearful that no hunter can catch them. Only a maiden that goes into the forest alone can catch a unicorn. The unicorn will come and fall asleep in the maiden's lap. It is considered to be a symbol of purity and grace, which could only be captured by a ‘virgin’.

Till now, a unicorn is limited only to myth, books, religion, beliefs etc. Various scientific researches are going on to find out the fact about unicorns.



Sarita Bhandari



# Phupu Lhamu Khatri

Timeline

About

Photos

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## Intro

Born in 5 Oct, 1996

Studied at National College of Computer Studies (NCCS)

Lives in Kathmandu, Nepal

From Lalap, Taplejung

NSUF Pulsar Sports Award Female Player of the year

Make Post Photo/Video



A little about Phupu

Photo/Video

Feeling/Activity

...



Post



Phupu Lhamu Khatri

#HowDidYouGetIntoJudo?

I never thought of joining Judo or Martial arts at the beginning. When I was 12 years old, we had Sherpa khaja ghar. There was dojo(school of martial arts/Judo) built by Japanese nearby our khaja ghar. Judo Guru used to come to our khaja ghar to eat lunch and seeing my mischievous behavior they suggested my father admit me in Judo. They also told my father that I will have better scope in Judo and I can go to the different country to play. My dad permitted me to play Judo and the very next day he admitted me to the dojo to play Judo where he gave me blessings to win that gold medal in Olympic

Like Comment Share



Phupu Lhamu Khatri

#WhatsYourBiggestAccomplishmentInSports?

As I was living as a struggling martial art player, I think 12 th SAARC was my biggest accomplishment in my life where I won a gold medal for my country. I take this as my biggest accomplishment because, during my achievement, I faced many difficulties in my career. I was trained in Hungary for five months where my guru was with me only for first two weeks. I also traveled India alone for my game where I knocked out everyone and won the gold medal for my country

Like Comment Share



Phupu Lhamu Khatri

#HowDidYouManageToBeASportsPersonAndYourStudyAtTheSameTime?

Managing my training and education was very hard. During my SLC sort up, I went to play world championship in 2010. My teacher used to scold me that Judo won't give me anything. I used to get disappointed from that words but I used to read all night and day whenever I was free. I struggled a lot that time. I studied at Prabhat school. I used to go training in the morning and reach school at 11 am in my tracks. I was allowed to wear a tracksuit in school. And after my school, I used to go tuition in my tracksuit and again for training after I finished my tuition. In intermediate level, it was easier for me to manage a teacher allowed me to take leave. I missed a lot of classes but still, teachers of NCCS supported me. All in all, it was difficult for me to manage my education and training.

Like Comment Share



## My diet and training

My diet is not so different from the normal ones. Till now I've never thought of having a particular diet. For now, I have an aim to play 2020 match in Japan and for that, I'd have to maintain my diet or else before this I didn't have any special diet plan. Normally, fruits, and some old food. I used to take it normally thinking that my Judo classes and training will be sufficient for my fitness and no extra exercise will be essential. Now after playing so many games and going through the internet, I've realized that only training is not enough but extra exercise and gym classes are necessary. And now I'm following that system.



## My future plans and achievements

I haven't thought about my future plans. It depends on time. Neither I can continue playing Judo nor can I quit. My ultimate achievement would be to play on Tokyo Olympic if time is in my favor.



### To all other Judo Players and Fans

To achieve what you really want requires practice, patience, and struggle. One must have an aim in their heart. I was blessed by my father to play Judo and I never gave up. I had to go through a lot of pain while playing Judo. So, a person's mind must be set about what they want in future and follow the plan accordingly which leads to the road to success.



### My differentiation in fighting

Every fighter has their own style. I also have some unique quality from other fighters. I can escape from the grip of my opponent very fast. According to my guru, that's my best quality and others are trained this move by taking my name.



### My dream fight

I have faced China many times and already faced Kazakhstan too. Now, I want to have my dream fight with Japan as Judo was started from Japan and they got some best players. I want to feel the experience to face the best in the world. I like tough competition and in my view, Japan is the toughest and most of the times they are the winner.



### My identity

My father "Dorje Khatri" had climbed Mountain for nine times. He died during the tenth time of an avalanche. He has earned his name through various struggles in his life. So, in future I want my father and my family to be recognized by me.



Phupu Uthamu Khatri



### #WhoIsYourRoleModel?

One of my role models is Devu Thapa. She was the one who even played judo leaving her 4 and half month baby. Once she was in lift accident at Bangladesh and all her tissues were torn and fluid like structure was coming out from her body. Even after that accident, she didn't give up and was continuing her Judo career and won a bronze medal in SAF game. This thing inspires me a lot. Also, Ramesh Magar and Saroj Maharjan are very special. They both are supportive and motivational.



Phupu Uthamu Khatri



### #WhatwasyourfeelingbeforeandaftertheOlympicgame?

Firstly, I've never thought of playing in Olympic. I was a wildcard entry in Olympic and was selected at the very last moment. When I got there, I found myself completely in a new environment surrounded by players and champions. It was a very proud moment for me to walk in that huge stadium, wearing saree and carrying Nepal's flag while everyone was cheering for Nepal. I played fine in the Olympics with a great support from my coach Devu Thapa. After Olympics, I felt proud that I've represented Nepal in Olympic.



Phupu Uthamu Khatri



### #Howdidyoufeelwhenyouwere representing Nepal in Olympic?

When I got the chance to represent my country in Judo, I was very happy. I didn't expect that I would get the chance to carry the flag banner representing my country Nepal. There was a rumor that Gaurnika Singh was selected for carrying the flag banner but when I was selected instead of her I was very grateful. In other SAARC games and ASIAN games I had never got that opportunity but in Olympic when I got that chance I felt very blessed. Although my father was not with me, I still followed his dream and made him proud and my nation as well.



Phupu Uthamu Khatri added a new photo

With the NCCS Pokhara team



Phupu Uthamu Khatri



### #Whatmustsomeone do if they want to make their life in sports?

Everybody's life can't depend on sports. I was supported by my father to play Judo, but when he passed out, I was completely broken. I would have given up if my sister and family hadn't supported me. So, one must have a family support and must be financially strong in order to make life in sports.



## SHRESTHA

The word “Shrestha” was derived from Sanskrit term Shista meaning ‘noble’ or ‘decent’. “Syasya” also means ‘warrior’ in Nepal Bhasa. Shresthas (or Syasya) served as administrators and courtiers during the rule of the Malla Newar kings that ruled Nepal for six hundred years – known as the “Golden Era” of Nepal – when much of the cultural and architectural development of Nepal took place. They took a prominent role in the governance and administration of the nation and fought against the Gorkha invasion. They also bravely contributed to protect their country Nepal from external powers like the Mughal.

Shrestha may also refer to the Newar caste of Shrestha’s who prior to the unification of modern Nepal formed the ruling and administrative Kshatriya castes in the court of the Malla kings of Nepal. They also counted among them the trading and business Vaishya castes, and were the pre-eminent traders in between Nepal and Tibet. After the unification of Nepal, Shrestha’s took up business and trading since their former positions as administrators and courtiers of the royal Malla court was supplanted by the invading Gorkha forces mainly of the Khas tribe.

Even amongst Shresthas, there is a differentiation of caste, called ‘thari’, the difference being mostly between “panch thari” (5th level) and “ccha thari” (6th level). It is speculated that there is an additional “das thari” (10th level).

Real Shrestha people are the local residence of Kathmandu valley and nearby Kathmandu Valley. Shrestha were the people who went out from the Kathmandu for the business purpose. Mostly Shrestha were business person due of business activity they started settle in the place where most of the business activity happened. When the business with Tibet was closed than to do business Shrestha people started alternative places to do business where they can do economic transactions with other people. They started to stay in places outside the valley in small bajars where they could run their business so they choose alternative bajars and city for their business, where they selected city like as Bhimphedi, Hetauda, Naryanghat, Bandipur etc and Bajars like as Banepa, Dapcha, Manahari, Pokhara etc.

Due to of Migration from their real hometown Kathmandu most of the Shrestha started to forget their own culture and tradition. They became modernize by going outside the Kathmandu and start to forget own culture and tradition But some of the Shrestha of Dapcha, Dhulikhel, Gorkha, Tansen are still preserving their culture and tradition. They even celebrate jatras and other festivals where they even have guthis.

The real meaning of Shrestha in Nepali means superior person who is talent in everything and fit in everything. Shrestha are one of the unique caste inside a newar community where they have nearly similar culture and tradition of other newar people but the way of system of culture becomes little bit differ than other newar.

In modern days all people are talent and brilliant where Shrestha = Superior is just the meaning of caste where nowadays all human are superior but the thing is that all newar shouldn’t forget their own culture & tradition and mustn’t be hesitate to define about own identification or history. Everything die one day but remains alive is history, culture & tradition. Even nowadays newar of outside Kathmandu valley are forgetting their own identity where we have to thank to the newar people of Kathmandu valley and nearby villages like as Dhulikhel, Dapcha, Thankot, Kapan etc.

**Sophia Shrestha**  
**BIM 6th Semester**

### BECAUSE SHE IS A GIRL

She couldn’t bring a smile at her birth,  
She was said she was taking a breath, she was not worth,  
She was treated as their desire fulfilling doll,  
Because she was a girl.

Do your duties, forget your rights,  
Move away! Boys are the one who can reflect the light,  
The exact wording that made her fall,  
Because she was a girl.

She has her own choices, opinions, and aspirations,  
She has a voice to stand up accomplish her imagination,  
Respect her for she is stronger than any wall,  
Because she is a girl.

To prove her potential, just needs an opportunity,  
Can be loyal to the world, for an eternity,  
She can’t enclose herself in a mind that is small,  
Because she is a girl.

**Muskan Sanghai**

### RECORDS OF CRICKET

- Dale Steyn is the only fast bowler to pick 5wicket hauls against all test playing nation.
- Shakib Al-Hasan is the only allrounder to pick 5wicket hauls against all test playing nation.
- MS Dhoni is the only captain to win all ICC trophies
- Don Bradman has the highest average in test cricket in batting while he retired i.e., 99.9

**Rohit Bajracharya**

## NOTHING TO FEAR

There's nothing to fear, you're as good as the best.  
As strong as the mightiest too,  
You can win every battle or test,  
For there's no one just like you.  
There's only one you in the world today,  
So nobody else you see  
Can do your work in as fine a way.  
You're the only you there'll be!  
So face the world, and all life is yours  
To conquer and love and live.  
And you'll find the happiness that endures  
In just the measure you give.  
There's nothing too good for you to possess,  
Nor heights where you cannot go.  
Your power is more than belief or guess.  
It is something you have you know  
There is Nothing to fear- you can and you will.  
For you are the invincible you.  
Set your foot on the highest hill  
There's Nothing you cannot do.

**Salina Maharjan**

## HAPPINESS

Tears will dry one day only happiness will blossom dear,  
Cause there are many people in this world for you who  
always care.

The fight will never end you'll have to be strong,  
And happiness will find it's path although it might take a  
lil long.

**Ushrin Joshi**

## BE THE QUEEN

It's never too late to do something  
The most it matters is how you value that thing  
Passion and Excitement should be there  
Show the World and let them hear  
Be the Queen of your own Kingdom  
Surround yourself with Wisdom  
Let your inner talent shine  
With the blessed divine  
The truth will be known  
The word will be heard  
The magic will be shown  
People may try to criticize you or try to pull you down  
The most important thing that matters is how you  
stand up on your own

**Subekchya Subedi  
BIM 6th Semester**



## I WONDER

When its 3 am and I am still awake,  
I think of you.  
And wonder if you think of me too.

When I listen to a song that reminds me of you,  
I wonder if you have a similar one to remember me  
too.

When we held hands, I wondered if you'd curl up your  
fingers to never let go,  
When I walk away, I wonder if you would wait there for  
me to turn around and see if I'd look at you.

I wonder if I'm gone, my hugs will linger on,  
I wonder if my laughter would play on,  
I wonder if my perfume would stay.

When we say goodbye, I wonder if you ever feel like  
pulling me close and kissing me for just one time.

When you have a rough day, I wonder if you feel like  
lying on my lap for me to play my fingers through your  
hair.

I wonder if the world will look after you even without  
my name.

When I stand there at the airport to fly to the other  
side of the world,  
I wonder of you would have ticked off all the things  
that were yet to be done.

When you stand to see the sun disappear slowly into  
the hills, I wonder if you would remember me to just  
stand beside you still.

I wonder when I am gone, my photograph will tell you  
my story,  
I wonder if my poems will be sunny,  
I wonder if that heart will beat the same even when  
you don't feel young.

I wonder when I am gone, a small part of your heart  
remembers my touch,  
I wonder if you feel like holding me ever so much,  
I wonder if you'll say out loud your feelings as such.

I wonder.

**Santosh Giri  
BHM 6th Semester**

## THOUGHT

- 1) "I am a small girl who wants to do big things for small  
people."
- 2) "The greatest gift of life is friendship and I have  
received it."

**Ishma Subedi**

## THE GREAT ANURADHA KOIRALA

Anuradha Koirala was born on 14th April 1949 in Kalimpong, India. Mother Teresa has always been her largest source of inspiration. She spent more than 20 years teaching children at various schools around Kathmandu. Even though this brought her great satisfaction she realized that she had a bigger personal calling to fulfill. Children, girls and women were being trafficked within and from Nepal for commercial sexual exploitation. Therefore, in 1993, Ms. Koirala founded Maiti Nepal with the aim of providing services for both children and women who have endured untold pain and suffering, often in silence.

Maiti Nepal today conducts a wide range of activities. Organizing awareness campaigns, community sensitization programs, rescue operations, apprehending traffickers, providing legal support to the needy, women empowerment programs, trainings, providing anti retro viral therapy (ART) to children and women infected by HIV are regular activities of Maiti Nepal.



माइती नेपाल • Maiti Nepal

So far, Anuradha Koirala has been awarded 38 national and international awards in recognition of her courageous acts and achievements furthering the cause of children's and women's rights. Some of the national and international awards include; Prabal Gorkha Dakshin Bahu Medal- Nepal 1999, Trishaktipatta Award 2002, Best Social Worker of the Year Award- Nepal 1998, German UNIFEM Prize 2007, Queen Sofia Silver Medal Award 2007, The Peace Abbey, and Courage of Conscience 2006. Her achievements include liberating girls from brothels, providing ART before the government of Nepal could initiate this process. Due to her continuous struggle, Government of Nepal now recognizes 5th September as an anti- trafficking day. Ms. Koirala was also appointed as a former Assistant State Minister of Women Children and Social Welfare as an honor to her contributions.

Ms. Koirala loves spending time with children; they say that they get warmth of mother and a father from her. She is self-motivated person relishing new and dynamic challenges with a leadership role in a team environment or independently.

In 2010 she was declared as CNN Hero. It was the result of her struggle and compassion to fight the social evil of human trafficking. Her victory as CNN hero is a pride and honor to the nation itself.

Matina Manandhar

## EASY IS TO

Easy is to judge the mistakes of others,  
Difficult is to recognize our own mistake.

Easy is to hurt someone who loves you,  
Difficult is to heal the wound.

Easy is to set rules,  
Difficult is to follow them.

Easy is to dream every night,  
Difficult is to fight for a dream.

Easy is to say we love,  
Difficult is to show it everyday.

Easy is to make a mistake,  
Difficult is to learn from them.

Sandhya Basnet

## 11 PROGRAMMING JOKES

1. False – It's funny because it's true.
2. If at first you don't succeed; call it version 1.0.
3. My software never has bugs. It just develops random features.
4. I'm not anti-social; I'm just not user friendly.
5. My attitude isn't bad. It's in beta.
6. If you give someone a program, you will frustrate them for a day; if you teach them how to program, you will frustrate them for a lifetime.
7. Q: What is the object-oriented way to become wealthy?  
A: Inheritance
8. Q: What are CLOUDS made of?  
A: Linux servers mostly.
9. Q: Why did the programmer quit her job?  
A: Because she did not get arrays (a raise).
10. Q: Why do JAVA programmers wear glasses?  
A: Because they do not C# (see sharp).
11. The box said 'Requires Windows Vista or better'. So I installed LINUX.

Saurav Adhikari  
BIM 4th Semester

# Banksy

## The Man Behind the Wall

Banksy is an anonymous England-based graffiti artist, political activist and film director of unverified identity. Banksy is undoubtedly the most controversial street artist to emerge on the global stage. The fact that his identity remains unknown after 20 years on the graffiti scene only adds to the intrigue that surrounds his work. The works of Banksy have appeared in America, Australia, Canada, England, France, Israel, Jamaica and Palestine. Wherever Banksy goes, he makes an impact. His satirical street art and subversive work combine dark humor with graffiti exhibited in a distinctive stencil art technique. Banksy's works of political and social commentary have been featured on streets, walls, and bridges of cities throughout the world.

Very little is known about Banksy himself, as he refuses to be interviewed and keeps his identity carefully maintained. A world-renowned mystery man, Banksy has risen through the ranks to become one of the world's greatest street artists partly by creating an urgency to understand his character. Street art fanatics are consistently satisfied with every piece of art he delivers, though he often leaves them wanting more. This tactic carries one's curiosity to explore a completely new perspective or idea, leaving his artistic creations to inspire beginning and advanced artists. This inspiration is also known as the "Banksy Effect."

He was selected for times magazine's list of the world's 100 most influential people in 2010 and he found himself in the company of Barack Obama, Steve Jobs and Lady Gaga. He supplied a picture of himself with a paper bag over his head. Most of his fans don't really want to know who he is. His mysterious identity and refusal to use social media accounts has only sparked more intrigue, with media outlets and fans prying to earn a peek into his life.

The most common form of street art Banksy uses are stencils. These are often in the form of multi-layered stencils and/or combined with other media sources, such as spray-paint. He also includes anything found in the streets like street signs and other objects to convey his message by crafting beautiful street art installations.

His artwork is often satirical and combines dark humor with graffiti and also spread messages across art, philosophy, and politics. Banksy displays their art on publicly visible surfaces such as walls and self-built physical prop pieces. He does not sell photographs or reproductions of their street graffiti, but art auctioneers have been known to attempt to sell the street art on location and leave the problem of its removal in the hands of the winning bidder.

Banksy Uses a lot of rats in his work. Out of the many works Banksy has produced there is one reoccurring theme in many of them; Banksy's almost fanatical use of rats in his work.

Some people think he uses them because the rat is a representation of Banksy himself in that it only comes out at night, is cunning and sneaky and usually ends up causing some sort of damage to people's property.

Another similarity between rats and the graffiti artist in general is the inability to successfully cull the population. It is a known fact that simply killing rats will usually create more as there is more food for the rats and rats regulate. In some respects the same can be said about graffiti artists as in New York where they managed to slow graffiti, making the artists more determined to perform there work and therefore the problem came back with more force than before.



Ketan Maharjan  
BIM 6th Semester



## HEAVEN IS A MYTH, NEPAL IS REAL !

- Nepal has 8 out of the world's 14 highest mountains including the Mount Everest.
- Kaligandaki is the river older than the Himalayas.
- Nepal is a four-season destination.
- Nepal has 8 % of the total species of birds found in the world.
- Nepal is the only country with a non-rectangular flag.
- Nepal has the only living goddess in the world called Kumari.
- Elephant polo game was originated in Meghauli, Nepal.
- Nepal has over 80 ethnic groups and 123 Languages (Mother Tongue).
- Shivapuri National Park at Budhanilkantha in Kathmandu is the only World's National Park close to the capital and international airport.
- The Himalayas are the third largest deposit of ice and snow in the world, after Antarctica and the Arctic.
- Nepal was never under any foreign invasion.
- Nepal Was Once named as the weed capital.
- Kathmandu valley alone has 7 World Heritage Cultural sites within a radius of 15 kilometers. No wonder Kathmandu is called the living cultural museum of the world.
- Nepal Gurkhas have been part of the British Army Since 1816
- Not a single drop of blood has ever been shed in Nepal in the name of the religious and ethnic riot.
- Nepal is home to one of the few places on earth where you can see both the Bengal tiger and the one-horned rhinoceros.
- The Annapurna region was voted one of the top 10 best trekking places on earth.
- Nepali Calendar is 67 years ahead of Gregorian Calendar.
- Nepal is called Amazon of Asia.
- Lord Buddha was born in Nepal.
- Yeti is said to be spotted in the Nepalese Himalayas.
- People put their palms together and then bow their forehead, saying "Namaste," which directly translates to "I salute the God in you."
- Nepal's endangered species include the beautiful snow leopard, the red panda, and the one-horned rhino.
- The world's highest living snake is the Himalayan pit viper (Agkistrodonhimalayanus).
- The Himalayas are home to the highest lake on earth (Tilicho at 4,800 meters/3 miles) and the deepest lake on earth (SheyPhoksundo).

Pujan Kuinkel  
BSc.CSIT 4th Semester

## TIME MANAGEMENT

Time is one of life's most valuable possessions, as it is something you can never get back. Subsequently, one of the essential life skills to master is time management. After all, time management is really life management. Learning how to make every day count for something is the objective. But it takes ridding your life of procrastination and a great deal of self-discipline.

Mastering time management does more than just increase productivity. It can yield important health benefits as well. When time is managed wisely, it minimizes stress and improves the overall quality of your life.

If you often find yourself run down by your daily workload or overwhelmed by the complexity of projects and tasks in your life, it is likely because you have not fully mastered effective time management. As the day flies by, you realize you're behind, or you are on schedule only because you haven't put forth your best effort in hopes of completion.

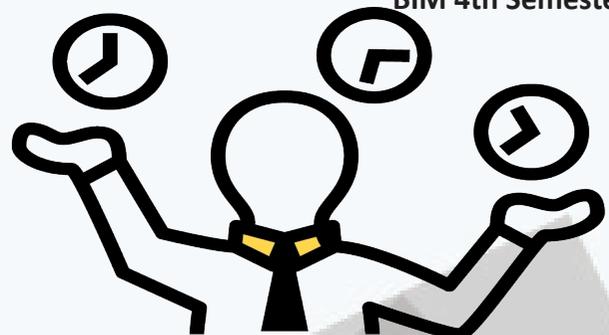
For proper time management, you should do your best to allocate time properly. Estimate how long it will take to complete each task, and establish a firm schedule. Organizing is key to time management. When you have a few minutes spare time, do a task.

Focus on the small parts of tasks while trying to manage time. Trying to do everything at once leads to disaster. When trying to accomplish those work at once, we become tired and frustrated. Breathe evenly, relax and stay focused until one task is done before moving to another task.

Prioritize daily activities, as lots of time the unimportant tasks take over a lot of the day. Put real effort into the work that is to be fulfilled. In case managing time is difficult, consider carefully the ways in which we spend time. Time is a good friend if utilized properly but an enemy if misused which will teach us a great lesson.

Being management student we must manage our time and do our work as per the work are to be done. If we fail to manage time, it may curse us and create a troublesome that never ends. We can be master of our time when the works are done on time, else time can be master and we act slave under time.

Rajat Kayastha  
BIM 4th Semester



## WHAT IS HACKING ? WHO ARE THE HACKER ?

Hacking is identifying weakness in computer systems or networks to exploit its weaknesses to gain access. Example of Hacking: Using password cracking algorithm to gain access to a system. In a computer, networking hacking refers to a technical effort to manipulate the behavior of network connections and connected systems. In other word, hacking means using computers to commit fraudulent acts such as fraud, privacy invasion, stealing corporate/personal data, etc. The person engaged in hacking activities is generally referred to as a hacker.

A hacker is a person who finds and exploits the weakness in computer systems or networks to gain access. Hackers are usually skilled computer programmers with knowledge of computer security. Generally, there are mainly two types of hacking. They are explained below:

### a) White Hacking :

White hacking is also known as ethical hackers or ethical hacking who work to protect the system and people. The hackers motivate the Information holder to future secure their data by pointing to their flaws without doing any kind of offensive destruction. There are some benefits of white hacking. They are :

- i) Fighting against terrorism and national security breaches
- ii) Having a computer system that prevents malicious hackers from gaining access
- iii) Having adequate preventative measures in place to prevent security breaches

Similarly, some disadvantages of white hacking are listed below :

- i) The white hacker using the knowledge they gain to do malicious hacking activities
- ii) Allowing the company's financial and banking details to be seen
- iii) The possibility that the white hacker will send and/or place malicious code, viruses, malware and other destructive and harmful things on a computer system
- iv) Massive security breach.



### b) Black Hacking :

Black hacking is also known as lawbreaker or criminals. The hackers break into other's information system to have an authorized access. The intent is usually to steal corporate data, violate privacy rights, transfer funds from bank accounts etc. They also sell information about the security holes to other criminals for them to use. Black hacking is, obviously, considered the bad guys.

Some demerits of the black hacking are listed below :

- i) It violates computer security for the personal gain like stealing the credit card number.
- ii) It violates the computer security for pure maliciousness such as creating a botnet and using that botnet for DDOS attacks websites which they don't like. The terms grey hackers or brown hackers are often used to describe ones, who lies on the borderline of above two. Hacking frequently involves people acting in different states.

**Jagaran Maharjan**

## RANDOM RELATABLE THOUGHTS?

1) "Not everything to be REMEMBERED, Not everything to FORGET"

You do some bad things which you regret for a long time, but you know you should walk past that to become a better version of yourself. But you shouldn't forget the reason why you did that so that you don't repeat the same mistakes again and regret it later.

2) "A person you see EVERY DAY might not be as special as a person you have ONE MINUTE conversation with."

The time you spent with someone doesn't decide how much you connect with him/her. It is the feeling and energy you share with the person that tells you whether or not that person takes a special place in your heart/life.

3) "Sitting alone is better than feeling alone"

Even if you're with a group talking you might still feel alone. Even though you're in a friend circle you might still feel alone but the comfort you feel while being all by yourself is better than anything

**Anjel Maharjan**

## INVOLVEMENT OF GIRLS IN INFORMATION TECHNOLOGY

IT (Information Technology) is growing rapidly in the world and ranked with high income and is considered a high performing field as well. The trend of female percentage of working in technology is few in comparison with other sector but it is gradually increasing.

In the context of Nepal, information and communication technology (ICT) has become a unique and latest opportunity for Nepali girls. It promises better economic prospect, communication with the outside world, easy access to information, an enhanced ability to acquire education and skills to transcend social restrictions and eliminate the gender gap in technology. Since the Nepali girl would be empowered by their development, there is a high possibility that they make their own decision and eventually be politically active.

Nepal, a patriarch country, has a huge gender gap and less percentage of girls are enrolling in this field. It might be the pre-existing prejudices, that IT is a male-dominated sector. Still, in the 21st century, time of technology gender discrimination in IT education is still continuing. Simultaneously, the inspiration is that Nepali women in technology are gradually increasing. Many girls now are taking initiative to participate in IT fields. If a one has will she can surely get success in their life.

Most girls tend to choose a career field more women-centric like a caretaker, housework, nursing, beautician, and assistant rather than computer/IT based. It can be widely seen that, since men are dominant in IT, there are more product and services that fit men's requirements. Unfortunately, we can't say the same for women. The role of women in IT is important. They have to rely mostly on men to design, process and produces goods that are esp. required for women. Example Machinery in a modern kitchen can surely be fixed by women.

Hence, through IT, girls could improve lives. To enhance girls' participation in IT is today's need. To access women participation in Technology required a good mentor, workshops and various awareness program, which influences women to come out from the notion of men's supremacy in IT, and help them to enhance their ability and use their natural uniqueness in a technical field.

If you want to be involved in IT, lack of education degree cannot eliminate your passion. Non-academic youth can also access IT education and training which are being provided by many institutions. Various institutions conduct different training programs, workshops, and conferences where interested girls can join.



**Sweta Pajapati  
BIM 6th Semester**

## TITLE GOES HERE

The first day of the class as I stood by,  
With nothing in mind Fresh, Enthusiastic and Psyched.  
Introduction from here and there around the class,  
She said me, "OH! You are THIS and my name is THAT".

Soon the days past we didn't speak much, that's right.  
But THAT was still there and  
THIS could see her with his own eyes.  
A very different girl with a precious SMILE,  
CUTE, SHORT and TALENTED, she's got brain alright.

BEAUTIFUL everyone expressed to flirt with her,  
But THAT had already chose someone to love and care.  
THIS had nothing to say as he knew nothing at all.  
THIS and THAT were friends,  
But the story still doesn't end.

Months passed count was EIGHT to be exact.  
THAT was left alone away from love to crack.  
THIS filled her heart with FRIENDSHIP and CARE.  
The FRIENDSHIP soon turn to LOVE "oh! Yes they fell".

LOVE bloomed, and the CARING was there.  
THIS never left THAT in FEAR.  
Both were favorites of each other,  
Unconditional love was there to share.

A jealous THIS and a tough loving THAT  
Let's all hope THIS gets married to THAT

**Anonymous**

## HISTORY OF NEPAL

The history of Nepal has been influenced by its position in the Himalaya and its two neighbours, modern-day India and Tibet.

Due to the "arrival of disparate settler" groups from outside through the ages, it is now a multiethnic, multiracial, multicultural, multi-religious, and multilingual country. Central Nepal (Currently Kathmandu Valley) was split into three kingdoms from the 15th century until the 18th century when it was re-unified under the Shah rule. The most spoken language of Nepal is Nepali followed by other various national languages.

Nepal had experienced a struggle for democracy at times in the 20th century and early 21st century. During the 1990s and until 2008, the country was in a civil strife. A peace treaty was signed in 2006 and elections were held in the same year. In a historical vote for the election of the constituent assembly, Nepalese parliament voted to oust the monarchy in June 2006. Nepal became a federal republic and was formally renamed the 'Federal Democratic Republic of Nepal' ending the 200-year-old Shah dynasty.

**Suraj Neupane**

# TENZING HILLARY AIRPORT

## LUKLA AIRPORT

Tenzing–Hillary Airport (IATA: LUA, ICAO: VNLK), also known as Lukla Airport, is a small airport in the town of Lukla, in Khumbu, Solukhumbu District, Province No. 1, eastern Nepal. A program titled Most Extreme Airports, broadcast on The History Channel in 2010 rated the airport as the most dangerous airport in the world for over 20 years.

In January 2008 the airport was renamed in honor of Sherpa Tenzing Norgay and Sir Edmund Hillary, the first people to reach the summit of Mount Everest and also to mark their efforts in the construction of this airport.

The airport is popular because Lukla is the place where most people start the climb to Mount Everest Base Camp. There are daily flights between Lukla and Kathmandu during daylight hours in good weather. Although the flying distance is short, rain commonly occurs in Lukla while the sun is shining brightly in Kathmandu. High winds, cloud cover, and changing visibility often mean flights can be delayed or the airport closed.

### Why it has been named under world's scarest Airport ?

At first, a white haze of cloud cover will obscure the surrounding mountains. Then, as the plane descends, a tiny gray strip at an elevation of 9,100 feet will appear in the distance, almost camouflaged by surrounding greenery. This 65 by the 1,500-foot patch of asphalt is the runway. At its southern end is a 2,000-foot drop into a valley. At its northern end, a stone wall and a hairpin turn.

If all goes well, you'll hit the tarmac with little more than a few bumps and lurches. That odd sensation of traveling uphill is not an illusion: the runway has a gradient of 12 percent meaning when a plane takes off, it plunges downhill toward a 2,000-foot abyss.

Accidents are common—between October 2008 and October 2013, four small Lukla-bound aircraft crashed, killing 33 people. The airport does close in fierce winds and poor visibility, but whether in the mountains changes so rapidly that a flight may already be airborne when conditions become dangerous.



## MY LOVE FOR PHOTOGRAPHY

Photography is something that captures the most beautiful moments in life and it can be treasured for a lifetime as well. For me, photography just started as a hobby but later it became my passion. I really love capturing the things which fascinate me. I believe that capturing photos is the best way to keep and preserve our beautiful memories. So I really have a deep love and passion for photography. Whether it is nature, place, things, people or food I love taking photos of everything. I think every photo define their own stories and their attractiveness. Since I am amateur photographer I usually take photos of place and foods to improve myself a better.

### Some of my photography collection



The first photo is of Buddhist temple BoudhanathStupa which is very famous among tourist and locals as well that is situated in Kathmandu, Nepal.



The second photo is of forest covered with snow which I took from Angel Grandia Resort located at Niigata Prefecture in Japan this early February. This resort is famous for its hot springs and skiing in winter.



This photo is of Japanese Ramen with lots of vegetables, tofu, egg and vegetable soup which is very delicious and healthy too.

\*Although I have a huge collection of photos that I have taken but I can't post all those photos here cause it won't fit.

My love for photography is endless. I find myself in happiness while taking photos. Though my dream is to become a singer I would like to continue photographing as well. I want to become better at photographing so that I would be able to capture others beautiful moments and express their stories through those photos. That's my goal for my future. The most inspiring quote for me is "Enjoy the things you do, Admire the things you do, Life is like a playground, Play with all your wills and guts you got, use your all strategy to reach the goals and be happy in the end cause you got to live a fun and fruitful life". In the end "Never be afraid of setbacks, it is okay to mess up. You just have to keep going".

**Prabina Gurung**

# THE EXPERIENCE

Our intellectual personal vision identified the small world of the creatures made our mind filled with questionnaires. In to that new ways, we desired more than we could posses, we recreated our mind imagining that small world of creatures there. When we were going to cross over to the world of intimate experiences of the creature, our heart slightly transformed into a crude criticism of creature and a vision of judgment arose in our eyes.

Entering the zoo, we could see the world was different from our world of liberty because our intentions and criticism vaporized into a fear of dumbness from the scenario of life of wired cage. It was really hard to determine their experience. In to that deep adventure, finally, the realistic vision of truth came to our eyes, when the extreme life of saplings creature was struggling a dreary life. So, when we tried to see the peculiarity of each and every creature, we didn't see anything but eyes of pain and sorrow drowning in ponds of tears. Dealing with this fact, we still try to reconnect our mind with recreation but it was not working even though with a combined effort of spirit, love, and strength because the world behind a cage unfolds the truth of selfish human being. Their small world consists of only a worthless life and every moment they spent was worthless like a crumbling creature suffocating for water in dreary desert. We could imagine our life as a jailer suppressed from the freedom and, living in a hell of pain and sorrow. The jailer is given punishment due to their crimes while the creatures have to experience the intense suffocation of caged life even being innocent. Actually, their greatest mistake was, being an animal. However, their life was created for only their helplessness but, why?

Next, our attention was drawn to the birds. The chirping sound which we hear in the jungle was stopped by the barrier of pain and sorrow. They were all restless and calm like a dead Creature. We could feel their Spirit of extreme sorrow still trying for last hope and coming out in the world of freedom. The support for their survival was only a favorable natural environment. Besides a bad part, we also the saw the beautiful life of aqua and the mesmerizing and the attractive creature deer who were different and the hero of jungle known as Bengal tiger was also one of the peculiarities of that ZOO. We hardly saw the Bengal tiger somewhat and the most active creature was ostrich which was walking to and fro continuously but they were also experiencing the same life of suffocation and the life which they were living was the only mirage. Somewhat, we also found a way of enjoyment when we experienced the funny temple which was for the kids. The funny temple brought us the stream of happiness with anxiety and nervousness and I can imagine it was rotating round and round like a sun and absorbing the people's attention. Also, we could saw the big lake bringing smiles to our face.

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Visiting the zoo brought the memorable experience of my life. I felt relieved when I learned about the world behind the cage and meaning of freedom. This intense experience was worthy for all of us as well as for our knowledge. However, for me, zoo was one of the ingredients of experience which bring out a variety of flavors for every life of a person.

Santosh Bhulun

## WOMEN

Everyone wants a strong woman,  
Until she actually stands up,  
Flexes her muscles,  
Projects her voice.

Suddenly she is too much,  
She has forgotten her place.

You love those women,  
As ideas, as fantasies,  
Not as living, breathing humans,  
Threatening to be even better  
Than you could ever be.



Sanisha Maharjan

## SHADOW OF LIFE

As by the living of life  
I come to know the shadow of life  
As living the phases of life  
I come to find shadow of life

I find the happiness and joy of life  
I get grief and sorrow of life  
Surprises and shocks come in life  
I realize they are shadow of life

Praises and criticism I receive  
Inspired and inspiration I have been  
And the way I have learned and been learning  
I got to know they are shadow of life

**Salita Sada Sankhar**  
**BIM 6th Semester**

## LIFE IS ACCOUNT READING

Your birth is opening stock  
What comes to you is debt  
What goes out of you is credit  
Your ideas are your assets  
Your views are your liabilities  
Your happiness is your profit  
Your sorrow is your loss  
Your soul is your goodwill  
Your heart is your fixed assets  
Your duties are your outstanding expenses  
Your friendship is your hidden adjustment  
Your character is your capital  
Your knowledge is your Investment  
Your patience is your Interest  
Your mind is your bank balance  
Your bad thinking should be depreciated  
Your behavior is your joint venture  
Your Husband/ Wife is your partner  
Your child is your admission of partners  
Your death is your closing stock.

**Monika Maharjan**  
**BHM 2nd Semester**



**KEEP  
CALM  
AND  
STUDY  
ON**

## A TO Z SOLUTION OF LIFE

A= Always speak truth  
B= Bear no insult and no injury.  
C= Control your tongue.  
D= Do good, be good.  
E= Enrich your thought.  
F= Fear god.  
G= Give your hand to RF needy people.  
H= Help other and hate no one.  
I= Illustrate good habit.  
J= Judge own self.  
K= Keep the heart clean.  
L= love your junior.  
M= Mind your language and business.  
N= Never speak rough words.  
O= Overcome greed.  
P= Purify the mind and soul.  
Q= Quit bad habit.  
R= Respect elder.  
S= Speak politely.  
T= Trust in god and yourself.  
U= utilize your own brain.  
V= value all the human being.  
W= wash no your good name.  
X= xerox the good part of god.  
Z= zap out the evil inside you and be kind.

**Ronish Kunwar**

## YOU'RE NOT OKAY

It's midnight and you realise  
You're not okay  
That everyone around you  
Is safe in their dreams  
While you are kept awake  
And you then start missing  
Your thoughts begin to spiral  
And downward you go  
As soon as your first tears falls  
It's like you've called in a storm  
Your heart is in triangles  
Your mind's a mess  
You find yourself scattered  
In the sea of your own sadness  
You wish you had  
One last chance to say goodbye  
One last chance to save your cry  
But they will live in your broken heart  
They will never seal backup  
They will be in your mind forever  
Till you dead drop  
Wish the pain will go away someday..

**Ishita Manandar**

# DREAMCATCHER: MORE THAN A DECORATIVE PIECE

A dreamcatcher is a round wooden hoop that contains a loose string web with a hole in the center, and feathers hanging from the webbing. Nice dreams travel through the hole into the sleeper's mind, while the bad ones, as well as nightmares, are said to become hopelessly entangled in the web, where they perish at the first light of dawn.

## Dawn of dreamcatcher:

The dreamcatcher has its origins in the Native American Culture. It is believed that the Anishinabe people were the first to create it who originally lived at the border of the North-Central United States and Southern Canada. Their name means original people, which is how they called themselves. They were also known as Chippewa people in America, and Ojibwa in Canada.

## Legend behind dreamcatcher:

According to the Anishinabe people, the Spider Woman used to travel around all the time, to visit cradles of the newborn babies. She had the power to weave magical webs above cradleboards, which supposed to protect the infants from bad dreams, and allow the nice ones to enter their sleep. However, as the tribe expanded, and people migrated, she had difficulty to reach all the newborns in time. For this reason, women of the tribe took over, and started creating their own dream catchers to protect the babies.

## Materials symbolizes a lot:

These dreamcatchers were made of natural materials, and didn't last long, and they were regularly replaced by the new ones, in order to accompany the baby through his or her next life cycle.

Feathers are usually attached to the dreamcatcher to entertain babies, but they have a deeper meaning. A feather stands for breath and air, which are essential for life. Hung up on the wooden hook of the dreamcatcher, a feather also helps the nice dreams to slip down into the baby's dream world.

It is believed that each movement of the feathers announces the arrival, and the passage of a new beautiful, and peaceful dream.

Different feathers can be used to adorn the dreamcatcher. However, Owl is a woman's feather and it is kept to achieve wisdom, while Eagle is a man's feather that represents courage. Some tribes make dreamcatchers that have eight points, which are associated with the eight legs of the Spider Woman.

The beads and other artifacts woven into some dream catchers are put there to encourage particular type of dreams. Particular beads may be "blessed" to bring dreams of love, sea shells may be tasked with bring dreams of self-realization or beauty. Incorporating only one gemstone into the dreamcatcher is meant to show that there is only one, and true, creator in the web of

life. Four gemstones, instead, represent the four ordinal directions.

## Hanging a dreamcatcher above your bed:

By hanging a dream catcher above your bed, you signal to a deeper part of yourself that you want to remember those dreams that are of use to you. The dream world is a doorway to the subconscious - the inner workings of your life that you are not always aware of. By listening to your dreams you can learn more about yourself. The feathers symbolize air or the breath of life.

## Dreamcatcher as a jewelry:

When you wear a dream catcher as a piece of jewelry you are signaling to a deeper part of yourself that you wish to be more aware of your dreams and aspirations. You wish to 'catch' your dreams and bring them to ground so that they may become a reality. As is also the symbolism of the dream catcher you wish for it to entrap those dreams that are negative and entrap them so they do not manifest. So wear a dream catcher when you wish to bring your good dreams to life and for the bad ones to perish.

## Dreamcatcher as a tattoo:

Dreamcatcher tattoos are very common among Native Americans, both men and women. They represent the symbol of their rich cultural heritage, and at the same time they keep negative and evil energies away. They protect the person who wears them against nightmares and bad dreams, while helping nice and joyful dreams to enter his or her mind. They exist in a variety of different patterns and colors, and they may be decorated with images of birds, animals, beads, crystals, arrowheads and other symbols. So, get a beautiful dreamcatcher tattoo, so you can keep the nice dreams, and shoo away the bad ones.

In the nutshell, dreamcatcher's purpose is to trap "bad dreams" and allow the "good dream" or "special dreams" to find their way to the sleeper. It is believed that if someone weaves a dreamcatcher, they are doing something good for someone else. So, if you want to do something good for someone weave a dreamcatcher and help them have a sweet dream.

Olinka Tamrakar  
BIM 6th Semester



KEEP  
CALM  
AND  
CATCH  
A DREAM

## LIFE A JOURNEY

Life is something that we all have. Life is a magical world with love, affection, satisfaction, happiness, sadness, worry, and of course abound with sweet and simple relationships. Everybody in this world does lives a life with his/her responsibilities and duties towards each other. Life is a book where we learn a lot more things till our last breathe. When we come to this world we learn to breathe and when we leave this world we learn how it feels when we are dying and it is the thing that we learn only once in our life.

If you are reading this for sure you are alive but everybody who come to this world doesn't get opportunity to live a life even for a second. You should feel fortunate because you are living till today. According to my point of view everyone come through a point of struggle in their life. Some struggles for love, someone for family, and someone for job and especially for future. Life is nothing without struggle. I have seen that many people have died by wasting their time in collecting the papers. First in school people struggle for collecting the best certificates they can get after that they use that paper for earning money. But life is not meant for make you and your name alive even when you are dead.

When a person is born, he comes with nothing not even a single pair of clothes and when a person unfortunately dies he goes with nothing not even a single coin. So stop collecting papers and do something great, that will make your name immortal. Everybody knows that the time does not stop and look behind for you. But life is not a race please go on with your own speed. Even if you are too slow don't worry even a tortoise has won a race, you will succeed too.

Prakiti Ojha



## IN THE EYES OF A TEENAGER

**Bad Omen:** When a studious student sitting next to you frowns after looking at the question paper.

**Bunker:** One who is thought to be at school by his/her parents and at home by his/her teacher.

**Enam:** The one thing that man should not have created.

**Food:** Stuff that can satisfy your hunger and tastes best when eaten in class.

**Homework:** Something that comes between you and your plans.

**Genius:** A person who thinks of a thousand reasonable excuses at any given time or situation.

**Internet:** Man's new best friend

**Joy:** The feeling you get when your crush smiles at you.

**Music:** A kind of noise that can drown out other irritating noise.

**Pimple:** The most irritating normal part of the body.

**Silence:** Something that almost never exists in a classroom.

**Sleep:** An excellent but "illegal" way to pass a lecture.

Manisha Pandey  
BHM 'A'

## THE SOLDIER

If I die in a war zone,  
Box me up and send me home,  
Put my medals on my chest,  
Tell my mom I did my best,  
Tell my dad now to bow,  
He won't get tension from me now,  
Tell my brother to study perfectly,  
Keys of my bikes will be his permanently,  
Tell my sis not to be upset,  
Her bro will not raise after this sunset,  
Tell my love not to cry....  
"COZ I AM SOLDIER...BORN TO DIE.."

Manoj Magar

## AMAZING FACTS ABOUT LOVE

1. Monogamous Relationships Exist Throughout The Animal Kingdom.
2. It only takes up to 4 minutes to decide whether you like someone or not.
3. When Two Lovers Gaze At Each Others' Eyes, Their Heart Rates Synchronize.
4. Falling In Love Has Neurological Effects Similar To Those Of Cocaine.
5. Cuddling Releases Natural Painkillers.
6. Even Looking At A Picture Of A Loved One Relieves The Pain
7. People At The Same Level Of Attractiveness Are More Likely To End Up Together.
8. Couples Who Are Too Similar To Each Other Are not Likely To Last
9. Heartbreak Is Not Just A Metaphor.
10. Romantic Love Eventually Ends...Only To Be Followed By Committed Love.
11. People Who Are In Love Have Chemical Similarities With People With OCD
12. Thinking Of Love And Sex Influences Creativity And Concrete Thinking, Respectively.
13. Attachment + Caring + Intimacy = Perfect Love.
14. An Attractive Face Is Preferred Over An Attractive Body For Long-Term Relationships.
15. Holding A Loved One's Hand Relieves Pain And Stress.
16. Expressing Gratitude Towards People You Love Causes An Immediate Spike In Your Happiness.
17. Butterflies In The Stomach Are Real And They're Actually Caused by Adrenaline.
18. Dilated Pupils Show Your Attraction To Someone And Makes You More Attractive.
19. Looking Into Each Others' Eyes Can Make Strangers Fall In Love.
20. Love Is Really All That Matters

## DON'T BE BEAUTIFUL

They keep saying that beautiful is something a girl needs to be.

But honestly? Forget that. Don't be beautiful. Be angry, be intelligent, be witty, be klutzy, be interesting, be funny, be adventurous, be crazy, be talented.

There are an eternity of other things to be other than beautiful.

And what is beautiful anyway but a set of letters strung together to make a word?

Be your own definition of amazing, always.

That is so much more important than anything beautiful, ever.

## TEMPORARY AND PERMANENT

Most people in your life were only meant for dreams, and summer laughter.

They stay till the wind changes, the tides turn, or disappear with the first snow.

And then there are some that were forged to weather blizzards and pain with you.

They were cast in iron, set in gold and never ever leave you to face anything alone.

Know who those people are. And love them the way they deserve. Not everyone in your life is temporary. A few are as permanent as love is old.

**Roshnee Pradhan  
BIM 6th Semester**

## A DREADFUL NIGHTMARE

It was a Saturday night when I was watching a movie named 'grudge'. It was already midnight and I was all alone in the house. My parents had gone to visit my aunt who was admitted to the hospital. After having 'popcorn' I felt thirsty so I went to the kitchen to have a glass of water. While coming back to my room I could hear someone scratching on the window. Thinking it was a cat I went to my bedroom and continued with the movie.

While watching the movie, I heard someone scream and cry. I started to get little scared by the strange happenings and became alert. After sometimes I felt like someone was staring at me. I rolled my eyes all around the room to look for anything strange. Out of nowhere, a huge beast with big red eyes- almost popping out and sharp teeth and long claws, appeared right before my eyes. I felt like screaming on top of my voice but my throat hot chocked and couldn't utter a word.

The huge beast the pounced on me and held my neck. I could see blood dripping through his fangs as it bent down to drink my blood maybe. I was totally horrified and somehow managed to scream loudly. On hearing my scream, my parents who had just returned back rushed into my room. My mom sat beside me, consoling and patting my head. Then only did I realize that it was just a nightmare! I felt such relief. That was the scariest nightmare I have ever experienced in my life.

**Silu Prajapati**  
BIM 4th Semester

## DREAMER VS BELIEVE ACHIEVER

"When you want to achieve something desperately, you move ahead by following the signs which you get from time to time: then the whole universe holds your hands to help you". I feel that this message of Paulo Coelho's famous book Alchemist suits well on unfold story of my struggle and success.

I have never written anything about myself. After contemplating a lot, I am trying to gather enough courage to write about me. I'm trying to share with you some light to heavy burdens, pains, expectation, pleasures and smiles which are hidden somewhere in the unexplored corners of my heart.

I remember those days when I was roaming to find out a renowned college for graduation. After searching different colleges, I came to know NCCS is very college that will enhance my knowledge and help me to build a better career in future. I would like to thank my all BHM teachers and colleagues who constantly supported me to achieve my dream. As someone once said "No pain No gain". This helps me a lot. Till today, I had passed each and every examinations with a good marks, but this time something else happened well I've topped the board. This was the moment of me like Dream came true.

At last I remember my friends Ashir, Bikee, Bikash, Saroj, Sandesh, Aasis who constantly make good especially crazy moments and memories. Today too when I remember their faces, I came back with BHM practical moment "Life is not a race, just go with a flow". Don't stop to dream-eh.

**Santosh Khatri**  
BHM TU Gold Medalist  
(Pritam Chitrakar Award)



# tears in rain...



“I’ve seen things you people wouldn’t believe.  
Attack ships on fire off the shoulder of Orion.  
I watched C-Beams glitter in the dark near the Tannhäuser gate.  
All those moments will be lost, in time, like... tears in rain.  
Time, to die.”

Arguably one of the most powerful soliloquy in cinema history. This piece of improvised monologue from the 1982 sci-fi/fantasy “Blade Runner”, does anything but fail to leave an impact, a sense of wonder to the viewer. Set in the distant utopian future where “Replicants” (androids identical to humans) are hunted because of their existence, a Replicant namely Roy Batty laments in his dying moments about the temporariness of existence, to Rick Deckard. Deckard is a “Blade Runner”, who is ordered to kill upon detection, any trespassing Replicant.

The obligatory gift to life i.e. mortality, ruins it all. All the memories that you’ve accumulated, will eventually cease to exist. The movie argues that it doesn’t matter whether your life is a feat of biology, or bio-engineering. It will be lost, and the fear of this loss is what makes one alive. Without meaning, there is no life. What separates humans from a self-aware artificial sentient being? The knowledge that all the moments precious to us will disappear into the river of time, like tears in rain. Batty’s realization and acceptance of this harsh fact is what makes him “more human than human”. The whole lamentation could be analyzed as Batty’s rant on failure to achieve his dream – to live longer. The indistinguishability between tears in rain, and the rain itself is a metaphoric commentary on the similarity between the Replicants and humans.

Despite having witnessed the greatest of the events, Batty complains that it will never matter in the long run. It is as if he wants a part of him to continue “being alive” through Deckard when he’s revealing it all to him. Life can be born into anything, even objects once inanimate. Machines and other artificial creations could potentially live for what seems like eternity, but to be human you cannot. In the words of Carl Sagan, “despite much self-deception, none is evident”. Batty accepts the value of all that he’s seen and experienced, while also addressing their insignificance. The mutuality of this portrays Batty as truly human. He finds humanity in his forgiveness of what others have done to him. His death is thus a celebration to the meaning of life itself.

Too bad Batty didn’t live. But then again who does?

**Nikhil Shrestha**  
BIM 6th Semester

HARRISON FORD

RUNGER HAUER

SEAN YOUNG

  
**BLADE RUNNER**

# A few words with Krishna Kaji Basnet

From when did you start your career?

I am Krishna Kaji Basnet. I live in Godavari. In 1981, I joined Everest Hotel as Kitchen Helper. I worked for 5 years and became 2nd Commis. In 1987, Hotel Himalaya was established and I worked as Chef De Partie (C.D.P.) for 2 years. I went to Russia for food festival in 1997. I also worked in Hyatt for 2 years. I got an opportunity to be a Sous Chef of Hotel Yak N Yeti. Before two years, I along with my team members, we went to China in food festival where we succeed to hold third position. I worked as Executive Sous Chef 18 years and I have been working as an Executive chef for 8 years. And I am much satisfied with my job.

Is there any other chef that you admire the most?

Kedar Silwal, my brother himself is the chef whom I admire the most because he used to guide me on the field that I am interested in.

What are the qualities required to be good Executive Chef?

In present context culinary arts courses is must. We should know about all kinds of dishes.

Before joining the jobs did you take any training?

I took simple training in NATHM for 6months.

Being an executive chef, what may be the roles you have to play in your team?

Executive chef is the responsible person in the kitchen. After lodging, food plays an important roles. Different people arrive in the hotel with different perspective. According to their needs and their order, we have to serve quality and hygienic food and make them happy.

What differences do you find in Nepal and abroad in Context of Hotel Management?

In Nepal, there is not availability of effective and adequate resources (raw materials, human resource and so on) which is the major problem. Due to advance technologies, we could see the innovative equipment in abroad. But now days, Many colleges related to Hotel Management are established giving theoretical and practical knowledge along with the animation videos through projector. It helps students to succeed in this field. Even if they couldn't see the real things, they could watch the principal of that particular mechanism which makes them more familiar.

People have wrong concept regarding the term 'Hotel'. What do you think about this misconception?

Each and every job is complicated in their own. No jobs are small or big. It's all about their perception. All the Top level staffs started their career from low level. In case of Kitchen department, I have seen that most of today's chef have started their career as a blue workers. If they also worked with such misconception, they might not be in this field today. All the thing is we should have a strong determination to do the work.

What message would you like to give to BHM students?

Students are the future pillar of the industry. I would like to suggest the students to focus on main three thing: POSITIVE ATTITUDE, SKILLS AND LEARNING ABILITY and KNOWLEDGE. With the lack of one thing from them, you may succeed in your life but it may hamper your personality and someone might be backbiting you.



# Q&A with Dipendra Singh

F&B DIRECTOR,  
YAK AND YETI HOTEL

**How did you get the opportunity for the post F&B director?**

I graduated in the year 1999. After graduation, I started my career from hotel Radisson and worked for couple of months. After that I joined hotel Gangjong as an F & B manager for 1 n half year. I moved to Hotel Everest as a restaurant manager for almost 3 years. Being a manager, I was able to manage all outlets as acting F & B in-charge. With these experiences as well as skills, I got a golden opportunity to work in Hotel Yak N Yeti as Assistant F & B manager. After working 3 years I went to Marriot of Australia. Boss was retired and Hotel Yak N yeti called me again. I thought that getting job in Nepal is difficult. So, I joined in Yak N Yeti as F & B manager. After completion of 1 year, I was promoted to associate F & B director. Now, it has been 5 years working as an F& B director in Hotel Yak N Yeti.

**Did you decide earlier to be F&B Director or later?**

Your personality has to be matured for choosing the department. If you are interested in kitchen, you could be a Chef. As per my interest, desire and personality, I choose this field. But for the past, I didn't decide earlier. After gaining lots of experiences and skills, finally, I became an F&B Director of this hotel.

**What differences you have been observing hiring BHM and Non-BHM Students?**

Normally we don't hire. If required, even for the position of waiter we have a requirement of Bachelor level. If someone likes diploma training, we do hire them after screening and taking an interview through carried out by Human Resource department.

**How do you face any difficulties situations that have been occurred in Hotel?**

Handling the guest is an art that you learn gradually. There is no exact answer because every situation can be different. There is no standard format or a set dialogues. According to the situation, you have to see the temperament and nature of the guest. So, your experience determines how you handle it by analyzing the situation, how calm you are.

**What about the status of the internship if we are interested to join in this hotel?**

To be eligible for 4 years of bachelor degree, you need to go for 1 year of internship. In case of Nepal, as per law, there is the provision of 6 months of internship. That as per law we don't allow for 1 year. The internship is only for 6 months as per requirement which will be in 4 major departments (Front office, House-keeping, Kitchen and F&B service)

**What makes Hotel Management as an interesting subject beyond all the subject?**

Courses is course. The interesting part is when you start a career because every day is new beginning as when u come to the hotel you don't see the same face all the time. And we have to deal with that particular situation which makes interesting.

**What suggestion would you like to give to BHM student about Hotel regarding Job after completion?**

As we know there are limited hotels in Nepal. It has been like 18 years, No 5 Star hotels have been established. And if we count on our fingertip about the colleges conducting Bachelor degree in Hotel Management, there are more than 50 colleges. Even after completing the degree, jobs are not granted. Ultimately where are the graduate students going? What I personally feel is you should go abroad. One important and interesting thing about Hotel Management is this is global course. Wherever you go, Basic principal remains same and you can sell yourself.



## FASTFOOD RESTAURANT & ITS SIGNIFICANT EVENT IN USA

Fast food is the term given to the food that can be prepared and served very quickly. While any meal with low preparation time can be considered to be fast food, typically the term refers to the solid food in a restaurant served to the customers in a packaged form for taking away. The term "fast food" was recognized in a dictionary by Merriam-Webster in 1951. The concept of ready cook food for sale is closely connected with urban development. In ancient Rome, cities had street stands that sold bread, sausage, and wine. In cities of Roman antiquity, much of the urban population living in multi-storey apartment blocks depends on food vendors for much of their meals. In the morning bread soaked in wine was eaten as a quick snack and cooked vegetable and stew litter.

Today the term fast food is widely used in the catering industry due to the rapid growth in food technology over the past few decades. The operations mainly cater middle-class mass market and therefore the price is comparatively lower as compared to customer inflow so some forms of self-service are adopted. The concept of opening fast food outlet is to cater those people who are at work, school, and holiday or on shopping. Few examples of fast food and other popular operations include take away such as Fish & Chips, KFC (Kentucky Fried Chicken), Pizza Hut, Burger King, Wimpy, McDonald, Dominos Pizza etc. whereas it also includes public house caterings such as theaters and auditorium. The United States has the largest fast food industry in the world, and American fast food restaurants are located in over 100 countries. Approximately 2 million U.S. workers are employed in the areas of food preparation and food servicing including fast food in the USA.

**Saugat Pyakurel  
BHM 2nd Semester**

### Significant Events in USA fast food industry

1902: The first known food vending machines or Automat opened by Horn and Hodart in Philadelphia.

1912: Horn and Hodart become the first food chain in the US by opening an Automat in Manhattan.

1916: The first low-cost limited menu high-speed hamburger restaurant called White Castle opens in Wichita KS.

1919: A&W Root Beer becomes the first chain to start drive-in by installing road-side stalls.

1921: White Castle opens its first restaurant that sells hamburgers for 50 cents.

1930: Howard Johnson starts the concept of franchising and use of standardized menus logos or signage and advertising.

1948: In-N-Out Burger employs drive-through service using call box technology.

1951: The term fast food is recognized in the Merriam-Webster Dictionary.

1967: McDonald's opens its first restaurant outside the United States in Canada and Puerto Rico.

1967: High fructose corn syrup, an ingredient that tricks the body into wanting to eat more and store more fat, appears in fast food.

1971: The first Starbucks store opens in Seattle selling high-quality coffee beans and equipment.

1991: Arby's becomes the first fast-food chain to introduce a light meal with foods under 300 calories and up to 94% fat-free.

1994: Arctic Circle becomes the first restaurant to sell Angus beef exclusively.

2002: McDonald's cuts back on fat on its French fries by 48%.

2005: McDonald's mascot Ronald ranks 2nd in the top-10 advertising icons of the 20th century.

2006: According to an estimate, Americans spend nearly \$142 billion on fast food.



## IMPORTANCE OF INFORMATION TECHNOLOGY IN EDUCATION

“Technology will never replace great teachers, but technology in the hands of a great teacher is transformation.” Information Technology (IT) is the use of any computers, storage, networking and other physical devices, infrastructure and processes to create, process, store, secure and exchange all forms of electronic data. Education is a lifelong process therefore anytime anywhere access to it is the need. It is a requirement of the society that the individuals should have technological literacy.

“We don’t teach. We develop what’s already inside you.” The pace of change brought about by new technologies has had a significant effect on the way people live, work, and play worldwide. New and emerging technologies challenge the traditional process of teaching and learning, and the way education is managed. Information technology, while an important area of study in its own right, is having a major impact on all curriculum areas. Easy worldwide communication provides instant access to a vast array of data, challenging assimilation and assessment skills. Rapid communication, plus increased access to IT in the home, at work, and in educational establishments, could mean that learning becomes a truly lifelong activity: an activity in which the pace of technological change forces constant evaluation of the learning process itself.

Information technology has brought drastic changes in the life of disabled children. IT provides various software and technique to educate these poor peoples. Unless provided early with special training, people profoundly deaf from birth are incapable of learning to speak. A child who sustains a hearing loss early in life may lack the language stimulation experienced by children who can hear. A delay in learning language may cause a deaf child’s academic progress to be slower than that of hearing children. The academic lag tends to be cumulative, so that a deaf adolescent may be four or more academic years behind his or her hearing peers. Deaf children who receive early language stimulation through sign language, however, generally achieve academically alongside their hearing peers. The importance of IT in education are:

- a multimedia approach to education
- access to a variety of learning resources
- access to online libraries
- educational data storage
- better accesses to children with disabilities
- multiple communication channels-e-mail, chat, forum, blogs, etc.
- distance education
- access to the source of information

The growth of information technologies has helped the disabled children get proper education and it has also made everyone to get knowledge in a more effective and efficient manner. Education should meet the needs of a variety of learners and therefore IT is important.

**Somanjali Maharjan**  
**BIM 6th Semester**

## RIDDLES

1. Everyone asks for me but yet everyone hates to face me, for someone I am agony, for others I am relief! Who am I?
2. What tastes better than it smells?
3. If  $1+9+8=1$ , what is  $2+8+9$ ?
4. What asks but never answers?
5. Its pure body is destroyed after it meets Miss Gold. It can get shorter when it gets older but wind will extinguish it. It loves to glow. Breath is its foe. What is it?
6. What goes through towns and over hills, but never moves?
7. I have 3 eye colors i.e. yellow, red and green. When the red eye opens everybody freezes. What am I?
8. What kind of room has no doors or windows?
9. What has rivers but no water, forest but no trees and cities but no people?
10. What does the president do every day?
11. I never was. I am always to be. No one ever saw me, nor ever will. And yet I am confidence of all who live and breathe. What am I?
12. I am an instrument that you can hear, but you can’t touch or see me. What am I?
13. Why is 6 afraid of 7?
14. What goes up and never comes down?
15. What does a TV stand for?
16. Imagine you are swimming in the ocean and a bunch of hungry sharks surround you. How do you get out alive?
17. I have no bed to sleep or no place to live. I don’t have a single coin then also I am known as king. Who am I?
18. What starts with an “E” but only has a single letter in it?
19. I am a cold man without a soul. If there is warmth in me, it will slowly kill me. What am I?
20. What has holes on each side, but can still hold water?
21. Which eight-letter word still remains a word after removing each letter from it?
22. I build bridges of silver and crowns of gold? Who am I?
23. How many seconds are there in a year?
24. What are twelve in the family? I am the second one, as well as the youngest. Who am I?
25. What has a neck but no head?

**Bijaya Tamang**

# DISABLE

## A WAY OF BEING DIFFERENTLY ABLE

“Disability doesn’t make you exceptional, but your attitude and approach towards it does make you exceptional.” A disability is a lack of ability relative to a personal or group standard or norm. Disability is either by birth or may occur later at any stage. Being disabled doesn’t mean not being able; but differently able.

A person may have different types of disabilities. Physically handicapped can be the result of either accidents or birth deformation of course, handicapped people can be functional within society and contribute greatly to family, work, arts, etc. Just because someone is missing an arm or leg does not mean s/he cannot run business, hold a job, or drive. But, what do we do with those who are handicapped and prevent from contributing to society in economically and must rely on other for their existence? Should they be abused because economically they are burden on society or community? If that is the case, then children should be universally wiped out because they are obvious economic reliance on families and resources. Of course, the mentally disable person are also not able to function on their own in society and are completely dependent upon other for their well-being. It is obvious that they are a burden on society in different ways. Does being a burden on society justify getting rid of them? When we hear the word “disabled”, people immediately think about people who can’t walk or talk or do everything that people take from granted. But I find the real disability lie in people who can’t find joy in life and are between a man and his aspiration in life. The real disability is disability of will and determination. Although, Hassan is a disable person and has to walk on crutches, he is one of the most well-known athletes in Iraq. He is a weightlifter who has won many gold medals. There are lots of inspiring examples like Stephen Hawking who is renowned scientist and Helen Keller.

Disability is a matter of perception. Actually, who are disable person? According to the Oxford Dictionary, the person who are unable to use part of their body completely or easily because of physical condition, illness, injuries, etc are considered as disabled. I believe that they are differently able not disabled. We know everyone in the world is born with different talents and so they are. Disabled people can do more than what normal people can do. They can even become politician and author like Helen Keller, develop equation of mathematics like John Nash and make beautiful paintings like Vincent Van Gough.

We need to change our perception about disabled people that they are differently able persons. They are different from us and face several difficulties in their life because they need to adapt environment made for and by normal people like us. So, we need to help them and co-operate with them. It does not mean that they are weak and cannot do what we can but means they are different than us and will do things differently.

**Anusha Amatya**

## THE COLOURS OF LIFE



Colours are everywhere,  
Bright blue the sky,  
Dark green the forest  
And light the french grass,  
Bright yellow the lights  
From a train sweeping past,  
The flame trees glow  
At this time of year,  
The mangoes burn bright  
As the monsoon draws near  
Look for the colour of life  
To see them everywhere  
But it turns the bronzed grass  
To emerald green  
And gives a golden sheen  
To the drenched sunflower.  
Look for the colours of life  
They are everywhere,  
Even in your dreams,

**Nisha Tamang**

## FACTS

- 1) The longest time between two twins born is 87 days.
- 2) South African earthworm can grow as large as 22 feet long.
- 3) A tiger’s legs are so powerful that they can remain standing even when they are dead.
- 4) Pig’s heart have been used in human heart transplant.
- 5) Stomach aid is strong enough to dissolve razor blades.
- 6) Your nose can differentiate between 1 trillion different smells.
- 7) Without your pinky finger, you would lose 50% of your hand’s strength.
- 8) The strongest muscle in the body is the human tongue.
- 9) The baby is born in the world every three seconds.
- 10) A man named Charles Osborne had the hiccups for 69 years.

**Lunibha Maharjan**

## A LOOK INTO THE LIFE OF CRISTIANO RONALDO

Cristiano Ronaldo – for those who are unfamiliar with this name – is a famous professional soccer player, a footballer, then played for Manchester United, now for Real Madrid and the Portugal national team.

The start of Cristiano Ronaldo's professional career began in 2003, where at the age of 18, he signed with Manchester United and proceeded to win the FA Cup in that very first season. From there, the list of awards and trophies goes on and on. By the time 2016 rolled around, Ronaldo staked his claim in his fourth Ballon d'Or award – given to best-performing soccer players – the Best FIFA Men's Player, and the FIFA World Player of the Year award, just to name a few. Ronaldo added another emotional victory to his accolades, leading Portugal to the European Championship final against France as his national team's captain.

From the time he took his first steps onto the professional soccer field, he's been breaking Champions League records left and right. Back when Manchester United – the first professional team Ronaldo played for – won the English Championship and the Champions League, Ronaldo scored 31 goals in 34 matches and broke George Best's record that stood in place for 40 years. Not to mention his newest record breaking moment – reaching the assist record of 31 – that was formerly held by Ryan Giggs.

**"I've never tried to hide the fact that it is my intention to become the best"**

Since his climb to fame, there have been many documentaries and movies made about Ronaldo, the most famous one being Ronaldo. This film was produced with the intent to show fans all around the world the life of Cristiano Ronaldo and his soccer success, but instead, many viewers saw something very, very different. A museum dedicated to Cristiano opened in Funchal in 2013. He released his autobiography Moments in 2007. Cristiano Ronaldo has an estimated net worth of \$310 million. Cristiano Ronaldo is the athlete with most followers on twitter, instagram and Facebook. He has his own brand CR7 which deals with shirts, jeans, shoes, watches, perfumes etc. Nike is the main brand to sponsor Cristiano Ronaldo and has contracts of one Billion dollars (\$) according to Forbes.



## INTERESTING FACTS ABOUT CRISTIANO RONALDO

1. His full name is Cristiano Ronaldo dos Santos Aveiro, but he goes by Cristiano Ronaldo.

2. He got the name "Ronaldo" after then-U.S. president Ronald Reagan, who was his father's favorite actor, and whom he greatly admired.

3. He is the youngest child of Maria Dolores dos Santos Aveiro, a cook, and José Dinis Aveiro, a municipal gardener. He has one older brother, Hugo, and two older sisters, Elma and Liliana Cátia.

4. At the age of eight, Ronaldo played for amateur team Andorinha, where his father was the kit man.

5. At the age of 15 Ronaldo was diagnosed with a racing heart, a condition that might have forced him to give up playing football. He had an operation in which a laser was used to cauterise the area of his heart that was causing the problem. The surgery took place in the morning and Ronaldo was discharged from hospital by the end of the afternoon; he resumed training only a few days later.

6. Ronaldo was nicknamed "cry-baby" as a child. He used to cry when he passed and his friends didn't score. People called him 'cry-baby' and 'little bee' because nobody could catch him.

7. Manchester United (English Soccer Club) paid £12 million to sign him in 2003—a record fee for a player of his age.

8. In 2006, Ronaldo opened a fashion boutique under the name "CR7"

(his initials and shirt number) on the island of Madeira, Portugal. Ronaldo expanded his business with a second clothes boutique in Lisbon in 2008. The stores include diamond-studded belts, jeans with leather pockets and patented buckled loafers.

9. In 2008, a year after signing a five-year, £31 million contract, Ronaldo set a franchise record for goals scored (42), and earning himself the FIFA World of the Year.

10. In 2009, Ronaldo became the most expensive footballer in history after moving from Manchester United to Real Madrid in a transfer worth around £80 million (\$131.6 million).

11. In June 2010, during the build-up to the World Cup, Ronaldo became the fourth footballer - after Steven Gerrard, Pelé and David Beckham - to be represented as a waxwork at Madame Tussauds

**Aaditya Manandhar  
BIM 6th Semester**

## BTS

BTS, also known as Bangtan Boys, is a seven-member South Korean boy band formed by Big Hit Entertainment. Their name in Korea is Bangtan Sonyeondan. BTS debuted on July 13, 2013, with the song "No More Dream" from their first album called 2 Cool 4 Skool. They have won many awards, including "Newcomer Award" in Golden Disk Awards, "Best Rookie Award" in Seoul Music Awards, "New Artist of the Year" in Melon Music Awards, "Billboard award for Top Social Artist" and many more. The Most Beautiful Movement in life part 2 and Young Forever both debuted inside the Billboard chart, making BTS the first K-pop act to achieve that feat.

BTS's first members were recruited through Big Hit's "Hit it" auditions in 2010 & 2011. Before debuting in 2013, Rap Monster was already performing as an underground rapper and had released tracks informally. Jin had been a film arts student at Konkuk University. While Suga was an underground rapper in Daegu. J-Hope, who was part of a street dance team named NEURON. Before joining Big Hit, Jimin entered Busan High School of Arts as top student in modern dance, but later transferred to Korea Arts High School with V, who auditioned in Daegu. Jungkook was cast by seven agencies after leaving auditions for Superstar K, but eventually chose Big Hit, reportedly after watching fellow member Rap Monster rap.

In 2015, they had donated 7 tons (7187 kg) of rice for donation at the K-Star Road opening ceremony. A year later they participated in ALLETS's charity campaign.



In 2017, it was revealed that BTS & Big Hit Entertainment had donated 100,000,000 Korean won (~85,000 USD) to the 4/16 Sewal Families for Truth and a Safer Society. Each member had donated 10,000,000 won with Big Hit itself donating 30,000,000 won more. It was revealed that the donation was to be secret, with Big Hit stating that "They didn't reveal the donations because they believe it should be made in private".

BTS fans are known as A. R. M. Y which stands for "Adorable Representative M.C for Youth". A noted fan stated that BTS has built a bond with their fans through what they can only describe as a 'secret language'. BTS was also commended for setting the trend of using social media as a means to connect and bond with fans. In the present time there are about millions of their fans around the world. In one of the interviews they have told that "We got inspired by many other groups. Then we want to inspire other people and make them happy".



Sumina Maharjan

## K-POP

K-Pop is a music genre originating in South Korea. There are many K-pop groups, Example BTS, Big Bang, Red Velvet, EXID, Black pink, Seventeen, Astro, etc. "Seonati and Boys" formed in 1992 was one of the oldest K-pop groups. There are many entertainment companies in Korea. Jyp ENT., SM ENT. And Y&A ENT. is the biggest entertainment company in South Korea. Big Hit Entertainment is currently rising to a big fame with the help of their one and only group BTS as well as other artists like singer duo Home, Starship ENT. Cube ENT. Fantagio ENT. Jellyfish Entertainment, etc. are also among the leading entertainment companies. Entertainment companies manage certain idols. Such companies play an important role to promote K-pop by helping idols. Currently, K-pop is really famous and taking a big hit over the world. K-pop represents Asian music to the world. Although K-pop generally refers to the South Korean popular music, some consider it to be an all-encompassing genre exhibiting a wide spectrum of musical and visual elements.

Lumu Korchung Gurung

## ONE PIECE

"Gold d roger" The pirate king who was named and famed over the world for his valuable Treasure one piece. "One piece" the treasure that was found by gold d roger was expensive among all the treasure that exist on last island of Grand line known as 'Raftel'. The Grand line known as Graveyard of Pirates with lots of devils fruit ability. The one who enters Grand line without any information cannot return back alive but Roger is the one who was able to find last island of Grand line. So he is known as pirate king. Shanks, Royleigh, Buggy Clown, White Beord etc are the commanders of Rozer who helped him to become pirate king. But, nothing lasts being chased by bonty hunters, Marincs our pirate king made him smile during deth.



Now, with some spirit and power of Gum-Gum fruit the revelation of d. "Gong of Monkey d. dragon", named monkey d. luffy has stepped his legs towards pirate king. Including crew Zoro, Utsop, Nomi, Sanji, Chopper, Robin, Brook, Fronky. They fought with everyone including Admirals, Commanders, War lords (The pirates hired by government with Extreme power) Defecting losts of strongest pirates now monkey d. luffy had walked on to become pirate king to show that the treasure of pirate king still exists "One Piece"

Some Enemies first time out as a comic known as Manga. Moving from Japan anime has been making its way across the globe, jumping from continent to continent. Now it is slowly becoming popular in every part of the world.



Samir Bhattarai

## ANIME

Anime is a Japanese term of hand-drawn or computer animation. The earliest commercial Japanese animation date to 1917, and Japanese anime production who has since continued to increase steadily. The characterics anime art style emerged in the 1960s with the works of Osamu Tezuka and sprayed internationally in the late 20th century, developing a large domestic and international audience.

Anime is distributed theatrically, by the way of television broadcast, directly to home media and over the internet. It is classified into numerous geures targeting diverse board and audiences.

The animes tend to have teenage characters who have uncommon situations that would not happen in reality or amazing powers. example in the Anime titled soul eater.

As always, there are die hard fans are the people who realise how wonderful anime truly is. They are the people who are fond of Anime and truly appreciate it. Conversations where many fans seem showing their love towards anime. There are many popular animes Tokyo Ghou, Full Metal Alchemist, Brotherhood, Naruto, Angel beats, Death notes, Shingehi no Kyijin, Steins Gate etc wre some of popular animes.

People should watch anime to enjoy the work of a different country. Also it can help ones make friends with the same interest. Animie has different genre so then one can pick the one they like the best to watch.



Muskan Shrestha

# VAMPIRE

Vampire! That's what they call our kind. They think that we're blood-sucking monsters. But they don't understand that we have to feed in order to survive. Humans believe that we're extinct and are no more. But we have grown more in number and less in power. It is said that once a vampire mates with a human, they lose their power. Grow weaker and weaker and die horribly.

I despise these horrible relationships though, I, myself, am a cross breed. My father was a human and mother was a normal vampire. My mother died two weeks after my birth. As soon as I reached hunting age, I tracked my father down and sucked him to death. As his warm blood spread on my mouth, I could feel my soul getting lighter. It has been hundred and fifty years since then. Travelling here and there, I have been in many countries, tasted various types of blood. But I've always hated humans. Ever since I was born, I have hated them since my first day and thought it would never change. But it did, it changed the day I saw her.

It was a gloomy dark day with grey clouds. Then I saw her. She was standing beside the road. She had long blonde hair with luscious looks. Her hair was blowing in the wind. Right then I knew she was the one for me. But deep in corner of my cold, dark heart, I knew she was just a dream, a lust, a desire. She was a human and bonding with her meant death to me. But I wanted her, I needed her. But then she lifted her arm to hail a taxi. I watched her getting driven away until all I could see was a little dot of yellow moving out of sight. I started running. I ran and ran. I ran faster than cars and buses. I ran until I saw her again. She was getting out of the taxi. I waited till she was done paying. Then, I approached her. I told her that I found her beautiful and wanted to go on a date. She looked surprised for a moment and then smiled back. She was new in the town so I agreed to show her around. I fell in love with her and I knew she was in love with me too. But deep inside I knew she could never be mine. Would she accept me for what I was or would she walk

away and leave me? These thoughts raced through my mind every time I saw her.

Then one day I decided to tell her the truth. I asked her to meet me. She came and we started walking. Then I stopped and turned around so I could face her. Her beautiful face glowed in the moonlight. Just looking at her made my knees weak. I was so deeply in love. I wanted her but she meant death to me. It was either her or me, her life or mine. I could make love to her and die as something I always hated and leave her and live the rest of my life with regret. In that moment, with her body pressed against mine, I was in heaven at the same time in hell. My heart longed for her but my mind told me to stay away. My anxiety was starting to get me. And right then in the middle of that dilemma, I don't know what happened. maybe it was the thought of letting her go and losing her, but something in my mind triggered. I lost my control. My fangs shot out and dug deep into her flesh. I didn't even know hat happened until I felt the warm gush of her blood in my mouth. I could taste the warm liquid spreading across my gum, my teeth, my tongue. I could feel her life draining from her body and pour into my soul. She was dead before I even realized what I was doing, and I sucked her till she was dry. Then, I realized my bloodlust was fulfilled. My thirst was satisfied. And as I felt her warmth spreading in my cold dark soul, I had no regrets.

**Saugat Pyakurel**  
**BHM 2nd Semester**

## Answers to riddle.

1. The truth
2. A tongue
3. 10, take the first letter of each spelled out number: ONE+NINE+EIGHT=ONE, TWO+EIGHT+NINE=TEN
4. An owl
5. A candle
6. A road
7. Stoplight
8. A mushroom
9. Map
10. Wakes up
11. Tomorrow or the future
12. Your Voice
13. Because 7 is hungry as "7 ate 9" (7,8,9)
14. Your age
15. Nothing, it doesn't have legs.
16. Stop imagining.
17. A lion
18. An envelope
19. A snowman
20. A sponge
21. STARTING: Starting-Staring-String-Sting-Sing-Sin-In-l
22. A dentist
23. Only 12. January 2nd, February 2nd, March 2nd etc.
24. The month of February: it has the least number of days among the twelve months of the year.
25. A bottle



# TESLA MOTORS

Tesla was founded in 2003 by a group of engineers who wanted to prove that people didn't need to compromise to drive electric – that electric vehicles can be better, quicker and more fun to drive than gasoline cars. Tesla's first vehicle, the first-generation Tesla Roadster is no longer sold. Currently Tesla offers 3 models: The Model S, Model X and Model 3.

The Model S is a full-sized all-electric five-door, luxury lift back, produced by Tesla, Inc., and introduced on 22 June 2012. It's the safest car in its class with unlimited Supercharging for the duration of ownership when referred by an owner.

The Model X is a full-sized, all-electric, luxury, crossover SUV that uses falcon wing doors for access to the second and third row seats. Designed as a family car without compromise, Model X comes standard with all-wheel drive, ample seating for up to seven adults, standard active safety features, and up to 295 miles of range on a single charge.

The Model 3 is designed to attain the highest safety ratings in every category. Model 3 achieves 220 miles of range while starting at only \$35,000 before incentives. It looks gorgeous. The nose of the car is aerodynamic to maximize efficiency. There's no fake grille or openings that don't do anything. It's a totally clean look.

Today, Tesla builds not only all-electric vehicles but also infinitely scalable clean energy generation and storage products. Tesla believes the faster the world stops relying on fossil fuels and moves towards a zero-emission future, the better.

Some interesting facts about Tesla motor cars

1. Among the investors of the company there are Larry Page and Sergey Brin, the co-founders of Google Inc., Elon Musk, one of the co-founders of PayPal payment system, Jeffrey Skoll, the first president of Internet auction firm eBay.

2. Elon Musk did not found Tesla, Martin Eberhard and Marc Tarpenning did but both of them are not with Tesla now.

3. Martin Eberhard came up with the name for Tesla while on a date at Disneyland. He and his wife were eating at a restaurant inside the Pirates of the Caribbean suite.

4. Functions of the car produced by Tesla Motors can be changed by updating the software, much like a smartphone or similar gadget

5. Tesla motor cars don't spend money on advertising. Instead they put all their money into making their car as fast as possible.

6. You are not required to turn Tesla Model S engine on or off. It will go into sleep mode like a computer, after you park it near your house.

7. Tesla has its own special coffee blend just for its employees and events

8. Tesla uses basically the same battery used in our laptop, the lithium-ion 18650, to power their cars. In the car, a bunch of these batteries (made more heavy duty, of course) are wired into one.

9. Model S accelerates from 0 to 100 kmph in as little as 1.2 seconds, even faster than Porsche Panamera

10. Only 6 parts on Tesla Model S need regular replacement. They're four tires and the two wiper blades.

**Sangita Maharjan  
BIM 6th Semester**

**"FAILING IS AN OPTION HERE. IF YOU ARE NOT FAILING YOU ARE NOT INNOVATING ENOUGH"  
- ELON MUSK**



## 5 REASONS TO DIY AND CRAFT OVER YOUR SMARTPHONE EVERY ONCE IN A WHILE

Almost everyone uses smartphones and has at least one app that you are hooked on. It's not anyone's fault; after all, the dopamine rush the apps inject are just a tad too delicious to give up!

But hey, can we go back to the times when we were children and there were no smartphones at all (although smartphones were made by 1995, it did not come to Nepal until we were kinda out of childhood)? Yeah, that far in time. Coming back to now, we realize we have robbed ourselves of all the playfulness that was once inside us.

Very few things are as satisfying as appearing paint-splattered but with a beautiful painting, or drenched with sweat from the garden after a hard day's work. It truly fills you with 'everything nice' as was the Professor trying to create PowerPuff girls.

But beyond helping you save money, DIY (Do It Yourself) projects offer real, hands-on ways to empower your dreams and here I show you five reasons why you should indulge yourself in the fun of creativity.

### DIY boosts brain power

DIY-ing is an excellent way to enhance new skills and learn new ones. Whether reading up techniques online or figuring out on your own how an appliance ticks, each project you deal with is bound to teach you something new, and improve your problem-solving abilities.

### Helps in Self Discovery

From helping you uncover your natural talents to pointing you toward your values and passions, DIY-ing is the best way to find out what matters most to you. Moreover, DIY projects offer a great way to express your personality.

### It is fun and fulfilling

Completing a DIY project gives you one of the most satisfying feelings one can have. When you are happy, you can avoid the spending temptations that would fill an emotional void. Say goodbye to your midlife crisis! You will have the best gifts for your loved ones. See, people always love handmade gifts over store-bought any day of their lives. With so many options available, you can DIY what flatters most to you and give the best gift ever! Be it a simple card, or an exploding box, or a jar of love, they are definitely going to love the gift you poured your heart into!

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### Organize better

Tired of having your pencils and pens scattering all over the floor? Or do you waste a LOT of time detangling the cords? Sounds familiar. But here's the thing, there are so many ways to repurpose, sort, store, and tidy, all in the name of the organization with simple DIY projects.

What I have learned from DIY projects goes further than just clever craftiness; it is the dedication and value I put into creating something, which may not always be useful or wonderful (smh) but I do have a great time!

It's far too easy to go our entire adult lives without really creating much of anything because people have already become too rushed and automated. But I would rather do and fail than just enjoy what others have done and keep being busy on phone (nope, I cannot survive without my phone and laptop either).

Pals, creativity, and fun never go out of style!

**Dipshikha Giri**  
BSc.CSIT 4th Semester

## JOKES

Police: Where do you live?

Me: With my parents.

Police: Where do your parents live?

Me: With my parents.

Police: Where do you all live?

Me: Together.

Police: Where is your house?

Me: Next to my neighbour.

Police: Where is your neighbour house?

Me: You wont believe me if I tell you.

Police: Tell me!

Me: Next to my house

## MY MOTHER

The one who brought me to the earth,  
And held me every day,  
The one who gracefully gave a birth,  
And said, 'I love you' in every way.

The one who taught me everything,  
Like how to crawl and walk,  
The one who taught me how to sing,  
After learning how to talk.

The one who taught me how to read,  
And how to do my math,  
The who taught me how to bed,  
And told me to take a bath.

The one who lectured school before men,  
And to love one another,  
Believe me that woman  
Can be no one but Mother.

To all my mothers who raised me and was always  
there for me when I needed her.

**Saraswati Devkota**

# GENDER IDENTITY AND PREFERENCES

Gender Identity is a person's own sense of their gender roles. This is separate from their assigned sex and appearance. A person's gender identity cannot be assigned with force. It cannot be measured or disapproved by anyone.

We may have some common characteristics in our gender roles but we're really unique in ourselves. Sure, makes it easy to have communication or easy for study purposes if we label it and keep people in certain category but to pressurize someone to fit in a gender identity which is not theirs may cause Gender Dysphoria – *psychological condition which consists of discomfort and a disconnect with one's assigned sex. Dysphoria can cause a person both mental and physical damage.*

The general concept of gender is amusing in various levels. We assign certain gender roles to people according to their sex [Note: Concept far from reality]. They pressurize male to be masculine and female to be feminine. According to society – No, we absolutely cannot have both. It's either masculinity or femininity. For instance, if a male is a bit feminine or a female is a bit masculine, they're misgendered.

The funny thing is we're taught and motivated to be us constantly by our social institutions, and yet we don't even get to choose our gender roles without getting misgendered or bullied. This contradiction in our society has led many of us to be confused, stressed, has made us lose our tracks and our identity.

Most importantly, people need to have knowledge on Gender having no correlation with one's Sexuality. It doesn't define a person's gender roles. A homosexual male is a male, a homosexual female is a female. Pointing out the plot where most people confuse themselves, yes, a male with masculine features can be a homosexual likewise females with feminine features can be a lesbian. A guy with feminine features can be a heterosexual likewise a female with masculine features can be a heterosexual. Works same with Transgender, they can have any sexuality. Transgender is a gender not a person's sexuality. I'm happy to say that Nepal is the first Asian Country to acknowledge Transgender rights. We're also working on marriage equality, and if it is passed we'll become the second Asian nation to do so, right next to Taiwan.

If we think deeply, Sexuality is varied in various forms as heterosexual, homosexual, Asexual, Queer, Bisexual, Pansexual and many more. Why do you think a person's sexuality category is increasing in list? – have you given a thought on how people constantly want everyone to fit somewhere. Okay we get it! We do need stereotypes for different purposes. But let's not forget that it may make study and research easy but it makes living hard.

But in the end, it doesn't even matter to which society you belong, to which gender you belong, what your sexuality is, what your preferences are just be human. Just be you, you a human, a human with morals.

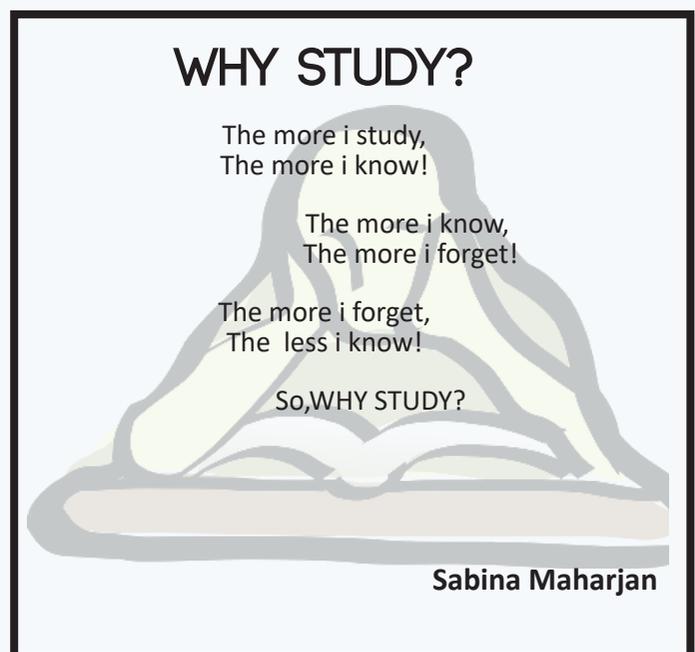
People have been hated on and judged based on their weight, skin color, sexuality and anything that seems out of norms. The norms that humans themselves created. We should bear in mind that nothing gives us the privilege to slander and disrespect them. Sorry to break it to you but someone lied to you if you were told you're superior. We're all on the same level living on this moving rock temporarily. So, show some respect to people's preferences. "Respect" specifically doesn't mean worshiping. Here it means acknowledging, letting them do their work and you minding your own business.

Some people think that one's sexuality is based on their opinion and they can dislike them but for instance replace sexuality with race. Exactly, it's not an opinion. Sexuality is a feeling of a human which is not a choice. They're born with it. It is neither a series nor a song you get to share your opinion on.

Treat people like humans regardless of their preferences, acknowledge their existence and rights. I hope this can make a difference on your thinking and behavior. If it didn't and if you're still racist, homophobic, irrational and inhuman then well this piece was never meant to be for "literate fools".

Remember! What comes around goes around. What you give is what you get. Happy readings!

**Ashma Shrestha**  
**BIM 4th Semester**



### **What's harder: Getting started or keep going?**

Talking about the hard situation, the present situation is the hardest. When I started I was none, had nothing and had nothing to lose. At that time whatever I did people found it new and they'd react the way they'd normally do to a newcomer. If they get impressed, it's good if not they'll think newcomers comes and goes. Luckily, I had a very good start. Coming up to here I feel like I'm the only person who has lots of responsibilities. People expect a lot from me and that's a challenge and responsibility. I get lots of scripts but I reject a lot of it because if it's about making money I can easily do it but money is not the only subject for me. The thing is I want to maintain the quality of my movies. So, I feel now is the time when I am struggling a lot.

### **If you get a chance, do you wish to direct animation movies?**

Of course, I will try. For an animated movie, firstly there should be a genuine and entertaining story. Also, there should be a probability to get a return back of investments for such projects otherwise it's not worth it.



UP AND CLOSE WITH

# kaaley dai

### **The aura of Nepali films and songs are increasing day by day. In your view, what can be done to make this situation even better?**

We are trying to take Nepali film industry to another level. We need to create a different way of thinking about stories. First of all, for me, films have to be entertaining. The story message, satire, and other things are secondary, I guess. If the film cannot entertain people then other things do not make any sense. But what should be kept in mind that the way of entertaining people should not be cheap. The audience should feel what the actors feel so that people can relate those emotions to their life. So, I think we need to tell better stories and the films should transfer emotions. Also, what we should not forget that while making films, it should flow with the trend.

### **How did you decide to join filmmaking/ Nepali Film Industry?**

Actually, I had started to make my career as a singer. After graduating my school, I even thought about making my career as a footballer so I joined a football club, but things didn't work out. I even went abroad but still, it was the same as before since I was progressing nowhere. When I watched Nepali films I got so frustrated. Going throughout those movies I felt it could have been better. So, I started to move on by making films, thinking that I can do something better than those ongoing ones. The main reason that made me start making films was the irritations caused by watching those films.

### **Which job is more challenging to perform: as director or actor or singer? And which one is your favorite?**

For me, acting is the hardest job. I am still learning acting. There are various stages in the acting field where you need to create a unique character which grabs the viewers' attention. And creating a new character is definitely a difficult task for me. I prefer directing and singing. I find directing really congenial. It's not about the profit you make, the work is all about self-satisfaction, and I do gain lots of contentment from it. Also, I do enjoy singing. I sing for the audience and keep singing until they adore it. As I get self-approval from singing and directing I consider them as my favorite.



Although Nepali film industry is growing, we cannot see much animation in Nepali films. What is the reason behind this?

It's not that we don't use animation in Nepali films. We use VFX on a small level, mostly in a stunt scene. Visual effects using VFX is not performed in large scale because we don't have full functioning resources and equipment. Moreover, we don't have the budget for it because a cost is calculated per second. Animation has been used but in small scale.

What kind of scopes are there for students having the knowledge of management and IT in Film Industry?

Plenty, if one has sound technical knowledge and interest about software they have a good scope in the film industry. Like whether it be subtitling which is the most important. Similarly, in the field of marketing (publicity) for the students of management, they can manage promotion campaign. Actually, we are not the marketers, we are just good at making films but not so good at selling that film. So, if students in that field are interested we can explore new ideas through Social Media. I think to go after the job is not just a solution, create a job yourself and explore. Since there is number of business in filmmaking, people with management skills are necessary. There are a lot of things one can do in the film industry.

Do you think an acting school should be joined if one is interested in acting? Is it useful?

Yes, acting school needs to be joined if one is interested in acting. Acting is a serious business and serious form of art. Acting school helps them to act better but one cannot totally be dependent on it. Acting is very important for an actor. They need to be shameless and fearless. If anyone is ashamed of his/her acting then he/she cannot be a good actor. "When you are performing, you have to forget everything else." When I am in my role, I don't care about anything except acting because that is what I want others to see.

In one word/sentence: Journey from the time you were struggling to till now (as renowned personality)?

For me the journey has been really exciting, I got success from the place I had never thought of and that success is being maintained to this level.

What advice would you give to young generations and new filmmakers?

Filmmaking is not only about trying but giving everything you have. Only seriousness can drive your filmmaking process. One must have the willingness to learn and must undergo various experiments. Learning from others, interacting with filmmakers, reading newspapers, watching other movies and another source can be done. In case you want to be a director then I recommend that you start making films from today. Nowadays it's easier in such a way that we can even do it using our mobile phones as well. The professional level goes on increasing as you go on experiencing it by making movies. You will learn from your mistakes. Nowadays in this competitive environment, making a static profession isn't stable as well. You have to create your own optional way. Only a few out of millions of struggling people

## TRAVEL DIARIES: KATHMANDU TO KALINCHOWK

We were in second year (3rd semester) of our college. It was the month of December 2016. My friends are always excited to go on a new adventure now and then. My college was preparing to organize a sports carnival festival like every year. My friends can sense a holiday coming near to them. I personally was very excited and glad for sports carnival. As I am fond of sporting activities from my childhood days, I was eagerly waiting for a sports week to start. At the same time, my friends were planning to go for a short trip of 3-4 days to explore somewhere. So, they came to me and asked whether I could manage to go for that trip. They said that they were planning to go Kalinchowk during that sports carnival holiday. Suddenly, I was in dilemma whether I would go with them or stay here and participate in that event. I asked them for a day so that I can think. Finally, I came to conclusion that I would rather go with my friends to Kalinchowk because I haven't visited that place and I could not miss that golden opportunity to travel together with my friends.

So, I was very delighted for the trip. I told my parents that I will be going to Kalinchowk the next morning. They asked me first about that place but agreed to let me go. I felt very jubilant. I packed my bags. I kept all my things that might be necessary for the trip. We collect a money of Rs.4000 from each. We were a bunch of seven friends. Myself (Binay), Bipul (Budaa), Binod (Broda), Jayant(Kagati), Kushal (Silent-Killer), Alson (Dada) & finally my college mate too Arnav (Motey). We planned to meet at the bus park next morning at 7 AM in a Facebook chat group.

DAY 1: We all arrived at 7 AM sharp in bus park. I was very happy that the plan is being successful seeing all my friends gathered for the trip. We collect the bus tickets from the bus counter to Charikot. The bus was leaving after half an hour. So, we went to the tea shop and had our short breakfast before leaving to Charikot. We had a short conversation of that place. Most

that place the previous night because we all might have felt that the toughest night to spend is the night before the trip. After a short chat, it was time to leave. We sat on a bus and our journey started. Shortly after that the bus left, with early morning traffic, in no time we reached Koteshwor, the bus pierced through heavy fogs along the Manohara River, and then went express towards our destination, we reached Khadichaur. After khadichaur, it went local picking up locals

every 200 meters or so on the average. Slowly and gradually the bus went up the hill to place called Mude and then finally to Charikot around 3 PM. We came out from the bus and went for searching a suitable guest-house to spend our night. Finally, we found a large room with proper facilities. We kept our luggages in that room and got fresh. My dearest friend Bipul and Jayant has started cracking jokes already. They are the funniest in our group. We took rest about an hour and decided to roam Charikot Bazaar and visit Dolakha Bhimsen. We changed our clothes and went out. My friend Binod was carrying a camera as he is fond of photography. He started taking snaps of us and Charikot bazaar. We had a lunch in one small hotel of Charikot because we all were very hungry, and our stomach had started demanding. We had our lunch and went to visit Dolakha Bhimsen. It was approx. 45 mins walk from Charikot bazaar. We reached to the temple. I thanked God for this trip honestly. After praying and clicking the snaps on that temple, we decided to head towards our guest house. By the time, we left that temple, it was about to get dark. Thank god, we have a flashlight in our mobile nowadays, it was already dark returning from there. So, we decided to have a dinner too before we headed to our guest-house. We went to a hotel, sat down and ordered dinner-set. The food was delicious. We all applauded the cook of that hotel too. Then, we return to our place. We reached to our room, got fresh again and started to surf internet for a while.

My friend had started cracking jokes and saying memes looking their respective Facebook posts. Some of my friends had started chatting or talking with their girlfriend/s (Don't worry, I

won't mention any of them here). I can get a sense from their blushing and smiling. Most of the time, they hide their mobile when I come even nearer to them. Then, I called my Mom and told her where I was staying. She asked me to be safe and enjoy the trip fully. I was exhausted from the travel and felt asleep in no time.

DAY 2: I woke up at about 6 AM. I was the first one to wake them up every time on any trip because I know they have slept very late the previous night. I got fresh and started disturbing to wake them up. To be honest, if I must mention one of my most difficult tasks that I had undertaken in my life is waking my friends. After my continuous attempts, they all woke up and took about an hour to get ready. Then, we left our hotel and sat onto one tea-shop where we had our breakfast. We asked the locals of that place about how much time would it take to reach Kuri by walk. They answered us with 7-8 hours depending on our walking. We had already thought of going to Kuri by hiking so, nobody denied at that time. We left the shop paying our money and started hiking. We asked many locals for the right direction and shortcuts to reach Kuri. Some of them helped while some of them don't know the direction. After a 3 hour of continuous hike, we reached to a place called Deurali. It was the most beautiful place I have witnessed till that time. It was completely inside the dense forests, only few huts and people living there. We stood there about half an hour and had noodles. The local made it so yummy that we could go furthermore. We saw small rivers flowing hereby, small pond, graveyard passing by the dense forest. It was about 12:15 PM when I checked my watch. On the way, we saw a human-faced mountain which was eye-catching. Then, we hike about 3 hours to reach a place named Gliriform Deurali to Gairi, the most surprising moment I witnessed was we didn't see any person or an animal in our way. It was totally us, walking through the unknown dense forest up to Gairi. There, we saw few small huts

and one shop. We were very relief to see that shop. My friend Alson, Arnav and Kushal was facing really difficult to walk by that time but we were left with no option just to walk from there. We drank water, collected water wherever possible, kept all of us hydrated and kept on walking. On our way, we saw a very beautiful scenery. We were above the clouds and we just can see clouds from that height. I guessed we were at a height of above 2500 meters approximately. Then, I could guess Kuri inching nearer to us with every step we are taking. Then finally after a numerous shortcuts and exhaustive steps, I can see a Kuri village from that hill where I was standing by. Jayant and I was the first to witness that village from that height. It was about 5:30 PM and the sun was about to set. We both were able to observe sunset from that height of 3000 meters. Slowly but steadily, me and my friends managed to reach Kuri village by hook or by crook that we all were joyful about. The Kuri village was very beautiful and has limited number of house covered all with hills and peaceful, clear atmosphere. We booked one of the large rooms available there so that we all could accommodate there. By that time, Alson dada had a fever. All our legs and body were painning so badly that I couldn't describe here. We took a complete rest about 2 hours till our dinner time. We had a dinner at around 8 PM. We set a campfire, barbeque and started taking rest sitting around a fire. We sang lots of songs, discuss many ups and downs of our lives till that day, how the day went till the fire lighted off completely. By that time, it was about 11 PM. We all came to our room and with not much of talks, we all slept in Kuri village.

DAY 3: Woke up around 7 AM. My friends also started walking slowly because that was the most important day we all were waiting for. The day when we were about to witness Kalinchowk temple and its scenic beauty from the height of 3500 meters. We left our guest house and started walking.

There are numerous steps on the way to Kalinchowk temple. I have also heard that a cable car is going to be build on that place in upcoming years. After a climbing a ladder about 45 minutes, we reached the Kalinchowk temple. This temple belongs to goddess Bhagwati famous for the fulfillment of pilgrims pray & desire. Besides the pilgrimage, it offers stunning view of Mt Gauri Shankar, Jugal, Ganesh, Annapurna & Everest. The view from the top was, if words can do justice, it would be "BREATH-TAKING". A panoramic view of splendid mountains and scenic beauty of nature was just mind blowing, Kalinchowk proved to be the most amazing place I have ever witnessed through my eyes. Another amazing fact about this place is on the clear night, Kathmandu can be seen illuminating with lights. The atmosphere was pleasant with cool breeze passing by which I could hear from my ears. We rested a while there and took snaps of that beautiful place and then, decided to return. About an hour, we reached Kuri village, had our lunch at around 11 AM and decided to leave for Kathmandu. We travelled all by bus while returning and collecting all the wonderful moments to cherish throughout our lifetime of that place, we reached Kathmandu at about 5 PM in Old Buspark. We all said good-byes to our friends and headed to our home.

Lastly, to those who are reading my travel diary, if you are planning to go some adventurous and amazing place in coming years with your colleagues or friends, I would strongly recommend you visit Kalinchowk at least once in your lifetime. I can assure you that you won't regret of visiting this splendid destination ever.

**Binaya Shakya**  
BSc.CSIT 4th Semester



## SEVEN STRANGE LAWS AROUND THE WORLD

1. Chewing gum is banned in Singapore.
2. You cannot change a light bulb in Australia.
3. Divorce is illegal in Vatican City and Philippines.
4. It is illegal to forget your wife's birthday in Samoa.
5. You cannot kiss in a moving vehicle in Italy.
6. It is illegal to own a Bible in North Korea.
7. Ketchup is banned in France.

**Matina Manandhar**

## THE 45 WONDER OF 4TH SEM

Combining all the 45 souls,  
We passed nearly 2 years together  
And counting possible feature of all  
Let me write how much we know

Starting from our Roll no.1 Aarati  
Her long and beautiful hair comes in mind  
Alson the beat broken we all know  
How can I just leave him behind?

Binay and Bipul the traveling pals  
Are always together with football craze  
Samyog the shy boy I can add here  
Who is always in his silent phase

Sajan is the greatest vocalist we know  
Sits with the frank guy 'Nakarmi Bijay'  
Salil the only craziest person here  
Makes our bheja fry always lets say

Pujan or PK whatever you say  
He is the admin of our squad  
1,2,3,4 oh, I lost the count  
Roshan the multi-talent here comes too add

Sakshmta & Sujata the first bencher girls  
Sweetly dissolves together in their own world  
Dipesh & Nabin the twinning talent  
How can I define they are studiously bold

Kritika & Kriteema the two talkative K's  
Know how to eat all teacher's mind  
Scared even to talk about sakityakar Aayush  
He might be even correcting my poem line by line

Giving the title of inseparable trio  
To Abhisekh, Satish, Bijay the lama  
Pointing Shristi as tallest and Shruti as coolest  
I hope I didn't start a drama  
Laconic answer that burns your head  
Is only given by our Kushal the smart  
Sanjay, the intelligent is also in our class  
His story is different I don't want to start

Diya oh Diya you make whole class laugh a lot  
Coz, you are the only laughing therapist  
Nitesh, Bikash & Himal I am sorry  
But mostly I feel like you guys don't even exist

Dip the Gym freak  
Is the only body builder we got  
Brijesh with his own swag  
Makes me feel he is from another universe

karate chamo Sushil  
Knows all tutting style  
Oh, poor Jayant what should I say  
Your laugh can be heard even from a mile

Deepshika is famous among us  
With her dancing moves  
Shital is also little shy girl  
Ask me if you don't believe I have a proof

Anish been noticed for his red specs  
And Arnav as Dinesh sirs brother  
Forgive me if I made mistake here  
Coz I couldn't more think further

Lisa, one of the sweet little friends  
And Sony the casual cool of all  
Silent killer Kamal looks innocent  
Sitting next to our beautiful ladydon (Rabina)

Chhota packet bada dhamaka  
Bhumika is to be mentioned here  
Lean and thin Subash cracks jokes  
Daringly without having any fear

Binod always smiling cheerfully  
And the known sweetest guy Sichu  
They are both two of the wonders  
Far so, this I can conclude

Finally summing all the 44th  
Left only the one that is me  
Finding nothing to write about self  
I felt, okay! Just let it be.

**Roma Khadka**  
**BSc.CSIT 4th Semester**

## MOTIVATION AND HARDWORKING

If you can't get to your destination, don't start a journey. It is sure that you will definitely face many problems and obstacles in your life. But be sure that the dark side doesn't remain for the longer period. A single candle is sufficient to make the whole room light. Likewise, a single hope and a little more effort than yesterday is sufficient to make your dream come true.

To be successful, stop talking and start doing. Be like a man who learns lesson from his/her past deeds rather than ignoring them. Set your eyes towards your goal. Take everything positively whatever comes in front of you. Receive it as a new chance to begin your life. Be like a sun, who sets but get rises with a new shining day. To be like that one must have feeling of hard work. Hard work until you can't get the key to success.

Your Today's hard work will make you a shining star of tomorrow

**Sushan Shrestha**

## MOTIVATIONAL STORY

“You learn to do a work like you play a golf. You do it keep doing it Until you get it. A lot of people things that or blessed but that is not the case it’s your Hard work”

### INSPIRATION FROM BIOGRAPHY OF THE TOM

In 1965, a young man named Tom graduated from college with a degree in English. He took join in insurance company and work. After working there for seven years, he transitioned to a new role in industry and start work in insurance agency. He worked for next eight years.

In 1980, he decides to buy a small insurance agency. At this point tom had been working for 15 years but he had been always feeling an internal pull to do work that excited him. He had always wanted to write novel. He started writing in his spare time. Then he started cutting his work day short so that he would have more time to write novel. He write when he got time and his wife always told him to take rest and not to waste time on writing something which can’t be fulfilled. But he never stop and he had work in insurance agency for 20 years. He finished his novel and wish for his books sold at least 40 million copies but it got so popular that his book sold more than 100 million copies. He became one of the most successful authors of his generation. He wrote many books and popular video game. He always hold on his hobby and became a most famous person.

Tom Clancy was able to willingness to reinvent himself. We can know about it that we should work what we wish for. As we see him before 20 years nobody hopes he will be great writer. Most people in his situation would probably continue their insurance career rather than chase the dream of becoming a novelist.

It’s easy to look at him and say he was born to be a novelist but if you were to look at him about his past you wouldn’t see a writer at all. There are plenty of talent people who never make a choice to do something different, to reinvent themselves. It’s hard to work up the guts to try something new. It should start from the beginning. But talent isn’t worth a thing without the willingness to take action. It’s great to have a dream, but it’s better to purse it.

We all have goals that we say are important to us. For it it’s necessary to work hard without any tension. The person who try never get failure and something you hardly done by heart will make you success.

**Suchana Shahi**

## MOST POPULAR NEPALESE WINES

### Dadaghare

The wine manufactured in Pokhara and are considered to be the first Nepali wine. The wine are available in four different flavors:

- Aangan – RS. 360 per 750ml
- Pidi – RS. 360 per
- Majheri – RS. 490
- Aati –RS. 500

### Hinwa

One of the most famous wine manufactured by Makalu industries at sanchuwasabha. Made from wild fruits like raspberry, Himalayan Barberry and saffron, the wine first started manufacture in 1995. A bottle of Hinwa of 750ml costs Rs. 380 in Nepalese market

### Nettlange

Manufactured by Sakaro Beverages. This wine of Nepal is one of the popular wines in local market made from nettles(sishno) and oranges, a bottle of 750ml cost Rs 450.

### Grapple

Made from black grapes that are imported from India, and apple from Mustang. Grapple is manufactured by Sakaro Beverages. One of the popular Nepali wine of 750ml bottle of grapple costs Rs. 360.

### Divine

One of the fast selling brands available in the market. Divine wine was introduced in 2010. The wine manufactured by Shree Mahakali wine, it is made of grapes, spices, tea, and various other fruits. A 750ml bottle of this sweet sine cost RS. 340.

**Niroj Maharjan  
BHM 2nd Semester**

## JOKES

1. Doctor: Hello, did you come to see me with an eye problem?  
Patient: Wow, yes. how can you tell?  
Doctor: Because you came in through in the window instead of the door.
2. Teachers: Mannu, tell me the chemical formula of water?  
Mannu : H,I,J,K,L,M,N,O .  
Teachers: Nonsense !! what is this?  
Mannu : But madam, you only told me that the formula of water H to O.

**Magma Sherpa**

## LAUGHTER IS THE BEST MEDICINE

Many years ago, Norman Cousins was diagnosed as “terminally ill”. He was given six months to live. His chance for recovery was 1 in 500.

He could see the worry, depression and anger in his life contributed to, and perhaps helped cause, his disease. He wondered, “If illness can be caused by negativity, can wellness be created by positivity?”

He decided to make an experiment of himself. Laughter was one of the most positive activities he knew. He rented all the funny movies he could find – Keaton, Chaplin, Fields, the Marx Brothers. (This was before VCRs, so he had to rent the actual films.) He read funny stories. He asked his friends to call him whenever they said, heard or did something funny. His pain was so great he could not sleep. Laughing for 10 solid minutes, he found, relieved the pain for several hours so he could sleep.

He fully recovered from his illness and lived another 20 happy, healthy and productive years. (His journey is detailed in his book, Anatomy of an Illness.) He credits visualization, the love of his family and friends, and laughter for his recovery.

Some people think laughter is a waste of time. It is a luxury, they say, a frivolity, something to indulge in only every so often. Nothing could be further from the truth. Laughter is essential to our equilibrium, to our well-being, to our aliveness. If we’re not well, laughter helps us get well; if we are well, laughter helps us stay that way.

Since Cousins’ ground-breaking subjective work, scientific studies have shown that laughter has a curative effect on the body, the mind and the emotions.

So, if you like laughter, consider it sound medical advice to indulge in it as often as you can. If you don’t like laughter, then take your medicine – laugh anyway. Use whatever makes you laugh – movies, sitcoms, Monty Python, records, books, New Yorker cartoons, jokes, and friends.

Give yourself permission to laugh – long and loud and out loud – whenever anything strikes you as funny. The people around you may think you’re strange, but sooner or later they’ll join in even if they don’t know what you’re laughing about.

Some diseases may be contagious, but none is as contagious as the cure . . . laughter.

**Barshad Shrestha**  
BIM 6th Semester

## MAGIC

When I was just a little girl, my grandpa used to show me how to make a coin disappear and make it reappear. For little me, that used to be amazing. I used to sit there, wide eyed, clapping my hands. Back then, I thought that’s what magic is. And when my mom read bed time stories about wizards and fairies with all the powers and spells, all I wished for was a magical wand. Making this happen as per my desire would be wonderful. I longed to have those powers.

Then as I grew up, people shared to rub the definition of magic that was engraved in my mind. They told me how magic is a hoax, it’s only a trick to make kids happy, it’s just a myth. Being a person whose only wish was to get magical powers, I refused to believe that magic doesn’t exist. I knew that in those magical stories, there was truth hidden beneath.

I believe in magic, for I have seen it. I’ve seen how one small help to cross the road makes an old man smile. I’ve seen how feeding a starving woman brings tears of happiness in her eyes. I’ve seen how one small kind deed can turn a frown to a grin. Isn’t it magical? Isn’t that surreal? It’s amazing how the smiles of those you helped makes you even happier, the satisfaction it gives is wonderful.

See, this is the reason why I believe in magic. I believe in magic because we live in magical land. If you think about it, fairies have their wands, we have our hands. Fairies have their spells, we have our love. Fairies have powers, we have our kind deeds. We all are magical beings with magic in our hands we are unaware of. Next time when somebody asks you if you believe in magic, do not hesitate to say yes, because you are magical, you can create magic.

**Prakriti Adhikari**  
4th Semester ‘B’

## SCIENTIFIC FACTS

- 1) Elephants are the only animals that cannot jump.
- 2) Our nose and ears never stop growing.
- 3) Fish never close its eyes.
- 4) Ants never sleep.
- 5) The strongest muscle of our body is tongue.
- 6) Human stomach produces new layers of .....
- 7) Octopus can see very well, even in dark water. This allows them to hunt out night. They lure their prey by wiggling the tip of a tentacle so that it looks like a worm.

**Suprea Bajracharya**

## RECENT NECESSITY OF MOLECULAR GASTRONOMY IN MODERN WORLD

Molecular gastronomy, a sub-discipline of food science has been the emergence issue in modern culinary world. It's been focal point of people since modern people changing their eating patterns, concept at dining and love for foods. Gastronomic cuisine satisfies the needs and demands of dynamic people at dynamic world.

The modern style of cooking, which takes the advantages of many technical innovations from scientific discipline and seeks to investigate the physical and chemical transformations of ingredients that occur in cooking is molecular gastronomy. Gastronomic changes can be shown by the specification of juices or other liquid and food can be served in an innovative and creative way. The focus of the molecular gastronomy is how ingredients are changed by different cooking style, how all the senses play their own role in our appreciation of food, how cooking methods affects the eventual flavor texture and appearance of food ingredient. These elements of molecular gastronomy, one fulfilling the needs and wants of the people with distinctive flavor, taste and appearance as people are preferring fusions and new creatively prepared food.

The enjoyment of food is affected by environment, mood who prepares it; most significantly what techniques are used and the way dish is presented.

This molecular gastronomy also may be the central at tourist attraction because people of modern worlds love to travel all around the world tasting new taste, new flavor and new cuisines.

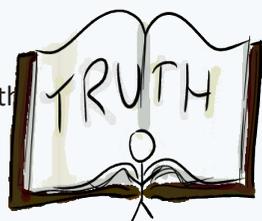
These mere investigations into scientific process of cooking have unintentionally evolved into a revolutionary practice that is now prominent in today's culinary world.

**Sujan Waiba**  
BHM 2nd Semester

## TRUTH

Roses aren't always red  
Violets aren't exactly blue  
The society that we live in  
Never seems to speak the truth

Smiles aren't always happy  
Frowns aren't always upset  
People judge too quickly  
Our feelings are what they forget.



**Sanisha Maharjan**

## FRIENDSHIP: A WONDERFUL PHENOMENON

One of the most wonderful things in one's life... "The friendship" of a person you always want to be with. All of them, sharing every bit of personal matters with each other, every small happening and every stupid or silly feeling within you seem so wonderful when you keep talking continuously without caring about any important lectures going on the classroom. Some challenges to fulfill or some truth to be spoken, to understand some difficult situation, or to withstand your mood when you are angry and to stand with your friend at every step.

Well friendship does not require any definition, but it requires two or may hearts to understand the depth and purity of this relation. The feeling to slap your friend when he/she curses him/herself for a silly misunderstanding, sharing their dreams, exploring the places together, making future plans and remembering all the pranks and silly things that you did together. The days were away better with the best of sets of friends, all busy with their stuffs, but a sense that, whatever may happen in our life, we may never part. Always mindful of the good aspects within us when we fight and forget the bad aspects when we love.

**Aareta Banu & Ishita Manandhar**

## GIRLS OF 12

At day, we are like shining sun of sky,  
At night, we are like shining sky of sky,  
Nobody can understand and hide us,  
What the things we are?

Can anyone say?

Binita is shy little girl,  
Shrena is tender hearted and co-operative  
Youmee and Rubika are mouth filling words  
(International Chatter Box)

Apsara is behind time (out of reach)

Sarita is lost in her own world

Prinsha is chubby and her laugh

Cracks the whole class,

Asmita and Swikriti possess good talkative features,

Bidhya is really a poem maniac,

And Distri is the smallest of all,

We all mischievous yet inclination girls.

**Hena Dangol**

## CHALLENGE

Only a Genius can say these four words, four-time really fast without getting tongue twisted.

EYE, YAM, STEW, PEED

**Ronish Shakya**

# BE KIND TO EVERY KIND

Vegetarianism has been evident in cultures all over the world and a largely vegetarian diet has sustained humanity for many thousands of years, for moral, religious and economic reasons.

You love Animals AND You Eat Meat? Impossible

I start with the universal definition of love, "Love is a strong feeling of affection" or "great interest and pleasure in something". If this is the definition of love we're all comfortable with, then loving animals while eating meat simply doesn't add up. It's practically impossible. If a meat-eating "animal lover" told me they love me, I'd be seriously afraid. You can't love somebody and willingly eat them too. To truly be an animal lover, you must acknowledge that all animals are deserving of love, respect and freedom, regardless of how cute and cuddly they are.

## "Wings are for flying NOT frying"

Yes chicken fly. They don't fly miles and miles, but they fly up to perches and fly short distances.

THIS EARTH WAS MADE FOR ALL Beings NOT JUST Human Beings

As people who care about the animals of the earth, we believe that, like human animals, they have rights and deserve to have their best interests taken into consideration, regardless of whether they are useful to humans.

Modern high-pressure agriculture commonly keeps cows, calves, pigs, chickens, turkeys, ducks, and other animals in overcrowded stalls, cages, crates, or sheds where they are often unable to turn around or take even a single step for their entire lives. Deprived of veterinary care, exercise, sunlight, and even the feel of grass beneath their feet, these living, breathing, thinking, feeling beings, whose senses are so much like our own, suffer and die at the rate of millions per day just so that we can have burgers, patties, nuggets, and wieners.

Hundreds of thousands of animals are poisoned, blinded, and killed every year to test shampoos, household cleaners, cosmetics, hair sprays, and other personal-care and household items. Animals are also unnecessarily being trapped, caged, hurt, and even killed to make clothing, accessories, and furniture for human use.

By switching to a plant-based diet, human societies will be able to alleviate the needless suffering and deaths of countless animals, the irreparable damage done onto the earth like air and water pollution, the erosion of lands, waste of precious energy, and deforestation. Raising and eating meat leaves behind an environmental toll that generations to come will be forced to pay.

"If having a soul means being able to feel love and loyalty and gratitude, then animals are better off than a lot of humans." - James Herriot

Reasons why I'm a vegetarian

It's Good For Health

- Animal foods are higher in fat plus cholesterol than most plant foods. Plants do not contain cholesterol.
- Meat is deficient in carbohydrates, particularly the starches which are so essential to proper health.
- Shelf life differential. Plant foods last longer than animal foods.
- Less food poisoning. Food poisoning gets millions of people each year and many of them from meat, which is a good breeding ground for harmful bacteria, especially if not stored, prepared or cooked exactly right.
- vegetarians have a reduced risk of heart disease, obesity, colon cancer, adult-onset diabetes, osteoporosis, gout, gallstones, kidney stones, lung cancer, and breast cancer.
- There are over 20,000 different drugs, including sterols, antibiotics, growth hormones and other veterinary drugs that are given to livestock animals. These drugs are consumed when animal foods are consumed.

It's Better for a Environment

- vegan diet reduces the destruction of tropical rainforests, wildlife habitat, and help to save endangered species!
- A vegan diet reduces pollution in the land and waters.
- A vegan diet reduces the production of carbon dioxide (CO2). Eating one pound of hamburger does the same damage as driving your car for three weeks!
- It's good for your pocket
- Being healthier on a vegetarian diet means spending less on health care.
- Vegetarian foods tend to cost less than meat based items.

The word 'Ethics' still exists.

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

-Gandhi, Indian spiritual leader

- Love of animals. I love animals as I love myself. I have no desire to kill them or cause them harm.
- Our hands, teeth, feet, intestinal tract...even our body chemistry is that of an herbivore.
- If I take part in the slaughter of animals, I will have to repay my contribution to that act.
- There can never be peace among men while men are declaring war on other highly developed life forms.
- There are vegetable based substitutes for every meat product imaginable.
- Small sacrifice I make is nothing compared to the animals, its life.

Adopting a plant-based diet is one of the most important and effective acts anyone can take to make this world a better place.

**Pujan Kuinkel**  
BSc.CSIT 4th Semester

## DRAINAGE SYSTEM IN KATHMANDU

The Kathmandu valley is the center of administration, commercial, social and economic activities is the most densely populated city of Nepal. The population has been increasing rapidly. The increment in population has brought negative impacts in Kathmandu. Issue of drainage management have been a major problems in urban areas. The sewage and septic of every house is directly being drained into the rivers and rivulets. Mainly rivers of the valley is highly polluted due to such unmanaged drainage system. No filtration techniques are implemented in our country. Despite, this problem the urbanization is increasing.

The lack of coordination between various government agencies have also led the situation to be worse. There is conflict between governments organizations due to which they are not paying attention towards the drainage system management. Besides, the reputation of Nepal has been degrading day by day. Even the pedestrians have to put on mask while walking on the streets and bridges. The problem of sewage and septic is rampant. People of Kathmandu are throwing garbage in near water resources. The ashes of dead people are shed in the holy rivers. Thus, the greed and irresponsibility of people has added a layer on this problem.

So government should pay attention for proper drainage management. It is necessary for the government to take strict actions. In other hand, the people should improve their habit of throwing garbage here and there and joining their drainage pipelines directly to rivers. A step from one can inspire other. Develop proper management of drainage and same our holy river.

**Resha Maden**

## FUNNY FACTS

1. After your hand is coated with grease or oil, your nose will begin to itch.
2. Whenever you dial a wrong number, you will never get engage tone.
3. If you go to shower when you are home alone, the telephone will ring or someone will visit you.
4. When you try to prove that machines won't work, then it will start to work.
5. The sensitivity of itch, is inversely-proportional to the reach.
6. If you change the queues, the one you left will move faster than the one you are in.

**Jenish Maharjan**

## LOVE AND MARRIAGE

A student asked a teacher, "What is love?" The teacher replied, "in order to answer your question, go to a wheat field and choose the biggest wheat and come back. But the rule is, you can go through them only once and cannot turn back to pick."

The student went to the field. He went through the rows. He saw big wheat but he thought that he will find a bigger one later. Then he saw another bigger one he left that one too. Later when he went across more than half of the field he realized that he missed the biggest one. He finished the task and went back to the teacher with empty hand. Teacher told him that this was the answer. LOVE is the thing which you keep looking for better and better but you realized at last you have already missed the one. Then the student again asked, "What is marriage then?". The teacher smiled and told him again to go to the corn field this time and find the biggest one. And the rules are same as previous one. The student went to the corn field to search for the biggest one. But this time he realized his previous mistake. When he was around the middle of the field he picked one which he thought was the biggest one and returned back to the teacher. The teacher told him that this time you had the faith in you that this time you could get. And this is MARRIAGE.

**Bibika Pokhrel**

## HOPE

A hope there'll be someday  
When I'll know what I'm supposed to say  
The day I can breathe fearlessly  
And live my life just my way.

I just don't know where I have fallen  
But it's hard to get up, I have to crawl,  
So I hope there will be the day  
When I can see the world behind this wall

I hope I'll be out of this darkness,  
Where it is bright and nothing to fear  
The sun will shine like never before  
And I can get over this mess.

I hope fate shall finally find me  
And I'll know what I deserved to be  
I can get out of this suffocating place,  
So I hope one day I'll be free.

**Sureson Maharjan  
BIM 4th Semester**

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## AMAZING FACTS

1. There are more lifeforms on your skin than there are people on planet earth.
2. A Mars-sized object crashed into Earth 4.5 billion years ago, chipping off a chunk of rock that became the moon, and making the Earth's axis tilt slightly.
3. If you cry in space, the tears just stick to your face.
4. We humans spend an astonishing 13% of our lives zoning out or not focusing on what we should be without realizing it. According to a 2005 study called War and Peace, this figure actually doubles when we become intoxicated.
5. The core of a star reaches 16 million degrees Celsius. A grain of sand this hot would kill someone from 150 kilometers away.
6. There's a 30,000-kilometer hexagonal cloud at Saturn's north pole.
7. Australia has over 10,000 beaches. You can visit a new beach every day for over 27 years.
8. There is an uninhabited island in Bahamas known as Pig Beach, which is populated entirely with swimming pigs.
9. The world's oceans contain 20 million tons of gold.
10. In China, 2013, scientists were able to grow a human tooth from the scratch using stem cells taken from urine.
11. When written down, the word 'almost' is the longest word in English language to have all of its letter written in alphabetical order.
12. If you shuffle a pack of cards properly, chances are that exact order has never been seen before in the whole history of the universe.
13. In Canada, 2012, doctors were able to communicate with a man in vegetative state. Coma patient Scout Routley was able to tell doctors by using thoughts that he was not in any pain.
14. Iran carries out more gender-change operations than any other countries in the world. According to the official statistics, Iran has somewhere between 15,000 to 20,000 transsexuals inhabiting it, although unofficial statistics place that number is approximately 150,000.
15. Nokia was originally founded in 1865 as a paper printing company. Apt, to say when it was founded paper was one of the world's most used methods for long-distance communications.
16. During the first world war, so many starving wolves had amassed together in a great pack, that opposing German and Russian forces formed a temporary alliance in order to fight them off!
17. In 2007, a 1000-gallon inflatable swimming pool was stolen from someone's back garden without a single drop of water being found.
18. If you removed all the empty space from the atoms that make up all the humans on Earth, the remaining mass could fit inside a sugar cube.
19. J.P. Morgan once offered \$100,000 to anyone who could figure out why his face was so red. No one solved the mystery.
20. Dolphins will communicate with one another over a telephone, and appear to know who they are talking to.

## JOKE

Father buys a lie detector that makes a loud beep whenever somebody tells a lie.

The son comes home in the afternoon. Father asked him, "So you were in school today, right?"

Son: "Yeah"

Detector: "Beep Beep"

Son: Ok, I was in a cinema.

Detector: "Beep Beep"

Son: Alright, I went for a beer with my friends.

Detector: "Beep Beep"

Father: What? At your age, I wouldn't touch alcohol

Detector: "Beep Beep"

Mother laughs: Ha ha ha, well he really is your son!

Detector: "Beep Beep"

**Prabhat Singh Rathore**  
**BHM**

## MEMORIES UNFORGOTTEN

Words can't be measured  
Members can't be treasured  
It was just like yesterday  
When we met, but no one can ever say  
How time has passed away  
Moments of happiness, moments of love  
Moments which we'll always remember  
The year pass by so fast  
With joy and laughter  
Seem like a dream  
Things are forgotten, but memories enlightened  
Sometimes they bring tears with fears  
And sometimes they come along with moment  
It's so funny remembering those days  
Committed so many mischiefs  
All the memories good and bad  
And new feeling emerges at this time.

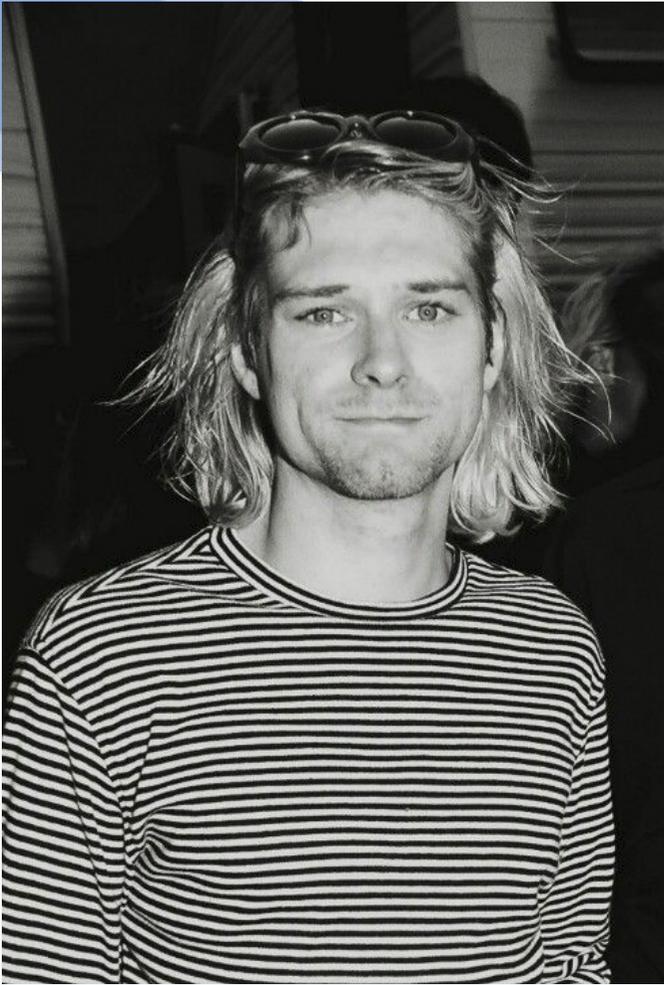
**Nikhil Tuladhar**

## JOKES

- 1) Dad to son: When I beat you, how do you control your anger?  
Son: I start cleaning the toilet.  
Dad: How does that satisfy you?  
Son: I clean it with your toothbrush.
- 2) Son: Do you think you can write in the dark?  
Dad: Of Course, I can son.  
Son: Then please turn off the lights and sign my report card.

**Lumanti Bajracharya**

# KURT DONALD COBAIN



## Short biography of Kurt Cobain

A talented yet troubled grunge performer, Kurt Cobain became a rock legend in the 1990's with his band, Nirvana. He committed suicide at his Seattle home in 1994.

## Summary

Kurt Cobain was born on February 20, 1967, in Aberdeen, Washington. In 1988, he started the grunge band Nirvana. Nirvana made the leap to a major label in 1991, signing with Geffen Records. Cobain also began using Heroin around this time. Nirvana's highly acclaimed album in Utero was released in 1993. On April 5, 1994, in the guest house behind his Seattle home, Cobain committed suicide.

## Suicide Note of Kurt Donald Cobain to Boddah

Speaking from the tongue of an experienced simpleton who obviously would rather be an emasculated, infantile complain-ee. This note should be pretty easy to understand.

All the warnings from the punk rock 101 courses over the years, since my first introduction to the, shall we say, ethics involved with independence and the embracement of your community has proven to be very true.

I haven't felt the excitement of listening to as well as creating music along with reading and writing for too many years now. I feel guilty beyond words about these things.

For example, when we're back stage and the lights go out and the manic roar of the crowds begins., it doesn't affect me the way in which it did for Freddie Mercury, who seemed to love, relish in the the love and adoration from the crowd which is something I totally admire and envy. The fact is, I can't fool you, any one of you. It simply isn't fair to you or me. The worst crime I can think of would be to rip people off by faking it and pretending as if I'm having 100% fun. Sometimes I feel as if I should have a punch-in time clock before I walk out on stage. I've tried everything within my power to appreciate it (and I do, God, believe me I do, but it's not enough). I appreciate the fact that I and we have affected and entertained a lot of people. It must be one of those narcissists who only appreciate things when they're gone. I'm too sensitive. I need to be slightly numb in order to regain the enthusiasms I once had as a child.

On our last 3 tours, I've had a much better appreciation for all the people I've known personally, and as fans of our music, but I still can't get over the frustration, the guilt and empathy I have for everyone. There's good in all of us and I think I simply love people too much, so much that it makes me feel too fucking sad. The sad little, sensitive, unappreciative, Pisces, Jesus man. Why don't you just enjoy it? I don't know!

I have a goddess of a wife who sweats ambition and empathy and a daughter who reminds me too much of what i used to be, full of love and joy, kissing every person she meets because everyone is good and will do her no harm. And that terrifies me to the point to where I can barely function. I can't stand the thought of Frances becoming the miserable, self-destructive, death rocker that I've become.

I have it good, very good, and I'm grateful, but since the age of seven, I've become hateful towards all humans in general. Only because it seems so easy for people to get along that have empathy. Only because I love and feel sorry for people too much I guess.

Thank you all from the pit of my burning, nauseous stomach for your letters and concern during the past years. I'm too much of an erratic, moody baby! I don't have the passion anymore, and so remember, it's better to burn out than to fade away.

Peace, love, empathy.

Kurt Cobain

Frances and Courtney, I'll be at your alter.

Please keep going Courtney, for Frances.

For her life, which will be so much happier without me.

I LOVE YOU, I LOVE YOU!

# MY LOVING DAD

Father are perfect beings to show love. They may not be as expressive as our mother, cute like our brother or super jolly like our sister, but in the end, they are the ones who deeply cares enough about us. I know it hasn't always been easy for you to be my father, but I also know that you've always done and always do you best.

The infinite love that my father gives me makes me think that they don't rest from loving us. Infinite love for us means that even though we can be sometime mean to our father, but despite of that his eternal love for us never dies. My father is the most valuable person in my life. He is the most courageous, religious and selfless person that I have ever known. My father is the superhero and a good friend of mine.

"My Fingers may be small but I can still wrap daddy around them". My Father has taught me the importance of hard work and courage to fight standing alone on my own. He loves me at all the times, He teaches me all the value and morals of life. My father is my teacher and my friend.

Maybe, I can't repay the love that my father gave me but I promise one day I will make you proud of me. If I could write a story, It would be the great ever told story of a kind and loving father, who had a heart of gold. "I Love you Daddy".

**Jolly Kansakar**

## WHAT CAN I DO FOR YOU

Stars are what?  
I can count it for you.  
The moon is what?  
I can be there for you.  
The shadow is what?  
I can pick it for you.

Rivers are what?  
I can stop them for you.  
Days are what?  
I can call back for you.  
Peace is what?  
I can pray for you.

Life is what?  
I can live for you.  
God is what?  
I can call him for you.  
Songs are what?  
I can sing them for you.  
Time is what?  
I can stop is for you.

**Saunap Dahal**

# NEVER READ THIS

After reading my topic...  
Are you still reading it??

I am really aghast. Hey! Haven't you stopped reading yet? Here is my command, "stop reading forward. Don't you know my nature is very aggressive?"

Are you a fool?

Oh, my god! You have reached middle of my article and you are reading it till now. You are not listening to my words. I think you are a brave person.

Hey, I am repeating it, "Don't read it further please". Believe me you are not supposed to read this. After knowing this much also you are reading it. You are taking undue advantage. I am helpless. I can do nothing for you to stop as I am a little boy. Alas! Are you still reading it? Are you challenging me? Okay then! Now I will see how will you read my article? I am stopping now.

**Shreenish Shahi**

# OH! WHAT A CONCIDENCE

- Abraham Lincoln was elected to congress in 1846 and - president in 1860.
- John F. Kennedy was elected to congress in 1946 and president in 1960
- Both of their wives lost their childresn while living in Whitehouse
- Both of them were shot on Friday
- Both of them were shot on the head
- Kennedy's Secretary was named Lincoln
- Both were assassinated
- Lincoln was shot in the theater named "Ford", Kennedy was shot in the car named 'Lincoln' made by "Ford".
- Lincoln was shot in theater and his murderer ran and hid in a warehouse Kennedy was shot from a warehouse and his assassin ran and hid in a theater.

**Rojal Shrestha**

# JOKES

My Boss said 'Can you come in on Saturday this week? I know you like your weekends but I need you here.'  
I said 'Yeah but I might be late though as the public transport is bad on weekends.'  
Boss said 'That's cool, when do you think you'll get here then.'  
I said 'MONDAY 😁'

# SHARE MARKET: AN INVESTMENT OPPORTUNITY

## GET STARTED: OPEN A DEMAT ACCOUNT

Opening a dematerialized (DEMAT) account at one of the Depository Participant (DP) licensed by the Central Depository System and Clearing Limited (CDSC) is a prerequisite to participate in both primary and secondary market. Most commercial banks, merchant bankers, and stockbrokers provide such services. If you already own some stocks in your name then you can give your DP to dematerialize your physical share certificates into dematerialized shares. The DEMAT account is similar to a bank account which debits and credits the shares you sell or purchase. Most DP's also provide clients with facilities to check their DEMAT account status online as well.

## KNOW THE MARKET

To get started in the stock market, it is essential to first understand how the market functions. Securities Board of Nepal ([www.sebon.gov.np](http://www.sebon.gov.np)); the sole regulator of the capital market is a useful source of primary information. Its website provides information on various securities laws, investor education, and upcoming public issues amongst others. Similarly, the Nepal Stock Exchange ([www.nepalstock.com](http://www.nepalstock.com)) the sole secondary market; and its mobile-based application is a great source to get hands-on information. There are many other popular websites that provide constant updates about the capital market such as; Share Sansar and Mero Lagani. Furthermore, daily national newspapers, websites of merchant bankers and credit rating agency icranepal.com - also provide good information.

## PARTICIPATE IN THE PRIMARY MARKET- Apply in Primary Offerings

One of the best opportunities to participate in the capital market is to apply for primary offers in the primary market such as; Initial Public Offering (IPO) or Further Public Offering (FPO). Most companies offer primary issues to the general public at face value of NPR 100 per stock, or at a premium based on their valuations. The risk is lower when you purchase in the primary market as you get an opportunity to buy shares at a lower cost as compared to purchasing those shares in the secondary market once they are listed. Also look out for opportunities to participate in the primary offering of mutual fund schemes which can be a beginning point.

News about primary issues generally comes out in national newspapers and are widely announced on other media platforms. Once you know the primary issues are out, you can read their prospectus to see their detail information such as; past and projected performance, & management amongst others. You can also look at their credit rating provided by a licensed credit rating agency before making the decision to invest.

## PARTICIPATE IN THE SECONDARY MARKET- Open a trading account at a stock broker office

All the stocks offered via primary market are listed in the secondary market i.e. Nepal Stock Exchange (NEPSE); currently, there are 231 companies listed on the stock

exchange. The secondary market provides the platform to sell the shares you hold or purchase new shares from the market. The share price of these listed companies and the value of NEPSE Index changes every day based on total demand and supply of shares in the market.

If you wish to get involved in the secondary market, you will need to open a transaction account at a stock broker's office. There are currently 50 stockbrokers licensed by NEPSE while there are a few stock broker offices outside Kathmandu. Once you open an account with a stockbroker, they will provide you with a unique ID code via which all the transactions in your name will be executed.

To make a purchase or sale order you will simply have to call your stock brokers or visit their office to place the order, make sure you have the shares in your DMAT account before you place a sale order to your stockbroker. The stockbroker charges some commission as a brokerage fee for each transaction while you had to pay a capital gain tax of 5% if applicable while making sales.

## STILL CONFUSED- SEEK PROFESSIONAL HELP

If you are still confused and less confident about entering the market or you do not have time, energy and resources, do not worry as there are a number of professional licensed Portfolio Management Companies such as bid invest providing you with a full range of products and services under Portfolio Management Services (PMS). Based on your investment goals and expectations, these portfolio managers develop portfolios matching your risk appetite and invests in the capital markets on your behalf. The portfolio managers charge minimal annual and performance fees while these services offer you with the opportunity to grasp the benefits of the capital markets. Moreover, you can also hand over your existing portfolio to these portfolio managers for restructuring and further management.

**Nikesh Maharjan**  
BIM 6th Semester

## AMAZING FACTS

1. In 1919 in the United States, it was illegal to play radios in private homes.
2. A cockroach can survive for 9 days without its head.
3. Americans travel about 114,472,100 miles by air every day.
4. If an alligator's eggs were incubated below 86F, the off-springs will be all females, but if they are kept above 93F, they will be male.
5. A human heart pumps enough blood to fill 100 swimming pools in an average lifetime.
6. All babies are color blind when they are born, so they only see black and white.
7. Now this is cool! The tongue is the strongest muscle in the human body.
8. No pain in the brain! Do you know our brain does not feel pain! Even though brain processes pain signals, the brain itself actually doesn't feel pain.
9. The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.
10. You will be amazed to know that 50% of human DNA is same as in a banana

**Binaya Sapkota**

## MOTHER

Her smile  
Flowers bloom with mystical fragrance  
Enchant every breath and touch the soul

Her eyes  
Shimmering water that flows fervently  
Captures love in every drop of life

Her thoughts  
Deep as the whirlpool abyss in an ocean  
Absorbs every rainstorm and reflects sunshine

Her hands  
Grasp threads of love and affection around  
Wrap up relations with the timeless bonds

Her heart  
Fill with colorful efflorescence of garden  
Where motherhood never wilts in any season

Her feelings  
Calm and deep like the shore of a sea  
Subtle breeze cuddles with every pearl in oyster

Her lap  
Lullabies arouse dreams of love and tranquility  
Abode for the children not less than heaven

**Prejina Tuladhar**

## FIESTA

On 4 March, 2017, a colorful and memorable NCCS Exhibition, Fair & Fiesta was organized in higher secondary school, located at Chandol. This event was whole day long and was held in the auditorium of our school. In this mega event, students along with their guardian members took part.

There was a colorful welcome followed by flower arrangement, balloons. It was followed by the celebration of flying the balloon by the chairman Prachanda Raj Anil. It was a truly mesmerizing event as the team performed their actively successfully. Everyone sat glued to the event. The guest praised the entire event a lot. Our teachers also guided with their inspirational words to do better.

We really enjoyed a lot and dispersed with a sincere hope that such events should be organized time and again giving chance to display students hidden talent.



**Sujan Dangol**  
BHM 5th Semester

## GREAT WORDS FROM GREAT PEOPLE

- "I do not fear a bit to have my army fight with any army of the world, but my heart beat with fear when I see Gorkhalis" - German Emperor Kaiser Wilhelm
- "A man becomes great by thoughts not by castes" - Laxmi Prasad Devkota
- "To die is to take birth" - Martyr Shukra Raj Shastri
- "One who forgets his motherland is dead alive" - Late King Mahendra
- "Aim should be to fly upon noon" - Laxmi Prasad Devkota
- "Don't be trapped in someone else's dream" - BTS

**Surabhi Shrestha**

## CHANGING TECHNOLOGY IN NEPAL

Technology is drastically impacting the living standard, the cultural aspect of the society in Nepal. Technology has always been a driver of change. When the first transistor radio exists people gather around in groups to listen to the news and hear the latest songs even after those people used to watch television too. When new technology arrives, it brings both changes and convenience to it. Development of communication and technology has enabled young people like me to discover a new interest. Today, a video on YouTube can teach anything from playing guitar to driving a vehicle. These videos can also be watched to learn new skills. A Post on Facebook, Instagram Twitter can act as a source of new information and it also helps to connect with friends, a family from one place to another. Access to smartphone and the Internet has even changed likes and preferences of people.

In Nepal, during the earthquake of 2015, when telecommunication was down, the internet enabled people to communicate with each other. The impacted areas were identified and people, a government formed groups to send resources through different means. Through communication, it was much easier to find out the status of the friend, family and loved ones during the critical times. After the earthquake, the fuel crisis hit Nepal. It was the challenging phase where people started to form a group on the social media and communicate with the vehicle owners to assist people in the needy sectors or areas. This had helped a lot to maintain harmony in the society and was widely popular in practice. Another incident was the flood that was caused by the incessant rain which created havoc across the low lying Terai region inundating thousands of houses and displacing people. To solve the Scrambled information issue, different kind of apps were made which made collaboration between needy people and the volunteers.

The biggest trend in the technology is that everything is going digital these days. It won't be a surprise if, in the coming days, a Nepalese technology startup generating millions of dollars in revenue.

Today, Big Company has set their eyes on the smartphone apps. The companies have launched their own website rather than providing information in the advertisement. A rise of the online payment gateway and the E-commerce Companies are the biggest trend in Nepal. Time and changing people are starting to acknowledge the importance of the changing technology.

This is just the beginning to pop up in the marketplace. But in a scenario of the given impact these upcoming companies, industries, technology can make more place in the market nationally and internationally. There is no doubt that we will see more of these new emerging companies as per the change in the trends and technology.

**Anjan Barakoti**

## TOUNGE TWISTER

- i) Pad kid poured curd pulled cod
- ii) Can you can a canned can can a canned can into an uncanned can?
- iii) The Sixth sick sheik's sixth sheep's sick
- iv) I slit a sheet, a sheet I slit. Upon the slitted sheet I slit.

**Rajiv Tuladhar**

## CHESTER BENNINGTON

Farewell Chester  
"When my time comes  
Forget the wrong that I've done  
Help me leave behind some  
Reasons to be missed  
And don't resent me  
And when you're feeling empty  
Keep me in your memory  
Leave out all the rest  
Leave out all the rest" – Leave Out All the Rest, Linkin Park

## BEYOND THE END

I lost my way and I lost myself  
I lost you and you lost me  
But..  
But there is still a dawn to come  
With yellow glowing sunshine.  
I lost the path where I walked with you  
I lost my tears which ooze out with your feelings  
But..  
But there is smile which brightens me  
With nothing gain but loaded with pain  
I lost the moment I shared with you  
I lost the warmth which I felt in your hug  
But..  
But there is still something in you and me  
Which binds us like flower with fragrance  
I lost the dream which could enlighten in illumed joy  
I lost you because you lost the right to me.  
All this tells me a fact,  
"Life is bitten but sweet to remember"  
It teaches me to walk again, fight again  
Eradicate the obstacles more  
And, so, your love withers with no reason  
My life blossoms with new season.

**Heena Maharjan**



## MEASUREMENTS

173 cm (5'8")	Height
121 kg (267 lbs)	Competition Weight
136 kg (300 lbs)	Off-Season Weight
148 cm (58")	Chest
59 cm (23")	Arms
86 cm (34")	Thighs

Leslie Kai Greene was born on July 12, 1975, in Brooklyn, New York, U.S. One of the three children Kai Greene was raised by his mother and step-father. At the age of six, Kai was raised in foster care and residential treatment centers.

Deep inside of his soul, there resided many talents that few people were aware of, most importantly, his burning desire to be a visual artist. His two worlds would eventually meet and interconnect as his body became the subject of study. He became his own living model. He utilized his physique to gain a greater understanding of space and movement, creating works of art that became increasingly detailed and complex over time.

His exponential growth and development drew the attention of his 7th grade English teacher. Since his school conduct was far below the expectations tolerated by the facility that housed him, Kai was introduced to the idea of teen competition. Because of his enthusiasm and desire to measure his physique against competitors his own age, bodybuilding became the behavior modification tool that would prevent Kai from becoming a so-called "statistic".

Before his 19th birthday, Kai Greene turned pro with a natural organization and held the distinction of being the youngest natural professional bodybuilder in the world. Kai's pro status allowed him to take his competitive aspiration to a larger stage. Thus, he transformed his life and his body to take true command of his destiny and inspire millions in his wake.

## How is Kai Greene rated against top bodybuilders?

Kai Greene, AKA Mr. getting it done, is one of the most well respected and honorable bodybuilders in history. He has an extremely good sportsmanship manor and is always encouraging his competitors. Most of all his well known for taking time out at "meet and greets" and getting to know each and every fan of his.

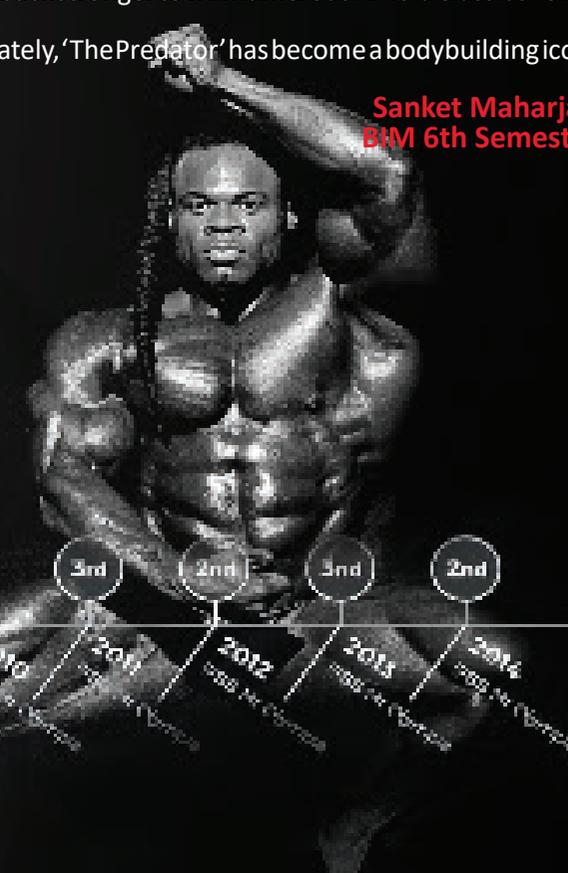
## What we can learn from Kai Greene?

Kai's proven that it's possible to find success, even if you've experience a troubled childhood, or find yourself in misfortune. Kai knew this all too well as he was raised in foster homes, which left him feeling 'out of the community.' But he found a passion (bodybuilding) and worked hard to make a name for himself.

One thing we can learn from Kai, is 'never give up'. He didn't have the dream start to his professional bodybuilding career, but he took time away to improve his physique, and came back stronger to win numerous Arnold Classic shows.

Ultimately, 'The Predator' has become a bodybuilding icon.

**Sanket Maharjan**  
BIM 6th Semester



## THE NEIGHBOURHOOD GYM THAT HELPED GROW THE SPORT OF BODYBUILDING IN NEPAL



On a recent monsoon morning, raindrops pattered noisily on the tin roof of Nepal ByayamMandir, Jyatha. The gym, housed in a large room of a single-storey building, is Nepal's oldest institution devoted to the sport of bodybuilding. Inside the gym, the sound of the raindrops was drowned out by the clinks and clanks made by iron weights being lifted. Men with muscular backs, bulging chests, and arms larger than a normal man's calves were deadlifting, doing bench press, tricep dips, and pushdowns. This familiar scene--of men working out with free weights--has played out at Nepal ByayamMandir every day for more than five decades.

Established in 1953, legally registered in 1967 and recognized as a social organisation in 1986, Nepal ByayamMandir was the first gym to introduce bodybuilding in the country. Nepal ByayamMandir is a small neighbourhood institution that while still retaining its local-entity charm has gone on to become a legendary bodybuilding gym--one that is responsible for keeping alive and growing the sport of bodybuilding in Nepal. The gym has through the years stuck with its core ethos: to produce competitive bodybuilders. And over the years, the institution has produced some of the country's top competitive bodybuilders and health trainers, who have gone on to set up their own gyms and health clubs in other neighbourhoods.

### Leading from the get-go

In 1981, when Nepal Weightlifting and Bodybuilding Association organised the first Mr. Nepal competition in Bagmati Zone, Shiva Lal Shrestha, a member of Nepal ByayamMandir, bagged the title. "And for several subsequent years, Nepal ByayamMandir sent its members to compete in Mr. Nepal competitions, which were held in various districts. The gym would make its members register themselves from different districts and send them to participate wherever Mr. Nepal was held," says Shiva Lal Shrestha. "Nepal ByayamMandir did this because back then there weren't many competitive bodybuilders taking part in competitions, and by having our members participate, we were doing our bit to promote the sport."

You wouldn't know it from its appearance today, but Nepal ByayamMandir wasn't always a bodybuilding gym. "It used to be an organisation where youths came to practice kushti," says Narayan Pradhan, the president of Nepal ByayamMandir. In 1953, the late Dwarika Das Shrestha and LokBilas were given two ropanis, four annas and one dham of land in Jyatha by General BahadurShumsherJungaBahadurRana to build Nepal ByayamMandir. On that land, a humble shed was built, which housed the earthen wrestling pit for men to practice kushti. Back then all you'd see there were men working out with murder, a wooden club, and doing pushups and situps.

In 1981, a 21-year-old bodybuilding enthusiast joined the gym. "The monthly fee was just Rs 20," says Pradhan, who is 56 years old today. "Arnold Schwarzenegger was all the rage then, and for many youths of my age who decided to join gyms, Schwarzenegger's unworldly chest, biceps and triceps represented the type of body we aspired to create for ourselves." Four years after joining the gym, he started working there as an instructor, a post he held for the next 10 years. In 1998, Participant contested for the post of the gym's president and won the election. Since then he has won all the elections. He is now serving his fourth presidential term.

A typical day at Nepal ByayamMandir begins at 6 am when gym members start trickling into the gym's spartan building. A section of the gym's walls is adorned with photos of bodybuilders flexing their muscles and striking poses at different Dharmashree Nationwide Open Bodybuilding Competition--a bodybuilding competition organised by the gym since 1985. The photos are not the only elements that betray the age of the gym. The discolored weights and the frayed foam covers of benches--which several generations of bodybuilders have bench-pressed on--show the wear and tear of time too. And even after all these years, Nepal ByayamMandir is still a nondescript gym. The roof is made of age-old, rusty tin sheets, and there's no false ceiling to conceal the roof and the metal trusses. The gym has no showers. "But we know we've got all the bodybuilding equipment a bodybuilder needs. He has a point. Dedicated bodybuilders know that working with free weights and the sort of barebones equipment that ByayamMandir has produces far better results than working with weight machines, pulleys, and other high-tech contraptions.

### Providing bodybuilders a platform

In 1985, the first edition of the Dharmashree Nationwide Open Bodybuilding Competition was held in Kathmandu. The competition, named after Dharma Bhakta Mathema, was the brainchild of the former president of the gym, Saroj Kumar Shrestha. "The idea behind the competition was to give bodybuilders a platform to showcase their bodies, compete with each other and to promote bodybuilding as a sport," says Pradhan. The competition today features seven different weight categories: 55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 80 kg and above 80 kg.

The winner from each category gets an entry into the final round, and one winner from among the finalists is crowned the Dharmashree Champion.

### Modernising Nepal ByayamMandir

Today, Nepal ByayamMandir feels nothing like the expensive gyms that have come to dot Kathmandu. But things might be changing soon. If things go according to plan, members will be doing a different kind of workout--Zumba--besides just pumping iron. "We made the decision to start Zumba because it's a great cardio exercise, and many people want that," says Pradhan. Zumba will become the first activity to be introduced at Nepal ByayamMandir that doesn't include lifting weights, but it definitely won't be the last. "We are also planning to start Muay Thai in the very near future," says Pradhan. The addition of Zumba and Muay Thai is a harbinger of yet another change. "We are working on plans to build a state-of-the-art gym. The new gym will have high-tech machines and weights. If all goes well, the new gym will be up and running in the next five years," says Pradhan. "This new building will be called New ByayamMandir, and the current one, Old Nepal ByayamMandir. The current gym is where it all started and it will remain here to remind us of the history, the legacy of Nepal ByayamMandir and its journey."

Sabin Manandhar



## FRIEND LIKE YOU

To lose a friend like you,  
My life is now without any clue,  
Sadness is surrounding me from everywhere,  
And there's no enjoyment anywhere.

Even the days now are dark,  
I still remember that place in the park,  
Sitting alone in the shade of a tree,  
And now I have become carefree.

Life has become a boring day by day,  
I'm stricken by the words you used to say,  
No more words to say now,  
No one's there to ask me 'How?'.

I know I'll never get to meet you,  
I feel those memories were very few,  
Come back to see me one more time,  
So that I would again be fresh and fine.

Jigyasa Pant

## WALK ON

This world is so bright  
Why become so quiet  
Think about yourself  
You are the king and this world is your crown.

Be forward in what you can do  
You can take the whole world with you  
Look at your image in a mirror  
This world is not a thriller.

It's not your time to cry  
Move on and dare to try  
Your dreams can be your own  
Because you are the king and this world is your crown

Kanak Das Shrestha

## JOKES

The Perfect Son

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do gave the perfect son. How old is he?

A: He will be six months old next Wednesday.

Muskan Sanghai

## JOKES

"Knocking at the door"

Police: Is there anybody home?

House owner: Coming!

Police: We would like to have a short talk for a moment.

Can you please open the door?

House owner: How many of you are there?

Police: Two of us.

House owner: Talk to each other then.

**Bibek Yonjan**  
**BHM 3rd Semester**

## KNOWING YOURSELF

Every time when I look into the mirror  
I see myself so dumb and pale.  
Are my talents hidden somewhere inner?  
Or, am I a worthless girl born just to fail?  
May be I've not been able to explore Myself,  
Or, I've failed to know Myself!!  
I keep looking around the world,  
I feel everyone's perfect and better than me.  
All the time I wonder thinking about what am I good at?  
A sudden sense of warmth ran through my soul.  
Realizing then, that I am one of all  
I'm also special as they are!

When you are as great as others,  
Be what you are!  
And try to enhance your quality.  
Try to explore your hidden ability.  
Because that's when

You'll know yourself!!!

**Binita Adhikari**

## WINNER VS LOSER

A winner is always part of the answer.  
A loser is always part of the problem.

A winner always has a program.  
A lose always has an excuse.

A winner says, 'let me do it for you'.  
A loser says, 'that is not my job'.

A winner makes a commitment.  
A loser makes promises.

A winner has dreams.  
A loser has schemes.

A winner sees the gain.  
A loser sees the pain.

A winner sees possibilities.  
A loser sees problems.

A winner makes it happen.  
A loser lets it happen.

**Minu Maya Tamang**

## EXAM

Exams are coming near

That's what I fear!

Why didn't pay attention the whole year?

Now, I'll have to study all day, Oh dear!

The whole year I only played cricket,  
But never even took a single wicket!

I'll have to study all day and night,  
My schedule will be reallytight!!

I'll have to get good marks

That will be a very tough task!

That's the advantages of lazing around the whole year

Getting low marks is a thing I can't hear!

Study... study and all day long!

With no time to even sing a song

**Bikki Jaiswal**

## JOKES

1)Student 1: Do you want to hear a dirty joke?

Student 2: OK

Student 1: A white horse fell in the mud.

2)Girl: Mom, today my teacher beat me for something  
I didn't do.

Mom: That's very bad of you teacher. What was it that  
you didn't do?

Girl: Homework.

**Arshi Baniya**

## THIS AND THAT

The first day of the class as I stood by,  
With nothing in mind Fresh, Enthusiastic and Psyched.  
Introduction from here and there around the class,  
She said me, "OH! You are THIS and my name is THAT".

Soon the days past we didn't speak much, that's right.  
But THAT was still there and THIS could see her with his  
own eyes.

A very different girl with a precious SMILE,  
CUTE, SHORT and TALENTED, she's got brain alright.

BEAUTIFUL everyone expressed to flirt with her,  
But THAT had already chosen someone to love and  
care.

THIS had nothing to say as he knew nothing at all.

THIS and THAT were friends,  
But the story still doesn't end.

Months passed count was EIGHT to be exact.  
THAT was left alone away from love to crack.  
THIS filled her heart with FRIENDSHIP and CARE.  
The FRIENDSHIP soon turn to LOVE "oh! Yes, they fell".

LOVE bloomed, and the CARING was there.

THIS never left THAT in FEAR.

Both were favorites of each other,  
Unconditional love was there to share.

A jealous THIS and a tough-loving THAT  
Let's all hope THIS gets married to THAT

## JOKES

- 1) Boy: Suno jara!  
Girl: Chup raho, khate time baat nahi karte. Khane k baad.  
(After some time)  
Girl: Ab bolo.  
Boy: Teri plate me cockroach tha, le aur ban heroine.
- 2) English Class  
Teacher: One day our country will be corruption free.  
Which tense is it?  
Student: Future Impossible Tense.
- 3) After English Exam  
Teacher: How was the paper?  
Student: It was easy but the question no. 5 confused me.  
Teacher: What was the question?  
Student: Question 5 wanted the past tense of "Think", I thought and thought and thought and end up with writing "Thought"
- 4) Police: "Knock Knock"  
Me: Who is it?  
Police: Police!  
Me: What do you want?  
Police: To talk.  
Me: How many are you?  
Police: 2  
Me: Talk to each other.

Rojita Prasain

## BITTER TRUTH

God gave us two eyes for us to see  
But we only look  
How we are taught to see  
'HUMAN' Gods greatest creation  
Every single one created for a special reason  
Why were we born  
Everyone cannot find the reason  
Because we are taught  
To eat sleep, work hard repeat  
And just follow the rule and regulation  
People say boys don't cry  
But ask your dad  
How much he has shed tear  
People say brother should be strong  
I am one  
And I am still filled with fear  
Girls are taught to be sensitive  
That is most people perspective  
Girls are very strong they just don't show  
Because my mom is the toughest person I know  
Live life being good you'll go to heaven  
That's what people tell  
But the path to heaven  
Runs through miles of clouded hell

Rojan Baidar Shrestha

## A DAD GETS HURT TOO

People don't always see the tears when a dad cries,  
His heart is broken too when his child dies.

He tries to hold it together and be strong,  
Even though his world's gone wrong.

He holds his wife as her fall,  
Comforts her thoughts it all.

He goes through his day doing what he's supposed to do,  
But a piece of his heart has been ripped away too.

So, when he's alone he lets out his pain,  
And his tears come like a falling rain.

He feels he has to be strong for others,  
But dad gets hurt too, not just mothers.

He smiles through his tears,  
He struggles and holds in his fears.

So, I'd like to ask a favor of you,  
The next time you see a mother hurting  
Over the loss of her child,  
Please remember, dad gets hurt too.

Jeena Maharjan

## DEATH

People are running here and there,  
Panicked, stricken and full of fear.  
I'm not returning back anymore,  
No need to worry or open the door.

I can see someone in one corner,  
Weeping at my death in great pain.  
If I could at least give words of hope,  
For there is no company, others than rain.

Someone on the other end, I see laughing,  
Throwing huge pile of tantrums over me,  
There is no bound of happiness in them,  
They are enjoying a lot as I see.

My good wishes to all my loved ones,  
Hope to see you shine on my new place.  
Wish you be happy wherever you go,  
Don't make your life a big mess!

Jigyas Pant

## THE COLOURS OF LIFE

Colours are everywhere,  
Bright blue the sky,  
Dark green the forest  
And light the french grass;  
Bright yellow the lights  
From a train sweeping past,  
The flame trees glow  
At this time of year,  
The mangoes burn bright  
As the monsoon draws near  
Look for the color of life  
To see them everywhere  
But it turns the bronzed grass  
To emerald green  
And gives a golden sheen  
To the drenched sunflower.  
Look for the colors of life  
They are everywhere,  
Even in your dreams.

**Nisha Tamang**

## JOKES

1) Ram: Teacher!  
Teacher: Yes.  
Ram: Would you punish me for something I didn't do?  
Teacher: Of Course not.  
Ram: I didn't do my homework.

**Pritam Gurung**

## DOTA 2

Dota 2 is a free-to-play multiplayer online battle arena (MOBA) video game developed and published by Valve Corporation. The game is the stand-alone sequel to Defense of the Ancients (DotA) which was a community Created mod for Blizzard Entertainment Warcraft Reign of Chaos and its expansion pack The Frozen Throne. Dota 2 is played in matched between two teams of five players with each team occupying and defending their own separate base on the map. Each of the ten players independently controls a powerful character known as 'Hero' who all have unique abilities and different style of play.

During a match, the player collect experience point and items for their heroes in order to successfully fight the opposing team heroes who are doing the same. A team wins by being first to destroy a large structure located in the opposing team base called the "Ancient" which is

**Rajiv Tuladhar**  
J 24

## PANI PARNU KO MAJJA TA BEGLAI THIYO..

Pani parnu ko majja ta beglai thiyo..  
Aasli maaja ta unisang aautai chata tala jhagada gari  
rujnu ma thiyo..

Kahiley uni rissauteen uo vijyo vaneyra,  
Kahiley ma karauthye ma Vijay vaneyra.  
ek arka lai ghacheti ghacheti hidnu ko maja beglai  
thiyo...

Alik aagadi k gakoPani jhan thulo Vayo,  
ekashi bag bata mailay umbrella nikalda un Lai  
jhanaakaa vayo.  
Thahacha timi bahana matrai banauchau unlay Vani,  
Ma musukaa hasay Ra feri Pani ko majja Lina thaalii.

Aafu lai rujna ta ajai maanthyoo,  
Tara uni lay gaadi chadum Vani.  
AK choti teskura ma debate garre,  
Antim ma k na lagi mailey haarmani.

**Chirayu Manandhar**

## NEVER QUIT ABOUT MUSIC

When the strings get played,  
my lips itself starts to move.  
The words of the song never gets fade  
and I start to fall in love with the tune.

It's not just only the music that I love  
but the deliverance is what I am fond of.  
It's not just the singer sings the way,  
moreover, the lyrics make me sob off.

I feel how sorrow and happiness are poured  
and every single letter delivers.  
It is the one that makes me secured  
but sometimes unknowingly takes my tears.

The beats make me crazy and lost  
to sing out loud along with.  
Catching the rhythm is and so is the tone,  
This is what I will never quit  
This is what I will never quit...

**Roshan Thapa**  
BSc.CSIT 5th Batch

## JOKES

Police: Where do you live?  
 Boy: With my parents.  
 Police: Where do your parents live?  
 Boy: With me.  
 Police: Where do you all live?  
 Boy: Together.  
 Police: Where is your house?  
 Boy: Next to my neighbor's house.  
 Police: Where is your neighbor's house?  
 Boy: You won't believe me if I tell you?  
 Police: Tell me!  
 Boy: Next to my house.

Isha Manandhar

Wikipedia: I know everything  
 Google: I have everything  
 YouTube: I can make you watch anything  
 Facebook: I know everybody  
 Internet: Without me you all are nothing.  
 Electricity: Shut up you all! Otherwise, I'll do Load shedding

Tourist: Where are you born?  
 Nepali: In Nepal.  
 Tourist: Which part?  
 Nepali: What which part? Whole body.

Khem Raj Sharma  
 BHM

## SCIENTIFIC FACTS

1. Elephants are the only animals that cannot jump.
2. Our nose and ears never stop growing.
3. Fish never closes its eyes.
4. Ants never sleep.
5. Human stomach produces new layer of mucus every two weeks or it will digest itself.
6. Octopus can see very well, even in dark water. This allows them to hunt out night. They lure their prey by wiggling the tip of a tentacle so that it looks like a worm.

Suprea Bajracharya

## YOUTH AND AGE

A person's life has different stage,  
 Two of them are youth and age  
 Memories of youths are Cherish and sweet,  
 But age is the stage where many people quit.

People of youths can work and earn,  
 Old people can only heal and burn.  
 Youths have strong aims and determinations,  
 Old people can only do is a consideration.

No matter how life goes on  
 We shouldn't forget about excitement and fun.  
 Youth and age cannot create obstacles in our life.  
 If they do, we must be able to survive.

Ritu Buddhacharya



# STUDENTS BACHELOR POLL



Grade	BIM 2 <sup>nd</sup> 'A'	BIM 2 <sup>nd</sup> 'B'	BIM 4 <sup>th</sup> 'A'	BIM 4 <sup>th</sup> 'B'
Interactive	Shraddha Thapa	Dipankar, Laxmi	Michelle Manandhar	Samrat Khanal
Helpful	Binisha Shrestha	Prabesh Maharjan	Bivek Shrestha	Punam, Prakriti
Handsome	Aayush Maharjan	Binish Maharjan	Sushan Khadgi	Subhaneet Shrestha
Beautiful	Rajina Pradhan	Ujjala Shakya	Aishu Gnimire	Alisha Sigdel
Teacher's Pet	Shraddha Thapa	Dhananjay Bhetuwal	Aman Prajapati	Manish Maharjan
Late Comer	Prithivi Singh	Samrat Khanal	Manik Gurung	Shweta Shrestha
Tourist	Kushan Ghising	Sujan Rajak	Jeewan Ghimire	Samip Manandhar
Computer geek	Sabin Sharma Poudel	Aman Manandhar	Bivek Shrestha	Bibek Ale Magar
Casanova	Saugat Brusal	Ranjan Neupane	Dhiraj Neupane	Ajit Poudel
Chatter Box	Sushan Maharjan	Sujan Rajak	Aman Prajapati	Purnima Jaiswal
Sports Person	-	Manish Ratna Shakya	Dhiraj Neupane	Risha Dangol
Fitness Freak	Sabin Sharma	Manish Ratna Shakya	Praful Manandhar	Shirish Khadgi
Shy	Devendra Gurung	Anita Maharjan	Prakrit Taj Pradhan	Sujina Prajapati

## SPINACH SMART

1. Spinach belongs to the goosefoot family along with beets and Swiss chard.
2. Fresh Spinach is available year-around.
3. Spinach grow quickly. It can be harvested and eaten in only 37 to 45 days.
4. California and Texas produce the most Spinach in the United States. Spinach is likely to be grown best during the cool winter months.
5. The whole Spinach plant is packed during harvesting.
6. Spinach is an excellent source for many vitamins and minerals, especially folic acid.

Rushali Maharjan

## MIRROR

I don't see myself, but my self is what I see  
 Truth is what you seek, but the truth is what's in me  
 Your vision, is what you trust, wherever you be  
 But sadness is, your face, which you can never see  
 Your character is, by what people define you  
 Your character is, what I reflect back at you  
 Not in a sense, of how you appear  
 As the time flies, it shall disappear  
 They say your face is what shows your emotion  
 Which you can't hide, with your seemingly illusion  
 What would it be if it were not for me?  
 As I showed you, your self, but my self is what I can't see  
 I showed you the truth, which from you might be hidden  
 But what of me am I myself as my recognition?

Aavash Bhetwal  
 BSc.CSIT 2nd Semester

## CRYING FOR HIM

I could still remember,  
 He had gone somewhere, far away,  
 And the pain I bore my heart of his departure,  
 I farewelled him with river of tears in my eyes,  
 He'd promise me to return soon,  
 I'd swallowed up my tears,  
 In the hope of his return,  
 I'd send the message by the flock of cranes,  
 Flying in September,  
 And he said to winds of autumn to convey my feelings,  
 The cuckoo bird sang the song of sorrow,  
 And I'd waited for him until the end of tomorrow,  
 I called him and the whole mountain was echoing,  
 Poor me, he didn't hear my voice,  
 I'd begged for the blue sky,  
 To bring him back to me,  
 Then perhaps, God had pitied me,  
 Or the earth heard my cries,  
 My welcoming eyes found him in front of me,  
 For a moment, I wished the world to stop for a moment,  
 So that he never leaves me again,  
 That time maybe the whole universe knew,  
 How much a daughter needed her Dad.

Heena Dangol



## STUDENTS BACHELOR POLL



Grade	BIM 6 <sup>th</sup> 'A'	BIM 6 <sup>th</sup> 'B'	BHM 2 <sup>nd</sup> 'A'	BHM 2 <sup>nd</sup> 'B'
Interactive	Roshnee Prachan	Sophia Shrestha	Rahin Man Shakya	Nahendra Lama
Helpful	Nikhil Shrestha	Meera Gurung	Rahin Man Shakya	Sujen Maharjan
Handsome	Sanket Maharjan	Rohit Maharjan	Bikash Thapa	Sabin Tamang
Beautiful	Sangita Maharjan	Sophia, Aashma	Barsha Thapa	Anjali, Arisha
Teacher's Pet	Nikesh Maharjan	Sophia Shrestha	Sushant Timilsina	Sujan Waiha
Late Comer	Upesh Dangol	Roshan Limbu	Prachet Singh Rathour	Sachine Thebe
Tourist	Upesh Dangol	Aashish Ghimire	Dikesh Shrestha	Sachin Thebe
Computer geek	Nikhil Shrestha	Binish Manandhar	Roshan Sijakhwo	Rohit Maharjan
Casanova	Kejin Shahi	Shirish, JayRam	Dipesh, Khim	Dinesh Karki
Chatter Box	Sweta Prajapati	Shirish Dangol	Manisha Pandey	Nahendra Lama
Sports Person	Jigesh Shrestha	Shirish Dangol	Rajiv Lama Tamang	Shankar Gurung
Fitness Freak	Sanket Maharjan	Shirish Dangol	Rahin Man Shakya	Sabin Tamang
Shy	Sajan Sthapit	Usang Lama	Mingma Sherpa	Sandhya Maharjan

## Q&A JOKES

1. What do you call a cake that's below your expectation?
  - A short one
2. What did the BHM student say in the interview for a daily farm?
  - He just smiled and said cheese.
3. What do you call an Italian Chef who can't cook pasta?
  - Impasta!
4. What do you call a fish without an eye?
  - Fsh
5. What did the little pony with a sore throat sound like?
  - A little hoarse
6. What's Forest Gump's password?
  - 1forest1
7. What time did the patient go to the dentist?
  - Tooth-hurty

Pratishara Bajracharya

## FRIENDSHIP MAKES THE WORLD BETTER

Friendship makes the world a better place to Live  
 Friendship makes living worthwhile, lovable and Livable  
 Friendship creates the right for Sharing  
 The basis of good friendship is selfless, dedicated love of a special kind.

Amul Rajopadhyaya



## STUDENTS BACHELOR POLL

Grade	BHM 4 <sup>th</sup> 'A'	BHM 4 <sup>th</sup> 'B'	BSC.CSIT 6 <sup>th</sup>
Interactive	Yuju Raj Shrestha	Dawa Sherpa	Rojan Shrestha
Helpful	Niraj Gurung	Aamush Tamang	Bibash Ghimire
Handsome	Rikesh Shrestha	Surman Deula	Suni Neupane
Beautiful	Rasmi Shrestha	Uma Pandey	Bimala Khulal
Teacher's Pet	Sujan Dangol	Orone Joshi	Narayan Upreti
Late Comer	Subin Mahata	Biliv Pukhrel	Paribesh Shrestha
Tourist	Saurav Adhikari	Sudan Dhakal	Aashesh Prasai
Computer geek	Gaurav Maharjan	Sannir Maharjan	Bishwas Thapa
Casanova	Sudesh Shrestha	Sabin Thapa Magar	Niraj Mudbari
Chatter Box	Uttam Aryal	Ashish Manandhar	Mahesh Timasina
Sports Person	Lokendra Karki	Rikesh Maharjan	Arjan Dangol
Fitness Freak	Rikesh Shrestha	Sanjeev Shrestha	Raman Man Shakya

## JOKES

- 1)Q: What do you call somebody with no body and no nose?  
 A: Nobody knows.
- 2)Q: Why couldn't the bicycle stand up by itself?  
 A: Because it was TWO TIRED.
- 3)If you're at a restaurant and you are waiting for the waiter... aren't you the waiter?

Lasata Shakya

## INTERESTING QUESTIONS

- i) What gets dirtier when it's whiter?
- ii) What is used after broken?
- iii) What flies without wings?
- iv) There is water, but can't feel?
- v) Which jam does everyone hate?
- vi) What goes up but never comes down?

Answers:

- i) Blackboard
- ii) Egg
- iii) Time
- iv) Map
- v) Traffic Jam
- vi) Age

Pratishara Bajracharya

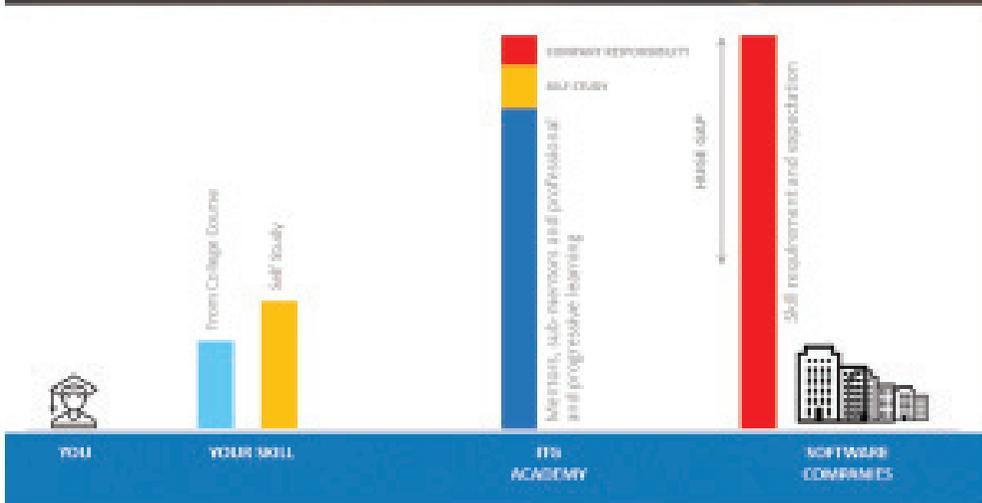


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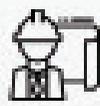
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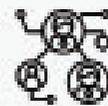
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## Reviews



For me ITGlance is not just an IT institute but also a place to develop confidence for career ahead. Before being part of ITGlance I was so confused about "what to learn" as well could not believe if I really could do good in programming. But studying in ITGlance not only gave me confidence but also made me realize my caliber.

- Somit Ranjekar



ITGlance is the place where one gets to learn not only from the mentor but also from one's senior and the fellow companion. This institute helped me 'learn to learn', and improve the skill I had. This is the best place to be ready for the real corporate environment.

- Bishal Maharjan

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## FACTS THAT WILL MAKE YOU

GO: "OH", "HMM", "WOW", "NICE", "GOOD", AND "MEH"

The largest desert in the world is not Sahara Desert which is located at Africa. The title is in fact held by Antarctica (yes, the whole continent). A desert is characterized not by its sandy landscape, but rather by a landscape or region that receives very little precipitation – less than 250 mm annually.

Wall-E, the popular 2008 Disney/Pixar animated film pays tribute to one of the most prominent figures in animation industry. Everyone's favorite trash organizing robot Wall-E, is named after Walt Disney's first and middle names – Walter Elias Disney.

Holes in pen caps are not meant for any complex stuff like air pressure or drying-up of the ink. Instead, it exists to allow the passage of air in case someone accidentally swallows it and it blocks their windpipe. To put it plainly, it exists to save people from choking to death. This is also true for why Lego Minifigures have a hole in their heads.

Beal Conjecture is the following conjecture in number theory: if  $A^x + B^y = C^z$  where  $A, B, X, x, y$  and  $z$  are positive integers with  $x, y, z > 2$ , then  $A, B$ , and  $C$  have a common factor. Prove or disprove this theory, and you could walk away with \$1 million. (not even kidding) Visit: [www.bealconjecture.com](http://www.bealconjecture.com) for more.

If you've ever sung "Happy Birthday to You", then you have committed at least one type of crime in your life i.e. unauthorized use of copyrighted content. The oh-so famous song was copyrighted by music publisher giant Warner/Chappell on 1988 and thus could legally collect licensing royalties on those who sang the song in public. This atrocity ended on February of 2016 when a federal court in US ruled that Warner/Chappell's copyright claim was invalid.

FX's live-action comedy series "It's Always Sunny in Philadelphia" jointly holds the title for the longest running comedy series alongside "Ozzie & Harriet", after its renewal for up to 14 seasons. Despite being on the TV for at least 12 years, the gang has yet to win an Emmy and sadly has only been nominated for the title of "Outstanding Stunt Coordination for a Comedy Series" a couple of times.

**Nikhil Shrestha**  
**BIM 6th Semester**

## JOKES

1) My friend think she is smart. He told me an onion is the only food that make you cry, so I threw a coconut at his face.

2) A teacher asked her students to use the word "beans" in a sentence.

First Student: My father grows beans.

Second Student: My mother cooks beans.

Third Student: We are all human beans.

3) Q: Why was six afraid of seven?

A: Because "seven" ate "nine".

4) A man got hit in the head with a can of coke but he was alright because it was a soft drink.

5) Q: Can February March?

A: No, But April May.

**Abhishek Sen**

1) Donkey

Father: You donkey? You never study

Son: Yes, dad I have never seen a donkey reading.

2) Monkey and me

Sete: People say, I am like a monkey. Do I look like a monkey, Kale?

Kale: No, Sete. The monkey looks like you.

3) Father and daughter

A small girl said to her father "Daddy, I have just caught five flies. Two are male and three are female."

On being questioned how she knew which are male and which are female she said "Two of them were in the whiskey and three were in the mirror"

4) Chicken

One teacher is teaching a lesson vitamin.

Teacher: We get the vitamin from different food.

Then what do we get from eggs? Ram

Ram: Chicken.

**Saunap Dahal**

**Definition of human being**

A creature that cuts trees, makes papers and write "SAVE TREES" on it!!

**Sushan Maharjan**

## AMAZING FACTS ABOUT THE HUMAN BODY

- The number of bacteria in a person's mouth is equal to the number of people living on Earth or even more
- Nails that are soft and brittle, with no moon, could indicate an overactive thyroid
- A human makes approximately 20,000 breathes per day
- A human eye can distinguish up to 10 million different colors but our brain can't remember all of them
- The average person consumes about 35 tons of food during his or her life
- Like fingerprints, each human tongue has its own unique print the average human produces 25000 quarts of saliva in a lifetime, enough to fill two swimming pools
- The brain is more active at night than during the day
- Fingernails grow nearly four times faster than toenails
- The nail on the middle finger grows faster than the other fingernails
- We are about 1cm taller in the morning than in the evenings
- The human brain has memory capacity which is equivalent to more than four terabytes on hard drive
- If one identical twin locks a certain both, the other twin will not have that tooth either
- It is impossible to sneeze with your eyes open
- A stomach acid is even strong enough to dissolve razor blades
- Comeau is the only body part without a blood supply. It gets its oxygen directly from the air.
- The average lifespan of a human hair is 3-7 years
- The human can survive even with the removal of 80% of intestines the spleen, 75 percent of liver, one kidney and one lung
- Human decomposition begins around 4 minutes after death, a process known as 'self-digestion' where the enzymes and bacteria eat the body away.
- The nails and hairs are growing even after the death

Roshan Dahal

## FIRST DAY OF COLLEGE

Still, the memories are fresh in my mind  
The day I first and stood in line  
My heart skipped a beat as I moved down the stairs  
Wild thoughts crossed my mind, I felt tension in the air  
I saw the room number, I saw my future friends  
Excited as I was, I wondered how it ends  
As quiet as I could be, I searched for empty seats  
Summer season it was, unbearable was the heat  
So, I sat in the last, just to observe everyone  
Then a guy said, 'hello', I replied him with a 'hi'  
Less than I knew, anything of his kind  
Discovered a true friend in him unlike other I could find  
As time went by hours seemed to fly  
With every teacher I met, my ambition became high  
So, ended my adventurous day of college  
My very first day of college...

Binaya Sapkota

## LOVE! ARE YOU SURE?

Love, a puzzle, a mystery, lot to define  
yet so special, a feeling one of a kind  
always with you, good heart to find  
Are you sure? Aren't you out of your mind?

Love, a sense of care, makes you cry  
like the rain leaves you wet, like the sun making you dry  
a sense of attachment but I'm too shy  
Are you sure? Is it worth the try?

Love, flaring hope in a bizarre land  
delight of life, a feeling so grand  
a notion so simple, facile trick of hand  
Are you sure? Is it easy to understand?

You said love is clear, complexity is less  
so, what about it, so hard to address,  
a simple path to take, but that feels still unreachable  
to love someone for time unforeseeable.

Rojan Shrestha  
BSc.CSIT 6th Semester

## GIRLS TRAFFICKING

One of the worst social problem is girl's trafficking  
In which innocent girls are taken by showing beautiful  
dreams.

At first they are treated as queen.  
Later on they are trapped in a ring.

Young girls can't get rid of the trap  
Then only they know about the true fact.  
They are forced to curse their fate.  
When they realize its too late.

Girls are forced for prostitution,  
But, there's little of constitution.  
Again, hope is killed by corruption  
That's why social crimes never end in our nation.

Poor girls can't utilize their rights.  
As there will be no one for her to fight.  
Society will dominate her whole life  
She will never be able to tie in a relation of wife.

Her bright future losses its way,  
People treat her as a doll made of clay.  
No one understands her pain  
Sadness is the only thing that she gains.

When she looks herself in mirror  
It becomes difficult for her to bear  
She remembers that once she was an angel  
But now she is treated as a broken bangle.

For her a new beginning is not so easy and possible  
The eclipse in her name will not be cleared.  
She may ask that, "Is it her fault?"  
That she was born a girl in this world.

Siwani Bajracharya

## THE MONALISA SMILE

The “Mona Lisa” One of the world’s most easily recognizable works of art is a painting of the wife of Francesco del Giocondo, a wealthy merchant of Florence in Italy. Don’t go by conspiring thriller that tells you there might be world plays behind the title of the painting. Leonardo da Vinci never gave it that title.

The painting apart from being by Leonardo is famous for the enigmatic smile of the lady. An expert from the various field has made various interpretation after analyses of her face.

In 1911 the painting was stolen from the Louvre when it was X-rayed to check if it was authentic. It was discovered that the face had a blemish at one time which has been painted over.

Some have claimed that the face has actually a mirror image of Leonardo’s own face. Although he was known to the experiment in mirror writing that idea seems a bit fetched.

Just in case you think it was Leonardo playing pranks by painting himself into the portrait, you would be surprised to know that according to Dr. Kenneth Keale the smile, the lady’s youthful complexion, generous body proportions and the way the robe falls into her lap implies that she is somewhat pregnant.

According to Dr. Kedar Ardour of California, her captivating smile is because of a type of facial paralysis called Bell’s palsy which is why the smile is lopsided. Meanwhile an American dentist, Dr. Joseph Borkowski, he said that her lips droop at the corner, hinting that the subject must have lost her front teeth.

Meanwhile, Japanese heart specialist Dr. Haruo Nakamura has said that going by the heavy yellow tint in the corner of her left eye the subject also had high cholesterol levels and could have suffered a heart attack at any moment. In a way, we should be glad the painting was completed at all then.

Whatever be its implication the ‘Mona Lisa’ without a doubt a great painting.

**Salina Maharjan**

## BEST THINGS TO GIVE

To your enemy is forgiveness  
To an opponent is tolerance  
To a friend is your heart  
To your child is a good example  
To a father is deference  
To a mother is a conduct that will make her proud  
To you is respect  
To all people is charity

## WHY FAST FOOD RESTAURANTS ARE SUCCESSFUL?

It’s amazing to see how successful but immoral fast food restaurants have become. McDonald’s, Burger King and Subway are some of the many fast food restaurants out there. These fast food restaurants have become corrupt in nearly every way imaginable, and the immoral part is just as well-known as the success of these restaurants. The employees are not the best either. Many fast food restaurants tend to focus on a quantity of employees instead of quality employees because their chains are spread throughout the world. Imagine a day when you drove 1 hour straight in a town or city and did not see a McDonald’s or another fast food restaurant. You probably can’t. In fact, it is easy to see that fast food restaurants focus on having a quantity of employees from these strange stories about past employees who got fired. What are also worth mentioning are these horror stories from a McDonald’s employees.

So why exactly are these fast food restaurants successful? The reason is that these fast food restaurants’ prices and convenience make up for the lack of quality. Although eating from these fast food restaurants have numerous negative effects-which consumers know about- the idea of having food made for you in 5 minutes at a location close to home is an offer most people cannot refuse. Even though people know what the bread at Subway is really made of, many people will still eat Subway.

Fast food restaurants have become the locations where the skinny becomes the obese. If fast food restaurants were not fast at delivering food, they would not be nearly as successful as they are today. Fast food restaurants have brainwashed consumers into sacrificing quality for convenience and price. Fast food restaurants know what they are doing is wrong, but they have no reason to stop because they are still generating billions of dollars in sales.

**Melina RL Malla Thakuri  
BHM 4th Semester**

## LITTLE THINGS

Little drops of water,  
Little grains of sand,  
Make the mighty ocean  
And the pleasant land.  
Thus, the little minutes,  
Humble though they are,  
Make the mighty ages of eternity.  
So, our little errors.  
Lead the sound away.  
From the path of virtue  
For in sin to starry.  
Little deeds of kindness,  
Little words of love,  
Help to make earth happy  
Like the heaven above.

## VALENTINO ROSSI THE LEGEND

If you are bike rider or bike lover or simply love the speed then you all must have heard the name "Valentino Rossi". Valentino Rossi is one of the legends of the Moto Grand Prix (GP). He is one of the great riders in the history of Moto GP so let's know him more.

Valentino Rossi was born on 16 February 1979 in Urbino, Italy. He was still a child when the family moved to Tavullia. Son of Graziano Rossi, a former motorcycle racer, he first began riding at a very young age. Rossi's first racing love was karting. Fuelled by his mother, Stefania's, concern for her son's safety, Graziano purchased a kart as a substitute for the bike. However, the Rossi family trait of perpetually wanting to go faster prompted a redesign; Graziano replaced the 60cc motor with a 100cc national kart motor for his then 5-year-old son. Rossi won the regional kart championship in 1990.[16] After this, he took up minimoto and before the end of 1991 had won numerous regional races

Following his father, Graziano Rossi, Valentino started racing in Grand Prix in 1996 for Aprilia in the 125cc category and won his first World Championship the following year. From there, he moved up to the 250cc category with Aprilia and won the 250cc World Championship in 1999. After graduating to the premier class in 2000, he won the 500cc World Championship with Honda in 2001, the MotoGP World Championships (also with Honda) in 2002 and 2003, and continued his streak of back-to-back championships by winning the 2004 and 2005 titles after leaving Honda to join Yamaha, before regaining the title in 2008 and retaining it in 2009. He left Yamaha to join Ducati for the 2011 season but it was confirmed in 2012 that he would rejoin Yamaha for the 2013 and 2014 seasons. He suffered two winless seasons while at Ducati. And from 2014 onwards he has been racing with Yamaha in Moto GP.

Valentino Rossi has got his own track in his hometown naming it, VR Ranch. Young riders who want to establish themselves do practice in Rossi's Ranch. And from the VR46 academy, many riders participate in Moto 2 and Moto 3.

Rossi has own 9 Grand Prix and he is in the search of his 10th World Championship race in 2017 and with his last season in . Rossi has got himself with no.46 and he has more than millions of fans all over the world. Rossi has got many competitions in his racing career. His major competitors are Casey Stoner(Ducati), Marc Marquez(Honda), Jorge Lorenzo(Ducati) and former Yamaha Partners), Pedrosa(Honda), Andrea Dovizioso(Ducati), Maverick Vinales(Yamaha Partners) and many more. However, Rossi always gives his best and races every race as his starting race.

Valentino Rossi has been racing for 20 years and he is one of the most experienced riders. Rossi is well known for his cornering and the braking. Some of the quotes mentioned below are quoted by Valentino Rossi:

"I race to win. If I am on the bike or in a car it will always be the same."

"I would have probably stolen cars - it would have given me the same adrenaline rush as racing."

This is the short information about legendary moto racer Valentino Rossi 46. He will be retiring soon however he will always be remembered.



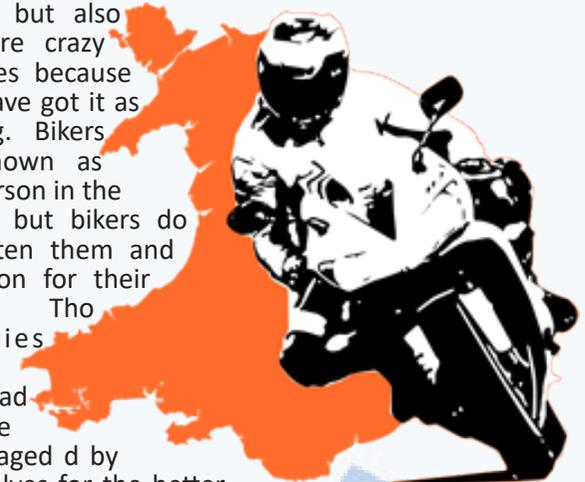
Roshan Thapa  
BSc.CSIT 5th Batch

## LIFE OF BIKERS

According to my thought bikers refers to person who ride and are always busy with their bikes. In Nepal, there is low scope for bikers. Although girls know that they are trying to develop by organising different programs like race, shows etc themselves. Life of bikers are always in risk but also

they are crazy on bikes because they have got it as a drug. Bikers are known as bad person in the society but bikers do not listen them and move on for their career. The

societies said them bad they are encouraged by themselves for the better future in bikes. Yes, people said bike don't give you anything to your life beside this bikers have different life for their future. Biking is not a daily job but it is a part time job by which he/she gets everything from which he/she may not get from their daily job. If there is no peace in your heart nothing is good do you get job in very high post.



Asbin Aryal

# Chelsea : The Blues



Chelsea Football Club, the current defending champion of English Premier League was founded in March 10, 1905. The founders were Henry Augustus Mears, Joseph, Henry Boyer and Alfred Janes. The home of Chelsea is called Stamford Bridge where the first Chelsea played its first game against Liverpool and won 4-0. John Tait Robertson was the first Chelsea Manager. The club earned promotion to the first division in 1907. Chelsea won their first major trophy, the League Championship in the 1954-55 season. They won their first FA Cup in 1970 and another in 1997. After winning the League Cup final, UEFA Cup Winners' Cup and UEFA Super Cup in 1988, trophies came regularly in Chelsea's cabinet.

The modern era of Chelsea began in 2003 when Roman Abramovich bought the club for £140 million. Abramovich replaced manager Claudio Ranieri with Jose Mourinho and Chelsea won back the League Championship (now called Premier League) in 2004-05 and 2005-06 along with winning the FA Cup in 2007 and league cups in 2005 and 2007. Chelsea lost their first Champions League in 2007 to Manchester United. Chelsea became the first top-flight English club to score 100 goals in a single season since 1963. Chelsea won the UEFA Champions League in 2012 against Bayern Munich in Allianz Arena, becoming the first London club to win the trophy. After winning the UEFA Europa League against Benfica, Chelsea became the first English club to win all major UEFA club competitions. Jose Mourinho returned to the club and led Chelsea to the Premier League trophy in 2015 but was sacked the very next season. Antonio Conte was appointed as the new manager and led to Premier League glory in the 2016-17 season.

#### Facts:

Chelsea hold the record for most number of Premier League wins in a season (30) (2016-17)

Most number of clean-sheets in a single season (25), (2004-05) and most number of points in a single season (95) (2004-05).

Chelsea, along with Arsenal, were the first club to play with shirt numbers, on 25 August 1928.

They were the first English side to travel by aeroplane to a domestic away match, when they visited Newcastle United on 19 April 1957.

Chelsea is the first English team to field an entirely foreign team (no British players).

Chelsea was the first club to score 100 goals in a single season (2009-2010).

#### MAJOR TROPHIES:

- 6 Premier Leagues
- 1 UEFA Champions League
- 1 UEFA Europa League
- 7 FA Cup
- 2 UEFA Cup Winners' Cup
- 1 UEFA Super Cup

#### PLAYERS 2017

##### Goalkeeper

Willy Caballero  
Thibaut Courtois  
Eduardo Portugal

##### Defender

Azpilicueta  
Gary Cahill  
Andreas Christensen  
David Luiz  
Antonio Rüdiger  
Davide Zappacosta

##### Midfielder

Ethan Ampadu  
Tiemoué Bakayoko  
Cesc Fàbregas  
Danny Drinkwater  
Eden Hazard  
N'Golo Kanté  
Kenedy  
Marcos Alonso  
Victor Moses

##### Forward

Michy Batshuayi  
Alvaro Morata  
Charly Musonda  
Pedro  
Willian

##### Manager

Antonio Conte

## TEENAGE DREAM

Closing the eyes and spreading the wings  
Making a wish and dreaming good dreams  
Sleeping in the net and starting to swing  
That is the teenage dream.

Taking shower in waterfalls  
Which makes you want to scream  
Together having fun with all  
That is the teenage dream.

The dream of traveling the Leigh  
Go by side by side of downstream  
Again wanting to fly high.  
That is then teenage dream.

Being a teenager, dreaming about the love.  
Praying that love will find one day.  
Hoping that God will listen to us sometime.  
That is the teenage dream.

Loving a dream to complete the silly desires  
Wish to touch the sky and stars  
Doing all funky things  
Sitting in front of fires.  
That is the teenage dream.

Opening the eyes only to find  
Is everything really what it seems? What red there was  
the sign?  
that is the teenage dream.

Looking at the stars twinkling.  
Thinking about the future  
And making the theme  
Following own heart not being a weakling  
that is the teenage dream.

**Smriti Maharjan**

## RULES OF LIVING

Never put off till tomorrow  
What you can do today  
Never trouble another for  
What you can do yourself  
Never spend your money  
Before you have it  
Never buy what you do not want  
Just because it's cheap  
Pride costs us more than  
Hunger, thirst and cold  
We seldom repent  
Having, eaten too little  
Nothing is troublesome  
That we do willingly  
How much pain the evil that  
Have happened cause us  
Take things away by the smooth handle.

**Selexna Pathak**

## TEACHER

You guide us our destination  
You help us to fulfill our ambition  
Your instructions are not just sentence  
Your words are just not words

Your precious suggestions  
Help us to make improvement  
You are all time encouragement

Your dedication and best effort  
Make our future bright  
Like a burning candle you burn yourself  
And spread light

We lack precious gift for you  
Except few words of wishes and appreciation  
We have nothing to give you  
Except few words of admiration

Thank you for showing kindness  
To poor creature like us  
Thank you for showing knowledge  
To tend buds like us.

**Alish Maharjan**

## MAN AND WOMAN

They say  
Man and woman are two wheels of a cart.  
Sadly true,  
but they always remain a part.  
They say  
Man and woman are two sides of a coin.  
Unfortunately,  
One lives in pleasure and the other in pain.  
They say  
Man and woman are two ends of a rope.  
One might be happy  
But for the other, there is no hope.

**Monika Koirala**

## TIME IS PRECIOUS

To know the value of one year,  
Ask the student who failed the exam.  
To know the value of one month,  
Ask the mother who has delivered a premature baby.  
To know the value of one day,  
Ask the editor of the weekly.  
To know the value of an hour,  
Ask the lovers who wait to meet.  
To know the value of a minute,  
Ask the person who has missed a train.  
To know the value of on second,  
Ask the one who survived an accident.  
To know the value of one millisecond,  
Ask the athlete who has come second in the Olympics.

**Pratima Pandey**

# BIM PHOTOGRAPHS



**BIM 13TH BATCH A**



**BIM 13TH BATCH B**

# BIM PHOTOGRAPHS



**BIM 14TH BATCH A**



**BIM 14TH BATCH B**

# BIM PHOTOGRAPHS



**BIM 15TH BATCH A**



**BIM 15TH BATCH B**

# BIM PHOTOGRAPHS



**BIM 16TH BATCH A**



**BIM 16TH BATCH B**

# BIM PHOTOGRAPHS



**BIM 17TH BATCH A**



**BIM 17TH BATCH B**

# BHM PHOTOGRAPHS



**BHM 6TH BATCH A**



**BHM 6TH BATCH B**

# BHM PHOTOGRAPHS



**BHM 7TH BATCH A**



**BHM 7TH BATCH B**

# BHM PHOTOGRAPHS



**BHM 8TH BATCH A**



**BHM 8TH BATCH B**

# BHM PHOTOGRAPHS



**BHM 9TH BATCH A**



**BHM 9TH BATCH B**

# BSc.CSIT PHOTOGRAPHS



**BSc.CSIT 4TH BATCH**



**BSc.CSIT 5TH BATCH**

# BSc.CSIT PHOTOGRAPHS



**BSc.CSIT 6TH BATCH A**



**BSc.CSIT 6TH BATCH B**

# BSc. CSIT PHOTOGRAPHS



**BSc. CSIT 7TH BATCH A**



**BSc. CSIT 7TH BATCH B**

# BSc.CSIT PHOTOGRAPHS



**BSc.CSIT 8TH BATCH A**



**BSc.CSIT 8TH BATCH B**

# BBM/BCA PHOTOGRAPHS



**BBM 1ST BATCH**



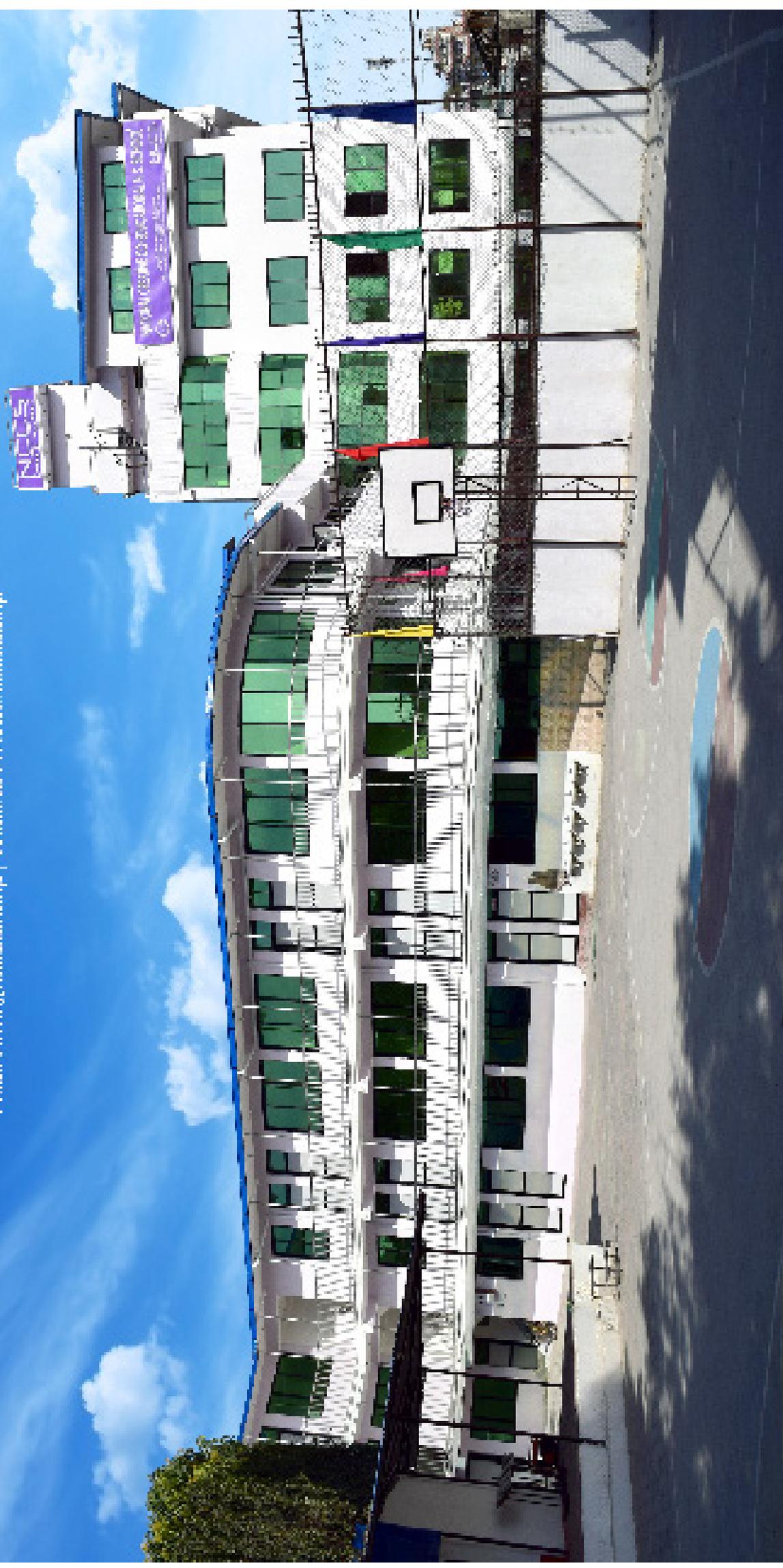
**BCA 1ST BATCH**

# NATIONAL CREATIVE CO-EDUCATIONAL SCHOOL [NCCS]

Chennai [Rameswaram Marg], Kallurambadi

Tel: +91 422 549 4138 052 | Fax: 4269 807

Email : [info@nccs.edu.np](mailto:info@nccs.edu.np) | Website : [www.nccs.edu.np](http://www.nccs.edu.np)



# TWEETS FROM GRADUATING SENIORS

Home Notifications Messages

Search Twitter

Tweets



**NCCS**  
NCCS College  
@nccscollege

Tweets 147   Following 7K   Followers 25.4K

## Trends For You

#Palaamagazine  
Business of Pala Magazine

#farewellseniors  
#NCCSseniors and 12K are tweeting about this.

exam  
124K tweets

#collegeisfun  
124K tweets

#quotesfromseniors  
124K tweets

#tweetnccs  
NCCS Seniors and 12K others are tweeting about this.

#KetannReus  
Created this.

## Who to follow - Refresh · View all

 **Azata** @azata  
Follow

 **Pokemon** @Pokemon  
Follow

 **PtsPhotos**  
Follow

Find people you know

What's happening?

 **Purbkar Thapa** @purbkar\_28  
The best days of my life were spent here. All those moments from candy crush to mini militia ,jussal,basketball esp 071 sports carnival,meeting Suman who ain't more physically 072, mahesh,rojan, KJ and all other friends. And hey you!! I fell in love with you with the way you touched me without using your hand :)

9   47

 **Saurav Tuladhar** @sauravtuladhar123@gmail.com  
Journey of the 6years starting from +2 to bachelors, went just like the blink of an eye. Many memories were created, gonna miss all this. :)

7   62

 **Sujal Manshakar** @sujal2000  
Live your Dreams, Live young, wild and free :) \m/

19   39

 **Sonika Maharjan** @SonikaMaharjan  
Though I couldn't wait for graduating sooner, now, I miss college life as nothing else. From the very first day, alone, to the last day, with a bunch of memories and friends, some crazy, some best, some close and some.....are special. It was all worth it.

35   48

 **Abhishek Wagle** @abhishek\_wagle123  
Life is beautiful, enjoy every moment.

67   158

 **Anish Silakar** @anishsilakar5@gmail.com  
Work hard and don't give up. And live your life however you want making others amused.

37   121

 **Jeevan Karki** @jeevan2000  
Our education is still inside a box so start learning outside the box.

56   98



**NCCS College**  
@nccs\_college

Tweets: 147 | Following: 7K | Followers: 23.4K

### Trends For You

#Palaamagazine  
Reviews of Pala Magazine

#farewellseniors  
8,400,000 tweets and 120K are tweeting about this.

exam  
124K tweets

#collegeisfun  
134K tweets

#quotesfromseniors  
1.1K tweets

#tweetnccs  
NCC Students and 12K others are tweeting about this.

#KetannReus  
Created this

### Who to follow - Refresh · View all

 **Ananta** @Ananta Follow

 **Pokemon** @Pokemon Follow

 **PabiPhotos** Follow

Find people you know

What's happening?

 **Jibindra Man Shakya** @jibindra  
Better an oops,  
Than what if.

75 | 175

 **Laxmi Simkhada** @laxmi224@yehos.com  
We didn't realize we were making memory  
We knew we were just having  
So guys make every moment precious so you can have something to look back and smile :)

15 | 38

 **Madhav Pandey** @madhav  
If you have crush on someone then, you should tell them before 4th sem. Because, trust me, you will regret later :P . You might be thinking, what if I develop crush later? That just never happens :P (tip for juniors)

8 | 48

 **Nishant Nepal** @nishantnada@yehos.com  
I'm very happy to be one of the best part of the NCCS family. Because it gave me best opportunity and enhance skill to increase my knowledge and carrier by providing learning and friendly environment with friends as well as teachers

7 | 78

 **Pooja Maharjan** @pooja.maharjan@yehos.com  
Hope this farewell gives us another opportunity to meet in the future.

39 | 157

 **Praveg Shrestha** @praveg\_shrestha@yehos.com  
Don't Fear Failure. Fear Being in the exact same place next year as you are today.

66 | 142

 **Rojan Bajracharya** @rojan77  
Made friends off and on coast! Great moments to cherish for my lifetime! Wonderful time spent throughout those years! Got and lost close ones! Thank you!

19 | 67

# TWEETS FROM GRADUATING SENIORS

Home Notifications Messages



Search Twitter



Tweets



**NCCS College**  
@nccscollege

Tweets 147   Following 7K   Followers 25.4K

## Trends For You

[#Palaamagazine](#)

Recent #Palaamagazine

[#farewellseniors](#)

8,400+ seniors bid 'adi' to loved ones about life.

[exam](#)

124K tweets

[#collegeisfun](#)

124K tweets

[#quotesfromseniors](#)

124K tweets

[#tweetnccs](#)

NCCS Seniors and 12K others are tweeting about life.

[#KetannnReus](#)

Created this

## Who to follow - Refresh - View all



**Ariata** @Ariata

Follow



**Pokemon** @Pokemon

Follow



**@PobiPhotos**

Follow

Find people you know



What's happening?



**Saroj Man Mall** @sarojmal

It has been 6 years of magic with wonderful memories and people! THANK YOU!! :)



36



65



**Sabista Maharjan** @Sabista

be yourself and dnt pressurized with study :P



19



35



**Saprina Shakya** @SaprinaShakya

Face every situation of life wid a big and strong heart. FIGHTING !!!!!



36



242



**Tribhuvan Maharjan** @Tribhuvan-Maharjan

Never hurt anyone with your deeds.



56



86



**Luis Shrestha** @LuisShrestha

Unity is power



88



32



**Rohan Shrestha** @ShresthaRohan

If we wait until we are ready we'll be waiting for the rest of our lives. Its now or never ;)



21



67



**Saroj Dangol** @sarojdangol@gmail.com

Enjoy your life.



156



268



# FAQS WITH Karmath Dangol

**1** How did your journey started as IT professional?

-After my ISC, I went abroad to study Bachelor in Computer science and Mathematics. Actually, My Father is a Pharmacist and there's a trend that what father's does son follows. I went US to study MBBS but I took IT as career profession. I did struggle but fortunately work came in through. I had worked in Google Inc. as Engineering Contractor after that in eBay Inc. as Senior Manager in Internet Marketing Solutions. Then I returned to Nepal with my famil

**2** Can you share you failure as well as you success story with us?

- When I return back to Nepal I decided to open an IT company and I did it but due to some problem I closed my company then I start working in another company but at the end of the week I regine because I was offered with good work what I was for in another company and after sometime my wife introduce me to the vacancy of cloud factory. That vacancy was like as published for me so I applied there and got that job.

**3** Why did you come back to Nepal despite of being in so developed country?

- Although I spend many time in US but after that I thought why not in Nepal? So, I decided to come in my own country. My idea was to run my own company I know I can do it so I came back to Nepal. Unfortunately I had to close my company after some years and I knew I would survive one way or another. Then I joined in Cloud Factory. Now I am here as a VP of Engineering working for 5years in Cloud Factory and still counting.

**4** What do you think about IT education system of Nepal?

- Well education system of Nepal is only based on getting degree. First, the way of thinking should be change and should keep on learning for not only getting degree. Student doesn't know how to start up so they should change their thought in spite of getting degree keep on learning new things it will help you to accept all the challenges.



**5** What is your message to the student who is studying IT?

- I would like to say just be passionate about what you are doing and don't focus on degree focus on what you are learning. Continue on the college after the college that will help you lot in field. Don't run behind any language like this would be good, that would be good ; Logic is everything so try to create the logic. You guys are much smatter because you have as much as resources you can use. Try to convert your college project something good for career. Not only working on IT company gives you experience but also technical skill like attending in interactive event, IT workshop, IT exhibitions etc.

**6**

**Rapid fire**

Life = fun

Career = a must have

Family = can't do without

IT = my life

Cloud factory =i love it

Wife =I love it (hahahaha)

Children=they are growing fast

Education =needs to change

Love =I don't know

Wealth =I don't think about it

Health =I should think about it

Fame =doesn't matter

# Crowd funding



## What is crowdfunding?

Crowdfunding is the process of raising many small sums of money from a large number of well wishers and/or supporters of the project. Though the term first came into prominence around August 2006, several public fundraising activities that would today be termed as crowdfunding have been done all over the world for almost three centuries. One such example is the monumental base of the Statue of Liberty in New York, which was actually built with the crowdfunded money when the government failed to provide funding for the same. Crowdfunding gained mainstream attention in the internet age first within the creative fields like arts and music. But so strong has its growth been in recent years that it is today widely considered as an alternative to mainstream banking.

## Why crowdfunding?

While most people think that the benefit of crowdfunding is an instrument of raising money, only because the word in itself involves the term 'fund', yet this is only partially true. A major benefit of crowdfunding is its ability to function as a free marketing tool. Besides putting an attempt into raising capital for your venture, you can also test whether your service or product fits the market or not. Unlike traditional venture funding systems, crowdfunding also allows the creator(s) or the supporter(s) of individual projects to be closely linked together. If you are a project owner then you can collect user feedbacks, maintain a strong relationship with your supporters and raise your reputation. The World Bank has estimated that crowdfunding as an industry could reach an accumulated value of up to \$90 billion by 2020. It's already proven to be a lucrative tool for small business owners, entrepreneurs and social workers for raising funds.

## Crowdfunding in Nepal?

Nepal lacks a proper policy to guide crowdfunding ventures or campaigns despite a growing interest in the field for over five years. After meeting and talking with lawyers I personally discovered that there are certain workarounds for crowdfunding to function in a rather discreet manner. The only legal type of crowdfunding allowed so far are reward based initiatives and donation based crowdfunding.

The biggest hurdle of starting a crowdfunding platform in Nepal is the lack of any mature payment gateway in the country.

Though Nepal does have several local payment gateways and though new ones are being added every year, the number of people using them are very low. In the recent months, Nabil and Himalayan Bank released their new international payment gateway, but because of NRB's unclear policies, emerging crowdfunding startups from the country haven't been allowed to make use of the same. However, despite the above mentioned underlying problems within Nepal, a handful of Nepali citizens have successfully launched their own crowdfunding campaign in international crowdfunding platforms like Kickstarter, Indiegogo or GoFundMe. Several projects originating from Nepal have succeeded in raising money in international crowdfunding platforms. From organizations trying to set up their office in Nepal to nonprofits raising money after the earthquake, a lot of international crowdfunding websites have hosted projects meant for Nepal.

However, such fundings are often exclusively done internationally with citizens of Nepal not being able to contribute or partner locally due to the absence of feasible crowdfunding platforms.

Hence, although a lot of fund raising activities already happen in Nepal, to regulate and maintain the transparency as well as hold the project promoters more accountable, Nepal absolutely needs local crowdfunding platforms. Due to this lack of accountability and transparency, the end results of international crowdfunding campaigns destined for Nepal are rarely, if ever known. Thus, due to the absence of a proper law, not just are the honest people at loss, but the dishonest people are at gain. This situation seriously needs to change for the benefit of common Nepali citizens.

While, crowdfunding is definitely a new concept for Nepal and the government authorities may not be too familiar about its workings, broader lobbying through the media and the general people in the society is the need of the hour to make such a noble and feasible idea a reality in Nepal.

## Final Words

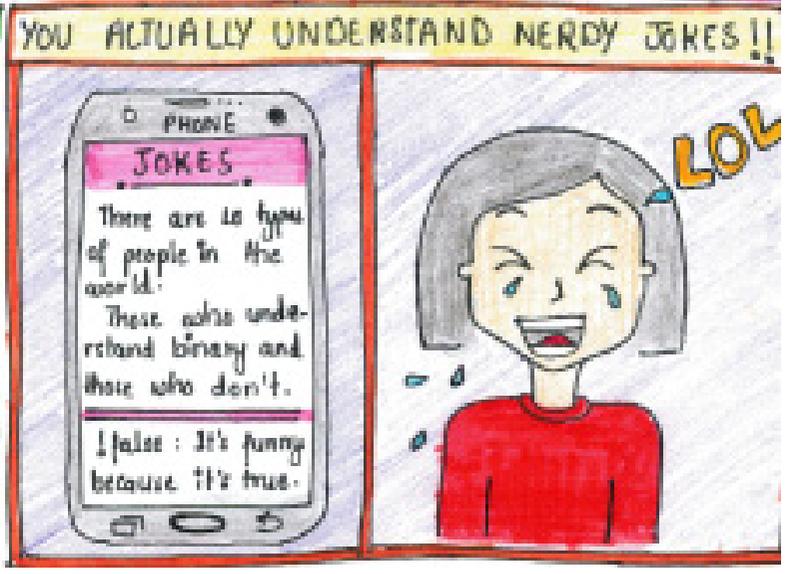
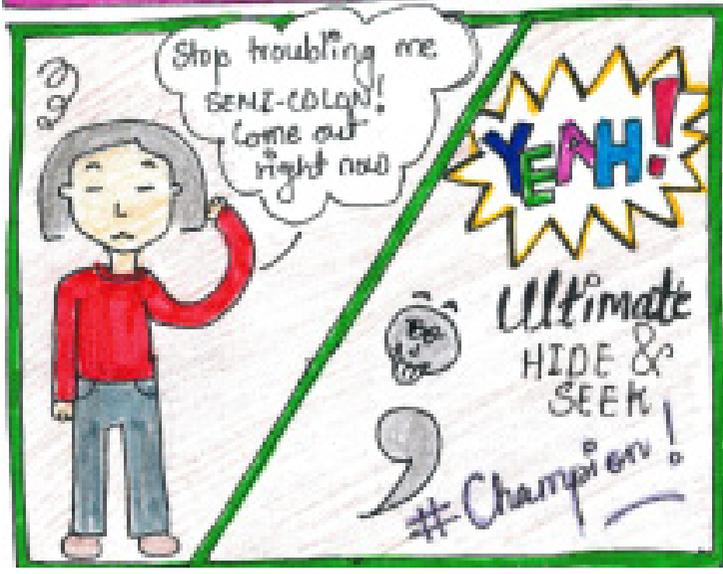
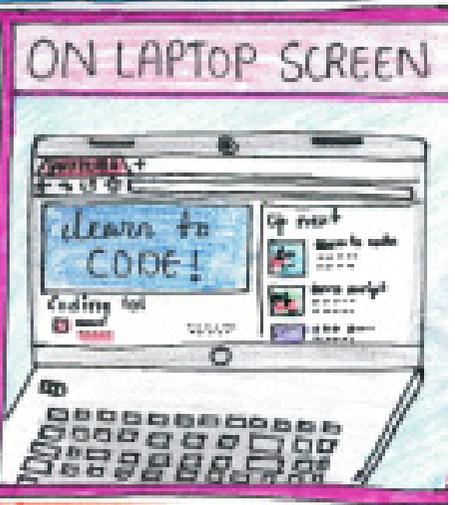
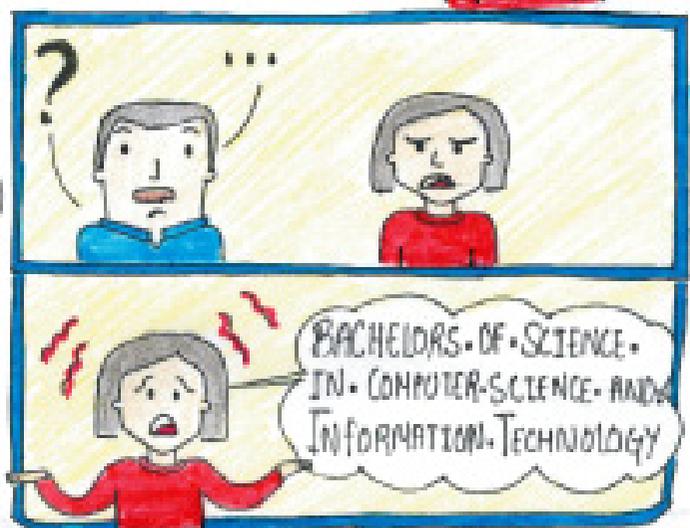
The intent to roll out creative ventures to the public, lend a helping hand during tough times or many more personal and social causes have shown that the community is bounded by something positive to hold onto. The potential is huge to strengthen this community and build a better place for ideas to turn into reality. If you have any queries regarding vCrowdfunding please feel free to email us at [contact@grasruts.com](mailto:contact@grasruts.com)

# THE STRUGGLES OF BEING A CSIT STUDENT

I'd love to make the world a better place... but they won't give me the source code!



the struggles are real, bro!





Ruahma Bajracharya



Sumi Manandhar



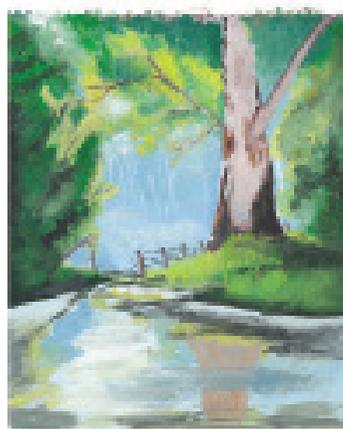
Suyash



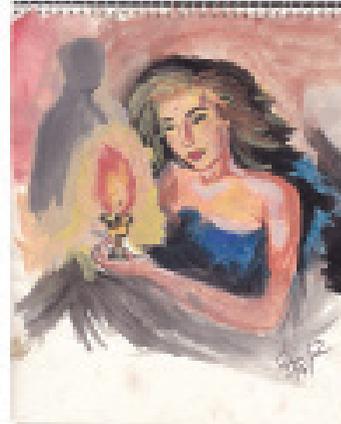
Sushan Ratna Tulachar



Yuska Dhungel



Elan Dangol



Michala



Liza Ranjit



Sushan Ratna Tulachar



Fikesh Maharjan



Piya



Artists NCCS



Aloha Maharjan



Neelita Maharjan



Abhinash GC



Eibek Hongan



Aarati Shrestha



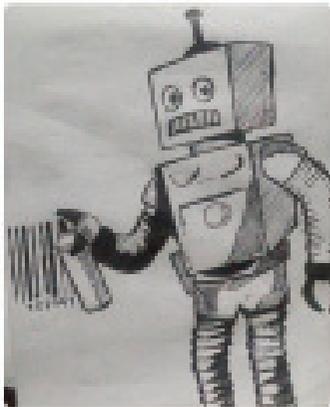
Arun Pujari



Dristi Shrestha



NCCS Artist



Kotian Mahajan



Bini Tamrakhroma



Heena Dangol



Lujala Mathema



Nadir Hussain



Nadir Hussain



Heena Dangol



Manish Ratna Shakya



Prabin Mahajan



Prashansa Bajracharya



Ploha Dangol



Piya



Prabin Mahajan





मैले तिमीलाई 'आपनै' ठावे ! 😞😞

रहर नै रहर बोकेर, मैले तिमीलाई 'आपनै' ठाविसके  
तिमीले 'अब' देखेके सोच, मैले 'आपनै' ठाविसके  
कल्पनाको त्यो महलमा, तिमीलाई मैले भित्राई सके  
तिमीले 'अब' जे सोच या भन, मैले सर्वस्व नै ठाविसके  
'अतिथक' ती मिठा, रमाइला सम्झनाहरू लाई  
सपनाको महलका भित्ताहरूमा फोरी सके  
एकपल्ट बियालेर हेरेदेउ प्रिय ति मिठाहरू  
साथै तिमीले देखेकी ती बिजलाका मिठापलहरू  
तिमि भन्थ्यौं हाडो मिलन साथै 'असम्भव' छ  
तर देख्यौं मैले यसैलाई कल्पनाको महलमा भित्र्याएको छु  
'अब' 'आउ' प्रिय तिमि बिसकुको व नव लिएर  
हामी दुवैको मिलनको लागि नै होचो कल भनैर,  
अ तिमीलाई साथ दिन्छु, तिमीलाई भरीसा देउ  
अ तिमीलाई मन भन्दैरमा सजाउनेछु, तिमि सपनालेर बसिदेउ

उपप्राध्यापक

बिषय मानन्धर, त्रिभुवन विश्वविद्यालय

एउटा गुलाबको फूल टिप्न नदेउ कसैलाई  
माया गर एउटै लाई धौका नदेउ कसैलाई

फुलकै काडा फुलकै माला  
फुलकै देवि शान

'अरुलाई' दिन्छु बाँझि बघन  
तिमीलाई दिन्छु जीवन दान,  
सौवान पिन्जो रीपा

वनज त मेरो कुमडीमा भयो  
महल सौवेर कहाँ पाइन्छ ?  
दुःख त मेरो उपहार भयो  
सुख सौवेर कहाँ पाइन्छ र ?

जीवनमा एउटा साथी सोचे  
साथी भनि तिमीले साथ दियो  
यो साथ तौड्लु नै थियो भने  
बाटोमा किन साथ छोड्यौं

सुरभ नेपाली

साथी 😊😊

प्यारी साथी

'तिमी' देशमा शान्ति फैलाएकोमा  
तिमीलाई मेरो बधाई छ ।

प्यारी साथी,

मेरो देश बिसम्बन्धको संघारमा छ  
मेरो देश एकादेश कम्मे जमना छ  
मेरो देश 'अतिथक' बढाउने लचारीमा छ  
त्यैसैले प्यारी साथी

मेरो देश रहन्छ रहदैक

'तिमी' देशमा शान्ति फैलाएकोमा  
तिमीलाई मेरो बधाई छ ।

तिमीले आउ पाएको नेपाल  
सुन्दर, शान्त 'अनि' विशाल  
'अब'

कुनै हुदै गएको छ

शान्ति पराय भैदिएको छ

'अनि' राज्यको विशालता

जालीकतामा टुक्रिदै गएको छ

शान्तिको मन्त्रलाई हिंसाको पाठले बिर्सिएको छ ।

प्यारी साथी

मैले त जानेको लिए

देश रहे रहन्छ, जालीकता

भाडीकता कला 'अनि' संस्कृति

देश नै बरहे

कहाँ सौवेर पाइन्छ

आइपार 'अनि' सद्भावमा देशप्रति ।

आइपार 'अनि' सद्भावमा देशप्रति ।

पल्लिस्था महर्जन



एकरोटि एउटा गाइबले 'अंग्रेज' पर्यटकलाई बाठमाठी  
घुमाउँदै थियो । गाइबले एउटा ठूलो बिलिडन देखाएर  
अन्यौंस यो हाडो संसद भवन हो ।

'अंग्रेज'स्यति साथी? यती त हामी कहाँ पिन्जा हुन्छ  
गाइबले फेरी नारा यणहिटी देखाएर  
'अंग्रेज'स यती त हामी कहाँ बर्णर हुन्छ  
गाइबलाई बेदै दिस उठेपछि घुप लगेर वन्थो, फेरी  
उसले धरहरा देखायो । 'अंग्रेज'स यी के हो ?

गडबन्स यी 'तिमी' बर्णर र पिन्जाको लागि  
तकवातक कवणभ्रम को योतान हो,



## मेरी आमा

मी महिला मलाई 'आफ्नी जर्मना राकीर  
कनाउनु भयो मलाई, उहाँले धेरै फन्ड सँघेर  
पाइला बालन सिकाउनु भयो, उहाँले बोलन सिकाउनु भयो  
सधैं हाँसी देखाएर मलाई पीडा सारा लुकाउनुभयो ।

मेरा सारा पीडा, मेरा दुःख बुझिदिने,  
म रुदा मेरा नयनका भास्य मुझिदिने,  
मेरो सम्पूर्ण शोष, मेरा मलिन भाटा पाउने  
दिवसो सुर्घ रातको जुन भई उज्यालो ज्योति बनि छाउने

मेरा सारा उम्रिजद, मेरा हँसला जमाउने,  
मेरो जीवनमा हर्ष, सुखि भनि उमम ल्याउने  
हजुर मेरी प्यारी आमा, म हजुर कि छोरी  
हरेक जुनि हजुरकै छोरी बन्न पाऊँ फेरि, फेरि ।  
सुधिमता रेग्मी

“

उसले सोधि, 'के तिमी मलाई अझै पनि  
माया गर्छौं?' मैले मुसुक्क हाँसेर भने,  
"माया त थाहा भएन तर साथीहरु  
अझै पनि मलाई तिम्रै कसम खुवाउँछन्।"

म

रगुल बाण उराउने म  
'आज एकलै संसार सारा छुट्टै छु  
राज्रो 'अफ्को लागि पढ्ने म  
'आज बच्चालको लागि पढ्दै छु  
सानो चोट लागदा रुने म  
'आज सुट्ट टुक्रदा पनि सहन्छु  
कमडा पकि एफैकिवना मिल्ने म  
'आज सानो कुराले बाता नै लोड्छु  
बिन्दगीले धेरै कुरा गर्न सिकायो  
बाहा नै भएन कति चाँडै यति ठुलो बनारो  
मर्घ लाग्छ मलाई 'आफुमा  
मर्घ लाग्छ मलाई 'आफुमा  
मर्घ लाग्छ मलाई 'आफुमा  
विभिन्न महर्षय

## मीन तिर्रा भाषाहरु

मीन तिर्रा भाषाहरु 'भ्रौंन्नाले नै बोलिदिन्छ  
नायाका ति जाबाहरु एकै पलमा सौंलिदिन्छ

धेरै ठाउँ कहाँ सौंने एउटाँ नानी भए हन्छ  
मेरै नबना सधैं तिमि धाउने बानी भए पुन्छ  
'भ्रौंन्नाको त्यो रपर्को नक्को रहन सौंलिदिन्छ  
मीन तिर्रा भाषाहरु 'भ्रौंन्नाले नै बोलिदिन्छ

परेलीसे कोपे पनि सहर भई नाया बन्छ  
सधैं भदि रहरहरु नयमा कसले बाध्य सक्छ  
चाहनाले तिर्रा सारा लाग्छ सौंलिदिन्छ  
मीन तिर्रा भाषाहरु 'भ्रौंन्नाले नै बोलिदिन्छ

तिमि संग 'अझै मैले धेरै जुबी विगाउनु क  
पिरलीका कुराहरु एक'अफ्कोलाई सिकाउनु क  
रिसाए भई नरे पनि 'भ्रौंन्नाले भेद सौंलिदिन्छ  
मीन तिर्रा भाषाहरु 'भ्रौंन्नाले नै बोलिदिन्छ  
विष्मन् विन्ट

## मेरो देश

उत्तर देखी चाडिपक भई टल्कने हिमाल मेरो देशमा  
नेपालीपन भुल्नेको क मेरो भाषा भेषमा  
सधै अरि रमाउँछु न नेपाल आमाको फासमा  
रमाउँछु सधै अबुपम यो सुन्दर प्रकृतिको साथमा

हरियो वन सजिएको क अगला पहाडको रिरमा  
अर्जुनको बाणको दतिहानस क फटिलो नभुल्ने तीरमा  
सधैअरि रमाउँछु न लालीसुरीसको माझमा  
फोदली आई नीत गाउँदा बेलुकी पस सौंझमा

सीला, वनक नेपालको सन्तान नेपाल आमा वनकी  
मेरो कण्डाको पहिघान हो सूर्यको किरण रिगतला  
सधैअरि रमाउँछु न कही तिहारको आमाकीमा  
आनन्दको अबुअथ गर्छु घर पिपलको फटारीमा

बिवा बड्का

## तिमी विक्राउना मेरो आँखाका सजाएर

आँखाका जावल सिपार लगाएर  
तिमी विक्राउना मेरो आँखाका सजाएर  
देख्लान कि अरु कसोले भनि  
राम्नेछु तिमीलाई दिलका सजाएर  
माया देखायौ या घुणा देखायौ ?  
गुलाब र फाँडा एकसाथमा देखाएर  
तिमी यशरी प्रेम कशाब रटेकी  
सालभरमा एकनौटी गुलाब पठाएर  
आपनाहन् सवैलाई त भुलेछु मैले  
तर तिमीलाई भुल्नै सकिन तरिबर पलाएर

नारायण उप्रेती  
बि एन सि सि एस आई टि

## तिमी लागि गरिदिए

हानी भन्यौ जब तिमीले मन सोलेर हारिदिए  
भाचौ भन्यौ त्यहि मन टुका टुका भविंदिए

न त मैले धुन बुकौ न त सुरलाल बुकौ  
बसो बसो नाँच भन्यौ उसै उसै नाँची दिँ

एक ठूल रहर मेरा तिमी तिरै लम्कदैने  
मार भन्यौ सबैलाई, सबैलाई फासी दिँ

रिचोउ कि आँसु भनि उनलाई वरी नब  
भोलि पनि रमाउँछु सोच भन्यौ सोची दिँ

पहिले दिव पिउ भन्यौ होसी होसी पीए पकि  
जम पाउदैनी भन्यौ कएपटीदै बाँची दिँ

बौलाहाको सुधी रैक तिमी त्यो डाचरी भित्र  
टाँस भन्यौ आफनै हातले आफनै फोटो टाँसी दिँ

सचिन श्रेष्ठ  
बि.एच.एम, दोस्रो सेमेस्टर

## फला

साहित्यको यो श्रीखला, दुई वार शब्द मेरो फला  
आज पनि तिमी यादमा, भित्रि मनमा बल्छु ज्वाला

फलाको ति फन्तो वाला, फुर्छ सिर्फ बेला बेला  
पर लाग्छ आज भोलि, शब्दले नि गर्लाच् टेला

साहित्यमै अलिभएको, जिन्दगीको मेरो मैला  
शब्दले नै हँला गरे, जिन्दगी यो के रहला ?

हाज्रो चाँसो सम्बन्धमा, नियतिको कुर भौलला  
तिमि रमाउ उसको साथमा, न यही एकलै रहला

राम हरि रिनाल  
बि.आई.एम वैठो सेमेस्टर



**बुधा**

बुधा छन् र धरकी भिता उडेका छन्  
 बुधा छन् र लालाबाला बाडेका छन्

आमाको सपना देखी धरकी एक छक  
 बुधा छन् र कचबाले उमित शिक्षा पढेका छन्  
 बुधा छन् र अनेक सपना सजाइएका छन्  
 बुधा छन् र चाडपर्व मनाइएका छन्  
 समाजको खरिबर र सभै रीतिरिवाज  
 बुधा छन् र परालको सैलीना मनाइएका छन् ।

बुधाका कति रातका निना समेका छन्  
 पढउन हाभीलाई बुधा कति रात जागेका छन्  
 बिरुन्छौ सजिलै तिनै बुधाका दिनलाई .  
 फुति गर्ने तिनै कलिल्ला किशोरकी औठमा  
 के स्वार्थ छ र बुधाले पाएको वीटमा ।

परिवारमा सभै सुख टागिा छारको छ  
 तिनै बुधा छन् र धौ सिरले काखरी पाएको छ ।

-अमिल चौपाने

“ हिजो, आज र भोलिको  
 चिन्ता एकैपटक  
 नगर्नु, हिजोबाट शिक्षा लिएर  
 आजबाट सुधिनु,  
 भोलि स्वतः उज्ज्वल हुनेछ । ”

**चुरिकला 🤔🤔🤔**

शिष्टाक : ल भन, तिष्ठिह्म मध्ये कोको स्वर्ग जान चाहन्छौ ?  
 (सबै विद्यार्थीहरूले हात उठाउनु हर एउटा विद्यार्थीले उठाउने  
 र शिष्टाकले त्यी विद्यार्थीलाई उठाएर सोध्नुभयो? )

ल तिमि तिमि किन स्वर्ग जान चाहदैना ?

विद्यार्थी : सर महार्द ल स्वर्ग जान मन छ तर 'आमाले  
 विद्यालयबाट छुट्टि भएपछी निधै घर 'आउनु भन्नु भएको छ।  
 -अम्मा रीया

.....

**भ्यागुलाकी भविष्य**

एउटा भ्यागुला ज्योतिषकोमा गएर र 'आपनी भविष्य हेरेकिनु  
 भनेछ ....

ज्योतिष : तेरो जीवनमा एउटी राखी न्चोक केटी 'आउनेछ 'अनि  
 तेरो मुटु चोरेर लानेछे.....!!! .

भ्यागुला : (सुरी टुँडै) त्यी केटी कहाँ भेट्छु ल मैले .....??

ज्योतिष : Biology को Practical Lab मा ..... .

भ्यागुला ल ठाउँको ठाउँ बेहोस्....

-धर्मल राजीवाध्याय

.....

**सैरेको तपस्या**

एकदिन सैरे भगवानको तपस्या गर्दै रैछ ।

'भगवानक भगवान प्रकट भयकन 'अनि भनेकन ।

भगवान : ल के चाहन्छन्स माय...?

सैरे : एउटा नामिए, कुली पाडि र त्यसमा धेरै केटि नै केटि....!

भगवानर तबारह....!

बिचरा सैरे 'आज एउटा Girl's school मा बस डामभर का  
 रोशन लिम्बु

.....

सैरे 'आपनी प्रेमिकाको घरमा उरको टाग जाग्न कन्छ ।

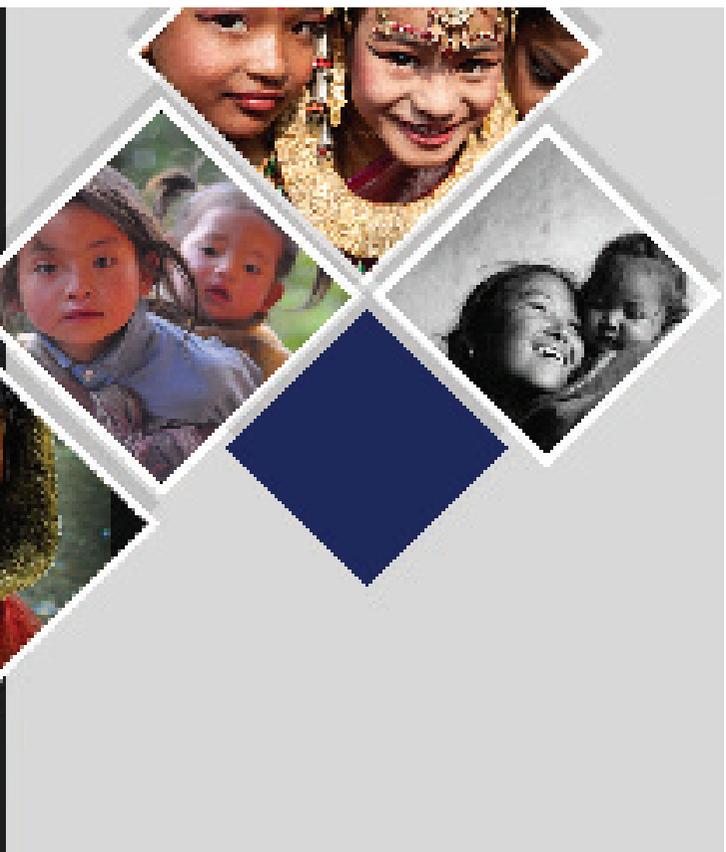
प्रेमिकाको बुवा : नहिना को कति कमीकन्छ?

सैरे : १५००० चर।

प्रेमिकाको बुवा : क्यो तीति !! तैले के सोचेर 'आयस ल एगए  
 ल जसको गरिबले मेरो फेरीलाइ कसरी सम्हाल्कन्छ !!

१५००० ल मेरो फेरीको Toilet paper सर्व हुन्छ।

सैरे : भयो ! तेती रुके भने ल फरिन्दैन !!!



# नारी

छोटीर बाबुको फाल जन्मीको घर र घर  
तपाइको पछि ललित आफुछि ती पराइघर  
माफ्ती सईरव तुमी। माछी तपाइको जरी  
आफुको नै थर राक्कोर राजा गछिने कर्तकी

राथ टीई तपाइको घर राथार चलाउछिने  
तुन्छ सुख साने कौली तपाइको रजाउछिने,  
जन्मीकोठारै छोरेर गछिने जीहर माछी  
दाजमाइ दिदीबेनी कूलर जन्मी रनि

बोकोर ना कलिया जमी दुरस करत राथे रापी  
जसलको बाजी राथेर सन्धाल जन्माउछिने उनि,  
साथ वार तपाईको टीई बाबु बचाउछिने  
सिरी कुनकु रामल दस राजाल नै राजाउछिने

जोवनकोर परीवार निलि राणा पयउछिने  
सर्वस नारी तर सारी जन्मी नचाउछिने  
हुयक आइ तपाई दिदुसा पर राजाउछिने उनी  
बाहुजाना तपाइको अरु गछिने उनि राथे

सुतोक्खा नेपाल

# मेरी आमा

ती कलिया कलाई आफुको माता। राथेर  
जन्माउनु कयो कलाई, उछिने थोरै करत राथेर  
पाइला चाल्ने दिवाउनु माथी, नखेने बोल्ने तिकाउनु माथी  
राथे जसो देखाएर कलाई पाइ रासा लुकाउनुको।

मेरा रासा पाइ, मेरा दुरस बुगिउछिने,  
म सुदा मेरा नखलका आशु पछिदिने,  
मेरो सापुर्ण दोष, मेरा जसोत आफु माथे  
दिउलो सुमे रागलो जुन भी उठ्यालो ज्योति रनि छउने

मेरा रासा उलेगा, मेरा हिलाला जयाउने,  
मेरो जीवनका हरे, सुनि उनि उलेग लुसाउने  
हदुर मेरी ग्यारी आला मा हदुर कि छोरी  
त्येक उनि हदुरको छोरी रज्ज पाइ फेरि, फेरि,

सुखिमला रेग्मी



## पानी पर्वुको मज्जा त बेग्लै थियो

पानी पर्वुको मज्जा त बेग्लै थियो  
असली मज्जा त उनीसँग हुँदैन  
झाला तल झगडा गरि रुझनु मा थियो  
कहिले उवि रिन्साउथिन् म थिने भन्ने  
कहिले म कराउँथे म थिने भन्ने  
अकालाई घवेटीघवेटी हिँड्नुको मज्जा बेग्लै थियो  
अलिफ अगाडि कै गएको, पानी कबु ठूलो भयो  
आकाशी ब्यागवाट मैले झाला  
बिफाल्दा उबलाई झगक्क भयो  
"आहा छ तिमी बहाना मात्रै बनाउँछौ" उबले भनि  
म रुसुक्काँ होँसे, र पानीको मज्जा लिन आले  
आफूलाई रुझन त अझै गन थियो  
तर उबले गाडी चढी भनि  
एकघोटी त्यस कुरामा विवाद गरे  
अन्तिममा केही नलागि मैले हार नावै ।

## जिन्दगी

जिन्दगी सानो छ, तर हेर ससको पिडा,  
सम्झदा त कहिले लाख माग्ने कि म बिदा,  
मिलन भन्दा बिछोड बढीकिन होला सस्तो?  
मानिसलाई भएको छ प्रेम साह्रै सस्तो !  
फावर अँ छ मानव को यो मव,  
रवार्थ नै लुकेको छ मानिसको यो तव,  
सिन्सा जस्तो बिभवे मानिसको तयो बोलि,  
मिठ्यास भन्दा पहिले बीज्जन तिलले गोलि!  
मायाको त अहिले मरुभूमि छ यहाँ,  
कता छ सानि भन जाउँ म करी ?  
जिन्दगीको साचै नै रहेछ दर्पण/छोरी,  
सुस्स दुरस्र मानिसका छन् दायाँ बायाँ,

विशाला पन्त

## जीवन

जिन्दगीमा मान्नु हुदैन हामीले हार  
अगाडि बढ्नु नै हो जीवनको सार,  
जान्न बाँकि छ अझ हामीले थुप्रै ज्ञान  
जर्न सक्दौं हामीले यसको ब्याज,  
ज्ञानले नै जिन्दगीमा लिनै छ ठुलो मौड  
पटि ठुलो मान्छे बन्नलाइ दिनुपर्छ जोड,  
बन्नुपर्छ अब हामी पटेर अझ ज्ञानी  
हुनुपर्छ हामी दया र मायाको स्वादि  
दिनुपर्छ जानैको हामीले अरुलाई ज्ञान  
जर्नुपर्छ अरुलाई सहयोग गए पनि ज्यान,  
मर्नु नै हो प्रकृति र जीवनको एव  
आमाँले हामीलाई दिएको सच्चा देव,  
बबिता सदा शंकर

## बी शुल्क पाइन्छ

यहाँ धेरै कुरा नीरशुल्क पाइन्छ,  
आपनावाट नै पिडा नीरशुल्क पाइन्छ,  
कनसैलाई चोसो मायो दीवुस त  
बदलाना बाँको नीरशुल्क पाइन्छ  
गाउँघरमा अब युवा अहिलेन  
साडी देशको भिया नीरशुल्क पाइन्छ,  
महणी लोडरुडिग बेरोजगारी अभाव  
यी र येस्तै सेवा नीरशुल्क पाइन्छ,  
बिज्ञापन गर्न पर्दैन साहुनी  
जुता किन्दा तुना नीरशुल्क पाइन्छ।

विराज तिमल्सेना

# Got Snapped



# Got Snapped





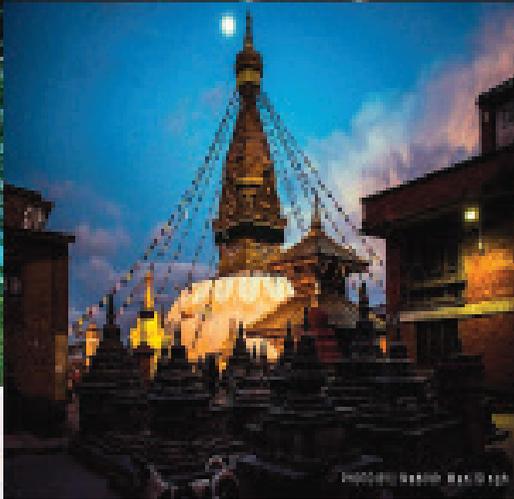
Wabish Man Singh  
BIM & Commerce

WHEN I HAVE CAMERA IN MY  
HAND I KNOW NO FEAR



## Chobhar

"Beautiful things don't ask for attention"  
Chobhar is known for the nearby  
Chobhar Gorge where there are the  
Chobhar caves. There is beautiful herbs  
and sarbs along with lime stone adding  
its more beauty in the town.



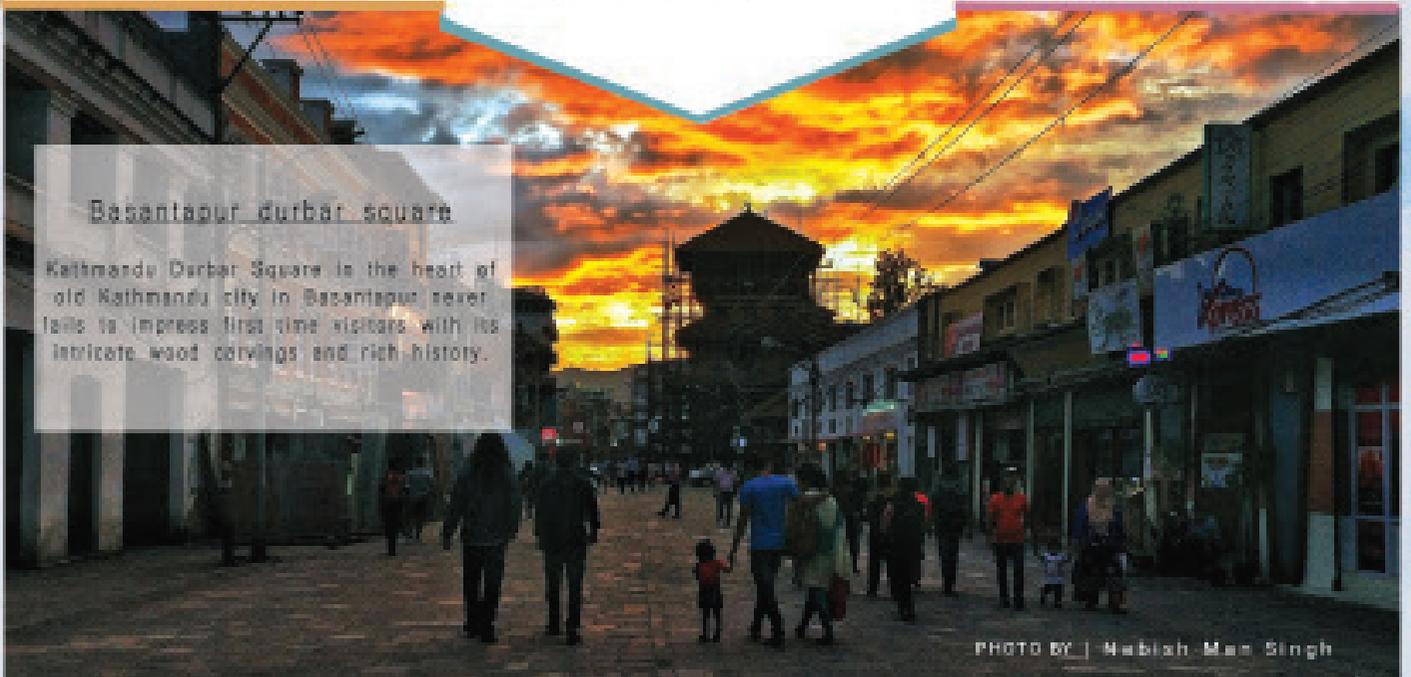
## Swayambhu

A golden spire crowning a conical wooded hill,  
Swayambhanath Stupa is the most ancient and  
enigmatic of all the holy shrines in Kathmandu  
valley. Its lofty white dome and glittering  
golden spire are visible for many miles and  
from all sides of the valley



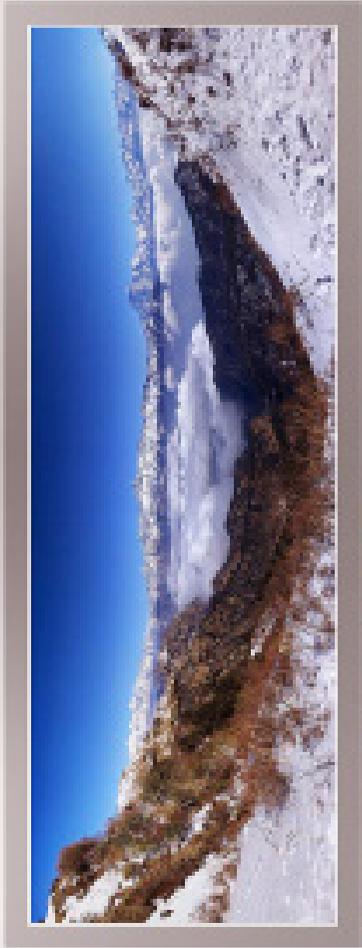
## Pashupatinath

Dedicated to Lord Shiva, Pashupatinath  
Temple is located on both banks of  
Bogmati River on the eastern outskirts of  
Kathmandu. It is the most important  
temple dedicated to god Shiva. Every  
year this temple attracts hundreds of  
elderly followers of Hinduism



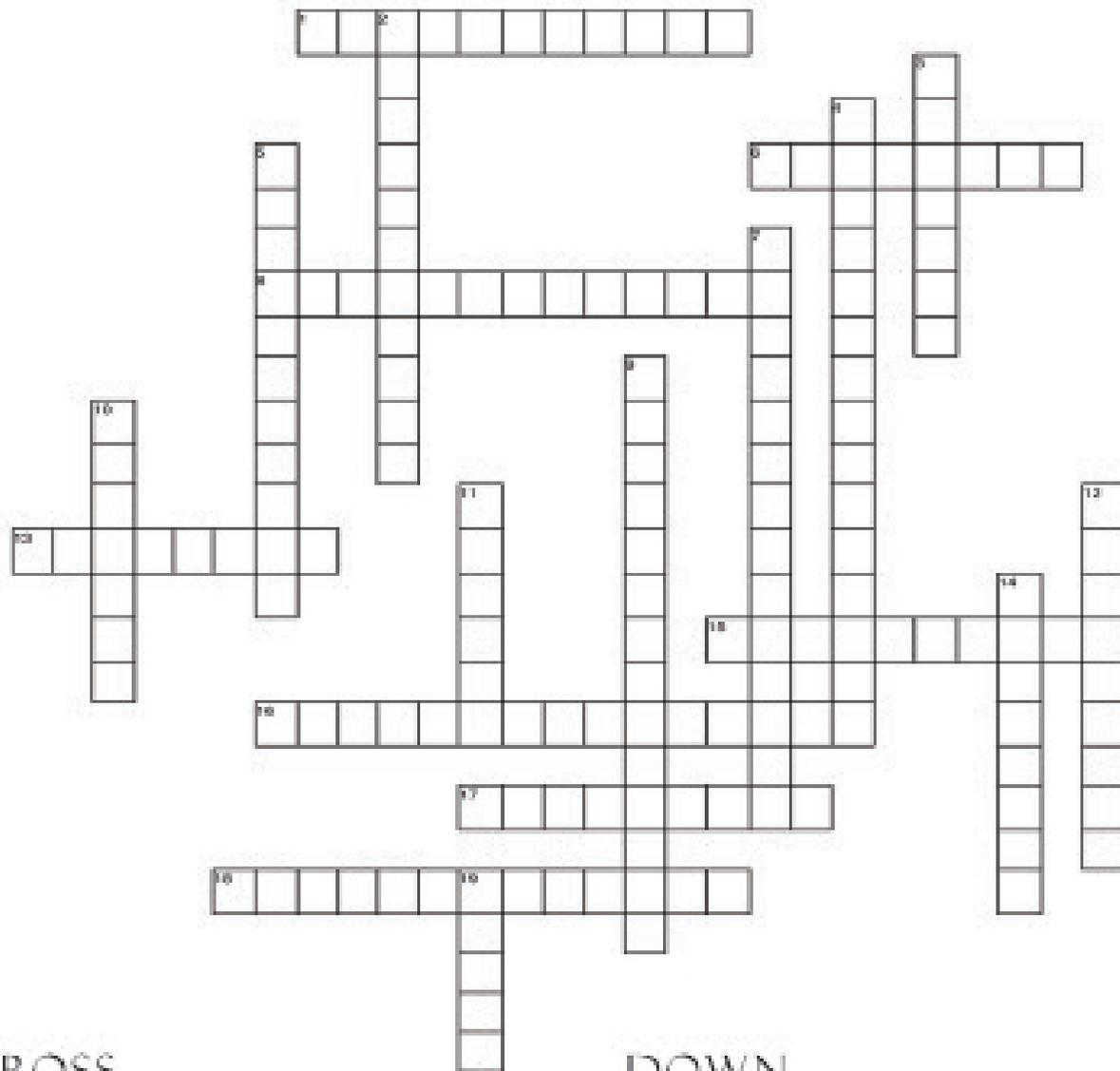
## Basantapur durbar square

Kathmandu Durbar Square is the heart of  
old Kathmandu city in Basantapur never  
fails to impress first time visitors with its  
intricate wood carvings and rich-history.



# GAME OF THRONES

## CROSSWORD PUZZLE



### ACROSS

1. First ranger of the night's watch
6. Viserys' young sister
8. Killed a white walker
13. The story takes place in a fictional continent called
15. Home of the Starks
16. Know as The Imp
17. The young wolf
18. Eddard Stark's great sword, was made of what material?

### DOWN

2. Military order which holds and guards the wall.
3. Immense ice structure which separates the northern border of the seven kingdoms from the lands beyond
4. Mother of Joffery Baratheon
5. Killed Robb Stark
7. Father of Cersei Lannister
9. Knight who killed AerysII(The Mad King)
10. Ned Stark's Bastard son
11. Last name of the author who wrote "Game of thrones"
12. Leader of the dothrakhi tribe
14. King Robert Baratheon asked him to be the Hand of the king
19. name of the Targaryen who captured Westeros 300 years ago



khaldrogo	daenerys	westeros	tywinlannister	roosebolton
benjenstark	cerseilannister	nedstark	thewall	jamielannister
valyriansteel	samwelltarley	jonsnow	martin	robbstark
winterfell	tyrionlannister	nightswatch	aegon	

Prepared by:  
Sandhya Shahi  
BIM 6th Semester

# RIDDLE TIME

1. Forward I'm heavy, backward I'm not. What am I?
2. If a man has a bee in his hand. What's in his eye?
3. I'm not at all heavy, but even the strongest man in the world can't hold me for long. What am I?
4. I have four fingers and a thumb, but I'm not living? What am I?
5. I can only live where there is light, but I die if the light shines on me. What am I?
6. I get wet drying? What am I?
7. Give me food and I will live, give me water and I will die. What am I?
8. I disappear if you say my name? What am I?
9. I am a rare case where today comes before yesterday. What am I?
10. I go up but never come down? What am I?

1. A ton	2. Beauty is in the eye	3. Your breath	4. A glove	5. A shadow
6. A towel	7. Fire	8. Silence	9. A dictionary	10. Age

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# MESSAGE FROM THE TEAM



Being NCCS student is pride itself. Working with Pala team members was new experience. All the team members were equally actively showing their participation. It is one of the best moment to work for Pala magazine. The experience I perceived from Pala is believe in what you do. I want to thank NCCS and Pala team for making me part of it.

**Jyoti Baset**  
BSc IT



I would advise anyone who applies to a writing center that before developing his talent he would be wise to develop a thick hide. It was great experience to be the member of pala. I appreciate all the member.

**Hollis EL. Hollis Thakari**  
BSc IT



"Yesterday is history, Tomorrow is a mystery, Today is a gift. That's why it is called the present."  
Have a good one.

**Rajan Shrestha**  
BSc.CIT



It's been an absolute pleasure to be a part of Pala's Team. It was great working with everyone. Gained lots of experience, memories and friends.  
Love Live Pala...

**Roshnee Pradhan**  
BSc



It was new and great experience. I also got to learn many new things through this experience and work in the design team. I also had lots of fun and discussion with the team members and managers.

**Dipaj Maharjan**  
BSc



The struggle you're in today is developing the strength you need for tomorrow.

Don't give up.

**Nikhesh Maharjan**  
BSc



For me, being a member of Pala has been a great experience. This event gave us the chance to meet different people and create links through amazing activities. It has helped me to identify my strengths and weaknesses as an individual and as a team member, and it was very useful for learning how to work effectively in teams.

**Sojan Shrestha**  
BSc



While I had a great time being involved with Pala, the backspace key of my laptop protests the sentiment.

**Nikhil Shrestha**  
BSc



When life gives you lemons, make grape juice and then sit back and watch the world wonder how you did it!

**Roshan Limbu**  
BSc



Mind is like a parachute. It doesn't work if it is not opened.

**Sojan Dangol**  
BSc



# MESSAGE FROM THE TEAM



Making Palaa: It was not just a task to be completed, it was an experience gained by sharing the creativity of NCCSers by the NCCSers for the NCCSers. Lastly, You are born original, DO NOT DIE A COPY

**Sophia Shrestha**  
BPH



Hope for Palaa - The Step, to be continued by the juniors.

**Sanket Maharjan**  
BPH



It was such a wonderful time making the magazine. I learned many things from my experience in Palaa. I hope this tradition of Palaa continues for many more years.

**Shirish Krishna Gengol**  
BPH



"बैठते हैं मस्जिदों को कोमल आँसुओं में डूबते हैं"  
-Everyone-

**Ketan Maharjan**  
BPH



No matter how many mistakes you make or how slow your progress is, you are still way ahead of everyone who is not trying.

**Chinuk Tamrakar**  
BPH



Working with all the Palaa members was so fun and a new experience for me. Making of Palaa was a really very exciting task!  
#stay\_positive #stay\_happy

**Malina Masandhar**  
BPH 12



The great thing about taking big chances when you're younger is you have less to lose. Life is an improvisation, you have no idea which things turn out fruitful. So, I prefer to grab those chances as regret is not my cup of tea.

**Michelle Masandhar**  
BPH



The ordinary gives the world its residence, the extraordinary gives it its value

**Sangita Maharjan**  
BPH



Be a wanderer with positive vibes and let your passion lead the way to stardom. Never let your study harm your dream.

**Kritika Bhandari**  
BPH 12B



Talking about my experience, I was able to collect lifetime memory in making phase of Palaa. I got chance to learn from my senior as well as junior. Thank you NCCS for trusting me for this work.

**Kritina Oshi**  
BPH 12B



# HACKATHON AT NCCS

"GET YOUR IDEA READY IN 8 HOURS"

A hackathon is a gathering where programmers collaboratively code in an extreme manner over a short period of time. While working on a particular project, the idea is for each developer to have the ability and freedom to work on whatever he/she wants. In hackathon sometimes crazy ideas become reality with the wonderful output.

Fifty five students have registered to participate in a hackathon at NCCS College on 30 Dec. 2018. The event kicked off 9:00 am and runs through the day and it was hosted by NCCS. The mentors to guide participants were from cloud factory Cotiviti and Rustrologie. The judges were from cloud factory and Kazistudios.

The participants were formed in 9 groups. The group worked on different teams in which they created an idea, by defining a set of problems and work on those ideas to develop small software for the solutions of the assigned task. The specified time was eight hours, out of this period five hours was allocated to present their project; five minutes for presenting their presentation, and the last five minutes for the question and answer.



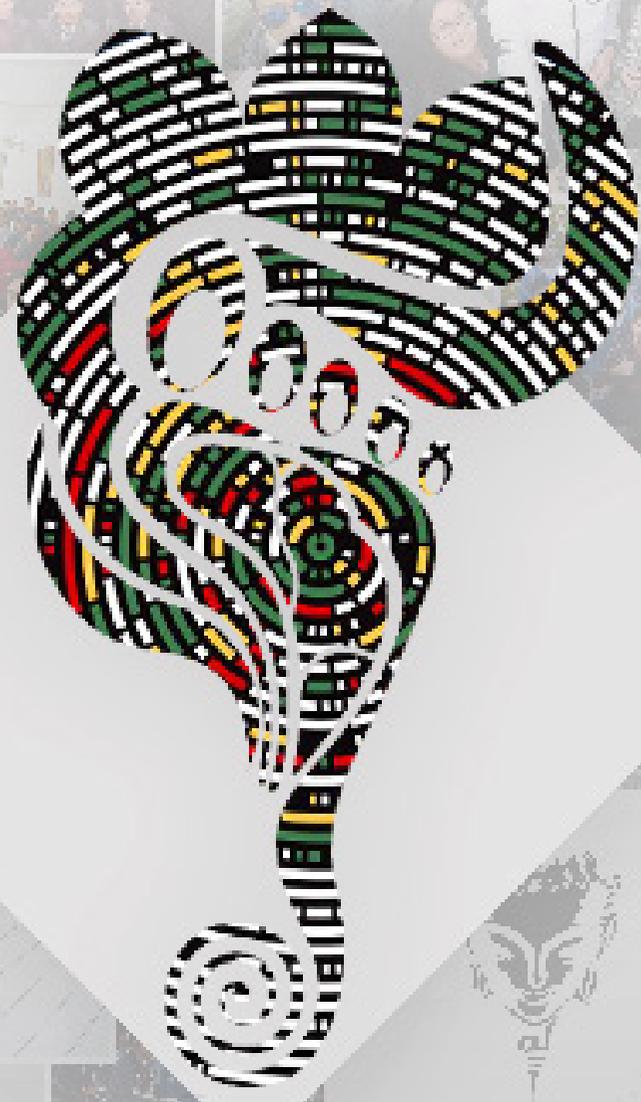
The topics for the software were:

Groups	Topics	Achievements
1.	Assignment Distribution System	"Learned how to interact with group and system"
2.	Search Restro	"Exploring new IDEAS"
3.	College event notifier	"IDEA about doing overall project"
4.	Online Party Palace booking system	"Group interaction"
5.	Food recipe system	"Work in limited time with team work"
6.	Football website	"Interaction with BSc. CSIT and teamwork"
7.	Depression and anxiety analysis	"Group Interaction and learning to work in time limit"
8.	Find my tutor	"Team work with limited time"
9.	Chat Bot	"Knew the software phases"



The program ended with announcing the first and second position group in which Group 8 achieved the first position and Group I got the second position. Without NCCS college initiation the program would never get success. It is believed that sometimes the open innovation creates something innovative and offers them real challenges.





palaa  
THE STEP