

2026 Edition

PALAA

— The Step



Student's Magazine |  @nccspalaa

NCCS



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

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



Chairman

MESSAGE FROM THE CHAIRPERSON

MR. BINOD RAJ PANDEYA



I am absolutely delighted to convey my warm regard and message for the 2026 Edition of 'PAALA' magazine published by NCCS. It is a praiseworthy step to prepare and inspire the creative amateurs having potential in writing and to lead them into becoming the distinguished ones in days to come.

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

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

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

A handwritten signature in black ink, enclosed in a yellow rectangular box. The signature appears to be 'Binod Raj Pandeya'. There are small yellow quotation marks above and below the box.

Signature

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

Principal

FROM THE PRINCIPAL'S DESK

MR. GANESH MAN SINGH BASNYAT




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

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

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

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

“

”

Signature

Editorial's Message

PALAA 2026 Edition

Dear Readers,

With immense pride and gratitude, we present the 2026 edition of PALAA – The Step, a celebration of voices, creativity, and the vibrant spirit of our college community. More than a magazine, PALAA is a reflection of who we are, a collection of stories, ideas, and experiences that capture our journey together. Inspired by the legacy of previous editions, we aimed to build something that honors the past while embracing fresh perspectives and new energy, creating a space where every student's expression finds its place.

Bringing this edition to life has been both challenging and rewarding. From lively brainstorming sessions to late-night edits and thoughtful discussions, every step strengthened our teamwork and deepened our passion. The hurdles tested us, but the shared laughter, dedication, and collaboration made the journey truly unforgettable. Through this process, we learned that when creativity and unity come together, something meaningful is always created.

We extend our sincere gratitude to the college administration, respected teachers, contributors, class representatives, and every student who supported us throughout this journey. Your encouragement, guidance, and creativity are the heart of PALAA. As you turn these pages, we hope you discover inspiration, connection, and pride in the stories within. This edition is not just ours, it belongs to all of us, a collective step forward that celebrates learning, growth, and togetherness.

Thank you for being part of this journey. Happy reading!

With gratitude,
The Editorial Team



Aadarsha Shakya

Palaa is our first step, a reminder that every great journey begins with the courage to start.



Aju Manandhar

Where passion met purpose, and creativity found a voice.



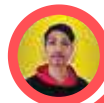
Bibekananda Chaudhary

Creativity here was not forced, it was discovered.



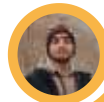
Bikas Bhatta

In the pages of Palaa, dedication turns into brilliance.



Hari Parajuli

Turning whispers of ideas into visual reality, it's been a privilege to give 'Palaa' its face and form.



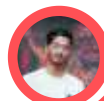
Nabin Upreti

From a blank canvas to a finished masterpiece; grateful for the team that inspired every stroke.



Ritesh Phuyal

The victor will never be asked if he told the truth.



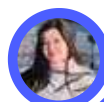
Rohan Shrestha

Palaa reflects not just talent, but the courage to express it.



Swarup Dahal

PALAA is not just a magazine, it is a step where students' creativity breathes, and I am grateful to walk that path as a member of "PALAA".



Tisa Shakya

PALAA came up with experiences, learning, networking and growing. Passing this legacy to amazing juniors.

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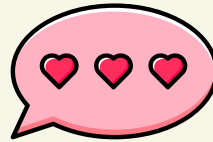
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p o e m

**"SOME STANZA CAN SAY WHAT A
THOUSAND SPEECHES CANNOT."**



MY JOURNEY THROUGH NCCS

If you asked me about the things NCCS gave me,
I'd say, a place to grow, good environment to learn and
friendships that feel like family.

But if you asked me on a deeper level,
I'd speak of six years that feel like a lifetime,
Of halls that echoed with dreams,
And classrooms where I became more than I imagined,
Each lecture molded the path to my future,
I walked these halls, not just as a student,
But as a seeker of something profound,
A place where wisdom embraced me,
And time carved my edges into clarity.

I'd speak of friends who became family,
Laughter that stitched our hearts together,
And moments so vivid, they'll never fade.

If you asked me what NCCS truly is,
I would say:
It's not just a place I attended
It's a part of who I've become.

-Nabina Upreti (BIM 8th 'B')

A CRY WITHOUT SOUND

Even the weekends seem to be a chore.
Putting a smile on my face as I walk out the door.
Wanting to run away, but where can I go?
Around people or not, I still feel alone.

To make it through the day
without an odd look my way
or someone asking me if I'm okay.
It's hard to explain without being considered insane,
so I've kept all to myself
until I realized I needed help.

-Kritika Khatri Chhetri (BBM 6th)

THE LANGUAGE OF FLOWER (FLORIOGRAPHY)

Flowers capture the essence of emotion, something fleeting, beautiful, and often unexpressed. Each flower has its own meaning, rooted in both culture and nature. Symbolic language allows flowers to become messengers of love, each petal a whisper of affection, each bloom a story to tell.

The Silent Poetry of Flowers: A Love Story in Petals.

Flowers do not speak with words,
Yet they utter tales that echo deep
In the stillness of dawn's first light,
Where petals whisper secrets we keep.

The rose blush so tender, bright,
A symbol of love, bold and deep,
Fragrance lingers in the air,
A vow to keep, a promise to leap.

The lavender whispers calm and peace,
Her purple blooms, a quiet prayer
A love that heals, a love that stays.
A gentle touch in the still night air.

Tulip stand in vibrant hues,
Bold and brave, a love that speaks,
In colors fierce, in shades of red,
Their silent story of passion peaks.

The silent poetry of flowers, true,
Is written in each leaf and stem,
A love that speaks without a word,
In every petal, love's perfect hymn.

Each flower holds its whispered lore,
A tale of beauty, lost no more,
In gardens where the quiet grows,
The silent poetry that the heart knows...

-Karuna Shrestha (BCA 1st)

SIBLINGS

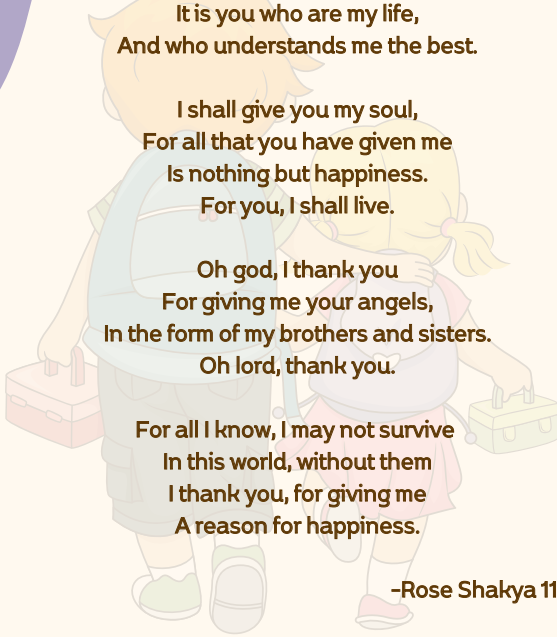
Siblings, our angels and devils,
The ones who know us the best.
It is you who are my life,
And who understands me the best.

I shall give you my soul,
For all that you have given me
Is nothing but happiness.
For you, I shall live.

Oh god, I thank you
For giving me your angels,
In the form of my brothers and sisters.
Oh lord, thank you.

For all I know, I may not survive
In this world, without them
I thank you, for giving me
A reason for happiness.

-Rose Shakya 11 'D'



MY CONFUSION

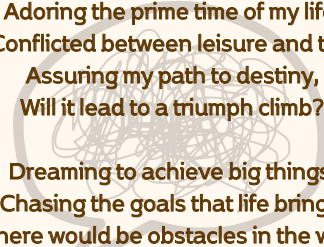
"The journey of life is hazy,
Making each step feel lazy.
Wanted to learn a lot of things,
Who will teach me to flap my wings?"

Adoring the prime time of my life,
Conflicted between leisure and toil,
Assuring my path to destiny,
Will it lead to a triumph climb?

Dreaming to achieve big things,
Chasing the goals that life brings,
There would be obstacles in the way,
But I will clear the path with a smile each day.

Life is the one-time thing,
Endures all the happiness and sorrow it brings.
Time flies in a blink,
Cherish each moment in a wink."

-Dristy Magar (BBM 8th)



SITUATIONSHIP

We're somewhere between a "hello" and "goodbye,"
Not quite lovers, but too close to say it's a lie.
We laugh, we linger, but there's space in between,
A dance with no rhythm, a pause in the scene.

Your words say one thing, but your eyes tell another,
Like we're trying to be more, but don't know each other.
We hold hands in secret, but let go in the light,
A flicker of love, but never quite right.

I'm not yours, you're not mine, yet we're tangled somehow,
Chasing a feeling, but it's not here right now.
We share fleeting moments, then go on our way,
Living for tomorrow, but afraid of today.

We're in the middle, not sure where to stand,
Too scared to walk, but not holding a hand.
Caught in the blur, where hearts fade and blend,
In this "situationship," when does it end?

-Samir Kumar Shrestha (BCA 1st)



CALL THEM

This chapter in life is called

A good day when it rains
Being sad when you win
Laughing as you cry
And praying as you die

Mom can you hold me
I miss when i was five
I dressed like a princess
I had a twinkle in my eye

I think i should call them
I know it's been too long
Cause when they're dead and gone
I'll regret it all along.

Tomorrow may never come

-Samragyee Gurung 12 'K'

PRISON OF THOUGHTS

Why am I turning into the person I once swore I'd never be?
What have I been doing,
stumbling through days without a clear path?

Who have I been,
Who am I,
What am I?

I hate every bone in my body,
every fragment of what keeps me standing.
I want to abandon my mind,
leave the weight of my thoughts behind.

They flood me—
melancholy, limerence,
An endless tide erasing who I once was
I hate who I've become.

I am an incomplete soul,
a shape that never fits.
I can't define myself,
just a blur of questions I can't answer.
The people who love me—
I don't deserve them.
My weakness is carved into my being,
and I can't escape it.

I want to disappear from myself.
What have I become?
my love is an abyss, never full.
I give up on everything,
on happiness, on peace, on me.
I crave more, always more,
yet my hunger consumes me.

Who am I??
I am an unsolved puzzle,
a cage, and the bird trapped within it.
Flapping wings that ache for freedom
yet remain tied up to the bars of my mind.

-Sumit Shrestha (BHM 1st 'B')

WHAT LOVING YOU MEANS

The night is to come, but not too soon;
The little moon
Slips down behind the clouds.
I'd gather the stars,
And lay them at your feet,
But they dance in the night,
When their beauty's complete.

I'd gather the waves,
To play you their song,
But they drift back to shore,
Where they belong.

I'd write a sweet story,
Of Memories and dreams,
But words feel so small
For what loving you means

I would absolutely give you the moon,
But it's not mine to give.
I would plant flowers on your pillows,
But that not where flowers want to live.
I would break off a piece of star,
To make sure you always have light,
But my hands are only flesh and cannot extend to that height.

Therefore, I'll give you my heart
For it lives inside of me—
Its the greatest thing i can offer
And you will never need a key.

- James Maharjan 12 'D'

THE LOVE THAT LIVE IN SILENCE



My heart dwells in shadows deep,
A storm that died down that I cannot quell.
You are the laughter in the heavens above,
But here I stop, unheld, loving.
Every look you throw, not towards me,
Is like a star within an endless ocean.
I write your name in the air for a moment,
A dream, a hope, a quiet prayer.
Yet love is still a quiet song,
My world will forever belong to you.
Unheard, unseen – but steadfast, strong.



-Deepson Shakya BBM 6th

ECHOES OF MY MIND

When the world gets silent,
I sit calmly with my mind.
I got thousands of things to process,
And emotions left to unwind.

Life feels endless sometimes,
But ends too soon like forgotten chimes.
I embrace the day I've lived,
As tomorrow never seems promised.

In the deafening silence of night,
Their words, laughter and voices echo.
A faint picture of their smiles as I close my eyes,
Feels like the key reason I live for.

The person I was today—I judge,
"Was I enough?
Was I kind?"
Or was I the same silent loner?
Busy with thoughts rushing her mind.

Days and years that I plan ahead,
And the person I've always wanted to be.
Remembering miracles that have happened,
My eyes get a bit teary.

Always saving a space for God in my heart,
The higher power guiding me from the start.
A sense of calm fills me still,
I close my eyes as the night heals.

- Sanil Maharjan 12 'D'



यात्रा

प्रेमको आभाषले जीवन रंगीन बनाउँछ,
तिम्रो आँखामा हेर्दा मन यत्तिकै रमाउँछ।

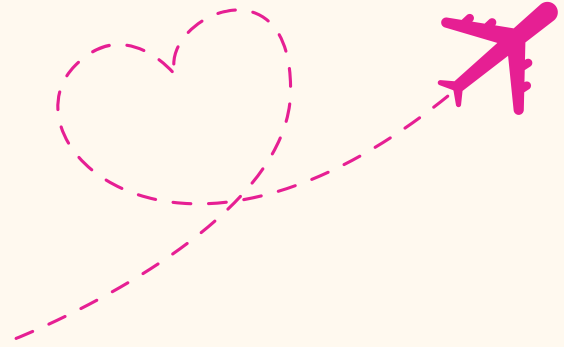
तिम्रो आवाज कृष्णले बजाएको धुन झैं सुरिलो लाग्छ,
तिमी बिना यो संसार खाली, सुनसान हुन्छ।

तिमीलाई हाँसेको देख्दा दुखका बादल उल्लासमा बदलिन्छ,
तिमीलाई मेरो सामु देख्दा, जिन्दगी रमाइलो उल्लासमा पल्किन्छ।

प्रेमद्वारा खुशीको अनुभव हुन्छ,
सबै दुख र पीडालाई हटाउँछ।

जीवनभरि तिमीलाई म चाहने छु,
सँगै रहनु यो अविरल बग्ने नदी जस्तो यो यात्रामा ।

-Aadarsha Shakya (BBM 6th)



मलाई आखिरमा चाहिएका

मलाई आखिरमा चाहिएका
माफीका दुई चार शब्द मात्र थिए ।।

तर यी सबै कुरा
केवल दुई पलका सपना मात्र थिए।
म भित्र आशा थियो।
एकदिन पक्कै उसले मलाई सम्झनेछ।
तर आखिर मेरो मुटुले
सधैंभरिको लागि आफ्नो द्वार बन्द गर्ने छ।
रिसाउ त कसरी रिसाउ
जान देको त मैले आफै नै थिए।।

तर मन यसरी टुट्यो
कि हरेक पल उनको गल्ती माफ गरी म आफै रुन्थे।
मेरो माफीको कामना
आखिरमा खेर नै गएको रहेछ।।

किनभने जो सँग माफिको कामना थियो
उसले भूल गरेको उसलाई नै थाहा थिएकाे रहेनछ।
ल भयो, मैले मेरो भित्र को आशालाई मारे
तिमी नबिसिनु तिमि प्रतिको मायाले गर्दानै मैले तिमिलाई छाडे ।

-Pratigya Bajracharya 12 'D'

बेरड जिन्दगी

ए मैचा तिमी मेरो जिन्दगीमा कसरी आयौ
रमाइलो छायो रङ्ग पनि ल्यायो

कुरिदियौ मेरो यो जीवनको पानामा रङ्गले चित्र
मनै छुने तिम्रो बोली रहिरहन्छ मेरो मनस्पतल भित्र

त्यसपछि के भयो त त्यस्तो तिमीलाई मेरो चित्र अधुरो बनायौ
मन रोयो आँखा रसायो जिन्दगी विरक्त बनायौ।

बुझ्न सकिन कि तिम्रो माया या अरु नै छ कुरा
तिम्रो माया रहिरहेको भए मेरो जीवन नै हुन्थ्यो पुरा

तिम्रो खुसीको लागि तिमीलाई त्यागिदिए
अरु केही भन्न सकिन केवल मुसुक्क हाँसिदिए।

-Rojit Maharjan 12 'C'

YOU'RE NOT WORTH THE SPACE

We spoke, we laughed—sure, we tried,
But now I see through every lie.
You weren't a loss, you're not a wound,
Just noise I should've left on mute.

No longing here, no looking back,
Just two mistakes I won't unpack.
If I could go rewrite the start,
You'd never get a piece of heart.

Your voice? A trigger I can't stand.
Your presence? Trash I never planned.
It baffles me how low you sink—
Each word you say just makes me think:

"How did I ever sit beside
These clowns with egos twice their size?"
You act like mirrors fear your face—
As if the world should love your waste.

You didn't break me, don't feel proud.
You're not that deep, just extra loud.
And this strange hate you've earned from me?
A new low in my history.

But here's the truth, the final cut:
You're just not worth the time I've shut.
Keep yapping, I won't even flinch—
Your name now fades without a pinch.

-Sadika Mahat (BIM 6th 'B')

CHOR GROUP

We steal bags during college time,
Hide them in corners – oh, what a crime!
You'll find your stuff but not too soon,
Maybe right before the afternoon.

Your phone's gone? Oh, what a shock!
It's not in your pocket, not by the clock.
We smile and say, "Did you check your chair?"
While it rings inside someone's bag somewhere.

We're not real thieves – we just pretend,
A bunch of clowns till the lecture ends.
Messing around is our daily chore,
Call us what you want – we're the college Chor!

-BIM 20th BATCH SEC-B



के कस्ता हुन्छन्

प्रश्न यो हो मान्छेहरू किन बेसुरा हुन्छन्
उत्तर जब सबै सपनाहरू अधुरा हुन्छन्।

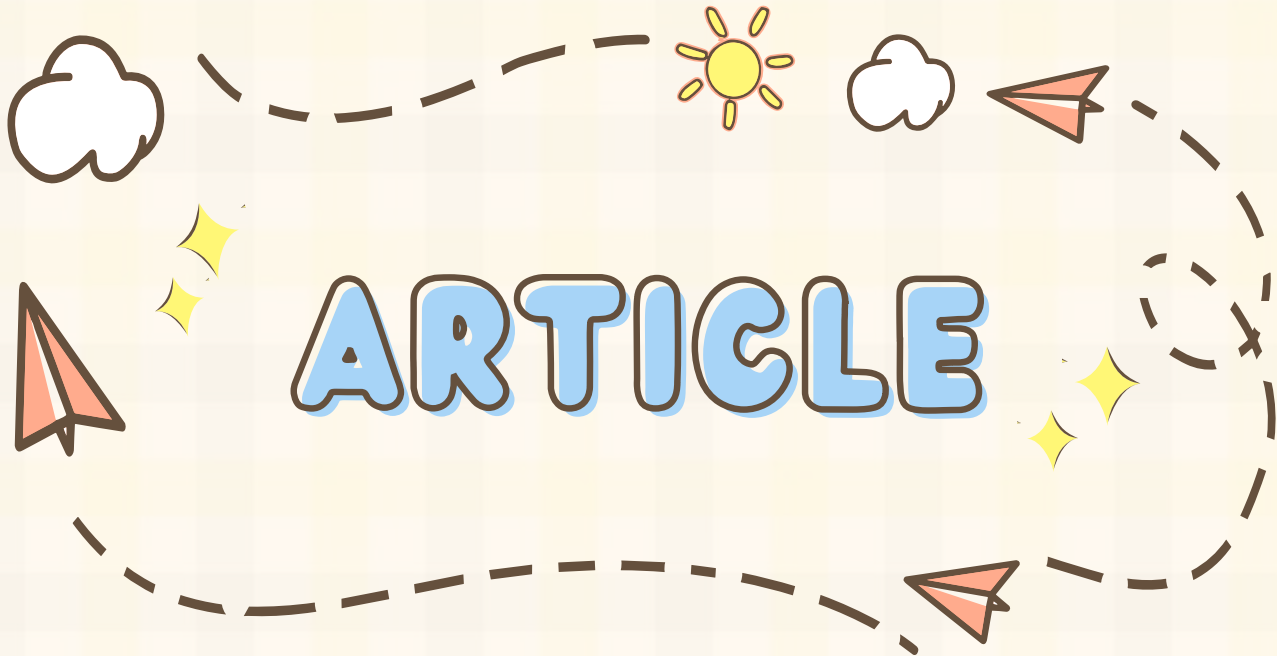
म बरु जसो तसो जिन्दगी गुजारुला
तिमी भएनौं भने बालबच्चा टुहुरा हुन्छन्।

उसको दिलमा म प्रतिको माया यसरी बुझ्नुहोस्
भिर बाटाहरू स्वतः साँघुरा हुन्छन्।

तिमी संसारकै सबैभन्दा राम्रो देखिन्छौ
जब सिउँदोमा सिन्दुर र हातमा चुरा हुन्छन्।

रक्सी चुरोट छाड्नुहोस् दुध फलफुल खानुहोस्
दुःख पर्दा साथ दिने मात्र पाखुरा हुन्छन्।

-Bikas Bhatta (BIM 6th 'B')



"Every article is a mission:
to wake the lazy mind, stir
the silent voice, and push
the world forward."





Saying 'No'

While the word "no" sounds simple, its impact is profound. It's a statement of self-respect and boundary setting. For people pleasers, declining requests can feel like letting others down. Saying no is hard for me personally because it often triggers fears of conflict or being seen as selfish. People pleasers struggle because they place others' needs above their own.

Let's look at some examples:

Example 1: You're stressing out because of multiple deadlines when a colleague approaches you with a last-minute request: "Could you help me finish this report?". Despite your workload, you respond, "Sure, I'll get on it," even though it means compromising your own work.

Example 2: Your best friend has been leaning on you heavily, calling late at night about their problems. You value the friendship, but their constant need for emotional support is leaving you drained. Despite this, you continue to listen.

Saying no doesn't make you selfish; it makes you human. Saying no is easier when you know your boundaries. If unsure about your response, "Let me think about it and get back to you" might be a great response. Understand your priorities; you don't owe anyone a justification. A simple "no" is enough.

-Purnima Shahi 12 'D'



Beyond the Rat Race: Rethinking Success, Education, and Growth in Nepal



Introduction: The Invisible Race We Never Agreed To

From the moment we enter school, many of us unknowingly step into a race. One where everyone runs in the same direction, follows the same milestones, and fears falling behind. This is the rat race. In Nepal, colleges have become a central part of this race, promising success through degrees, grades, and certificates. But the uncomfortable question remains: Are colleges truly preparing students for success or merely preparing them to survive within a system designed for its own benefit?

Success today is no longer defined solely by academic credentials. Yet, our education system continues to behave as if it is.



Colleges in Nepal: Education or Enterprise?

Most colleges in Nepal operate under a business-first model. Admissions are marketed aggressively, success is measured by enrollment numbers, and education is often reduced to a transactional process, i.e., fees in, degrees out.

While colleges claim to build careers, the reality for many students is different:

- Outdated curricular disconnected from real-world skills
- Minimal exposure to critical thinking, creativity, or problem-solving
- A heavy focus on exams rather than understanding
- Little guidance on entrepreneurship, financial literacy, or self-growth



Colleges often sell hope, not outcomes. A degree becomes a product, and students become customers. This doesn't mean education has no value, but it does mean that formal education alone is no longer sufficient to guarantee success.

The Myth of the “Safe Path”

**Nepali society strongly promotes a linear formula:
Good grades → Good college → Good job → Secure life**

This mindset discourages exploration, risk-taking, and individuality. Students who deviate - whether to start a business, learn skills independently, or pursue unconventional careers are often labeled “lost” or “irresponsible.”

Ironically, many of today’s successful individuals are entrepreneurs, creators, investors, and innovators who did not succeed because of college, but despite its limitations. They learned outside the syllabus, failed early, and built skills that the classroom never taught.



Redefining Success: It’s Not Just Money or Titles

True success is multi-dimensional. It includes:

- Financial independence
- Mental peace and clarity
- Purpose-driven work
- Freedom of time and choice
- Continuous personal growth



A degree may help open doors, but mindset determines how far you go once inside. Without adaptability, curiosity, and discipline, even the best credentials lose value.

Changing the Mindset: From Competition to Direction

The rat race thrives on comparison. Growth thrives on clarity.

To step out of the race, students must:

- Stop measuring success by others’ timelines
- Focus on direction, not speed
- Replace “What will people say?” with “What do I want to build?”

Instead of asking, “Which course pays the most?”, ask: “What skills will still matter in 10 years?”

Skills such as communication, problem-solving, digital literacy, investing, and adaptability are future-proof. Colleges rarely prioritize them, but the real world does.

The Power of a Small Circle

Not everyone around you needs access to your dreams.

A small, focused circle of people who think long-term, value growth, and challenge your thinking is far more powerful than a large social group driven by gossip, comparison, or comfort.

Your environment shapes your mindset. Choose friends who:

- Talk about ideas, not just people
- Support growth, not excuses
- Value progress over popularity

Sometimes, walking alone is better than running in the wrong crowd.



Focusing on Growth: Education Beyond the Classroom

Growth today is self-driven. The internet has democratized learning. Anyone with discipline can:

- Learn high-income skills
- Start side projects
- Build online businesses
- Invest and understand money early
- Create value before asking for validation

Colleges can be a platform, but they should never be your ceiling.

Use college time strategically:

- Network intentionally
- Learn skills outside your syllabus
- Read widely
- Build projects, not just resumes

Your future is built in quiet hours of self-improvement, not just in lecture halls.



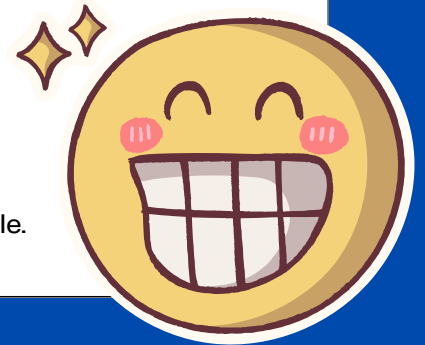
Living a Happy and Wealthy Life: Balance Matters

Wealth without peace is failure. Peace without purpose feels empty.

A fulfilling life comes from alignment between what you do, who you become, and how you live. This requires:

- Long-term thinking
- Financial awareness
- Emotional resilience
- Health: mental and physical

Success is not escaping struggle; it is choosing meaningful struggle.



Conclusion: Step Out of the Race, Step Into Your Life

The rat race promises security but often delivers stagnation. Colleges in Nepal are not useless, but they are incomplete. The responsibility of success no longer lies solely with institutions; it lies with individuals willing to think differently.

Don't run blindly. Pause. Reflect. Build intentionally.

Your life is not a competition.
It is a construction project.

And you are the architect.



-Hari Parajuli (BIM 6th 'B')



MENTAL HEALTH IN NEPAL: A GROWING CONCERN

- MAUSAM SHAH 'NEPALI'
LECTURER

Mental health, an integral component of overall well-being, has long been neglected in Nepal. Despite its prevalence, mental illness remains shrouded in stigma, ignorance, and limited resources.

As Nepal grapples with socio-economic challenges, natural disasters, and post-pandemic recovery, the burden of mental health issues has grown significantly.

Current Scenario of Mental Health in Nepal

Nepal faces an alarming prevalence of mental health disorders, including anxiety, depression, substance abuse, and post-traumatic stress disorder (PTSD). According to the World Health Organization (WHO), around 15-20% of Nepal's population experiences some form of mental illness, yet only a fraction seeks treatment.

In rural areas, where cultural and social norms dominate, mental health is often dismissed as a spiritual or supernatural issue rather than a medical condition.

Challenges in Addressing Mental Health

Stigma and Cultural Barriers

Mental health is often misunderstood and stigmatized in Nepal. Many believe mental illness is a result of bad karma, possession by spirits, or family dishonor. Such misconceptions prevent individuals from seeking timely help, exacerbating their conditions.

Lack of Resources

Nepal has only about 0.36 psychiatrists and 0.17 psychologists per 100,000 people, far below WHO recommendations. Mental health services are concentrated in urban areas, leaving rural populations underserved. Basic mental health care is almost non-existent in primary health care facilities.

Economic Constraints

Poverty exacerbates mental health issues while limiting access to care. For many Nepalis, the cost of treatment is prohibitive, and mental health is not covered under most insurance schemes.

Impact of Disasters and COVID-19

Natural disasters like the 2015 earthquake and the COVID-19 pandemic have severely impacted mental health. PTSD, grief, and anxiety have surged, especially among vulnerable groups such as women, children, and the elderly.

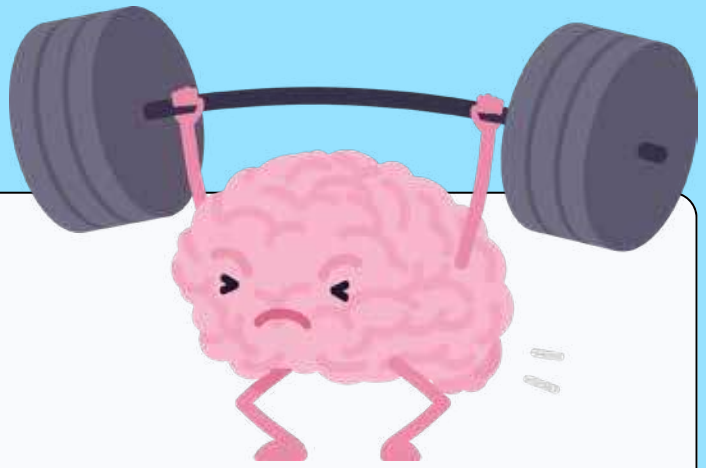
Groups Most Affected

Women and Children: Domestic violence, child marriage, and exploitation significantly affect their mental health.

Elderly: Isolation and neglect among the aging population have led to rising rates of depression.

Youth: Academic pressure, unemployment, and migration are leading contributors to anxiety and depression in young people.

Survivors of Trafficking and Conflict: These groups often suffer from severe PTSD and depression but rarely receive appropriate care.



Government Efforts and Gaps

The Government of Nepal has made some progress in addressing mental health. The *National Mental Health Policy 1997* and the *Mental Health Strategy and Action Plan 2020–2030* aim to integrate mental health into primary health care. The Mental Health Care Act was introduced to protect the rights of individuals with mental illness.

However, implementation remains weak. There is limited funding, and mental health is often overshadowed by other public health priorities. Awareness campaigns are sporadic, and many health workers are not adequately trained to provide mental health care.

Pathways to Improvement

Awareness and Education

Community-level campaigns can help reduce stigma by normalizing conversations around mental health. Schools and workplaces should integrate mental health education and provide safe spaces for dialogue.

Integration into Primary Health Care

Mental health services must be decentralized and made available in rural health posts. Training for general practitioners and health workers can bridge the gap in professional care.

Affordable and Accessible Services

The government must subsidize mental health treatments and include them in health insurance plans. Telemedicine can also provide remote counseling services, especially in hard-to-reach areas.

Youth-Centric Programs

Tailored programs addressing academic stress, unemployment, and social media pressures can support mental well-being among young people.

Support Systems for Survivors

Specialized interventions for trauma survivors, such as counseling and peer support groups, can significantly aid recovery.

Collaboration with NGOs

Non-governmental organizations have been instrumental in providing mental health services. Partnerships between the government and NGOs can expand the reach of mental health care.

Role of Media and Society

The media can play a crucial role in shaping public perceptions of mental health. Responsible reporting on mental health issues, sharing stories of recovery, and featuring expert opinions can encourage people to seek help. Society, on the other hand, must cultivate empathy and acceptance, fostering an environment where mental health is prioritized.

In Conclusion

Mental health issues in Nepal are a silent epidemic, affecting individuals, families, and communities. Addressing them requires collective effort—from reducing stigma to improving access to care and ensuring adequate funding.

As Nepal progresses, prioritizing mental health is crucial for building a resilient and healthy society. Recognizing mental health as a fundamental right and acting decisively can pave the way for a brighter, more inclusive future.

Through the Fog: A Journey to Self

When did I first lose sight of who I was? Was it during the chaotic arguments at home, or was it long before that, hidden in the mundane routines of life?

There was a time when I thought I knew exactly who I was. But now, that certainty feels like a lie I once told myself. I believed I had everything, that there was nothing more I wanted. But now, every step I take feels like walking on eggshells. I've never been afraid of living like I am now.

Reflecting on everything, my mind drifts away to thoughts of how everything was wrong from the very beginning. I was happy before, but was I really? The line is just so blurry that I can't differentiate from the fact that if things were actually okay or my mind just made them out to be.

Those day-to-day moments of high school, which I occasionally reminisce about, now feel so distant. Now that I look through the lenses of the present into my past, everything seems beautiful. The days, the nights, every moment, every breath feels so magical that I want to relive them again. But things weren't as perfect as I remember them.

Our brain has this built-in system that paints moments of the past that could never return, in rose-colored glasses. Everything seems beautiful in memory, but in reality, it was often mundane.



Looking through rose-colored glasses

My mind has become duller. These daily family conflicts have set my mind on survival mode. Small problems feel like the end of the world. People often say that our environment shapes our mindset. I used to believe that was untrue that if we persevere and stay true to ourselves, we'd remain unaffected by anything. I thought if I kept being me, I wouldn't get lost.

But now I understand why those sayings come from people who've lived through life. Staying true to oneself is hard, like trying to hold onto a shadow that slips through your fingers. Over time, everything changes. If we can't adapt, we get lost or stuck. Staying true to yourself during such times feels like a battle. When you go along with change, you risk losing part of your identity. And once you've come so far along in that transformation, trying to recall who you once were feels like trying to grasp smoke.

You begin to question your identity who you really are. What is your true self? And in moments like these, how can anyone truly remain true to themselves?



And so, every now and then, I sense that something's missing, but I can't figure out what it is. The things I once remembered clearly have faded to the point that I wonder what this emptiness means.

When I catch a glimpse of nature's subtle beauty or the quiet moments of daily life, nostalgia sweeps over me, drawing me toward a version of myself I almost recognize. My mind wanders to those familiar places where I catch a sense of peace and clarity, only for reality to snap me back, leaving me with a fleeting sense of loss and the lingering question of what it was that slipped away. It's an indescribable feeling.

The memories blur, and you can't quite pinpoint them. They turn into waves of nostalgia, making you feel like something important has slipped away or is still there, just out of reach. Suddenly, everything feels chaotic.

Sometimes it takes watching a film stories woven with love, compassion, and self discovery to remind you of something you've forgotten. A familiar feeling awakens within you. A rush of emotion takes over as you realize that the current version of you feels different, as though part of you is missing. You start searching for the person you used to be, thinking that version was your true self. But what about you now? Isn't she still you? Who, then, exactly is she?

Staying true to oneself doesn't mean adhering to just one version of yourself. It's the understanding that you're still you in your darkest moments and in your happiest ones.

At times, it's okay to stray from your path and forget this ideology altogether, because, eventually, you'll find it again once you've made it through the fog. Life will feel worth living again. It might not last long before another obstacle hits, and you're back in the fog, but you should know that this cycle continues throughout your journey. Along the way, you may become wiser or more jaded it all depends on the choices you make. But no matter who you become; you'll always be you.

The essence doesn't change, even if the perspective shifts.

It's not just one version of you that emerges at a time; you meet yourself across many timelines. Right now, I'm meeting the version of me who feels overwhelmed, unsure, and perhaps lost. But I've also met the carefree me full of laughter, curiosity, and lightness. I met the studious, introverted version of me who stayed in the shadows, and yet I also encountered the confident version who stood before a crowd and spoke with certainty.

Meeting yourself isn't a singular moment. It's a journey of many encounters some that make you proud, and others that make you question who you've become. You can't define yourself by just one chapter because every chapter is part of the whole story. And just as I've met these versions of me in the past, I know I will continue to meet new versions of myself, each one contributing to the person I am still becoming.

-Smriti Shakyā (CSIT 7th 'B')

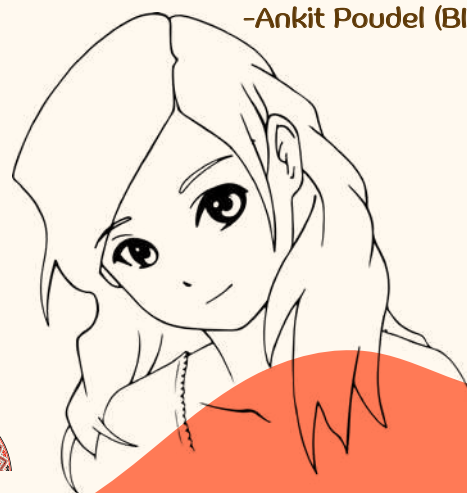
Searching for You

I still think about you, more often than I'd like to admit. It's strange how, in every conversation, I still search for traces of you, hoping to find that same spark. I remember our endless talks, the way we debated about everything and nothing, your sharp, dark humor that always caught me off guard. We were both intellectual and naïve, a strange mix that just worked.

You were, and always will be, the one that slipped through my fingers. The one that got away. The 'what if' that haunts my thoughts. I'll never stop wondering what could have been if I had just told you how much you lit up my world-how no one else ever could.

And now, in every new face I meet, I still find myself looking for pieces of you.

-Ankit Poudel (BIM 6th 'B')



Dying beauty of Kathmandu: Dhungedhara

Kathmandu, a city full of culture, custom, festivities, art and architecture. Of many arts and architectures found here, Dhungedhara is one of the most remarkable and magnificent works.

The history of Dhungedhara began during the Lichhavi Kingdom (c. 400-750 AD). The first known Hiti was built in Kathmandu at Hadi Gaun by a grandson of Lichhavi King Mandev I in 550 AD, but there is evidence that a similar structure was built earlier than that.

These Dhungedhara literally translates to stone spouts. Dhungedhara was built with the purpose of providing water to each and every household of Kathmandu. Instead of walking for hours to fetch water from the natural springs, Dhungedhara connected the whole community with the spring water. This made the work easier and more sustainable.

Dhungedhara was the indispensable part of a city as the whole city was built under the water system of Dhungedhara. Dhungedhara was the sole reason why the city used to thrive. Dhungedhara was the soul of the Kathmandu valley.

But as Kathmandu started to modernize, with it came the destruction of Dhungedhara. As Kathmandu started to develop, people started to build tall houses by grinding the stones and the soils from the watershed. Due to this demolition of the watershed, the water from Dhungedhara has now started to slowly stop flowing.

Now Dhungedhara, once a functional and indispensable part of the city, has become an archeological site.

We people of Kathmandu should really be concerned by this rapid destruction of Dhungedhara. In the present day, one of the major challenges in Kathmandu is water shortage. This problem should have been easily tackled if Dhungedhara was still functional.

Our lack of concern, ignorance and lack of proper planning of Dhungedhara have now come back to haunt us. Hopefully we and the government can work together to revive this beauty of Kathmandu.

-Shreejan Shakya(BCA 1st)



The Courage to Say No: Choosing Yourself Without Guilt

In a world that constantly demands our time, energy, and attention, saying yes often feels like the easier choice. We're constantly taught that saying yes is a sign of kindness, cooperation, and ambition. But often, behind every forced yes is a silent no, one we hesitate to voice out of fear of conflict, rejection, or being misunderstood. The truth is, saying no isn't about negativity or rudeness. It's about self-respect. Learning to say no is one of the most powerful life skills a person can develop especially in a world that expects us to be available 24/7.



Saying no doesn't mean closing doors; it means protecting your peace, your priorities, and your purpose. Clarity is key a simple, honest "No, I can't take this on right now" or "I'm not available" is enough. We don't need long explanations or guilt-laced excuses. Directness, delivered kindly, shows confidence and earns respect.

Of course, saying no may not come naturally at first. Like any skill, it takes practice. Start with small steps turning down requests that drain your time or energy and gradually, you'll feel stronger in your ability to protect your boundaries. Remember, saying no gracefully is not selfish; it's smart. You can be respectful and firm at the same time. When you let go of the pressure to please everyone, you make space to prioritize yourself your goals, your mental health, and your happiness.



At the heart of it, saying no is about knowing your worth. You are not obligated to carry what isn't yours or to stretch yourself thin to meet others' expectations. So protect your time, breathe deeply, and don't forget to pause and smell the roses. And that's the kind of confidence that leads, inspires, and wins in life.

-Nabin Upreti (BIM 6th 'B')

Music: Bridging Hearts, Healing Souls

Music has always been a universal language, transcending boundaries of culture, religion, and geography. From the intricate rhythms of African drumming to the classical melodies of Western orchestras, music plays a central role in human expression. Every culture and religion incorporates music into their lives, from rituals to festivals, recognizing its power to evoke deep emotional responses. Interestingly, even when the lyrics of a song may not resonate with us, the melodies alone have the ability to stir emotions, reminding us of music's profound and lasting impact on our minds and hearts.

Tuning Into Feelings: Music's Impact on Our Moods

Music is a powerful force that resonates with our emotions, offering a soundtrack to both our highs and lows. It can be a therapeutic escape, helping us calm down after a stressful day or process feelings of grief. A melancholic song can soothe sadness, while an upbeat track can energize and uplift us, whether for motivation or excitement. Music also unites people, like the intense beats of workout playlists or the electric atmosphere in sports arenas. It's more than just sound it's a tool we use to cope, hype up, and connect emotionally, making it a vital part of the human experience.



*"Music Makes People,
Music Breaks People"*



Music holds a unique duality from the first beat of a song to its final note, music has an undeniable power to shape our emotions and connect us to our deepest feelings. It can heal and uplift, offering comfort during tough times, even when words fall short. Yet, it can also intensify emotions, sometimes unearthing painful memories and vulnerabilities. Music's power to both soothe and break us underscores its profound impact on the human soul, shaping our emotional landscape in ways words alone cannot.

-Sayamta Bajracharya (BCA 4th)

Freedom from Worry

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Isn't life more than food, and the body more than clothes?"

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet God feeds them. Are you not much more valuable than them?"

"Can any one of you by worrying add a single hour to your life?"

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

"God knows that you need them."

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

-Danish Uddin (BIM 6th 'A')

Kindness: The Little Things That Mean the Most

Have you ever had one of those days where everything feels like it's falling apart? Maybe you're stressed, tired, or just not in the mood to face the world. Now, imagine walking down the street, and a stranger smiles at you. Just a small, genuine smile. Suddenly, your heavy mood feels a little lighter. That's the magic of kindness—it doesn't have to be big to make a difference. Kindness is one of those things that feels so simple, but it can change someone's whole day. Smiling at someone, holding the door open, or saying "thank you" can mean more than you realize. It's like giving someone a tiny moment of happiness in a world that can sometimes feel overwhelming.

Here's the thing: you never know what someone else is going through. That stranger you smiled at? Maybe they were feeling invisible, and your smile reminded them that they matter. The barista you thanked? They might have been having a rough morning, and your kindness gave them a little boost to keep going. Even the smallest gestures can ripple out in ways we don't see.



What's even cooler is that being kind doesn't just help others—it helps you, too. When you do something kind, you feel good. It's like this warm, fuzzy feeling that sticks with you. And the more you spread kindness, the more it comes back to you.

The best part? Kindness is free. You don't need to buy anything or spend hours doing it. Just a moment of your time or a small effort can go a long way. Compliment someone on their outfit, share your snack with a friend, or send a quick "thinking of you" text. These little things might seem small to you, but to someone else, they could mean the world.

So next time you're out and about, take a second to be kind. Smile at a stranger, help someone who's struggling, or just say something nice. It doesn't take much, but it makes life so much better—for them and for you. Because at the end of the day, kindness isn't just about making others feel good. It's about creating a world where we all feel a little more connected, a little more human, and a lot more loved.

-Sandhya Bhattarai 11 'E'





I love how the sky change



The sky changes beautifully throughout the day, creating unique scenes at different times.

In the morning, the sky often begins with soft, gentle colors like light pink, orange and purple, as the sun rises on the horizon. The colors spread across the sky, and the light slowly glows brighter, casting a warm glow over everything. The clouds, if there is any, often look like soft, glowing patches against the colorful sky.



During the day, the sky is usually a clear blue, with the sun shining brightly. Fluffy white clouds may drift across, adding texture to vast openness. Sometimes, on cloudy days, the sky looks gray or overcast, giving a calm or moody feel.

At night, the sky turns deep and dark, revealing twinkling stars scattered across the vastness. The moon glows in different shades, from crescent to a full circle, lighting up the night. On clear nights, constellations and even the milky way can be seen, making the sky magical and mysterious.

Every phase of sky has its own charm reflecting the beauty of nature and I love that.

-Preнка Balami 12 'D'





Nepal's LDC Graduation in 2026: Economic Impacts and Trade Realities

Nepal is on track to graduate from the Least Developed Country (LDC) category in 2026, marking a milestone in its developmental journey. While this shift underscores progress in economic and social metrics, it also brings significant challenges, especially in trade and economic growth. This article delves into the data-driven impacts of Nepal's graduation and explores actionable strategies to address them.

Key Economic Indicators and LDC Graduation

Nepal met the three UN criteria for LDC graduation:

1. Per Capita Income: Nepal's Gross National Income (GNI) per capita is \$1,300 in 2024, above the LDC threshold of \$1,222 but still below the developing country average of \$4,000.
2. Human Assets Index (HAI): Nepal achieved an HAI of 76.3 in 2024, surpassing the threshold of 66, due to improved literacy and health outcomes.
3. Economic Vulnerability Index (EVI): Nepal scored 29.6, below the maximum threshold of 32, indicating progress in economic resilience. Graduation signifies reduced dependence on external aid but will end preferential trade arrangements and concessional financing, necessitating economic resilience.

Trade Realities: Data Insights

1. Current Trade Scenario:

- Exports: In FY 2022/23, Nepal's exports totaled NPR 137.70 billion, a decline of 21.4% compared to the previous fiscal year.
- Imports: Imports reached NPR 1.91 trillion in the same period, leading to a staggering trade deficit of NPR 1.77 trillion. Imports account for approximately 90% of total trade.
- Major Exports: Key export items include carpets, textiles, tea, coffee, and jute products, primarily to India (77.9%) and the European Union.
- Major Imports: Nepal heavily imports petroleum products (15.5% of total imports), machinery, and electronics.

2. Post-Graduation Challenges in Trade:

- Loss of Duty-Free, Quota-Free (DFQF) Access: Nepal's exports, especially garments and handicrafts, currently enjoy DFQF access to the European Union, the US, and other developed countries. Graduation will result in tariffs of 8-12% on these products, reducing competitiveness.
- Export Dependency: Over 77% of Nepal's exports go to India, making the economy vulnerable to policy changes and market fluctuations in a single country.
- Low Value Addition: Nepal's exports are predominantly raw or low-value goods, limiting their profitability and market demand.



Economic and Financial Implications

1. **Concessional Financing:** Nepal may lose access to grants and concessional loans from international institutions like the World Bank, which currently finance major infrastructure projects. For example, Nepal received \$500 million in concessional loans in 2022. Post-graduation, interest rates could increase from 0.75% to 3-5%.
2. **Foreign Direct Investment (FDI):** Nepal's FDI inflow in 2023 was only \$213.13 million, representing 0.8% of GDP, one of the lowest in South Asia. Graduation could enhance Nepal's image as a stable investment destination but requires robust reforms to attract investors.
3. **Tourism and Remittances:** While tourism contributes 6.7% of GDP and remittances account for 22.5% of GDP, these sectors are insufficient to offset trade and financing challenges.

Strategies to Mitigate Challenges

1. **Export Diversification:**
 - Focus on high-value goods like processed foods, organic products, and renewable energy solutions.
 - Promote IT outsourcing and digital services, leveraging Nepal's growing skilled workforce.
2. **Boosting Domestic Production:**
 - Invest in agriculture modernization to reduce dependency on imported food products, which currently make up 15% of total imports.
 - Support local industries to produce goods like electronics and construction materials.
3. **Trade Negotiations:**
 - Secure Generalized System of Preferences (GSP+) status with the EU, which could provide partial trade benefits post-graduation.
 - Strengthen trade relations within BIMSTEC and SAFTA to reduce dependency on India.
4. **Infrastructure Development:**
 - Focus on energy and transportation projects to reduce logistics costs, which currently add up to 25% of export product costs.
 - Develop cross-border trade hubs and better utilize dry ports for streamlined trade with China and India.
5. **Attracting FDI:**
 - Simplify business regulations and reduce bureaucratic hurdles to improve Nepal's Ease of Doing Business rank (94th in 2023).
 - Create special economic zones (SEZs) to encourage export-oriented industries.

Conclusion

Nepal's graduation from LDC status is both a recognition of progress and a test of resilience. The loss of trade preferences and concessional financing will challenge its economic stability, but with data-driven policies and strategic investments, Nepal can turn these challenges into opportunities.

By focusing on export diversification, infrastructure, and trade diplomacy, Nepal can position itself as a competitive player in the global economy. The road ahead demands a collaborative effort from policymakers, businesses, and citizens to ensure sustainable growth and economic independence beyond 2026.

-Ram Prasad Pokharel (BBM 6th)

The 'Me-First' Maze: A Rhyme to Understand the Haze

In college halls, where futures bloom, And friendships form, dispelling gloom, There's a word we hear, a label flung, For folks whose praises must be sung: "Narcissist!" we often cry, When someone's ego reaches high. But hold a thought, a moment's pause, For some don't know their self-made laws. They're unaware, a hidden plight, Lost in their own dazzling light. So let's explore, with rhythm and rhyme, This tricky topic, for all time!

The Unaware's Flair: A Self-Centered Air

Imagine someone, grand and bold, A story always to be told. But not of you, or friends, or plight, Just their own triumphs, shining bright. They talk and talk, with endless glee, Of all they've done, for all to see. They plan and plot, with single mind, Leaving your thoughts far behind. They're not mean-spirited, it's true, Just blind to others, me and you. Their bubble's thick, their vision blurred, By self-love, every single word.

Spotting the Signs: Beyond the Shining Shines

How can you tell, with watchful eye, If a "me-first" person passes by?

Admiration's Call: They crave applause, a constant cheer, Their ego's fuel, year after year.

Entitlement's Grip: They think they're owed, a special pass, Above the rules, a different class.

Empathy's Lack: Your feelings? Pfft! A minor thing, Their world's the stage, where they can sing.

Criticism's Sting: A gentle word, a helpful hint, Can make them rage, without a stint. Their fragile pride, it can't be bent, On self-perfection, they are hell-bent.

Your Shield, Your Might: Protecting Your Light

When facing folks who only see "me," Protect your peace, and set yourself free!

1. Boundaries Strong: Draw lines so clear, a mighty wall, Say "no" with grace, stand proud and tall. Limit the time, the topics too, For your own well-being, strong and true.

2. Don't Engage the Fight: When drama calls, just walk away, Don't feed the beast, another day. Their need for conflict, let it cease, Find your own calm, and inner peace.

3. Focus on Your Crew: Surround yourself with friends so kind, Who lift you up, and ease your mind. Your passions chase, your spirit bright, Don't let their shadows dim your light.

4. The "Gray Rock" Play: Be dull, be bland, a simple stone, No juicy drama, to be shown. They'll seek their thrills, elsewhere they'll roam, Leaving your peaceful space, your home.

A Helping Hand, If They Understand

To change a heart that's unaware, Is a task that's truly rare. They need a pro, a helping guide, To look within, where truths reside. But often, they won't seek the aid, Until their world begins to fade. So guard your heart, your spirit too, Your peace and health, belong to you.

Remember this, through college years, And banish all your nagging fears: Be kind, be wise, but know your worth, And plant your feet upon the earth. For understanding sets you free, To live your life, authentically!

-Ritesh Phuyal (BIM 6th 'B')



IF COLLEGE LIFE WERE A MOVIE

If college life were a movie, it would be a compelling blend of ambition, struggle, friendship, and self-discovery. It would not belong to a single genre but rather be a meaningful mix of drama, comedy, and inspiration. Each student would play the lead role in their own story, navigating a journey filled with challenges that shape character and define the future.

The movie would begin with excitement and uncertainty. Fresh faces, unfamiliar surroundings, and high expectations would set the opening scene. Just like the first act of a film, the initial days of college are filled with hope, curiosity, and the desire to belong. Orientation programs and first lectures would serve as the introduction to a world where independence begins and responsibility gradually increases.

As the story progresses, the plot would deepen. Academic pressure, deadlines, examinations, and presentations would form the central conflict. These challenges test patience, discipline, and resilience. Late-night study sessions, group projects, and moments of self-doubt would reveal the realities behind the glamour of college life. Failure would appear not as an ending, but as a turning point that pushes characters toward growth.

Friendship would be the emotional core of the movie. Classmates would transform into lifelong companions who share laughter, stress, and dreams. Hostels, canteens, and libraries would become key locations where bonds are formed. These relationships would provide support during difficult times and create memories that remain long after graduation.

The movie would also highlight moments of self-discovery. College life allows students to explore interests, develop skills, and understand their strengths and weaknesses. Participation in clubs, competitions, and social activities would serve as scenes where hidden talents emerge. These experiences help students discover their identity and build confidence for the future.

In the final act, graduation would mark both an ending and a beginning. The farewell scene would be emotional, filled with reflection, gratitude, and uncertainty about what lies ahead. The characters would leave the campus not just with degrees, but with lessons, friendships, and experiences that shape their lives.

If college life were a movie, its message would be clear: success is not measured only by grades, but by growth, resilience, and relationships. It would be a story that reminds us that the journey matters as much as the destination, and that the lessons learned during these years last a lifetime.

Bikas Bhatta (BIM 6th 'B')

Thoughts, experiences,
and inspiration

meet the
voice



INTERVIEW

THE TALK SESSION





MR. ASHISH CHAPAGAIN

CEO & Co-Founder, Bigbrackets, NCCS Alumni

How was your childhood and schooling experience?

I studied at a government school in Butwal, in my hometown. From an early age, I was a very obedient and focused student, someone who took studies seriously rather than getting distracted or fooling around. Alongside academics, I was quite creative as a child; I loved drawing and exploring artistic activities. Overall, my childhood was centered around learning and nurturing my interests.

When did you decide you wanted to get into the field of IT?

My interest in computer began at a very early age, back when I was still in school. I used my brother's computer, but not for games; rather, I explored creative activities like Photoshop, editing photos, and experimenting with graphics. My cousin, who was studying engineering at Himalayan Engineering College, introduced me to the idea that I could create websites using Photoshop and slicing tools. That experience sparked my fascination with web design, graphics, and creative digital work. Although I didn't study computer science in +2 and instead focused on management, I was determined to pursue IT. I researched available courses and eventually enrolled in the Bachelor's in Information Management (BIM) program at NCCS, where I could combine my interests in IT and design.



How was your student life before joining NCCS, and how did it change after joining? What differences did you notice?

Before joining NCCS, I was focused on management studies and had little exposure to IT. I researched various colleges, watched reviews, and noticed that many were offering laptops and software as incentives. But I realized there's a difference between providing good facilities and providing good education, so I chose NCCS.

NCCS gave me strong fundamentals in IT and a real opportunity to learn. From the start, I saw myself as a serious, eager-to-learn student, and NCCS nurtured that mindset. The first semester was a bit challenging; maths wasn't exactly my favorite, but learning C++ was exciting. It made me realize I could become a programmer and succeed in IT. As the course progressed, I grew my knowledge further, and web development became one of my favorite areas.

Although NCCS doesn't emphasize extra-curricular activities, it provides excellent opportunities for those who are genuinely motivated to learn. For me, it was a place to gain solid knowledge, build skills, and grow as a student passionate about IT.

What was your most memorable moment in NCCS?

Honestly, every moment of my college life was memorable, but a few stand out. NCCS has a strict rule: if you're late, you have to go up and down the gate or the ground while teachers line you up. I remember those moments when seniors and juniors alike would gather, going up and down together. It was tough, but it's something I still fondly recall.

Another memorable experience was managing events during college. Like in every college, there are always clashes between sections, Section A versus Section B. During one event, I got to put my convincing skills to the test. I divided tasks among students from both sections, and to my amazement, everyone fulfilled their responsibilities exactly as I had asked. Seeing that teamwork and coordination happen successfully was truly one of the highlights of my time at NCCS.

How did the teachers, students, and facilities at NCCS impact your learning?

I found that the teaching quality varied; some teachers had more theoretical knowledge than practical experience. The ones with hands-on experience made learning much easier. For instance, my Java teacher was actively working in the field, so the way he taught was clear, practical, and easy to understand, which really helped me grasp programming concepts.

NCCS also provided access to extra courses, which were extremely valuable. While there weren't many extra-curricular activities, the focus on additional courses and resources created a strong learning environment. I never felt a lack of material, research opportunities, or guidance; everything I needed to grow and learn was available. Overall, the teachers, supportive peers, and facilities together made NCCS a place where I could develop both my knowledge and skills effectively.

How did NCCS teach you to balance between management and technical skills?

Balancing management and technical skills largely depends on the student's own interest and dedication. At NCCS, the BIM program provides a well-structured curriculum with an equal division of courses between management and IT, making it easier to learn both areas simultaneously.

Personally, I used to work in a retail shop, which gave me practical insights into how businesses operate, how retailers, suppliers, and customers interact, and how the supply chain works. Later, studying IT allowed me to see how technology could be applied in these management contexts, helping me understand how to integrate technical solutions with business operations. This combination gave me a well-rounded perspective and the ability to balance both management and IT skills effectively.

MR. ASHISH CHAPAGAIN

*receiving token of love from
Palaa team members*

How was your internship or job experience? Were you nervous, excited, or thrilled? What was it like?

I initially started an internship at NCCS Software, but it wasn't very engaging, and since my group of friends didn't get hired, we decided not to continue there. Later, one of our teachers revived his IT company. My friends and I were working on a project, and the teacher became interested in it. He suggested that we continue our internship at his company, working specifically on that project.

I wasn't nervous at all; I was genuinely excited. The experience became even more rewarding when interns from CSIT joined and acted as mentors, combining guidance with hands-on work. That mentorship, combined with practical experience, made the internship both enjoyable and educational. I ended up working at that company for three to four years before moving on to another job. Overall, the journey from internship to employment was an enjoyable and invaluable experience.

What was the biggest turning point in your career?

One major turning point was when I started a startup company. In the beginning, I did everything myself, programming, designing, even mopping the floor! During the COVID lockdown, I began creating videos for Big Brackets, focusing on CSS, Figma, and UI/UX design. That experience helped me realize my true passion for design and user experience.

Another turning point came during my freelancing journey. There's a common myth that freelancing is difficult or unreliable, but after one to two years, I finally got registered on a top-tier freelancing platform. When I received my first client order and saw the payment, I was genuinely thrilled; it was a huge moment of validation. Both starting the startup and achieving success in freelancing marked significant milestones in my career.



What are the common mistakes students make in their student life, and how can they improve?

The biggest mistake is impatience. Many students seek shortcuts like wanting to complete complex tasks only on phones rather than seeking deep understanding. To improve, pick one interest and commit to it for at least six months. Start with the basics before jumping into advanced frameworks.

Additionally, embrace AI tools to boost productivity; those who ignore them will be left behind. Finally, many students overlook high-demand skills like video editing because they don't recognize their true interests. Success comes from identifying what you enjoy and investing consistent time into it.

What advice would you give to juniors who are following your path or trying to pursue a similar journey?

Don't replicate my path it was too experimental. Instead, identify your interest early and use tools like ChatGPT to create a structured roadmap. This saves you from the "blind experimentation" I went through.

While learning, keep an earning motive in mind to ensure your skills create value. You must also prioritize communication skills; technical talent alone isn't enough. For practical growth, focus on projects. If you're a designer, replicate 100 existing works. By copying others first, you will eventually find the unique blend that defines your own original style.



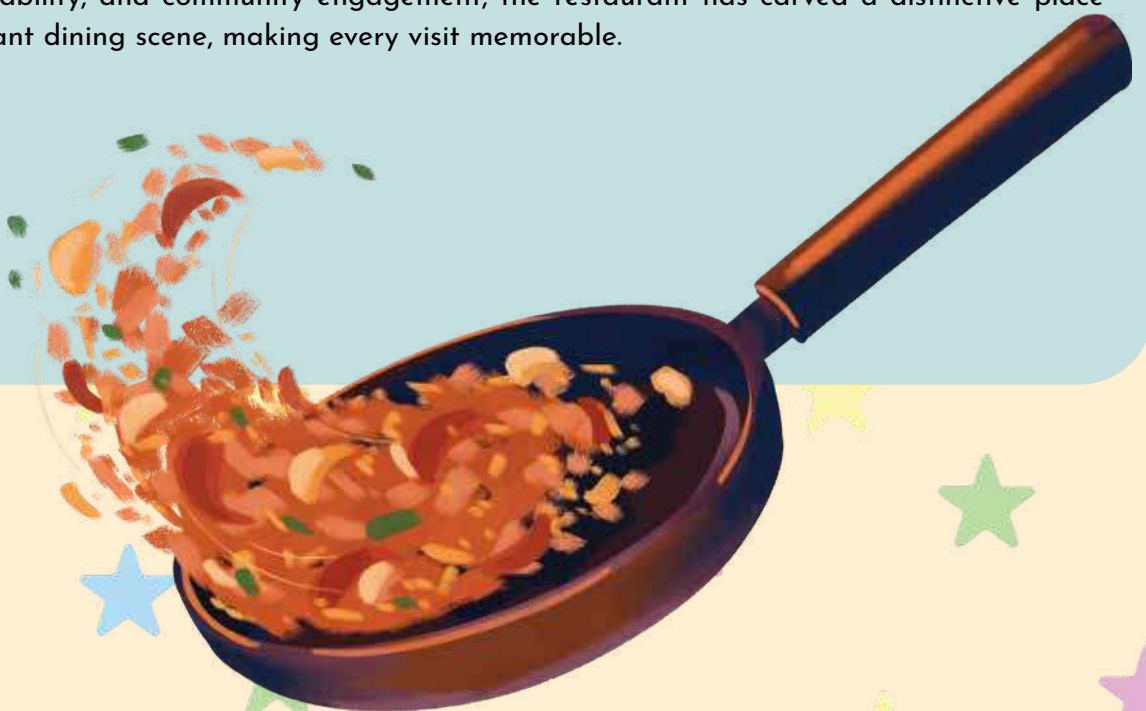
MR. DIWAS TULADHAR

Entrepreneur, Founder, Sicily By T's

“Cooking with Heart: How Sicily By T’s Redefines Dining in Nepal”

Nestled in the heart of Nepal, Sicily By T’s is more than just a restaurant, it’s a celebration of authentic Italian flavors, passion-driven craftsmanship, and a sense of community. Founded by Mr. Diwas Tuladhar and his partners (Mrs. Ruska Tuladhar, Mr. Sashanka Tuladhar, Mr. Aayush Tamrakar), the venture builds on their first restaurant, T’s Your Palate, and brings the rich culinary heritage of Sicily to local diners. By blending carefully sourced international ingredients with the best of Nepali produce, the team delivers a truly authentic dining experience.

From meticulously crafted dishes to a warm, collaborative atmosphere, Sicily By T’s reflects the dedication and vision of a team that left their full-time jobs to pursue their dream. Every plate tells a story of authenticity, innovation, and the joy of sharing good food. With a commitment to quality, sustainability, and community engagement, the restaurant has carved a distinctive place in Nepal’s vibrant dining scene, making every visit memorable.

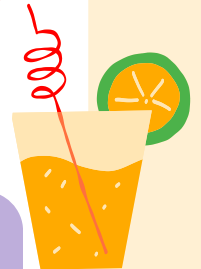


Can you tell us a little about how your restaurant started and what inspired you to open it?

The beginning was very organic and honestly, quite unplanned. I spent almost eight years working in hospitality overseas, mainly in hands-on operational roles where I got deep exposure to restaurant workflows, kitchen standards, service culture, and overall guest experience management. When COVID-19 hit, I returned to Nepal. I didn't return with a business blueprint or even the intention of becoming a restaurant owner immediately, but hospitality had already shaped me, it was the industry I knew, understood, and genuinely enjoyed working in. One evening, during a casual discussion with my partners, we spoke about building something of our own instead of waiting for opportunities. That conversation triggered a spark. The interesting part is there was no long waiting period. The very next morning, we started exploring, planning, and executing. So, Sicily By T's wasn't born out of a long pre-planned vision, but out of momentum, timing, experience, and the right partnership energy coming together at the right moment.

What is the story behind the restaurant's name?

The name is layered with inspiration and personal identity. While working in Australia, I always pictured a restaurant concept rooted in Mediterranean food culture, especially drawing from Sicily, an island famous for bold flavors, traditional culinary heritage, and of course, premium olives, which I personally love and admire as an ingredient. Sicily symbolizes authenticity, richness, and a deep connection to food traditions, so it became our anchor for inspiration. When we finally started the venture, I wanted the brand to carry that same essence food that feels real, traditional, soulful, and tied to a culture rather than just a commercial menu. The "By T's" part makes it personal. All four founding partners share the letter T in our names, so instead of choosing something random or purely aesthetic, we picked something that reflected us. It became a representation of unity four different individuals, backgrounds, and skill sets tied together by one vision and one common identity marker. It's simple, but meaningful, and every time we say the name, it reminds us of where the inspiration came from and who built it.





Palaa team member with Mr. Diwas Tuladhar, Entrepreneur

How would you describe your restaurant in three words?

I would say authentic, passion-driven, and community-driven. Authenticity for us is non-negotiable. That's why nearly 90% of our ingredients are sourced internationally, because the core components of Italian and Mediterranean cooking simply don't exist in the same form locally. We didn't want to imitate flavors, we wanted to import the experience itself. Passion-driven because all of us were employed full-time in stable careers, but we walked away from that security to build this. Each partner brings different expertise culinary, business operations, finance, strategy but none of it would matter if we weren't willing to sacrifice comfort and fully commit. And community-driven because we don't want to be remembered as just another restaurant. We invest in CSR actively, not selectively. We support people in need, animals, senior care homes, orphanages because we believe hospitality doesn't end at food. It extends to responsibility, care, and kindness. For us, business growth and community care must scale together.



How do you ensure food quality and taste remain consistent across time?

Consistency is one of the hardest parts of running a restaurant, but it's also one of the most defining. We rely heavily on freshness almost 90% of what we cook is made from non-frozen ingredients. Freezing changes texture, moisture, and taste, so we avoid it wherever possible. Every dish is standardized through calculated recipes, portion control, ingredient measurement, and repeatable kitchen processes. We train our kitchen team not just to cook, but to understand why each step matters. Of course, minor fluctuations can happen due to temperature, weather, humidity especially in Nepal where seasons directly impact cooking conditions but we treat those as controllable variables, not excuses. Our system is built to absorb small variations without affecting the final guest experience. The goal is simple if a customer eats a dish today and again after a month, the memory of taste should feel the same.



Do you use local ingredients or depend entirely on imported outsourcing?

We intentionally maintain a hybrid sourcing model. About 50% local and 50% imported. We import key authentic ingredients like prosciutto, cured meats, specialty cheeses, sauces because authenticity demands the real source. But we also believe Nepal has incredible agricultural potential if guided in the right direction. So we collaborate with local farmers to grow ingredients we need regularly basil, kale, parsley, rocket leaves, certain salad greens. Instead of replacing imports, we want to create new supply chains locally. We encourage farmers, support cultivation, and build partnerships so they grow with us. It's not just procurement it's co-development. This blend ensures authenticity in signature Italian ingredients while supporting Nepali producers where adaptation is possible.

How big is your team and what kind of work environment do you support?



Our team consists of 38 members working across Sicily By T's and our sister brand T's Your Palate. But our culture is more important than the number. We don't run the restaurant like traditional bosses. We don't believe in just supervising from above, we believe in working with our people. In fact, we work the floor, the kitchen, operations, logistics, side by side. Over time, our coordination has become intuitive. We understand each other's pace, stress signals, workflow, even without speaking sometimes. That connection creates efficiency, trust, and a very strong internal ecosystem. It's a friendly space but also disciplined, fun, but focused. We respect roles, but we don't weaponize hierarchy. Our staff isn't just our workforce, they are our restaurant's personality and execution engine.

What strategies do you follow to make Sicily By T's stand out in a competitive food market?

We don't want to compete in noise, we want to compete in experience. Authentic food is one pillar, but growth mindset is the differentiator. Many restaurants open with excitement, but few evolve intentionally. Our philosophy is: Make the restaurant better than what it was yesterday. That applies to food innovation, plating standards, service improvement, customer engagement, kitchen discipline, even crisis handling. We focus on details others may overlook ingredient integrity, supplier reliability, staff culture, CSR, digital storytelling, and service personalization. Customers don't return just for food, they return for how a restaurant makes them feel. We want them to feel they discovered a place that cares about craft, consistency, and connection.



How has customer feedback influenced the way you operate and grow your business?

Customer feedback is like a compass for us. We read reviews, we listen to direct suggestions, we observe behavior patterns, we even study silent feedback plates returned empty, repeat orders, dining duration, emotional reactions. We take feedback seriously whether it praises or criticizes. If customers suggest improvement in taste balance, portion comfort, service speed, music volume, lighting feel, plating appeal, we assess it and refine it. Feedback fuels iteration, iteration fuels trust. That trust converts first-time guests into regulars, and regulars into advocates. Today, many customers feel ownership of the brand's growth because we show them we actually listen. And when customers feel heard, loyalty becomes natural.



What advice would you give to students or young entrepreneurs who aspire to start their own businesses?

My biggest advice is: don't chase business, chase passion first. Understand what you enjoy doing even when you're not being paid for it. In my case, food and business both excited me, so the restaurant became a natural intersection. If you enjoy your craft, work won't feel like a burden, it will feel like purpose. And challenges will come, but passion helps you survive them. Work smart, but also work hard smartly, consistently, patiently. Don't rush success. Build resilience, adaptability, learning appetite, and discipline. Business isn't built in one sprint, it's built in daily habits. If your passion is real, your perseverance will last long enough for success to find you.



ALBATROSS DINCE 1998




**THE
PIONEERS**

ROCK & REVIVAL


FT. SUNNY MANANDHAR



Introduction



Albatross (अल्बेट्रस) is a Nepali rock band. Formed in 1998 as a three-piece school band, Albatross has made a landmark in the Nepali music scene. It all began when a couple of guys {Members: Shirish Dali (Vocalist/Guitarist), Sunny Manandhar (Suncha Vox, Lead Guitarist), Avaya Siddhi Bajracharya (Bassist), Kismat D Shrestha (Drummer)} joined hands together.



With their rusted guitars and other old instruments to transcend the sound of Nepali Alternative music, each of which has significantly influenced the music which the band creates. The band's fast tempos, signature chord progression and contemporary compositions has made them one of the pioneers of rock music in Nepal



Original vision and what united the band

When we started Albatross, the vision was simple but powerful: to make honest music that reflected what we were living and feeling. We were friends first, musicians second. The key thing that united us was the urge to express ourselves beyond the limitations of what society thought was "acceptable". We were fascinated by sound, by guitars, by storytelling. That shared hunger to experiment and to be heard eventually became Albatross.



Inspiration behind the name “Albatross”

The name “Albatross” came from the image of a bird that flies long distances over vast oceans. It represents freedom, endurance, and a certain loneliness that artists often feel. There is also a sense of weight and responsibility that comes with carrying music within you. The name fit the mood of the band perfectly soaring but heavy with meaning.

Motivation to pursue music despite taboos

At that time in Nepal, creative fields were still seen as risky and sometimes “impractical”. But music did not feel like a hobby to us it felt like something essential. The motivation came from passion and from the realization that we were happiest when we were making music. We did not want to live a life where we constantly wondered “what if”. That belief slowly turned into commitment.

Early challenges and how they were overcome

We faced almost everything: lack of equipment, limited venues, financial pressure, and social doubt. There were times when it felt easier to stop. What helped us overcome those phases was consistency and brotherhood within the band. We learned to improvise, to share resources, and to support each other through personal and professional setbacks. The audience that slowly grew around us gave us strength too.



Art, Growth & Struggles

What changed me the most as a person

What changed me most was not fame or recognition alone, but the process of creating music over many years. Music forces you to look inward. Meeting fans and realizing that songs touched their lives was transformative, but the real change came from the discipline, vulnerability, and honesty that art demands.



How the meaning of “success” evolved

In the beginning, “success” meant being heard recording songs, playing shows, seeing people in the crowd. Later, success became more internal: being able to stay true to our sound, create without compromise, and sustain a life in music. Today, success means longevity, impact, and peace with what you create.



Moments of doubt and how I continued

Yes, doubt is natural. There were phases when I questioned whether the journey was sustainable. What helped me continue was the music itself and the people around me—bandmates, listeners, and family. Every time I played, I was reminded why I began.



Pressure to choose a “safe” career

Like many Nepali students, I also faced questions about stability. People worry out of love, but sometimes that worry becomes pressure. I dealt with it by showing commitment through action—practicing, performing, building the band. Over time, when people saw tangible results, the pressure eased.

Advice and Perspective:

Message to students in Nepal about chasing dreams

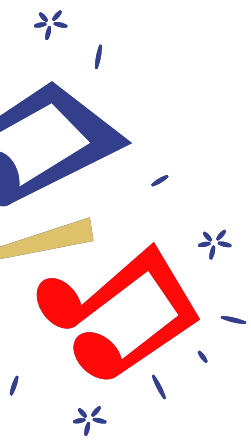
Believe that your dream is valid. It will demand hard work, sacrifice, and discipline, but do not abandon it just because society has not fully caught up yet. Build skills, stay grounded, and be patient with the process.

What I hope listeners feel after our music

I hope they feel understood. Whether it is pain, hope, anger, love, or confusion I want them to feel that they are not alone. If a song lingers in someone's mind or helps them through a difficult time, that is the greatest reward.

Three important lessons for students today:

- 1 Master your craft passion without discipline fades.
- 2 Be resilient setbacks are part of every real journey.
- 3 Stay curious and humble both life and art keep teaching you.



GIGGLES & GEMS



चुट्किला



हुलास भए अरु किन खोज्ने

शेरे र रामे एउटा घरमा चोरी गर्न गएछन् ।
रामेले सुन, पैसाहरू चोरेछ तर शेरेले १ किलो हुलास गहुँको पिठो ल्याएछ।

रामे: ओइ, सुन चाँदी छोडेर तैले यो पिठो मात्र किन चोरेको?
शेरे: (मुसुक्क हाँस्दै) हुलास भए अरु किन खोज्ने ?



भ्यागुताको भविष्य

एउटा भ्यागुता ज्योतिषकोमा गएछ र आफ्नो भविष्य हेरिदिनु भनेछ ।

ज्योतिष: तेरो जीवनमा एउटी राम्री च्वाँक केटी आउनेछ अनि तेरो मुटु चोरेर लानेछे.....!!!
भ्यागुता: (खुशी हुँदै) त्यो केटी कहाँ भेट्छु त मैले??
ज्योतिष : **Biology** को **Practical Lab** मा

Blood Test and Urine Test

काले र गोरे हस्पिटलमा रुदै बसेको देखेर अचम्म मान्दै च्यान्टे : ओए ...गोरे किन रोको यार त...?

गोरे : **Blood Test** गर्न भनेर मेरो औला नै काटी दियो यार ...!!
च्यान्टे : अनि काले त किन रुडरको ...
काले : मेरो त **Urine Test** गर्न पर्छ रे ...उ हु उ हु

प्रश्न पनि त एउटै थियो

शिक्षक: तिम्रो र राजुको उत्तर त एउटै जस्तो छ नि किन ?
राजु: किनकी प्रश्न पनि त एउटै थियो नि त



DID YOU KNOW?

- A day on Venus is longer than a year on Venus.
- Honey never spoils; it can last thousands of years.
- Butterflies remember being caterpillars.
- A snail can sleep for three years.
- Sharks existed before trees.
- The tongue print of every person is unique.
- Your nose can remember about 50,000 different smells.
- A blue whale's heart is so big a human could swim through its arteries.
- Koalas have fingerprints almost identical to humans.
- A cockroach can live without its head for several days.



- A teaspoon of honey is the lifetime work of about 12 bees.
- The human brain uses about 20% of the body's total energy.
- A single cloud can weigh more than a million tons.
- Some metals explode in water (like sodium).
- A cockroach can survive radiation that would kill a human.
- Neutrinos pass through your body in billions every second without you noticing.
- Glass is not a solid, it behaves like a very slow liquid.
- There are more trees on Earth than stars in the Milky Way.
- Sound travels four times faster in water than in air.
- You share about 60% of your DNA with bananas.
- The Sun contains 99.8% of the mass of the entire solar system.
- Some frogs freeze solid in winter and come back to life in spring.
- Space is completely silent because there is no air to carry sound.

About Life

"मानिस ठूलो दिलले हुन्छ, जातले हुँदैन।"
— लक्ष्मीप्रसाद देवकोट

"Life is like a bicycle. To keep your balance, you must keep moving." — Albert Einstein

Motivational

"सपना त्यो होइन जुन तपाईं सुतेको बेला देख्नुहुन्छ, सपना त त्यो हो जसले तपाईंलाई सुत्न दिँदैन।"

"It always seems impossible until it's done." — Nelson Mandela

Quotes

About Love

"सम्बन्ध विश्वासमा टिकेको हुन्छ, शंकामा होइन।"

"Where there is love there is life."

"The best thing to hold onto in life is each other." — Audrey Hepburn

Perspective & Wisdom

"फूलको आँखामा फूलै संसार, काँडाको आँखामा काँडे संसार।" — धर्मराज थापा

"The mind is everything. What you think you become." — Buddha

"Everything has beauty, but not everyone sees it." — Confucius

Dad Jokes

- 1** I haven't spoken to my wife in four years. I thought it would be rude to interrupt her!
- 2** My kid is blaming me for ruining their birthday. That's ridiculous, I didn't even know it was today!
- 3** What do you call a line of men waiting to get haircuts? A barberqueue.
- 4** Why do seagulls fly over the sea? If they flew over the bay, they would be bagels.
- 5** What do you call a beehive without an exit? Un-bee-lievable.
- 6** Why can't a leopard hide? He's always spotted.
- 7** Why did the man fall down the well? Because he couldn't see that well!
- 8** Can February March? No, but April May!
- 9** What's brown and sticky? A stick.



JUMBBLED

Words



1. RCHIOD
2. NIGMAE
3. LOCIEVYT
4. YPHREOPH
5. ATQUICES
6. MONEPUNIA
7. LIQUOBUE
8. TRICYBAN
9. SONISCIENIOUC

1. A beautiful, exotic flower
2. A person or thing that is mysterious or puzzling
3. A scientific word for speed in a specific direction.
4. A circular symbol used in ancient Egyptian writing.
5. A word for subtle, refined quality (often used with "fine")
6. A serious infection that affects the lungs.
7. Not straight or direct; a slanted angle
8. A complex system of rules and government.
9. Being very careful, honest, and hardworking.

Answers:

1. ORCHID
2. ENIGMA
3. VELOCITY
4. HIEROGLYPH
5. ACQUIRESCENCE
6. PNEUMONIA
7. OBLIQUE
8. INTRICACY
9. CONSCIENTIOUS



Riddles



- 1 What has to be broken before you can use it?
- 2 I'm tall when I'm young, and I'm short when I'm old. What am I?
- 3 What month of the year has 28 days?
- 4 What is full of holes but still holds water?
- 5 The more of this there is, the less you see. What is it?
- 6 What has a neck but no head, and wears a cap but has no hair?
- 7 I have one eye but cannot see. I am small, sharp, and very thin. What am I?
- 8 What can travel around the world while staying in the same corner?
- 9 What belongs to you, but your friends use it more than you do?
- 10 If you drop me, I'm sure to crack, but give me a smile and I'll always smile back. What am I?



Answers:

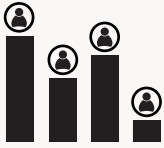
- | | |
|-----|-----------------|
| 10. | A mirror |
| 9. | Your name |
| 8. | A postage stamp |
| 7. | A needle |
| 6. | A bottle |
| 5. | Darkness |
| 4. | A sponge |
| 3. | ALL MONTH |
| 2. | A candle |
| 1. | An egg |



STUDENT'S POLL

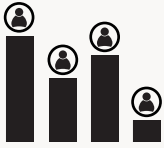
Where Legends Get Named.





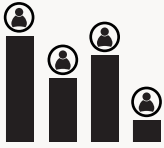
GRADE	XI (A)	XI (B)	XI (D)
JOKER	SURYANSHU MAHARJAN	PASANG SHERPA	SUBARNA PANDEY
CONTENT CREATOR	KRISHPA MAKAJU SHRESTHA	GRISH CHAND	AAKASH B.K
DARK HUMOR	SURYANSHU MAHARJAN	AMIN LAMA	NEEMA LAMA
SILENCER	LIZAN MAHARJAN	SANIA TAMANG	RABINDRA BANIYA
SAVAGE	JENISHA BHUJEL	SARMILA PARIYAR	YASH RAJ SHRESTHA
RIZZLER	JENISHA BHUJEL	TAHAGAT KAPALI	ASHUTOSH A.K MAGAR
REELS WORM	UMARISHA MAHARJAN	SANAYA SHRESTHA	ASHIKA K.C
KHANCHUWA	SIMRIKA MAHARJAN	BISHNUSHAN SHRESTHA	SAURAB KANDEL
GYMER	SURAJ SUMAT	BISHNUSHAN SHRESTHA	SASHWAT RAJ KARKI
KUMBAKARNA	NOOJA MAHARJAN	AMIN LAMA	MONEX PUJARI
RANCHO	ARISHA MAHARJAN	PRASHNA ACHARAYA	AAKASH B.K

GRADE	XI (E)	XI (F)	XI (G)
JOKER	ISAN MAHARJAN	NISHAN MAHARJAN	DHIREJ SHAKYA
CONTENT CREATOR	RIKEN MAHARJAN	SAHAJ BAJRACHYARYA	KRISH SHRESTHA
DARK HUMOR	SHREY DESAR	PRASHANT POKHERAL	MANIK KANDEL
SILENCER	SHREEJAL BAJACHARYA	PRAJWOL SIMKHADA	RITIKA MAHARJAN
SAVAGE	NISHAN TAMANG	SISAM TIMALSINA	KRISHAL SIMKHADA
RIZZLER	PURNIMA MANANDHAR	JEMIKA RAI	ALEX LAMA
REELS WORM	SANDHYA BHATTARAI	PRABESH SHRESTHA	MANIK KANDEL
KHANCHUWA	PRABIN PANTI	KISMA KARKI	SALMAN BOHORA
GYMER	SANTOSH MAJHI	ISHAN THAPA MAGAR	SAMRIDHA SHRESYHA
KUMBAKARNA	RIKEN MAHARJAN	BIJESH MAHARJAN	SUBIN MANANDHAR
RANCHO	RUZEN MAHARJAN	PALISTA SHAKYA	SAJAN LAMICHHANE



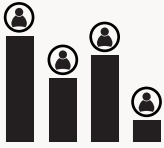
GRADE	XI (H)	XI (I)	XI (J)
JOKER	SUPRINCE BAGATI	AAYUSH PANDEY	BISHAL MAINALI
CONTENT CREATOR	PRABHAT KHADKA	SWOPNIL GURUNG	BISHAL MAINALI
DARK HUMOR	SALONI LAMA	RUPESH TAMANG	SHYAM KARMACHARYA
SILENCER	SIJEN TANDUKAR	RUPESH TAMANG	SAKSHYAM SHRESTHA
SAVAGE	SUPRINCE BAGATI	SAMAN CHAUDHARY	SALIN PANDEY
RIZZLER	PRABHAT KHADKA	KRISH TAMANG	RABINA WAIBA
REELS WORM	KARISHMA KHADGI	ROHIK WAIBA	BISHAL MAINALI
KHANCHUWA	SAFAL DHAKAL	ISHAN SHRESTHA	RAJBIR THAPA MAGAR
GYMER	BINIT MAHARJAN	SALIK GURUNG	SHYAM KARMACHARYA
KUMBAKARNA	LUNIVA MAHARJAN	RAMIN MAHARJAN	NICK SHRESTHA
RANCHO	JENNIE DANGOL	ANSHU LAMA	RABINA WAIBA

GRADE	XI (K)	XI (L)	XII (A)
JOKER	ADIN SHRESTHA	SUBIN NAGARKOTI	AAYSH ACHARYA
CONTENT CREATOR	LHAKHPA SHERPA	ANISH LAMA	PUJA DAHAL
DARK HUMOR	RICHARD RAI	SHRIDHIT MASKEY	SAJAN TAMANG
SILENCER	ARUSH MAHARJAN	ROSHAN SHRESTHA	SAROJ KHADKA
SAVAGE	ARYAN GAMAL	SHREE GURUNG	DIPSON ADHIKARI
RIZZLER	SAURAJ BASNET	ANISH LAMA	SAHIL BHANDARI
REELS WORM	ALISHA SHRESTHA	PRASANNA SHRESTHA	SISAM SHRESTHA
KHANCHUWA	RICHARD RAI	TRITA THAPA	SAMARPAN MISHRA
GYMER	ANISH MAHARJAN	DIVYA SINGH	SAJAN TAMANG
KUMBAKARNA	BIKALSON ALE MAGAR	SHIVAM CHAUDHARY	SAMARPAN MISHRA
RANCHO	NISAN RAJ GIRI	MANAS NEUPANE	RACHIT NAKARMI



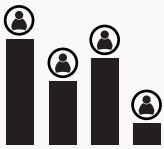
GRADE	XII (B)	XII (C)	XII (D)
JOKER	PRAMISH KHADKA	SWROP BAGLE	PUJAN PYAKUREL
CONTENT CREATOR	SAJINA TAMANG	SAJESH MAHARJAN	ADITI DITYA SHRESTHA
DARK HUMOR	PRAMISH KHADKA	PRAZWOL MAGHAIYA	SARINA PANDEY
SILENCER	RELISH SHRESTHA	RAJ MAHARJAN	BIKESH MANANDHAR
SAVAGE	ANIJEET MAGAR	SUJAL KHARAL	SUJAN THAPA
RIZZLER	ANMOL SHRESTHA	NABIN PARIYAR	BIKESH MANANDHAR
REELS WORM	SAUJANYA MAHARJAN	SAJIT KC	PUJAN PYAKUREL
KHANCHUWA	HEMANTA ARYAL	NABIN PARIYAR	PRENKA BALAMI
GYMER	RELISH SHRESTHA	NABIN PARIYAR	JAMES MAHARJAN
KUMBAKARNA	ANMOL SHRESTHA	SULAV NAPIT	UJJEN DANGOL
RANCHO	SOPHIYES KHADGI	NASIN PARIYAR	ADITI DITYA SHRESTHA

GRADE	XII (E)	XII (F)	XII (G)
JOKER	JAYAN SHARMA	SUMAN MAHARJAN	ISHWOR BASNET
CONTENT CREATOR	YOYAL KARKI	SUNANA MAHARJAN	MISSION J.B
DARK HUMOR	SAMMAN DEOJU	YOUMANG MAHARJAN	ULSONG LAMA
SILENCER	ABIR SHAKYA	ADHARSHA SHRESTHA	RIHANA THAPA
SAVAGE	JAYAN SHARMA	SUNANA MAHARJAN	ANKEET BASNET
RIZZLER	SAMMAN DEOJU	TISHA SHAKYA	HIMESH RANABHAT
REELS WORM	AYUSHMA MAHARJAN	SUJAL SAMICHANE	ASISH THAPA
KHANCHUWA	ARYAN MAGHAIYA	PRAJWAL GURUNG	MAHESHWOR BUDHATHOKI
GYMER	SHASHANK LAMA	SUDHANSHU GUPTA	PRATYUSH MAHARJAN
KUMBAKARNA	RUJEN JUNG SHAHI	SIZAN MAHARJAN	ULSANG LAMA
RANCHO	SHISHI BHUSAL	ARYAN SHRESTHA	ANKIT BASNET



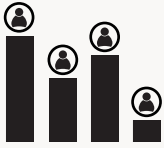
GRADE	XII (H)	XII (I)	XII (J)
JOKER	AMRIT DHUNGANA	ASHISH KAPRI	ARYAN POUDEL
CONTENT CREATOR	NAWANG SHERPA	ANUSA TAMANG	SUBHAM MAGHIYA
DARK HUMOR	PRINCE KHADGI	MANOJ SHRESTHA	SAMBHEY THAPA
SILENCER	SARTHSIK SHRESTHA	AMAN RAJ BHANDARI	BIBEK SHRESTHA
SAVAGE	PRINCE KHADGI	SUHANA MALLA	ARYAN POUDEL
RIZZLER	PRINCE KHADGI	AMRIT UGRAKOTI	SAMBHEY THAPA
REELS WORM	SAKSHAM PANDULKAR	KRITIKA TAMANG	KRISHTINA MAHARJAN
KHANCHUWA	SIRISH DANGOL	AMRIT UGRAKOTI	KRISHNA ADHIKARI
GYMER	ANJIT PANERU	UBIK RAJ KARKI	ARNAV MAHARJAN
KUMBAKARNA	SIRISH DONGAL	SREEJAN THAPA MAGAR	SAMBIDHAN K.C
RANCHO	NISAHAL TAMANG	ANUSA TAMANG	JEBI MAHARJAN

GRADE	XII (K)	XII (L)	BIM 1 ST (A)
JOKER	SANGEET GURUNG	ARNAB MANANDHAR	SUBHASH THAKUR
CONTENT CREATOR	RIKEN MAHARJAN	KRIJAN SUWAL	SATYAM SHRESTHA
DARK HUMOR	JENISH KUNWAR	RONESH MAHARJAN	AAKRITI YADAV
SILENCER	SWARNIKA MAHARJAN	NIBID KHADGI	PARINA MAHARJAN
SAVAGE	SUBIN THAPA	NISCHAL BUDDHACHARYA	KRISHAL SIMKHADA
RIZZLER	NABIN OSTI	JEMS TAMANG	SUMINA MAHARJAN
REELS WORM	JENISH KUNWAR	ALL	AAKRITI YADAV
KHANCHUWA	SUBIN THAPA	DAVIS BUDDHACHARYA	UNIQUE TAMANG
GYMER	AAROS NAKARMI	SAMYOG SHRESTHA	KRISHNA TAMANG
KUMBAKARNA	JENISH KUNWAR	SUMIT SHARMA	KRISHNA TAMANG
RANCHO	RUPESH GHAMAL	NISCHAL BUDDHACHARYA	GHANSHYAM DHUNGANA



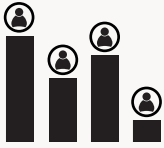
GRADE	BIM 1 ST (B)	BIM 3 RD (A)	BIM 3 RD (B)
JOKER	SUMIT PRAJAPATI	DIPAM GHIMIRE	RAJ GURUNG
CONTENT CREATOR	RAMITA ADHIKARI	SUPRIYA SHRESTHA	SIKSHYA MAHARJAN
DARK HUMOR	SAYAM NEPALI	ANUSKA TULANDER	SUDISH MAHARJAN
SILENCER	SIDDHARTHA SHAKYA	SUPRIYA DANGOL	PRASANNA SHRESTHA
SAVAGE	UJEN BAJARACHARYA	ANUSKA TULANDER	SIDDHARTHA SHAKYA
RIZZLER	GANESH MAHARJAN	ANUSKA TULANDER	AAYUSH CHAUDHARY
REELS WORM	SHREEYA MAHARJAN	SUPRIYA DANGOL	RAJ GURUNG
KHANCHUWA	NISHAN RIMAL	PRAJUN MAHARJAN	ISHAN POUDEL
GYMER	SUMIT PRAJAPATI	BROJESH MAHARJAN	YUKESH MAHARJAN
KUMBAKARNA	PRISHA MAHARJAN	PRASHNA MAGAR	SAMEER MAHARJAN
RANCHO	SAKSHYAT NEUPANE	BISHAL TAMANG	SIDDHARTHA SHAKYA

GRADE	BIM 5 TH (A)	BIM 5 TH (B)	BIM 6 TH (A)
JOKER	ASHIM SHRESTHA	GAURAB MAHARJAN	AJU MANANDHAR
CONTENT CREATOR	LOOJA MANANDHAR	AAYUSH KARKI	PRANITA JHA
DARK HUMOR	ROHIT FUWADA	PRATIKA DHUNGANA	DIPESH MAHARJAN
SILENCER	UNIQUE GAMAL	ANKIT SHRESTHA	SAURAV TIWARI
SAVAGE	ROHIT FUWADA	SUJAL SHRESTHA	SHREEJAL STHAPIT
RIZZLER	PRACHI KARKI	SUNDER SHRESTHA	NIROJ MAHARJAN
REELS WORM	KRISHNA GHARTI MAGAR	PRATIKA DHUNGANA	AYUSH GHIMIRE
KHANCHUWA	INDIRA TAMANG	PRASAN GURUNG	MATINA MAHARJAN
GYMER	SASHANT SHRESTHA	SACHIN DHUNGANA	AJU MANANDHAR
KUMBAKARNA	NIRJALA TULANDHAR	AAYUSH RAJ KARNIKAR	SHREESON SHRESTHA
RANCHO	BIPASHA MAHARJAN	PRATIGYA LUITEL	ROJAN KHADGI



GRADE	BIM 6 TH (B)	BIM 8 TH (A)	BIM 8 TH (B)
JOKER	NABIN UPRETI	SUMIT PRAJAPATI	PRAJWOL MAHARJAN
CONTENT CREATOR	KATRINA SHAH	YURISHA MAHARJAN	RIJAN K SHRESTHA
DARK HUMOR	ANKIT PAUDEL	SUJAL AMATYA	NICKY MAHARJAN
SILENCER	MANJESH KUMAR YADAV	YURISHA MAHARJAN	AMODH NEPAL
SAVAGE	KARUNA CHAUDHARY	LEE HULAN LOHORUNG	NICKY MAHARJAN
RIZZLER	MANJESH KUMAR YADAV	SUJIN DANGOL	PRAJWOL MAHARJAN
REELS WORM	BIKAS BHATTA	SIKHA SUBBA	RIJEN MAHARJAN
KHANCHUWA	ASHIM GURUNG	YURISHA MAHARJAN	PRAJWOL MAHARJAN
GYMER	SUMAN DANGOL	BIRAJ SHRESTHHA	RIJAN K SHRESTHA
KUMBAKARNA	ROHAN SHRESTHA	SIKHA SUBBA	DIPSON MAHARJAN
RANCHO	HARI PARAJULI	ROHAN PHUYAL	ROJEN DANGOL

GRADE	CSIT 1 ST (A)	CSIT 1 ST (B)	CSIT 3 RD (A)
JOKER	KRITI MAHARJAN	SUSAN BANIYA	HRIKESH ARAN
CONTENT CREATOR	NEEYAM MAHARJAN	SUDARSHAN BHATTRAI	SHRISHA TULANDHAR
DARK HUMOR	KRITI MAHARJAN	SWODIN BHANDARI	ABHILEKH SUBEDI
SILENCER	SULAV SHRESTHA	SUYASH KHANAL	GAURAV THAPA
SAVAGE	MANISHA SHRESTHA	SAHARSHA DHITAL	AYUSH TULADHAR
RIZZLER	SAURAV RIJAL	AYUSH UPADHYA	SUDIP KHADKA
REELS WORM	ANGELA THAPA	YUNIL GHIMIRE	GAURAV THAPA
KHANCHUWA	RIKESH SHRESTHA	PALESA MANANDHAR	HRIKESH ARAN
GYMER	AMAN SHRESTHA	KRISHNA SIGDEL	AYUSH SHAH
KUMBAKARNA	ABHINAV SHRESTHA	SABAYTA JOSHI	SANGAM ADHIKARI
RANCHO	AYUSH KHANAL	PRASAN KHANAL	ANUSH SHRESTHA



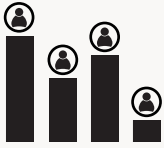
GRADE	CSIT 3 RD (B)	CSIT 5 TH (A)	CSIT 5 TH (B)
JOKER	RENISHA PANDIT	SUDESH GODAR	SHRAYAM MANANDHAR
CONTENT CREATOR	UTSAV RAJ SHRESTHA	RAMINA SHRESTHA	SABHYATA ARYAL
DARK HUMOR	SAMYOG LAMICHHANE	BISESH PANDEY	SHRAYAM MANANDHAR
SILENCER	PRANIL GAJUREL	SHIVESH SHRESTHA	ANKIT BISTA
SAVAGE	RENISHA PANDIT	SUJAL SHRESTHA	SHRAYAM MANANDHAR
RIZZLER	DILIP BUDHATHOKI	NIYUKTA KARMACHARYA	RAJ JIREL
REELS WORM	UTSAV RAJ SHRESTHA	DIKSHA SHRESTHA	SPANDAN BHATTARAI
KHANCHUWA	ANUP SHRESTHA	ASHIKA SHRESTHA	ANKIT BISTA
GYMER	SHASHWOT SHRESTHA	ANSH SHRESTHA	NIRBESH RAJ BHANDARI
KUMBAKARNA	DIKCHHYA SHRESTHA	SIMAN MANANDHAR	BASANTA PAKHRIN
RANCHO	SANDEEP SHRESTHA	NABIN YANJAN	SASHANT DANGOL

GRADE	CSIT 6 TH (A)	CSIT 6 TH (B)	CSIT 8 TH (A)
JOKER	ALISON MAHARJAN	PUKAR RIMAL	YUVRAJ CHHETRI
CONTENT CREATOR	KABIL RAYA	AAKASH DHAKAL	MANJIL SHRESTHA
DARK HUMOR	ABISYAN ACHARYA	SWARUP DAHAL	PRAKRITI MANANDHAR
SILENCER	AAYAN NEUPANE	WAIBHAV MISTRA	SABHU RANA MAGAR
SAVAGE	ABIJIT DULAL	SKRITI RAI	DENNY THAKULLA
RIZZLER	AAYUSH POUDEL	NISALA MAHARJAN	BISHWAS LOHANI
REELS WORM	SAHIL BHATTRAI	SHARAD LAWOT	SWORUP SHRESTHA
KHANCHUWA	SWAPNIL LAMSAL	RITIKA MAHARJAN	MANJIL SHRESTHA
GYMER	RAJEEV SHRESTHA	MANDISH NANDA VAIDYA	ABHISHEK SHRESTHA
KUMBAKARNA	NIRJAL MAHARJAN	BISHESH RAJ PANDEY	BIPUL RANJAN
RANCHO	AVIYAAN ACHARYA	ATULLYA MAHARJAN	YUVRAJ CHHETRI



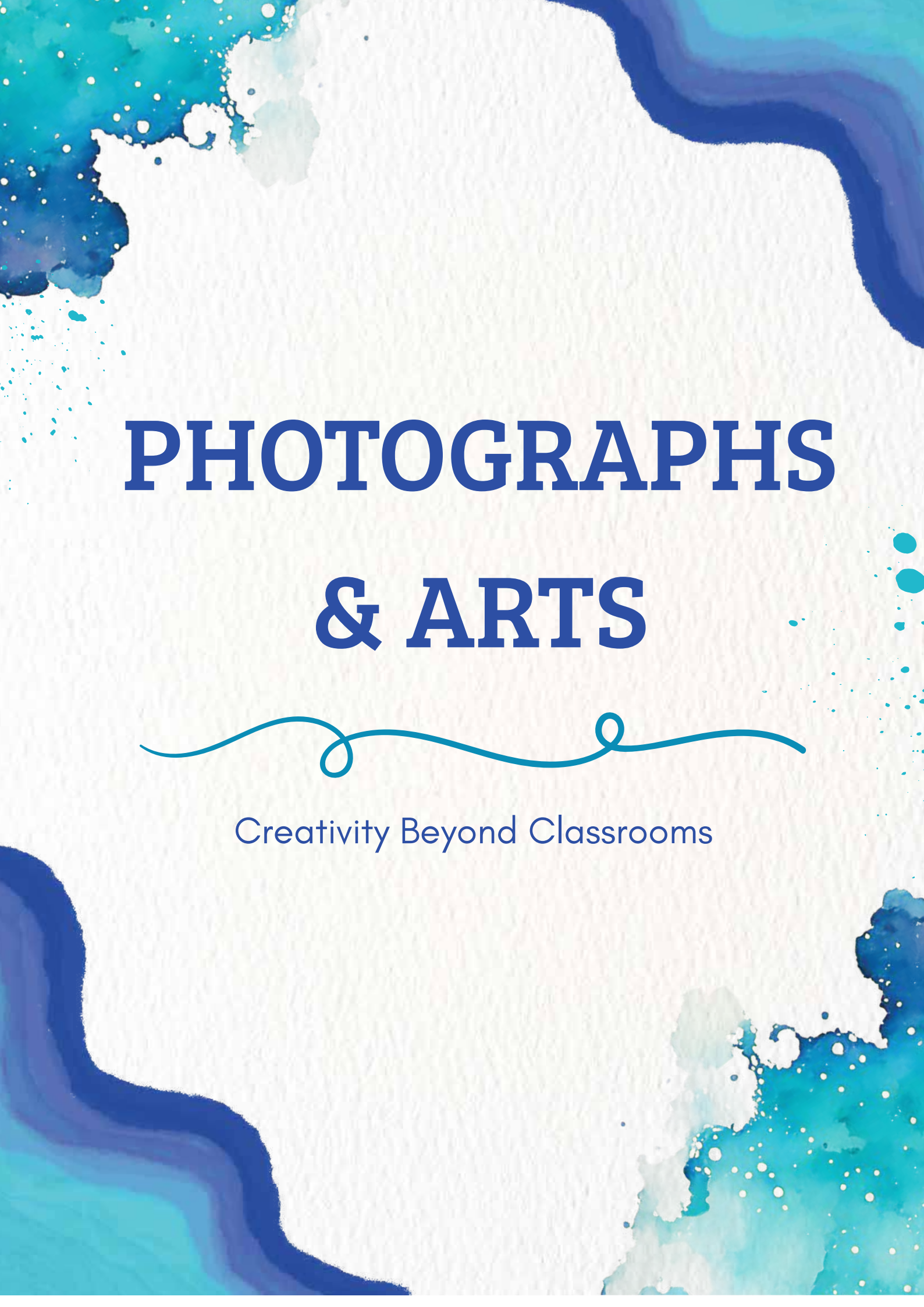
GRADE	CSIT 8 TH (B)	BBM 1 ST	BBM 3 RD
JOKER	IROJ ACHARYA	ALISHA ADHIKARI	UJJWAL MAN SHRESTHA
CONTENT CREATOR	KIRAN SHRESTHA	AAYUSHA ADHIKARI	MUSKAN SHRESTHA
DARK HUMOR	CYRUSH MAHARJAN	RAUNAK KANAUIJIYA	UJJWAL MAN SHRESTHA
SILENCER	KIRAN SHRESTHA	SAMRIDH SHAKYA	RIKESH SHRESTHA
SAVAGE	JEENA SHAKYA	RUJA BANIIYA	SIMRAN MAGHAIYA
RIZZLER	SUBIN SHAKYA	LUNIVA JOSHI	SIMRAN MAGHAIYA
REELS WORM	RACHANA MASKEY	ANJITA LAMA	SARINA POKHREL
KHANCHUWA	PRAMIT AMATYA	SWORNIKA SHAKYA	SARINA POKHREL
GYMER	DAVID DAHAL	NABINA PYAKUREL	DILASHA MAGHAIYA
KUMBAKARNA	CYRUSH MAHARJAN	AADITYA SHRESYHA	MUSKAN SHRESTHA
RANCHO	SAKSHYAM SHRESTHA	SWORUP ARYAL	ANISHA MAHARJAN

GRADE	BBM 6 TH	BBM 8 TH	BCA 1 ST
JOKER	JENY YONJAN	SRISTI GATRAJ	RIJAN SHAHI
CONTENT CREATOR	KRIKA KHATRI CHETTRII	SATISHA DANGOL	ANIR DHITAL
DARK HUMOR	SIDDHARTHA MAHARJAN	SAMIKSHYA BAGALE	PUKAR DHAMALA
SILENCER	DEEPSON SHAKYA	SUJITA LAMA	BISHNU PRABHA
SAVAGE	RANJITA TAMANG	SRISTI GATRAJ	ANIR DHITAL
RIZZLER	SUMAN MAGAR	SAMIKSHYA BAGALE	PRATIK SHRESTHA
REELS WORM	PUJA PHUYAL	BHAWANA BANJARA	ANSHU KUMAR
KHANCHUWA	LUJA SINGH DANGOL	SRISTI GATRAJ	AASHIKA POUDEL
GYMER	RANJITA TAMANG	ROMAN NEPALI	SHRIJAN SHAKYA
KUMBAKARNA	KRIKA KHATRI CHETTRII	SRISTI GATRAJ	ANSHOJ RAJ JOSHI
RANCHO	UMANG MANANDAR	DRSITI MAGAR	SAJAN TAMANG



GRADE	BCA 3 RD	BCA 4 TH	BCA 6 TH
JOKER	PUNEET POKHREL	RIJAN MAHARJAN	SICHU MAHARJAN
CONTENT CREATOR	PRAJINA MAHARJAN	MOHAMAD OWHID	BHABISHYA BHATTA
DARK HUMOR	MANOJ SHRESTHA	SAWAN MUKHIYA	DANESH GIRI
SILENCER	RAJ KHADGI	SANIL MAHARJAN	RUJAL MAHARJAN
SAVAGE	SIDDHARTHA DAWADI	SUJAN SHRESTHA	RUJAL MAHARJAN
RIZZLER	SUJAL TULADHAR	AMIT BAJACHARYA	RIBESH MAHARJAN
REELS WORM	PINKAL SHRESTHA	BIBASH DHUNGANA	SONAL BALAMI
KHANCHUWA	AYUSH DANGOL	NIRAJAN BOHARA	RAUNIK RANJIT
GYMER	SUORCHIT POKHREL	BIBASH DHUNGANA	RIJAN BAJRACHARYA
KUMBAKARNA	SHREEJAN SHRESTHA	DEECHAL MAGAR	UZEN MAHARAJAN
RANCHO	SUJAL TULADHAR	SANIL MAHARJAN	RIBESH MAHARJAN

GRADE	BCA 8 TH	BHM 1 ST	BHM 5 TH
JOKER	RAJAN MAHARJAN	ROSHNA THAPA MAGAR	SANCHEET ARYAL
CONTENT CREATOR	SIDHARTHA SHRESTHA	PRASHNA CHHETRI	RESHIKA SHRESTHA
DARK HUMOR	ROMAN TIMALSINA	RAJESH DAS	RUKSON SHAKYA
SILENCER	ROHAN MAHARJAN	AAYUSH SHRESTHA	ASWIN MAHARJAN
SAVAGE	PALSANG MOKTAN	NAMINA TAMANG	AYUSH CHETTRI
RIZZLER	BINAM BASNET	NARBU GOLE	SANCHEET ARYAL
REELS WORM	RAMESHWOR SHRESTHA	SALINA MAHATO	SWOSTIKA MAHARJAN
KHANCHUWA	NANDITA DANGOL	PRATIMA TAMANG	SURAJ KARKI
GYMER	ROHIT MAHARJAN	SHAKTIMAN DANGAL	NIROJ MAHARJAN
KUMBAKARNA	SONALI CHAUDHARY	RAKESH ACHARYA	SUJESH BAJRACHARYA
RANCHO	NIKHIL AWASTI	RAHUL LAMA	URISH TULADHAR



PHOTOGRAPHS & ARTS



Creativity Beyond Classrooms

+ 2 Photographs



Grade 11 'A'



Grade 11 'B'

+ 2 Photographs



Grade 11 'C'



Grade 11 'D'



+ 2 Photographs



Grade 11 'E'



Grade 11 'F'

+ 2 Photographs



Grade 11 'G'



Grade 11 'H'

+ 2 *Photographs*



Grade 11 'I'



Grade 11 'J'

+ 2 Photographs



Grade 11 'K'



Grade 11 'L'

+ 2 Photographs



Grade 12 'A'



Grade 12 'B'

+ 2 Photographs



Grade 12 'C'



Grade 12 'D'



+ 2 Photographs



Grade 12 'E'



Grade 12 'F'

+ 2 *Photographs*



Grade 12 'G'



Grade 12 'H'

+ 2 Photographs



Grade 12 'I'



Grade 12 'J'



+ 2 Photographs



Grade 12 'K'



Grade 12 'L'

Bachelor's Photographs



BBM 1st



BBM 3rd

Bachelor's Photographs



BBM 5th



BBM 7th

Bachelor's Photographs



BBM 8th



BCA 1st

Bachelor's Photographs



BCA 3rd



BCA 5th

Bachelor's Photographs



BCA 7th



BHM 1st "A"

Bachelor's Photographs



BHM 1st "B"



BHM 3rd "A"

Bachelor's Photographs



BHM 3rd "B"



BHM 5th "A"

Bachelor's Photographs



BHM 5th "B"



BHM 7th



BHM 8th

Bachelor's Photographs



BIM 1st "A"



BIM 1st "B"

Bachelor's Photographs



BIM 3rd "A"



BIM 3rd "B"

Bachelor's Photographs



BIM 5th "A"



BIM 5th "B"

Bachelor's Photographs



BIM 7th "A"



BIM 7th "B"

Bachelor's Photographs



BIM 8th "A"



BIM 8th "B"

Bachelor's Photographs



CSIT 1st "A"



CSIT 1st "B"

Bachelor's Photographs



CSIT 3rd "A"



CSIT 3rd "B"

Bachelor's Photographs



CSIT 5th "A"



CSIT 5th "B"

Bachelor's Photographs



CSIT 7th "A"

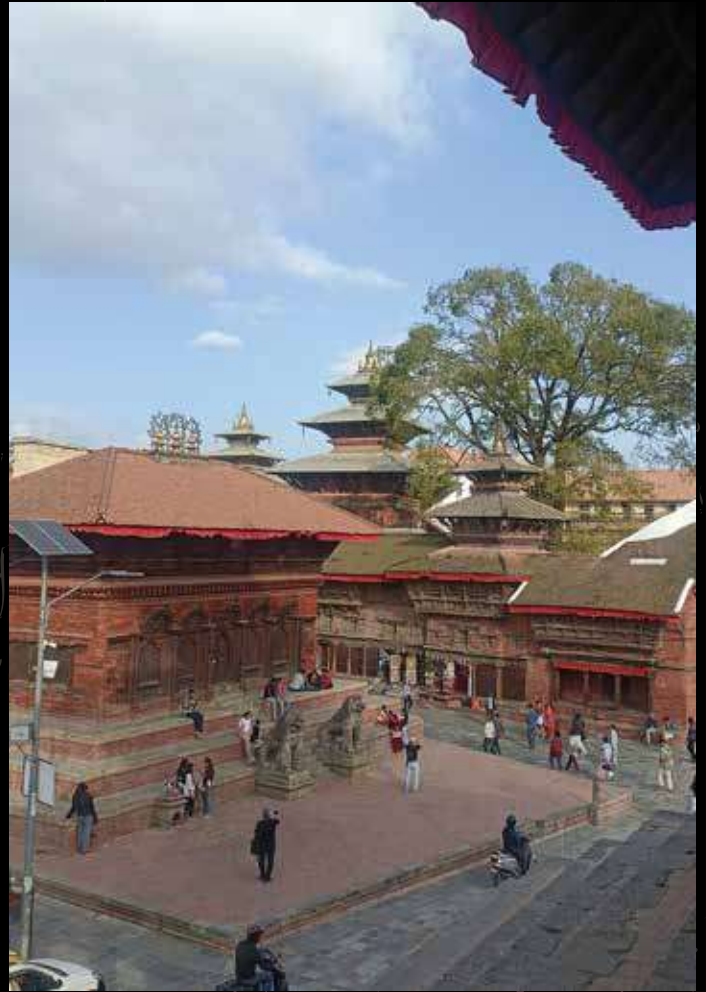


CSIT 7th "B"

Photography







▶36A

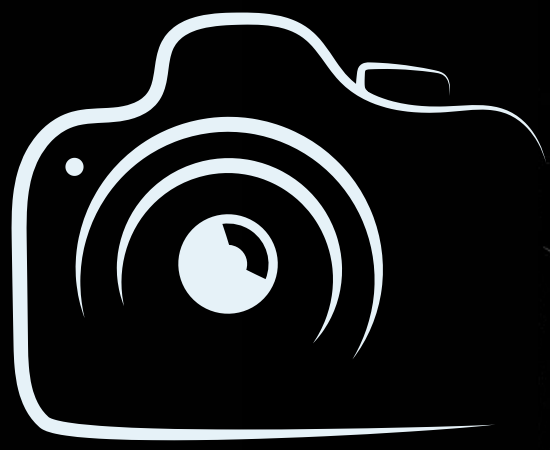
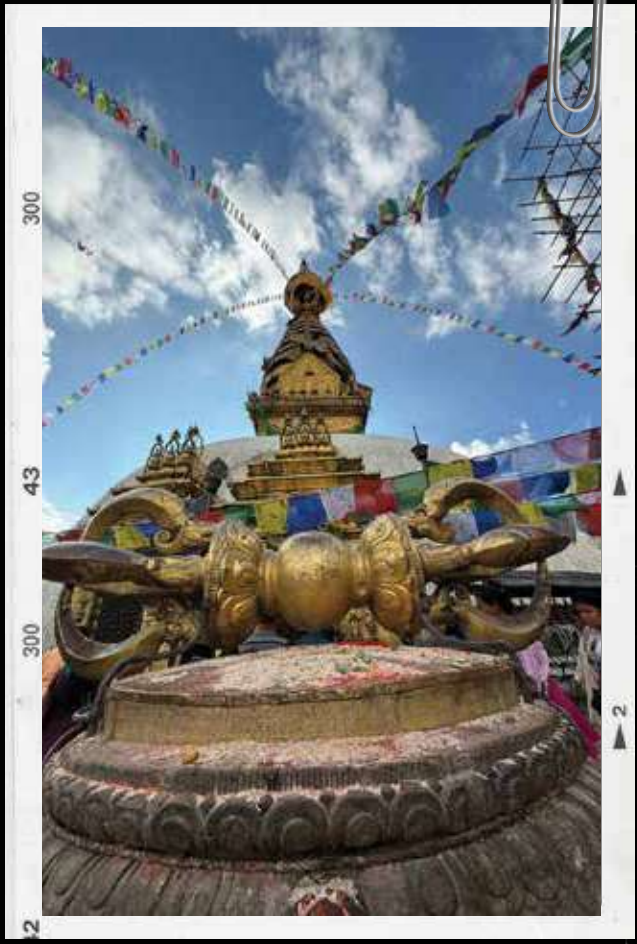
37

▶37A

38

▶38A

39



X 5063

▶32A

33

▶3

TX 5063

▶2

▶

▶

TX 5063

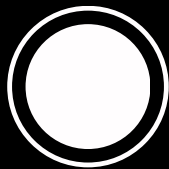
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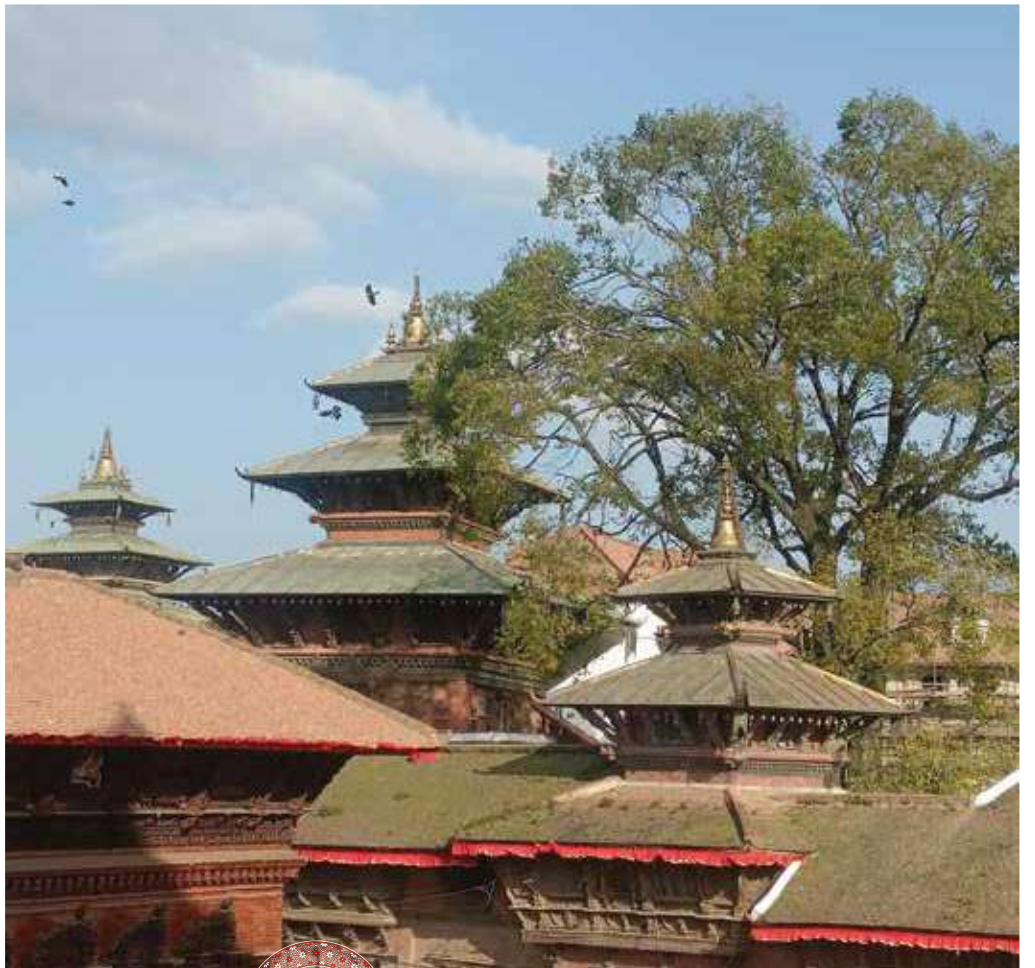
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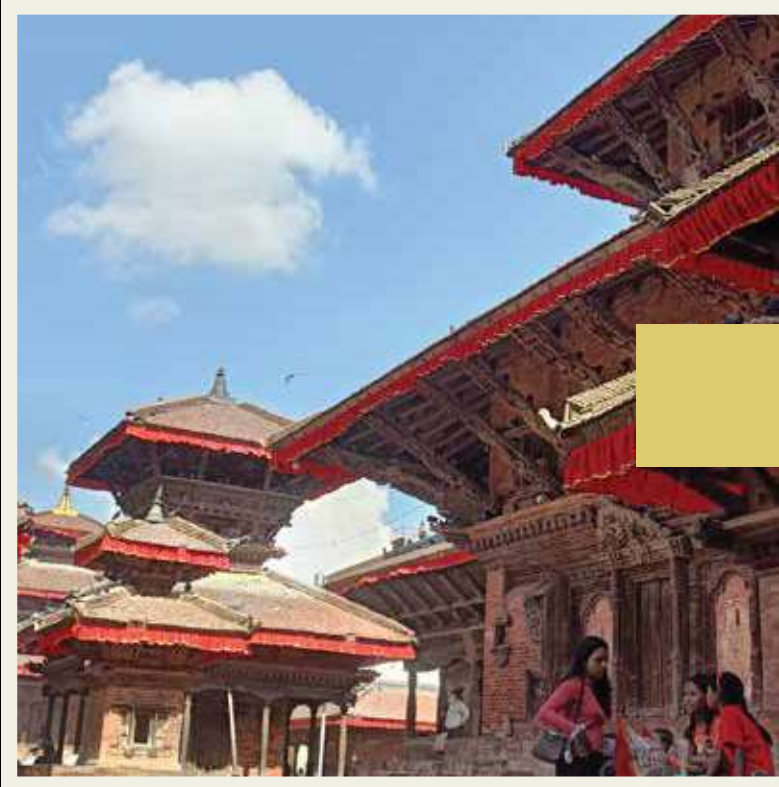


PHOTO



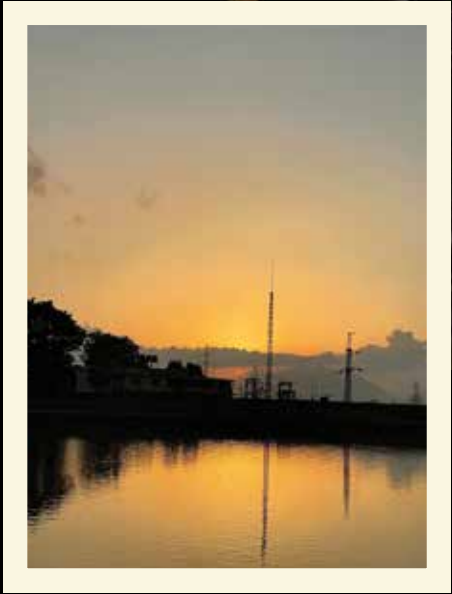
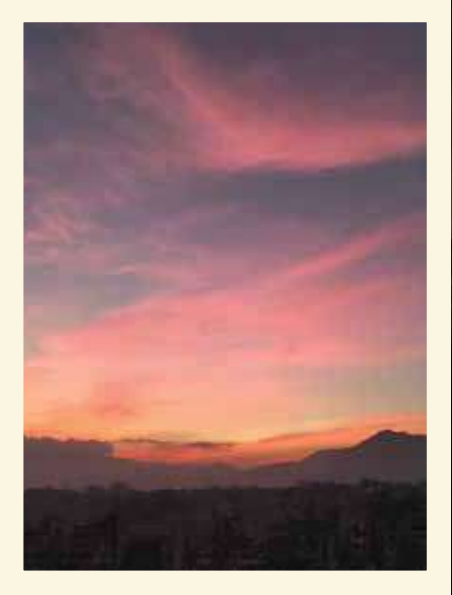






HISTORIC BEAUTY





N a t u r e



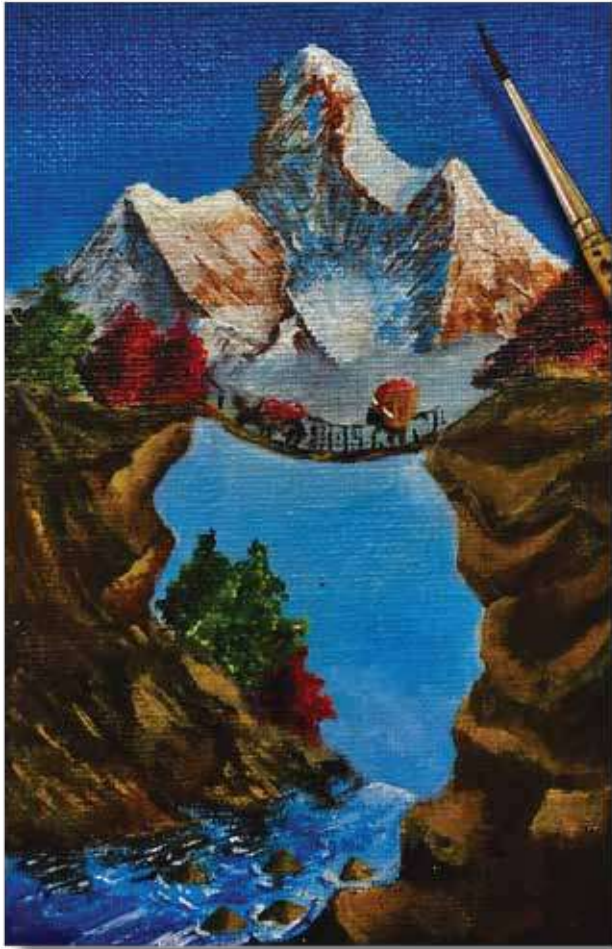


Sworoop Raj Shrestha
BIM 1A

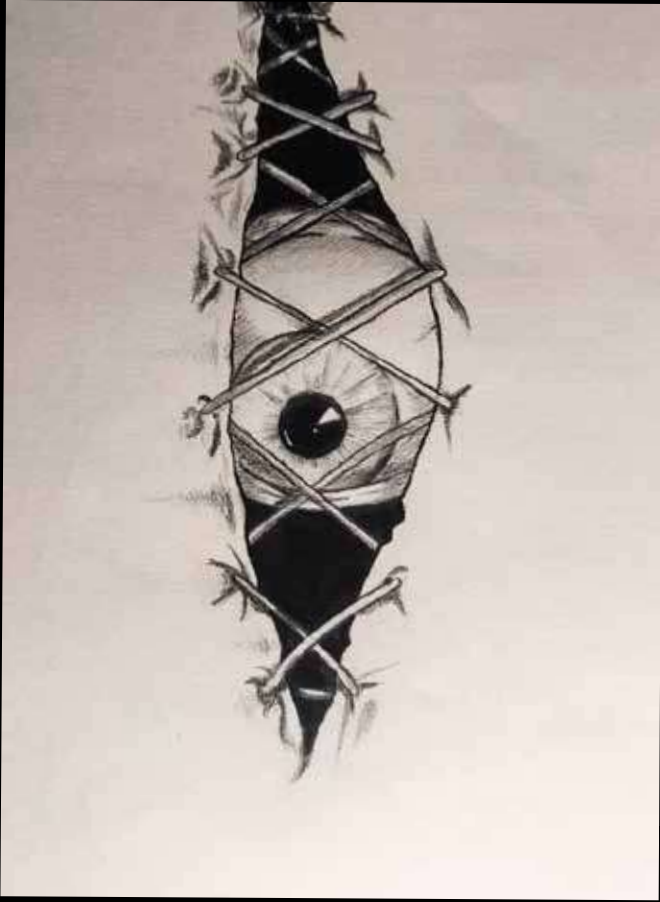




Where Imagination Comes Alive



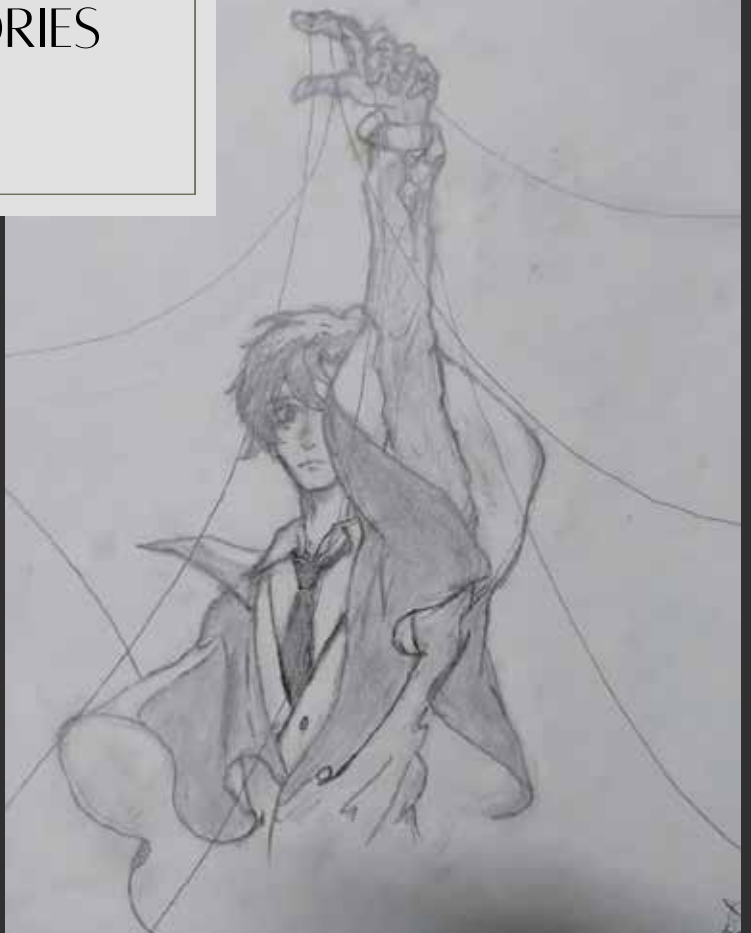




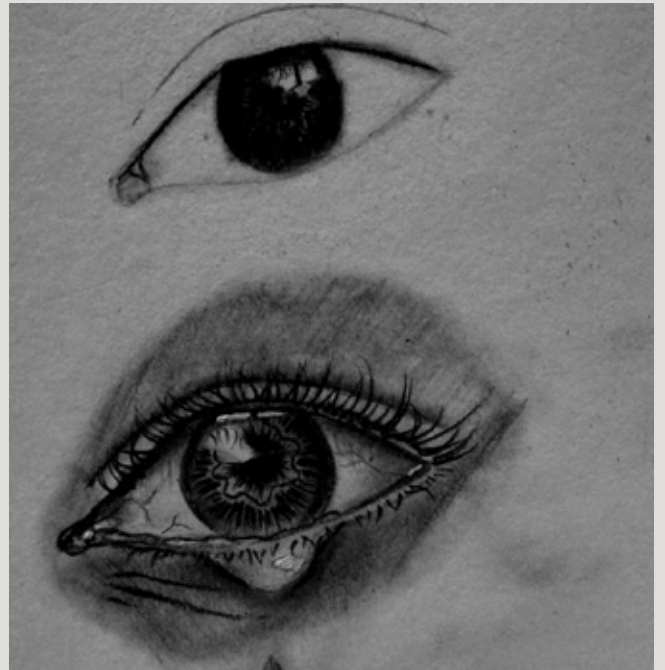




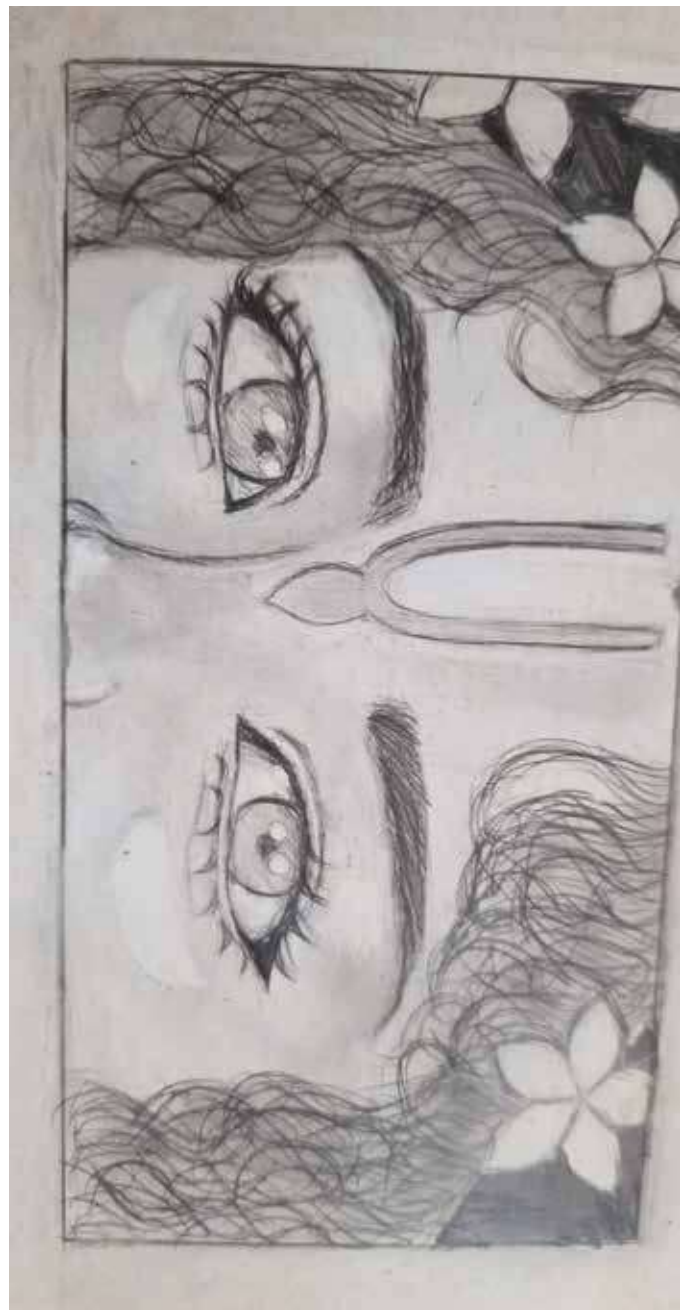
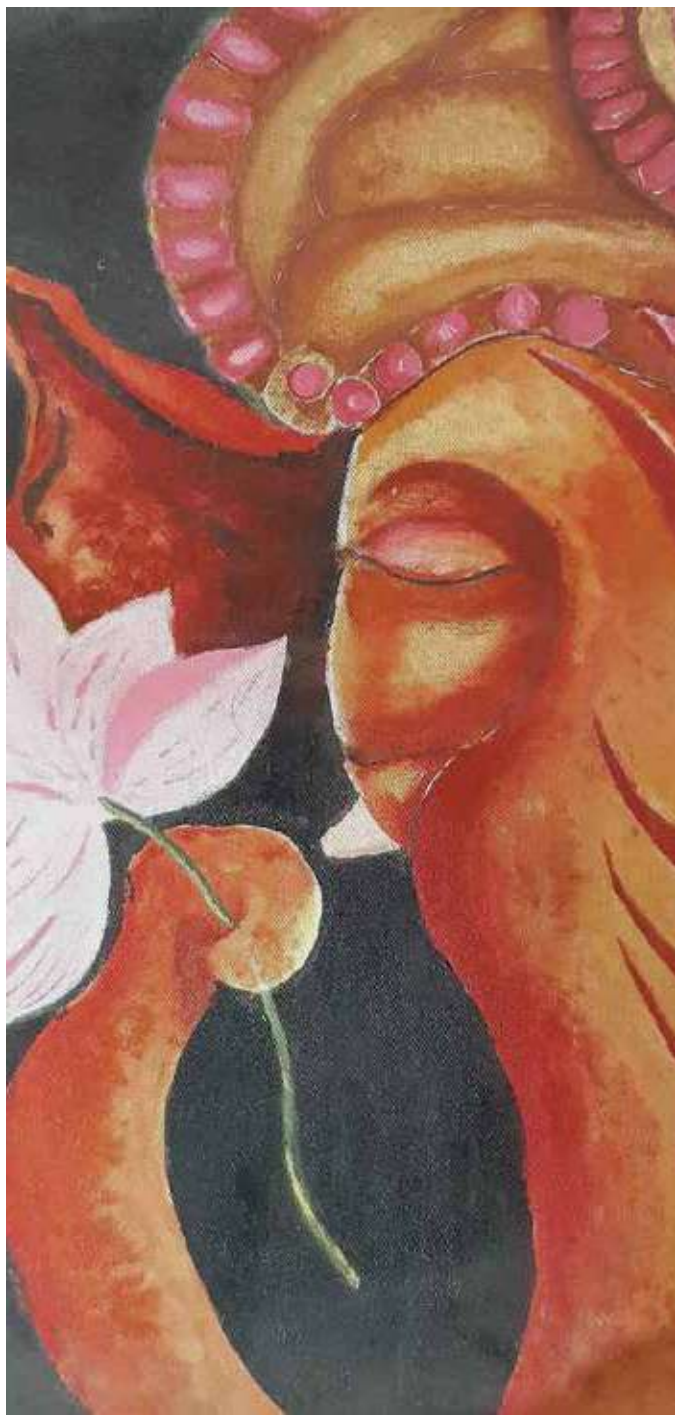
HANDMADE
STORIES







DRAWN
WITH PASSION

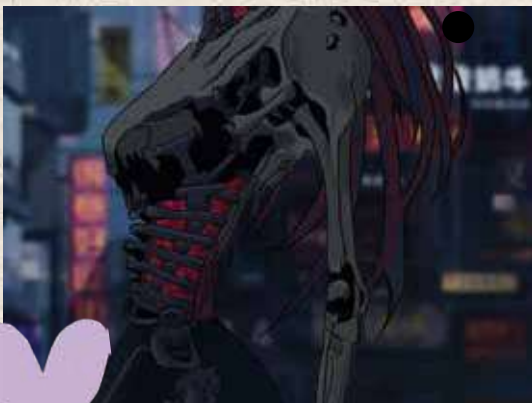








Creative Minds







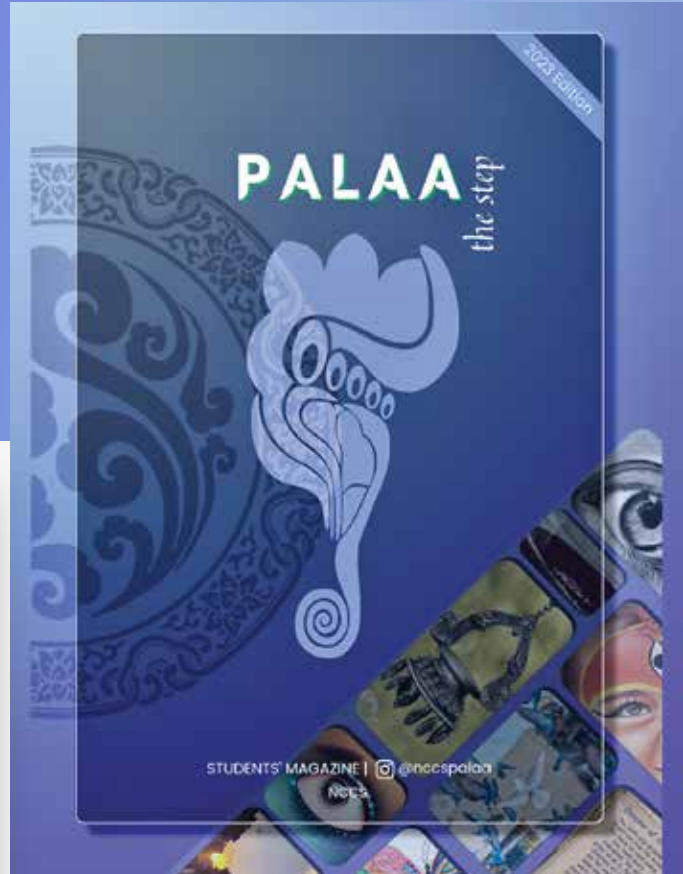
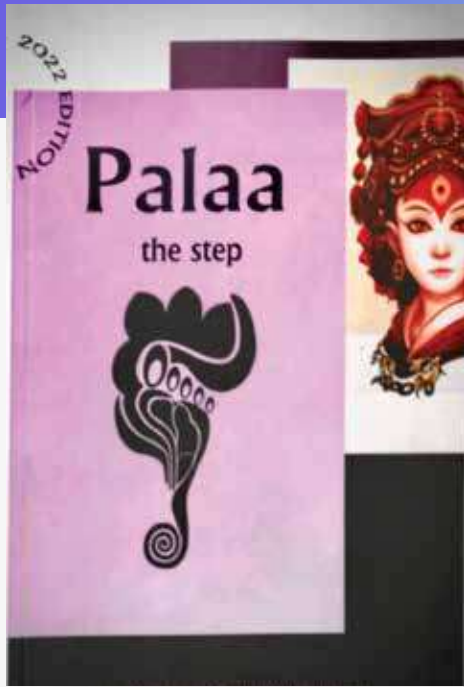
Glimpse of
2025-2026





Palaa Editions

22



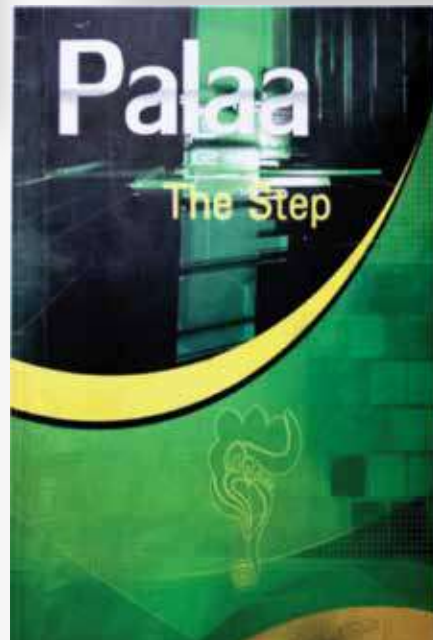
23



19



15



09



07



08

Title Suggested By:
Prishma Shrestha

Logo Suggested By:
Swojan Newa





Administration


पला: *the step*



A celebration of voices, a platform for expression!



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