

2022 EDITION

# Palaa

the step



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## **Message from the Chairman**

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

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

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

---

Prachandra Raj Anil  
Chairman



## Message from the Principal

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 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 & 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. 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 students, colleagues and well-wishers for their valued help and participation in bringing out "Palaa".

A handwritten signature in black ink, appearing to read 'Ganeshman Singh Basnyat'.

---

Ganeshman Singh Basnyat  
Principal

## Editorial

“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tiptoe if you must, but take a step.”

Welcome to the sixth edition of the annual magazine of NCCS named “Palaa: The Step”. We are really proud and exuberant to acclaim that we are ready with all hopes and hues to bring out the sixth issue, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of the school.

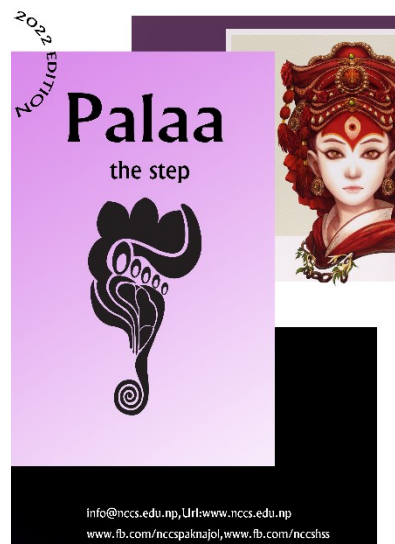
A magazine is itself an institution that prepares its contributors to actively participate in whatever is going on around them, which affects their lives. It provides the platform to express themselves confidently as their expression is given rightful exposure. The magazine is to be viewed as a launchpad for the student’s creative urges to blossom naturally.

Palaa is a Newari word, meaning “a step”. The first step for the magazine was to gather competent Team Members from different faculty, who could invest time and effort in the process of preparing the magazine. Various activities were planned and executed, step-by-step through various phases of the meeting. The team members have put forth their ideas and thoughts that are too deep to be expressed and too strong to be suppressed.

We are thankful to all our team members who joined for the preparation of the journal and have sailed it to the shore of publication. It is a fine thing to have the ability but the ability to discover ability in others is the true test. We are really thankful to coordinator Prakash Dangol for entrusting us with the responsibility of photo. We take this opportunity to thank all the dignitaries for sparing their valuable time to send their best wishes for the magazine in the form of ‘Messages’.

Thank You!  
Palaa Team, 2022

## PALAA THE STEP 2022



## Team Members

Krishna Khanal  
Samrat Singh  
Karina Shrestha  
Suraj Pulami Magar  
Nirvana Maharjan  
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Devika Ruwali  
Jury Nepali  
Anupam Gautam  
Sakila Pokharel

## Support

Rakesh Shrestha  
Ajay Maharjan



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## आमा र बाबा

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बाबा कर्म दिने तिमी  
आमा दशधारा दिने तिमी  
बाबा औला समाइ हिड्न सिकाउने तिमी  
संसार र समाजको रितीतिथि भुली मलाई  
माया गर्ने तिमी  
समाजको तिरस्कार र हेलनासँग लड्न  
सिकाउने तिमी  
आमाबा संसारको सबैभन्दा अमूल्य वरदान  
तिमी ।

-अस्मिता तामाङ्ग

## अन्धकार जीवन

अँधेरी रातमा जुनकिरीको आवाज  
त्यो रातमा भएको उज्यालो जुन र चम्केको  
तारा  
बसिरहेको छ त्यो मानिस लिएर एक्लोपनको  
साहारा  
बाच्नु भन्दा मरेर जाओस सोची बिताई रहेको  
छ जीवन  
आफ्नो मनलाई ओइलेको फुल जस्तो बनाएर  
बिताई रहेको जीवन ,  
त्यो छोड्नेलाई के थाहा कति अन्धकार  
भैरहेको छ ऊ बिना यो जीवन ।

-अमूल राजोप्याद्याय

## परिवार बिनाको चाडपर्व

घरको दियो बलेन आमा बल्यो मनको दियो  
कसरी भनौं आमा विदेशको तिहार यसरी गयो  
दिदीबहिनीको माया पोखिएन यो निधारमा  
सयपत्री मखमली फुलेन आमा मेरो तिहारमा  
एकलै गाँए देउसी भैलो आँफैलाई सुनाए  
आफ्नो कर्ममाथि आमा निकै बेर रिसाए  
सपनामा देखें आमा हाम्रो घर वरपर बलेको दियो  
तिम्रो प्रेमको प्रकाश चारैतिर फैलिएको थियो  
विपनामा थाहा पाएँ आमा म त सात समुन्द्र पारी  
छाडी आएछु स्वदेशमा तिम्रो स्नेहको यो ठूलो भकारी  
मेरो सम्झनाको बज्र आमा तिम्रो छातीमा जबजब पर्ला  
रोकिन्न रोकेर वेदनाको धारा त्यो तिम्रो आँखाबाट झर्ला ।

-मनिसा डंगोल

## कठै! मेरो देश

भएर पनि यति धेरै भाषा र भेष  
सतिषुणता नभएको कि आपसी मेलमिलाप नमिलेको, कठै मेरो देश !  
भन्नलाई त भनिदिन्छु यहाँ चार र छत्तिस वर्ण  
तर आफ्नै नेपाली दाजुभाइहरु किन आज पाण्डव र कर्ण ?

चारैतिर राजनैतिक अन्योलताको चर्चा र नालीबोली  
त्यसैले त सूरक्षित छैनन् आज हाम्रो नेपाली चेली  
खै ? कहाँ काम लाग्यो मिहिनेत गरेर पढेको सर्टिफिकेट र कागज ?  
दिनहुँ पलायन हुँदै छन् नेपाली जनशक्ति र फर्किँदै छन् काठका बाकस ।

दिनहुँ मारिदैछन् निर्मला भागिरथी र दविदैछन् समिक्षा  
कानुन नै फितलो भएपछि कसरी राख्ने उपेक्षा ?  
कुरा गरौँ कुरैको दुःख यस्तै छ यहाँको परिवेश  
शब्दमा सिमित गर्न नसकिने नेपालीको दुःख, कठै मेरो देश !

कसरी बिर्सियो नेताहरु जनताको अधि लिएको सपथ ?  
पछुताउदैछन् आज नेपाली जनता र खेर जाँदैछन् ति अमूल्य मत !  
यस्तै अवस्थामा गुञ्जिरहदा बाकि रहला र नेपाली आमाको शेष ?  
उनको आँशुले धिकाउँ भन्छ होला "कठै! मेरो देश " ।

-कृपा दवाडी

## प्रकृति आमा

प्रकृति आमा तिमी छौ माहान  
तिमाले दियो हामीलाई चाहिने सामान  
तिमीले दियो घाम, पानी र हावा  
जावन हुन्छ असहज तिमी नहुँदा ।

हामी सधैं तिम्रै काखमा रमायौँ  
हामीले सदैव तिम्रो माया पायौँ  
तिम्रा नदी र समुन्द्र मलाई मन पर्छ

तिमीलाई फोहोर देख्दा मेरो मन दुख्छ ।

तिम्रो हेरचाह गर्ने हो मेरो कर्तव्य  
तिम्रो कदर गर्ने हो मेरो शत्रु अवश्य  
सन्दरता तिम्रो देख्दा हामी अचम्म हुन्छौं  
तिम्रो सुरक्षा गर्न हामी वाचा गर्छौं ।

-रविन ढकाल

## हामी नेपाली

नेपालकी छोरी हुँ म, नेपाली हो नाम  
मनोरञ्जन दूश्य दिने यहि हो मेरो काम  
विश्वभरका मानिस आउँछन, मेरो आस पास  
मेरै बारे कुरा गर्छन, काटन जाँदा घाँस

नेपालकी छोरी हुँ म, नेपाली हो नाम  
मनोरञ्जन दूश्य दिने यहि हो मेरो काम

लालीगुराँस शिरमा मेरो, शिखरो शोभा  
कलकल बग्छ खोला नाला, पहाडको कुना  
अग्ला अग्ला हिमालहरु, स्वभिमानको साथ  
उँच्चा गर्छ यसले हाम्रो गौरवको माथ

नेपालकी छोरी हुँ म, नेपाली हो नाम  
मनोरञ्जन दूश्य दिने यहि हो मेरो काम

भन्थे हरियो वन हाम्रो, नेपालको धन  
वनको क्षेत्र घटदै गयो, रुन्छ मेरो मन  
हाम्रो देश जलस्रोतमा विश्वभरमा दोस्रो  
लोडसेडिङको मारमा थियौँ कुरा मात्रै फोस्रो

नेपालकी छोरी हुँ म, नेपाली हो नाम  
मनोरञ्जन दूश्य दिने यहि हो मेरो काम

तराईमा किसानले फलाउँछन धान  
तर अहिले खेतै बाँझो, सुत्रे होइन कान  
पहाको डाँडा काँडा, नेपाल की रानी  
सबै जात मिली बस्ने, नेपालीको बानी

नेपालकी छोरी हुँ म, नेपाली हो नाम  
मनोरञ्जन दूश्य दिने यहि हो मेरो काम

- दिव्या दाहाल

## कोरोना महामारी

संसारभरै कोलाहलले छैन शान्ति कतै  
कस्तो हो यो महामारी पीडा जताततै पिडा ल्यायो  
जताततै  
व्यक्ति समाज राष्ट्र हुँदै संसारलाई छोयो  
यो रोगले मान्छे खाँदा सबैको मन रोयो ।।

न त मान्छे छुन पाउने न त नजिक हुने  
रोगले सताइ थला पर्दा एकलै बस्नु पर्ने  
न त कुनै औषधीले न त खोपले छुने  
साथीभाई र परिवारले हेर्न पाउने ।।

कामधन्दा सबै ठप्प बजार सबै बन्द  
घरभित्र बस्नुपर्ने कस्तो हो यो अचम्म  
न त गाडी चलेका छन् न त उद्योगधन्दा  
शक्तिशाली मान्छे आज घरमै नजरबन्द ।।

विकासको होडबाजले निम्त्यायो विनास  
प्रकृतिलाई जित्न खोज्दा पुरै पाच्यो सखाप  
साना ठूला धनी गरिब रोगले छुट्याएन  
धनसम्पत्ति र पैसाले लेख मानिस बचाएन ।।

संसारलाई जित्छु भनी विकासतिर लम्कियो  
चन्द्रमामा पाइला टेक्दा संसारमै चम्कियो  
अभिमान र घमण्डले सगर चुली नाहयो  
प्रकृतिको विनासले सबमा सन्तास ल्यायो ।।

-सीता सेडाई पाण्डे



## जान नदिनु है

समय सँगै मेरो  
शरीर पनि बदली रहेको छ  
बारीको धान र मेरो यो  
जीऊ हावा सँगै ढल्की रहेछ ।

मन त अझ पनि  
मेरो तिमी मै छ  
तिमी ठुलो भएको  
देखेरै मेरो मन माग्न हुन्छ ।

अब सानो रहेनौ तिमी  
तिम्रो चोट अब मेरो मायाले  
निको नहुने भैसकेको रै'छ  
तिमीलाई न्यानो, मेरो काख भन्दा  
अरु कतै बाट मिल्दो रहेछ

ज्ञान त मैले सहि नै दिएको थिए  
तिमी सानो हुँदा  
कस्तो यो प्रविधि  
जति नजिक उति टाढा ।

खाना खान पनि मोबाइलमा फोन  
लगाउन पर्ने  
२४ घण्टाको समयमा पनि  
२४ मिनेट साथ हुन नपाउने ।

ठुलो भयौ तिमी र  
बुढी भैसके म  
बिर्सिन सक्ने भयौ  
तर कसरी भुलौ तिमीलाइ म ।

समय सँगै मेरो  
शरीर पनि बदली रहेको छ  
खेतको धान र मेरो यो  
जीऊ हावासँगै ढल्की रहेछ ।

जान नदिनु है मलाई त्यो आश्रममा  
जान नदिनु है मेरो याद तिमीबाट  
जान नदिनु है त्यो माया ममता  
जिन्दगी छोटो छ तिम्रो नि पालो आउँछ ।

तिमी पनि उमेर सँगै ढल्किने छौ  
सायद त्यति बेला सम्झिन्छौ मलाई  
त्यति बेला दुख मान्छौ होला

तर म त्यहाँ नभए पनि  
मैले तिम्रो दुख हेर्न सक्छु जस्तो लाग्दैन, त्यसैले  
जान नदिनु है मलाई

**-प्रविन बुद्धाचार्य**

## **I learned**

Yes, I've changed, I am not as nice as I used to be.

I don't want to get used or walked over  
Yes, I've changed because I learned.

Yes I've changed I don't trust everyone  
And tell them my secrets  
I distance myself from people because  
in the end, they are only going to leave  
Yes, I've changed because I learned.

Yes I've changed I have realized that  
I'm the only person I can depend on  
I've learned to enjoy myself, my family  
And my very few friends  
Yes, I've changed because I learned.

Yes, I've changed I have tired to  
Blend in with the world and be social  
But the more people I meet,  
the more disappointed I am  
Yes, I've changed because I learned.

**Sanju Mishra BBM 4th**

## **LOST**

This is when my eyes looked like sunsets  
I realized I never had any words for myself  
Holding on a little longer than usual  
Adapt in the art of being okay

Being called "The king of the mask"  
Like the feeling of burning in the touch of fire  
Just this gut-wrenching feeling  
The energy of pure and euphoric emptiness  
Couldn't fight my way back.

**-Reeshav Manandhar- CSIT 3rd**

## **Sweet Lies**

Everything in this world  
is fake But we do it and  
do mistakes  
It's God who makes us do so  
And it's him who handles this show.

Though it's fake, it's a gift  
And it's something that every day  
we live God is a farmer and  
destroyer too  
Be aware of the trick that he plays on you.

Life is a journey never to end  
Birth is a point from where  
we begin But death is a truth  
never to return  
These are the sweet lies that always run.

**Selexna Pathak BBM 4th**

### **Good Bye!**

The seven lettered word  
Makes every heart cry;  
Some people also die  
When they have to say goodbye.

Can anyone tell me, why?  
People shed tears  
And keeps their eyes dry  
First to meet and then to depart  
With moist eyes, and pain  
But, there is a ray of hope  
Somewhere deep inside  
Which says that we will meet again.

The memories of the day  
That I shared with you  
I will forever wet my eyes  
I promise you  
I will never forgive you  
But I will never forget you  
Even after years and years of goodbye.

**Sanju Mishra BBM 4th**

### **When Will the Path End?**

The path I walk is difficult,  
I don't know what to say.  
I'm always worried about my future,  
When will be there the bright day?

The path I walk  
has no beginning and end,  
I myself don't know  
when will my true journey begin!

The path I walk,  
have no hopes at all.  
How much I try, I always fail.  
When will I succeed and why am I so dull?

This path is full of tears.  
And the problems are hard to bear.  
When shall I get rid of these sufferings,  
When will the path end?

Seeing other people's life,  
I feel like I'm in a cage.  
There's no other way to  
escape except counting these days.

I have one hope that time will come back,  
to cheer me with determination.  
After the ending of this path,  
Surely, there will be a bright day.

**Smrita Maharjan BBM 4th**

### **If I were to define you**

Your soul, just like the calmness of the winter  
Gullible, in the world full of sinister  
Your heart reminds me of the warmth of  
summer  
Curious that always pulls others nearer

They say, they said-You've changed  
You just smiled genuinely, heart clenched

You have some scars,  
Against whom you fought fearfully  
You found some miracle  
Which you treasured it nuturingly

Humming to the music  
As if it's your entire world  
Creating your own character  
Rhythm of being happy or cold

Yes, you are not a good person  
Filled with all sins and heartlessness  
Not a bad person either  
Melting just looking at loved ones' innocence

Mind full of memories  
Some you cherished, never tried to share  
Some you resented, wishing nobody bother to  
care

Your doubts were never cleared  
Either unheard or failed to understand  
Your insecurities never left you  
As the world kept pushing the labels

Unforgetful fear always crept into your bones  
Upon encountering some thought, something  
&someone  
Calming sadness pulled you to the eternal void  
As if the depth of is calling you, unable to avoid

Somebody told me but now I finally felt it  
It's alright, it absolutely is  
to look back at your own mistakes  
to run away from what you cannot face

To have regret that you failed to undo  
Because you are what you actually are  
With your own charm and flaw

**Presha Maharjan-BIM 2nd**

### **Love is so Difficult to Handle and Express.**

The way her hair perfectly falls in front of  
her face she's like a perfect storm withrough  
edges.

Oh her eyes

They are as beautiful as the ocean you could  
stare into them all the time so much to look  
into

She's been hurt so much

However, still seems to wear that smile.....

Like she's never seen a bad day.

She can look at anything with her hopeful  
eyes are full of so much life,

She just wants to live a Happy Life

**- Rohan Maharjan-BCA 2nd**

### **A New Day**

A new morning has been declared  
Darkness around us has been cleared  
A new day for us has been born  
It's a joy for everyone, no need to mourn.

We spend the whole night in pain  
On a new day, there is a lot to gain  
Wake up, let's not sleep anymore  
Hope and joy is at our door.

We've spent a lot of time waiting  
In pain, anxiety and sweating  
Together we can join in building the nations  
Since we are God's Creation.

The morning sun flashes on earth  
We are super humans by birth  
We have to carry our duty  
To preserve Nepal's beauty.

**Isha Kumari**

### **Open Hearts**

The hearts always dances in the same beat  
That beat is the steps of life to go forward  
It is like the great ocean  
that goes deep but doesn't flow.

Like the winter waiting for spring  
it waits for someone to bring warmth  
It floats when it get something to wander on  
that is the beginning each happy moment.

Like the leaves falling from trees  
It bursts in tears when it needs aid  
But it never shares its hard time with others  
because it cares about others' happiness.

Like the spring welcoming almost all  
It is pleased to find new friends  
Whether they are children or adult  
It is always curious with their thoughts and sense.

**Rabin Dhakal**

### **Bachelor Student's Poll(BCA)**

<b>Class</b>	<b>BCA 6th</b>	<b>BCA 4th</b>	<b>BCA 2nd</b>
Foodie	Pranjali Pathak	Sahil Prajapati	Rohan Maharjan
Kumbakarna	Pranil Shakya	Sahil Prajapati	Palsang Moktan
Singer	Pranjali Pathak	Manish Pandey	Binam Basnet
Know it all	Sunil Khadka	Sanisha Maharjan	Sankalpa Adhikari & Rohan Maharjan
Creative	Rohel Man Shakya	Manish Pandey, Kabir Deula	Samman Raj Phuyal & Luman Bajracharya
Mature	Aadarsha Shakya	Rijan Raj Upadhaya	Nishan Acharya & Sankalpa Adhikari
Tourist	Raj Tuladhar & Pranjali Pathak	Chiran Rai	Apil Thapa
Sport Person	Nitin Raja Shahi, Bijen Maharjan	Aayush Manandhar	Roman Timalisina
Teacher Pets	Sushmita Paudel	Chandan Shakya	Luv Gurung & Kush Gurung & Rohan Maharjan
Class Clown	Sakar Pudasaini	Sagun Ghimire	Binam Basnet & Prabhat Pandey
Guffadi	Bibek Neupane	Sagun Ghimire	Sankalpa Adhikari & Nischay Basi
Late Comer	Pranil Shakya	Sanisha Maharjan	Samriddhi Shakya & Prabhat Pandey
Tiktoker	Devika Ruwali	Chandan Shakya & Simrita Thapa	Rameshor Shrestha & Sonali Chaudary
Excuse Maker	Sandesh Jamakatel & Dipesh Rai	Bibek Pandit	Binam Basnet & Sankalpa Adhikari



## **Abyss**

Far across the chaos,  
A place filled with darkness lies  
The rays of light  
Seem to be scared to go there  
Is it because of all the painful cries?  
The one who lost hope,  
The one who was swallowed with the expectations of the people,  
The one who was lonely among the crowd,  
The one who never got to know what happiness was all about,  
They yell and cry  
Then scream and sigh  
They used to have shiny eyes full of dreams  
Now they're just a teen with scars and screams

**Jasmine Shrestha**

## **Bachelor Student's Poll (BIM 8<sup>th</sup> and 6<sup>th</sup> )**

<b>Class</b>	<b>BIM 8<sup>th</sup> "A"</b>	<b>BIM 8th "B"</b>	<b>BIM 6th "A"</b>	<b>BIM 6th "B"</b>
Foodie	Namita Chhantyal	Bijesh Rai	Nischal Maharjan	Arpana Maharjan
Kumbakarna	Parash Shrestha	Bijesh Rai	Ajay Maharjan	Ronit Khadgi
Singer	Rajiv Lamichhane	Safal Shakya	Anisha Maharjan	Neekita Maharjan
Know it all	Krishna Maharjan	Sanjeeb Lama	Mahesh Tamang	Suraj Pulani Magar
Creative	Ashish Rai	Sanjeeb Lama	Yurisha Giri	Pratikshya Shrestha
Mature	Savib Pandey	Muna Sherstha	Amar Maharjan	Sagar Timilsina
Tourist	Rengy Singh Maharjan	Prajwol Upreti	Sohil Rajbhandari	Rahul Bajracharya
Sport Person	Aashish Maharjan	Dipendra Tamang	Siwa Chand	Ronit Khadgi
Teacher Pets	Diwash Adhikari	Kajol Ramtel	Karina Shrestha	Suraj Pulani Magar
Class Clown	Manish Bidari	Prajwol Upreti	Bishal Maharjan	Sandeep Maharjan
Guffadi	Diwash Adhikari	Himal Baskata	Kapil Chhatkuli	Aayusha Karki
Late Comer	Aashish Maharjan	Prajwol Upreti	Rojan Shrestha	Ronit Khadgi
Tiktoker	Sabin Maharjan	Kajol Ramtel	Subanjali Shakya	Shrija Shrestha
Excuse Maker	Aashish Maharjan	Prajwol Upreti	Priya Rauniyar	Sandeep Maharjan

## Street Dogs

Those long cold nights,  
But no warm place to stay.  
They're easily left to suffer,  
Just cause they're stray.

No matter how hungry or tired,  
Still roaming places for food.  
Struggle to live each day,  
Which, humans barely understood.

Heat, cold, rain or wind,  
Left to find a safe place on their own.  
Rarely getting some love and affection,  
At the end of the day, left alone.

Hopefully waiting for someone,  
Someone, who'd give the care, they deserve.  
After all, they're just innocent creatures,  
All they know is the language of love.

## Woman

My opinions  
I have many  
They are my veil of beauty  
Don't you know

My scars  
They decorate me shoulder to toe  
Like a marvelous gown  
I'm not afraid to let them show

My pride  
Adorns me  
Like fine jewels  
I know my worth

My strength  
It protects me  
Like a shoe handcrafted with care  
I can go anywhere

Call me Queen-like its my name  
I won't forget to take my claim

I don't care what they say  
Being a woman can look this way  
**-Palpasa Manandhar-CSIT 2nd**

## Bachelor Student's Poll(BBM 6<sup>th</sup>,4<sup>th</sup> and 2<sup>nd</sup> )

Class	BBM 6th Sem	BBM 4th Sem	BBM 2nd Sem
Foodie	Alish Manandhar	Deepali Adhikari &Rojina Ruwali	Satisa Dangol
Kumbakarna	Urgen Pau Lama	Sandeep Maharjan	Roman Nepali
Singer	Manish Maharjan	Sandeep Maharjan	Shristi Gatraj
Know it all	Nurvu Lama	Rajani Shrestha	Dristi Magar
Creative	Sumina Maharjan	Smrita Maharjan	Samikshya Bagale
Mature	Pratima Poudel	Abhishek Manandhar	Saloni Maharjan
Tourist	Urgen Pau Lama	Shreenish Shahi	Sindiya Prazapati
Sport Person	Aleen Ranjit	Sandeep Maharjan	Sumina Maharjan
Teacher Pets	Anim Magaiya	Prajita Kc	Shristi Maharjan
Class Clown	Saguna Maharjan	Shijan Gotame	Roman Nepali
Guffadi	Babita Sada Sankhar	Shijan Gotame	Shristi Gatraj
Late Comer	Norvu Lama	Sandeep Maharjan	Shruti Bajracharya
Tiktoker	Sayuja Acharya & Sarita Bhandari	Smriti Maharjan	Shristi Maharjan

## **I wanna see birds flying**

I wanna see birds flying when I grow old  
I wanna see clouds smiling without any dust  
I wanna see green fields like they were never sold  
I wanna see rivers flowing with fish playing in them

Let's keep the field green, it's nature's skin  
Let us see the valley with shades of green  
With birds chirping and winds singing on hills  
Let the generations know how it feels to be with nature

I wanna see birds flying till the end of the world  
I wanna see clouds smiling without any dust  
I saw green fields like they were never sold  
I wanna see a river flowing with fishes playing up

Let every being live up in this system  
Following their life cycle  
Let's keep earth green, till forever  
Let's be the change of chains  
And bring good change.

**-Prabin Buddhacharya**

## **My life, full of despairs**

What my life, I feel  
Is a never flowering garden  
As same as  
A garden without any gardener

What my life, I feel  
Is a tune produced without a fiddle  
As same as  
A song that has been sung without music

What my life, I feel  
Is a tree without leaves  
As same as  
An apathetic story

What my life, I feel  
Is a sorrow of the month Chaitra  
As same as  
They could can't be rained

**-Bishwas Lohani-CSIT 2nd**

## **Bachelor Student's Poll(CSIT 2<sup>nd</sup>)**

<b>Class</b>	<b>CSIT 2nd 'A'</b>	<b>CSIT 2nd 'B'</b>
Foodie	Sarina Prajapati	Rachana Maskey
Kumbakarna	Bipul Ranjan Poudel	Cyrus Maharjan
Singer	Manjil Shrestha	Sudhan Bhakta Shrestha
Know it all	Sworup Shrestha	Kiran Shrestha
Creative	Rabina Shakya	Sajjal Shrestha
Mature	Prakriti Manandhar	Smriti Shakya
Tourist	Prabuddha Shrestha	Binod Rana
Sport Person	Denny Thakulla	Cyrus Maharjan
Teacher Pets	Biswas Lohani	Rachana Maskey
Class Clown	Yuvraj Chettri	Troj Acharya
Guffadi	Larina Prajapati	Bishow Raj Adhakari
Late Comer	Prasanna Bastola	Palpasa Manandar
Tiktoker	Sadikshya Paneru	Alisha Adhikari

## I Follow My Dreams

I get laughed at, I get ignored,  
I often feel trapped and keep my thoughts  
stored.  
People can be cruel and very mean,  
but no matter what, I follow my dreams

Life has waves, I know that.  
But I stand brave and just take the crap.  
I may feel exhausted and creamed,  
but no matter what, I follow my dreams

I fall, even falter many times.  
Tears flows as I got crushed without a dime.  
I may lose my way and find it in many days  
but no matter what, I follow my dreams

The life course is rugged and rough.

Focus and determination are required to be  
tough.

I may not be the strongest nor in the most  
intelligent team,  
but no matter what, I follow my dreams

I keep walking even in the darkest hour.  
To keep my Hope alive, I march on this  
tower.  
Achieving my goals is where my delight  
teem.  
But no matter what, I follow my dreams

I know what I want and I won't stop trying.  
Quitting? I can't, for now, I am flying.  
It's impossible it seems,  
but no matter what, I follow my dreams.

**Palistha Manandhar-BIM 6th**

## Bachelor Student's Poll(BIM 2<sup>nd</sup> and BIM 4<sup>th</sup> )

Class	BIM 2nd 'B'	BIM 2nd 'A'	BIM 4th 'A'	BIM 4th 'B'
Foodie	Samana Tandukar	Yurisha Maharjan	Samir Maharjan	Aayush Pradhan
Kumbakarna	Rojen Dangol	Luzza Dangol	Ayush Raj Manandhar	RamKumarShrestha
Singer	Pranish Shakya	Nischal Basnet	Rejina Maharjan	Ardeep Maharjan
Know it all	Nicky Maharjan	Rohan Phuyal	Ravi Singh	Jolly Kansakar
Creative	Nicky Maharjan	Rijan Majhu	Prinsha Maharjan	RishavKumarShrestha
Mature	Garima Maharjan	Presha Maharjan	Bishal Phuyal	Jenisha Karki
Tourist	Utsav Maharjan	Biraj Shrestha	Rojeen Subedi	SushilKumarRuchal
Sport Person	Prajwol Maharjan	Bipin Shrestha	Nirab Shrestha	Ruses Maharjan
Teacher Pets	Nabina Upreti	Presha Maharjan	Ravi Singh	Worrick Rupakheta
Class Clown	Amodh Nepal	Sumit Prajapati	Pratap Dulal	Sharvagya Katuwal
Guffadi	Amodh Nepal	Bipin Masal	Roman Maharjan	Sharvagya Katuwal
Late Comer	RijanKumarShrestha	BirojLalShrestha	Sheetal Gurung	Binita Lamichhane
Tiktoker	Samana Tandukar	Sikha Subba	Suvekshya Shrestha	Rohit Bajracharya
Excuse Maker	Aashish Shakya	Nischal Basnet	Pratap Dulal	Sabin Thapa Magar

## THE TEACHER YOU MEAN TO BE

Apparently today, I lost my zeal,  
My body language perhaps said it all,  
something, I couldn't conceal.  
Section G Roll number 46 noticed,  
I was not myself, he was convinced  
"Sir what's the matter, why so sad?  
With an empathetic voice did he add,  
"Is it something we did, that you're mad?"  
A moment of silent sigh and I replied  
"I graded your papers last night,  
and nine of you failed the task,  
So I'm in a great dismay,  
is it me who's incompetent or is it too much  
to ask?"  
A pin drop silence, a confined space and 46  
anxious faces  
Even though frustrated, the scholar in me  
dials my conscience,  
"Helloooo! don't pressurem' up, they're  
students, not the horses of races,  
today is a bad day and this too shall pass,  
every child is unique so drop the 'herd  
mentality of the mass'"  
For I am a teacher, a healer, a motivator and  
a friend,  
whose journey of sharing knowledge shall  
never end,  
and with this very purpose in the world,  
we've been sent;

Dear teachers, lets take an oath;  
the principles of ethics shall never be  
violated,

Even with the stupidest of questions, we  
oughtn't to be agitated,  
Personal lives and issues are left outside the  
classrooms' doors,  
Never giving up on your students and  
uplifting their morale;  
the ultimate chores,  
Now,  
I look at them with a bit of beam on my face,  
"It's all right guys; there'll always be a next  
test which you can Ace,  
The hurdles, the mazes and the puzzles of  
life, though, are on their way,  
And right at your doorsteps shall they land,  
Believe in yourself,  
and they'll merely be the reminiscence of the  
sand in hand,  
You guys are brave hearts and shall never  
quit,  
The future is yours; all it takes is sheer grit!"  
And now I slowly see the anxieties dissolving  
onto the bundles of joy,  
I pat my back "Atta boy"

"Now my students, focus please,  
open your books and turn to page thirty  
three,  
for we shall learn a new poem today,  
and its titled, 'THE TEACHER YOU  
MEAN TO BE'."

**-Aashish Regmi**



## **Productive Procrastination**

Productive procrastination is the act of being busy while still procrastinating on your most valuable tasks. Working 8-10 hours a day might have felt productive but actually, it's not truly productive. Where procrastination is the habit of dealing with an important task, usually by focusing on less urgent, more enjoyable, and easier activities instead. You are busy with lots of to-do's, you distract yourself from doing the work that is truly important and impactful.

Many people fall into the trap of productive procrastination because it's quite hard to detect when you are engaged in it. It's almost as if productive procrastination sneaks up on you. Before you know it, you are working on tasks that just distract you from what you should be doing.

However, when you fall into the trap of productive procrastination, you hardly realize that you're doing it. That's because, with productive procrastination, you keep yourself busy by tackling a lot of different to-do's, while often these to-do's are of low value. In fact, by being truly productive for merely 2-3 hours per day you can get more results and make more progress than someone who does 'busywork' for 8-10 hours per day.

### **How to avoid productive procrastination?**

I think I have many times fallen into productive procrastination as I was busy the whole day but not even one assignment was completed. Not only me but also I think many people have fallen into the trap of productive procrastination but they are not aware that they have fallen into the trap of productive procrastination. If you want to avoid falling into the trap of productive procrastination, you only need to do two things.

First, you need to identify your most important activities. Those tasks are your most valuable tasks, and that's where you should spend the majority of your time and effort on. The second thing you need to do to avoid productive procrastination is to tackle your most important activities first thing in the day. Don't work on anything else before you finish your work on your most important activity.

Therefore, if you want to avoid falling into the trap of productive procrastination, first identify your 1-5 most important tasks so that you can become aware of when you're procrastinating on those tasks.

**Sureshna Maharjan**

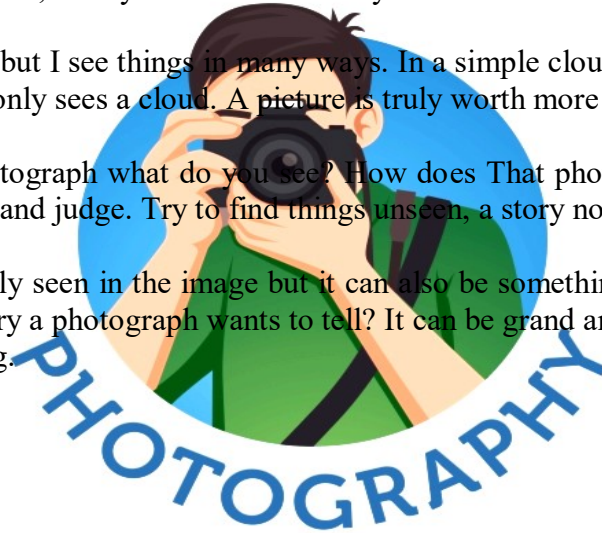
## Photography

Taking a picture is indescribable. It's looking at the world through the camera lens. Photography is another point of view for a person. In your eye, a flower that has been watered may be nothing but through the camera lens, it may be a different story.

I am not a photographer but I see things in many ways. In a simple cloud, I can find many shapes or items while a person only sees a cloud. A picture is truly worth more than 1000 words.

When you look at a photograph what do you see? How does That photograph affect you? Look past what is easy to find and judge. Try to find things unseen, a story not yet told.

Photography can be easily seen in the image but it can also be something you never think about. Can you imagine the story a photograph wants to tell? It can be grand and majestic but it can also be normal yet fascinating.



**-Sunim Maharjan**

### Some important pieces of advice

- The most selfish one letter word is 'I' – Throw it.
- The most satisfying two-letter word is 'We' – Use it.
- The most poisonous three-letter word is 'Ego' – Kill it.
- The most used four-letter word is 'love' – Value it.
- The most pleasing five-letter word is 'Smile' – Keep it.
- The fastest spreading six-letter word is 'Rumour' – Ignore it.
- The hardest working seven-letter word is 'Success' – Achieve it.
- The most enviable/ wicked eight-letter word is 'Jealousy' – Distance it.
- The most powerful nine-letter word is 'knowledge' – Acquire it.
- The most important ten letter word is 'Confidence' – Trust it.

**Sanju Mishra - BBM 4th**

## History of Music

We, all people around the world are fond of listening to music. Actually, music connects all of us living in different parts of the world. Music has a very long history. It covers the historical development and presence of music from prehistoric times to the present day. Although the definition of music varies throughout the world, it is still considered as a cultural universal. The origin of music has been highly related to languages and religions. Most cultures have their own mythical origins concerning the invention of music.

Origin:

Historically, religions have been the main catalyst of music. The Vedas of Hinduism has influenced Indian classical music while the Five Confucianism laid the base for Chinese music. Islamic music dominated Persia and the Arab world during the 6th century. Early Christians were responsible for bringing western classical music. The emotions and ideas that music expresses is played or listened to vary between religions and periods.

### I. Pre-historic Music

It is the primitive music in the past, began at least 6 million years ago when both humans and chimpanzees had common ancestors. Music first arose in the Paleolithic period (300,000 to 12,000 BP) where BP means before the present. The oldest instrument is the “Diuje Babe Flute” from Biuje Babe Cave in Slovenia. Meanwhile, the Chinese used 12 “Gudi Bone Flutes” in 6000 BC. In the Indian subcontinent during Indus Valley Civilization from 2500 BC simple rattles and vessel flutes were used.

### II. Ancient Music

This period extends from southern Iraq in 2600 BC. Though ancient music was completely diverse some fundamental concepts arise namely monophony, improvisation and dominance of texts. The text, rhythm and melodies of these songs were loosely aligned with magic, science and religion. Complex song forms developed in later ancient societies, particularly in Indian, Greek and Chinese national festivals. Later, it also saw the increase of trade and transmission of musical ideas and instruments. The oldest surviving written music is the “Hurrian songs” from Syria. In the mid-13th century, the late Shan dynasty (1600-2046 BC) had developed writing on the oracle bones.

In ancient Greece, mixed-gender choruses were performed for entertainment, celebration and other spiritual reasons. The ancient music in the Indian subcontinent heavily relies on the Sanskrit script. Developed through Vedas to words of Kalidas, it became the major sure for Sanskrit music. The “Rigveda” has an element of present Indian classical music with a musical notation to denote meter and mode of charting. Goddess Saraswati was called the god of music in Hinduism.

### III. Medieval Music (Post-Classical Music)

It is widely considered as the music of Western Europe during the Middle Age from approximately the 6th to 15th century. During the 9th century, several important developments took place. First, there was a major effort to unify many chant traditions by churches. Second, early polyphonic music was sung. Third, and greatest significance for music history is notation was reinvented after a 500 years lapse. Western European music was mainly “Byzantine music” produced by Byzantine composers that existed from 395 to 1453 AD, majorly used in church. The composers were primarily men.

### IV. Early Modern and Modern Music

Indian Classical music which was the unified practice during the ancient and medieval period began to arise during the 14th century. Indian classical music is monophonic and based on a single melody line or ‘raga’ organized rhythmically through ‘talas’ western classical music marked the Renaissance period. Not only in Italy, but it also spread all over Europe, specifically in France, Belgium, the Netherlands. The famous composers were Guillaume, Dufay, Gilles Binchois and Antoine Burnois. The music of the Classical period is characterized by homophonic features. This was the period where new melodies tended to be almost voice-like singable to actually replace singers as a focus of the music. Therefore, opera was introduced. Opera was composed in their native language (before, it was Italian). Now, musical instruments were dominated by several well-defined forms, namely- the Sonata, the Symphony and the Concerto. ‘Ludwig Beethoven and Franz Schubert’ were very famous composers during the classical era. Romantic music came more expressive and emotional during the 19th century. The late 19th century saw a dramatic expansion in the size of the ‘orchestra’.

### V. Present Music ( 20th and 21st Century Music )

Music actually became more portable in this period. The 20th century saw a revolution in listening to the radio and gained worldwide popularity. New technologies and media were developed to capture, reproduce and distribute music. Musical performance became increasingly visual because of broadcast and recording of the performance. 20th-century music brought new freedom and wide experimentation with new musical styles that accepted the rules of earlier periods. The invention of amplification and electronic instrument especially the synthesizer revolutionized classical and popular music that paved the way for new forms of music. Popular music also called pop music emerged from the 20th century and quickly spread from the late 20th century to the present. Rock music was at its peak during the 70s era of the 20th century.

**Utsav Rajthala- CSIT 3rd**

## Football Rivalry: “El Clásico”



When it comes to football, there's arguably no game or rivalry bigger than Barcelona vs Real Madrid. Known by the term El Clásico("The Classic"), is any football match between rival clubs Real Madrid and FC Barcelona. The prestigious El Clasico started on May 13, 1902. Originally referring to competitions held in the Spanish championship, the term now is used in every match between the clubs, such as those in the UEFA Champions League and Copa del Rey. Other than the UEFA Champions League Final, it is considered one of the biggest club

football games in the world and is among the most viewed annual sporting events. A fixture known for its intensity, it has featured memorable goal celebrations from both teams, often involving mocking the opposition.

The rivalry comes about as Madrid and Barcelona are the two largest cities in Spain, and they are sometimes identified with opposing political positions, with Real Madrid viewed as representing Spanish nationalism and Barcelona viewed as representing Catalan nationalism. The rivalry is regarded as one of the biggest in world sport. The two clubs are among the richest and most successful football clubs in the world; in 2014 *Forbes* ranked Barcelona and Real Madrid the world's two most valuable sports teams. Both clubs have a global fanbase; they are the world's two most followed sports teams on social media.

It's a game that has given us some unforgettable moments and has been defined by the dizzying star power in both teams. We've had Cristiano Ronaldo and Lionel Messi; the greatest player in football. Real Madrid defender Sergio Ramos also broke the career appearances mark by playing in his 45th Clasico before leaving for Paris Saint-Germain.

Real Madrid leads in head-to-head results in competitive matches with 100 wins to Barcelona's 96 with 52 draws; Barcelona leads in exhibition matches with 19 victories to Madrid's 4 with 10 draws and in total matches with 115 wins to Madrid's 104 with 62 draws as of the match played on 12 January 2022.

- Nurvu Lama BBM 6th



## Gufa-A Tale of Forbidden Sun and a Girl



Gufa is a traditional ritual of the Newar community, 'Gufa' means 'Cave'. Like a cave full of darkness with no sun rays, in the ritual of Gufa, a young Newari girl is hidden in a dark room for 12 days before her first menstruation as the significance of the beginning of her womanhood. The girl stays in the room performing strict customs and rituals, protected from the sun's light. Sun, which makes it possible for life to exist on

Earth, is forbidden from the girl during that period. The Barha ceremony is observed in two different ways which are *BarhaTaye-gu* and *Barha-Chone-gu*. A young Newari girl of age 9 to 13 is hidden in a dark room for 12 days before her first menstruation as the significance of the beginning of her womanhood is *BarhaTaye-gu* whereas the ceremony is held when the girl has her first menstruation is the *Barha-Chone-gu*.

On the first day, the girl is given a bath and made to wear *Chokho* (pure) clothes after which she is made to pray to a whole lot of gods like Ganesh, the *Kul Devta* (Main God) of the family and many more and kept in a closed room where away from sunlight. During 12 days period, only females are allowed to enter that room. Besides sunlight, the girl mustn't come in contact with any males. For the first 5 days of Gufa, the girl is not allowed to consume salt or meat. On the 6th day, the girl is given a bath and made to wear *Chokho* (pure) clothes. The eldest married women of the house then worship *Sukunda* as a reference to Lord Ganesh, after which *Barha-Khya* is kept into the room where the girl has been kept for the Gufa. A small cotton dummy is made to represent "*Barha-Khya*" and worshipped as it is believed that the girl is under evil possession. From this day till the 12th day the *Barha-Khya* is offered a portion of the girl's food each time with a view to protecting her from its evil influence. The 6th day is the day where *Kwo-Cheka-sya* ritual is performed. A paste called *Ko:* or *Kwo* which is made up of oat flour is applied on the girl's face from this day till the 12th day of Gufa. The girl then applies oil on her head which means finishing the salt taboo. From the 6th day, the relatives (only female) visit her to feed her with *Chhusya-Mussya*, which includes different peas and beans. They also take some fruits, chiura, milk, curd and other foods for her and for entertaining the girl they sing folks songs, dance, play pebbles, apply *kwo* and enjoy the period inside the room. In *Barha-Chone-gu*, she also receives informal education on family and societal values and norms from female elders. The *Ni-si-yaaguu* ritual of purification is performed on the 12th day. The 12th day refers to the day of marriage, with the Sun God. She takes a bath before sunshine and is then carefully brought outside blindfolded for '*Surya Darshan*', to worship the Sun God. The girl is let out from her enclosed space with her face covered

dressed up in red and gold clothes as a bride. The eldest married woman of the family worships Ganesh, the Sun, Kul Devta and other gods or goddesses representing the evil spirits. The girl offers flowers and rice grains to the sun while she remains blindfolded. The *Ghumpto* or blinds that is covering the girl's face is then removed and the first thing she sees is the forbidden sun. The *JwalaNhai-ka* and *Shinha-Mhu* are also worshipped. Then the girl is again blindfolded and the ritual of *Sinchophaye-gu* is performed by the eldest married woman of the family and the girl symbolically marries the star via ritual. After the marriage ceremony again her face is covered and her father is the second one who sees her face after the 12 long days. After the worshipping is done the blinds that is covering the girl's face is lifted by her father and then he gets to see her daughter after 12 long days then after that everyone is allowed to see her again. The logic behind the union after a pure restriction is to protect her sensitive young body and to ward off any harm to her reproductive parts from the sun's harsh rays. Although it looks like a primitive custom of hiding the girl before her first period, there are logical social, cultural and scientific reasons for doing it even today in modern, urban and among the educated Newar households of Nepal and abroad as well. The *Patlli-Lui-gu* ritual is performed. The eldest married woman of the family takes a handful of the mixture of rice and paddy and offers it to the girl. This is known as *Barha-Chhui-gu*.

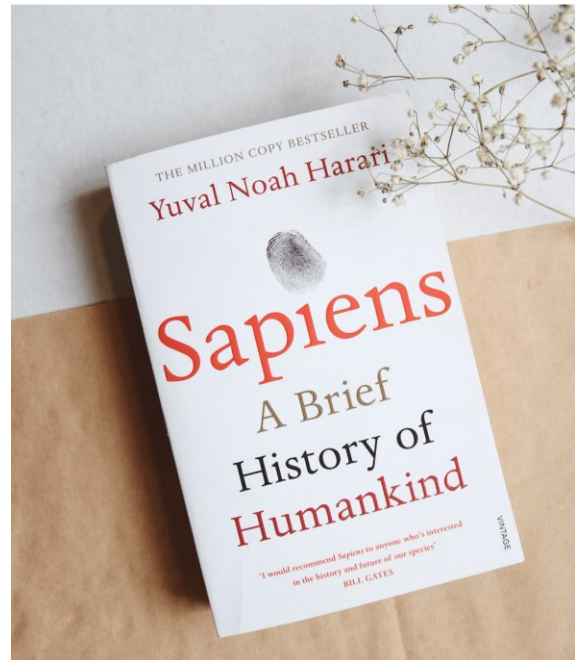
As the ritual is completed it is ended with a *Bhoj* (party). The event is a celebration for the success of the ritual and a large gathering of loved ones and all that is held on the day. Relatives attend with clothes and rice grains for the girls. This ritual signifies the changes in the girl's life as now every family member considers the girl as an adolescent. But on a darker note, due to some reasons, if the girl couldn't endure it and well, passes away during any time of this 12 day period, the tradition is to bury her body under the lowest-lying ladder in the house where she was kept for the Gufa. However, this ritual is one of the unique rituals in Newar culture and it signifies the maturity of the girl. Thus, this deep-rooted custom of Gufa reflects the importance of traditional rituals and its value.

**Heena Maharjan-BIM 6th**

## Book Review of 'Sapiens: A Brief History of Humankind'

'Sapiens: A Brief History of Humankind' written by Yuval Noah Harari, is a book that gives insights on humankind from the past thousands of years back to the present day. Yuval Noah Harari's 'Sapiens' dives into the evolution of human beings and their domination on earth. This book has explicitly explained the journey from the stone age to the twenty-first century and how humans have evolved socially, biologically, and philosophically throughout the course. 'Sapiens' is filled with fascinating facts that keep the reader immersed in the book. Harari takes us through the history of human development and migration, through the cognitive revolution and Agricultural Revolution. He explains contradicting theories and emphasizes the main parts in the most simplified form. Some of the best lines that intrigued and compelled me to think twice would be: "Is there anything more dangerous and dissatisfied and irresponsible gods who don't know what they want?" "As far as we know, only Sapiens can talk about entire kinds of

entities that they have never seen, touched, or smelled." "There are no gods, no nations, no money, and no human rights, except in our collective imagination." "A meaningful life can be extremely satisfying even amid hardship, whereas a meaningless life is a terrible ordeal no matter how comfortable it is." This book makes us wonder how far we've come and how far we can go. I found the best part was how the author most fascinatingly explains all the complex information. It also peeks into the future's possibility. Overall, this book changed my perception of the world and everything that ever existed. I recommend this book to everyone who is searching for a nice read. 'Sapiens' will leave an imprint within you and the way you see the world will never be the same again.



**Pratikshya Shrestha BIM 6th**

## Cosplay of Nezuko Kamado

Anime is the most trending animation originated in Japan which is characterized by stark colourful graphics depicting vibrant characters in action-filled plots often with fantastic themes. As an otaku (a person having an intense or obsessive interest in the fields of anime and manga) I have grown up watching anime with my siblings. My first anime was Dragon Ball Z and Pokemon.



Time started to change and nowhere anime is the most popular trend among youths and its craze is increasing day by day here in Nepal. We started to form an Otaku Community and it keeps getting bigger by adding new fans. As time goes by I found out that there are events like Cosplay Competition and Ani-Dance Competition are being held in Nepal as well. I wanted to try some cosplay as I cosplayed my very first anime character Hinata Hyuga.

I am Leeza Maharjan and I am a mere cosplayer who cosplays for fun and passion. You can say it's just a hobby but deep down it's a type of confidence built inside me which makes me inspired and keep going of what I am interested in.

Nezuko Kamado is a character of Demon Slayer (Kimetsu no Yaiba) who is a demon and a younger sister of Tanjiro Kamado. She was formerly a human who was attacked and turned into a demon by Muzan Kibutsuji. I think this was the best cosplay I have ever done so far.

People tried to judge and compare cosplayers with the real ones but all they need is to think about the effort and cost we invest in doing these things. It cost our whole happiness and confidence to portray such characters.

In present days, there are lots of events and programs happening here in Nepal for anime fans and I think it's a privilege to meet people with the same perceptions and tastes. I think it's a step forward for the youths to modernize it more. I would like to thank every organizer here: Otaku Jatra, Com Cos Con and every small organizer who has worked hard to bring this platform here.

**-Leeza Maharjan -BIM 8<sup>th</sup>**



## Internet Content, Superior or Cringe?



“We are all now connected by the Internet, like neurons in a giant brain”.

The internet content reflects the society in which we live. The Internet is full of entertaining content and it started in the early '90s.

Different creators are competing with each other to provide you with good quality content. Every creator wants to make a single-take shot, make it rawness, natural and authentic so that you can feel what they are trying to communicate through the contents, though the creators like Mr Beast, Logan Paul, PewDiePie, Marques Brownlee can make 8k, 16k with cinematic cameras but as a consumer are you able to take the fullest advantage of it? Short videos have always ruled the market on the internet. Every video

has an introduction, explanation and conclusion even though the video is 15 seconds. Songs like ‘Kacha Badam’ and ‘milena level tero bau bola yeh’ has gained popularity among the consumer with their catchy hook, and even ‘Chwasai’ phrase in Nepal. Due to the overuse of the content, it might be cringe to some consumers while others are making content over it by making memes, videos, etc and enjoying it. Internet content has evolved with time at first web series were just made at a low production budget than movies but now it's more prioritized than movies like Marvel series, Witcher series, etc. We can take an example of Zombie Series like Walking dead it's awesome at first but it will bore you with those long seasons and repeat the same content all over again. "All of our dead" is excellent zombie Web series there was something new keeping the consumer on the edge of the seat. Some YouTubers like Sisan Baniya and his team, Ghumante team have changed the landscape of videography in Nepal.

So, whatever the content is, its main purpose is to give you entertainment. Some may satisfy the things you want to hear. Some may give you guilty pleasure. We can't say what will be the future of internet content but whatever it will be I bet it's not going to be bad with the different technologies involved and the creativity.

**Sagar Timalisina -BIM 6th**

## My experience as a new F1 fan

Formula One is the most prestigious racing series in the entire world. It is the pinnacle of speed, power and skill-driven by the most proficient drivers on the planet. Formula One or F1 is a racing competition for open-wheel single-seater cars controlled by FIA (Fédération Internationale de l'Automobile). The origins of F1 can be traced back to the 1930s but started officially in 1946 as the 1946 Grand Prix Season which was later renamed to Formula One in 1950. Many legends such as Michael Schumacher, Niki Lauda, Ayrton Senna etc. have graced this sport. Formula one race is conducted in a span of three days. Friday being the practice sessions, Saturday the qualifiers for the grid positions and Sunday where the actual race is held. The sprint race was brought for the 2021 seasons on three occasions. Points are awarded on the basis of final race positions. There are 10 teams with 20 drivers on the grid. They are:



1. Mercedes-AMG Petronas F1 Team (Lewis Hamilton and George Russell)
2. Red Bull Racing (Max Verstappen and Sergio Perez)
3. Scuderia Ferrari (Charles Leclerc and Carlos Sainz Jr)
4. McLaren F1 Team (Lando Norris and Daniel Ricciardo)
5. Alpine F1 Team (Fernando Alonso and Esteban Ocon)
6. Scuderia AlphaTauri (Pierre Gasly and Yuki Tsunoda)
7. Aston Martin Cognizant F1 Team (Sebastian Vettel and Lance Stroll)
8. Williams Racing (Nicholas Latifi and Alex Albon)
9. Alfa Romeo F1 Team Orlen (Valtteri Bottas and Guanyu Zhou)
10. Uralkali Haas F1 Team (Mick Schumacher and Nikita Mazepin)

This was the basic gist of Formula One. Talking about my experience, I was quite dismissive of Formula One as a sport in the beginning. My first exposure to Formula One in detail was a Netflix show called Formula 1: Drive to Survive. That changed my outlook on the sport completely. The “traditional Formula One fans” are quite contemptuous towards “Drive to Survive fans”. The F1 team I support is the Alpine F1 Team. I loved the rags to riches story of Esteban Ocon as F1 is a money-driven sport. Hopefully, #Elplan can finally come to fruition in 2022. The 2021 season had it all. Underdog win of Ocon, Unlikely podium for Williams, Tragic crashes, Iconic rivalry between Verstappen and Hamilton and a nail-biting ending. Formula One really takes you to places you’ve never been emotional.

F1 is a niche sport with a really low following in Nepal. As sports like Football and Cricket dominate the sporting landscape. The infrastructure is inadequate for any sport in Nepal but more so Formula One. Many people aren’t even aware of it even if the official broadcast is available here, so a better marketing campaign needs to be led by FIA. This is a sport that I am really passionate about and think we will never see a Nepali driver on the grid but one can dream, right?

**Sharvagya Katuwal-BIM 4th**

## Amazing Facts

- When you do a Google query, 1000 computers are used to find the answer in 0.2 seconds.
- There are almost 5 billion internet users in the world.
- A tiger's roar can be heard up to two miles away.
- Owls don't have eyeballs.
- Pineapples take two years to grow.
- You wouldn't be able to tolerate the quietest place on Earth for more than 45 minutes.
- Dogs typically go to the bathroom in alignment with the north-south axis.
- The gap between conversation responses typically lasts 200 milliseconds.
- The sentence, "The quick brown fox jumps over the lazy dog" uses every letter in the English language.
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- It is impossible to lick your elbow.
- 99% of people who read this will try to lick their elbow.
- Wearing headphones for an hour will increase the bacteria in your ear by 700 times.
- Elephants can't jump.
- The Mona Lisa has no eyebrows.
- German chocolate cake was invented in Texas.
- It's impossible to hum while holding your nose (just try it!).

## This too shall pass.

Life is mysterious. No one can accurately predict what the future holds. Some may have great success awaiting them, while others may be walking towards their doom. We cannot be certain of anything past the time we are living in, so I don't see any reason why someone should be so stressed about their future that they forget to actually live the moment. Those in crisis are too anxious and those who have it all are too cocky. Both of these people believe that life would stay the same, but the one thing that life teaches us hardcore is that nothing remains permanent. We must not think that this stage in life is a forever state. Change is inevitable. The very concept of forever does not exist, and this too shall pass.

**Sworiya Shakya-BCA-2nd**

## Why Web 3.0?

Web 3.0 is the third generation of internet services for websites and applications that will focus on using a machine-based understanding of data to provide a data-driven and Semantic Web. Web 3.0 is the new buzzword that we often keep hearing on the Internet world, also called decentralized web which is an improved version of Web 2.0. Under Web 2.0, the Internet has become more social which means Internet users have been encouraged to connect with each other through various social networking services, which creates a huge amount of data and content. However, these data and content are controlled by a limited group of giant tech companies creating privacy issues and users think that they have lost their freedom over their data as one has to accept all the terms and conditions to use the services. Web 3.0 is forecasted to help overcome these problems. Since it is expected to be a decentralized version of the Internet where people have control over



their data. Additionally, Web 3.0 is believed to be more user-specific, which will ensure data security and privacy while avoiding the risk of hacking. Web 3.0 is being built on blockchain technology. Blockchain is an electronic distributed ledger. Distributed ledgers provide a digital record without the necessity of central authority. It is relatively faster in closing a transaction and verification by intermediaries is completely removed as it deploys a distributed consensus. It isn't easy to alter data on the

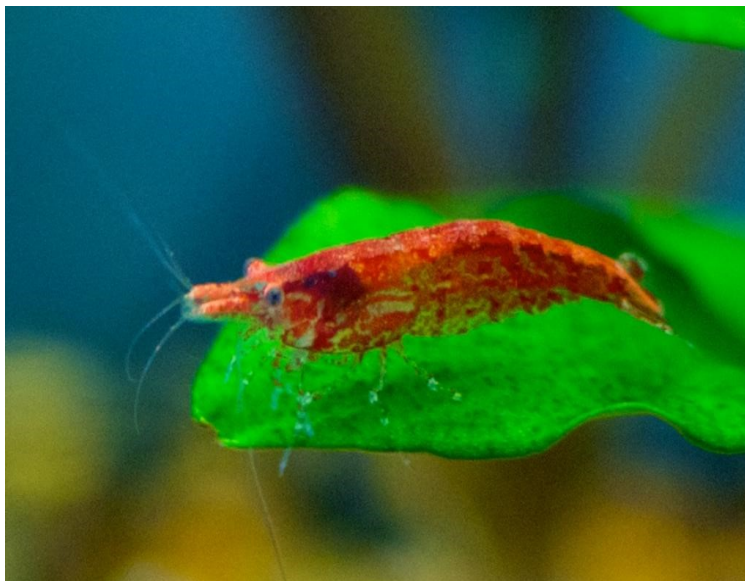
system without alerting the entire network making system more secure. It should be noted that blockchain is the technology behind many cryptocurrencies and also non-fungible tokens ("NFTs"). Therefore, based on blockchain technology, Web 3.0 holds the potential to revolutionize the Internet world. This concept promises to provide peer-to-peer internet services with no single control thereby offering users to have more control over their data.

**Sushan Maharjan BIM 6th**



## Red Cherry Shrimp (Neocaridina Shrimp)

In this article, we are going to know basic information about freshwater shrimp called Neocaridina shrimp. In Neocaridina it includes Red Cherry Shrimp, Blue Dream Shrimp, Snowball Shrimp, Yellow Golden Back Shrimp and many more. Continue reading to learn basic information about shrimp rising.



### 1. General information about Neocaridina shrimp

The origins of these shrimp come from South-East Asia. They are usually found in ponds and streams, and as natural substrates, they use rocks, plants, and wood. Human interest in the shrimp and selective breeding created the variation in the colour of the shrimp which made shrimp more attractive in the aquarium hobby. The easiest and most common type of shrimp for beginner hobbyists is the Cherry shrimp, as the other types are rather expensive and difficult to maintain.

### 2. Requirements for Keeping Neocaridina shrimp

RCS does not require large tanks. A standard 10-gallon tank is good but larger is always better in order to maintain a more stable environment. A cycled tank is necessary to get your shrimp off to a good start. A sponge filter, aquarium heater, some live plants or moss are basic requirements to get started.

### 3. Water Conditions

For RCS water parameters should to maintained between 6.5 to 8.0pH also they can adapt to higher pH too. The water temperature should be kept between 18 to 28 °C. Neocaridina shrimp are very adaptable to a wide range of temperature and water parameters.

### 4. Filtration

Any filtration is good as long the filter doesn't shock shrimp inside it. Using a sponge filter for any shrimp tank as it will not shock any baby shrimp or adult shrimp is recommended.

### 5. Plants

RCS are mostly used as algae eaters in the planted tank or as tank cleaners. The plant is a good addition to the shrimp tank as it will provide food and a hiding place for shrimp. You are recommended to use moss-like java moss in the tank as it will naturally provide a hiding place and food supply.

### 6. Feeding Your RCS

RCS are omnivorous. They will eat almost anything from algae to dead fish in the tank. Food for shrimp in the market is vast and the most common is Hikari Tropical ALGAE WAFE but any fish food will do its job. Also, you can give boiled vegetables like cucumber and spinach etc.

#### 7 . Breeding RCS

RCS is easy to breed as long as you keep the correct water condition, temperature stable and well-balanced diet. For breeding, you get 5 to 10 pairs of RCS at first as it will have a great chance for successful breeding. RCS will carry approximately 10 to 30 eggs. For the egg to hatch it takes 30 to 40 days. RCS baby will look similar to adult shrimps only very small in size.

#### 8 . Molting

If you find any white hollow thing looking like shrimp or shrimp skeletons it's a moult. Moulting occurs to grow in size and help in the breeding process as the female shrimp releases pheromone which

#### 9. Conclusion

In conclusion, Neocaridinas shrimps are easy to keep but with any knowledge, it will be difficult. Neocaridinas are bright-coloured shrimp so it is attractive in the tank to keep so many people prefer it.

**Pujan Shakya-BIM 6th**

### **The Dandelion**

There's one weed that often drives adults crazy. Many kids love it, However. When it's in full bloom, its flowers look like the bright SUN. When it puffs out into a ball, it resembles the MOON. And when kids pick it and blow it to disperse its seeds, they fly into the air like the STARS of the night sky. What are we talking about? The Dandelion, of course.



**Prashna Shakya**

## Seventh Time Ballon d'Or Lionel Messi



Messi was born on June 24, 1987, in Rosario, Argentina. As a young boy, Messi tagged along when his two older brothers played soccer with their friends, unintimidated by the bigger boys. At the age of 8, he was recruited to join the youth system of Newell's Old Boys, a Rosario-based club. Recognizably smaller than most of the kids in his age group, Messi was eventually diagnosed by

doctors as suffering from a hormone deficiency that restricted his growth. Messi's parents, Jorge and Ceclia, decided on a regimen of nightly growth-hormone injections for their son, though it soon proved impossible to pay several hundred dollars per month for the medication. So, at the age of 13, when Messi was offered the chance to train at soccer powerhouse FC Barcelona's youth academy, La Masia, and have his medical bills covered by the team, Messi's family picked up and moved across the Atlantic to make a new home in Spain. Although he was often homesick in his new country, Messi moved quickly through the junior system ranks.

Messi helped Barcelona capture another treble during the 2014–15 season, leading the team with 43 goals scored over the course of the campaign, which resulted in his fifth world player of the year honour. He scored 41 goals across all competitions for Barcelona in 2015–16, and the club won the La Liga title and the Copa del Rey during that season. Messi topped that with 53 goals for Barcelona in 2016–17, leading the team to another Copa del Rey title. In 2017–18 he scored 45 goals, and Barcelona won the La Liga–Copa del Rey double once again. Messi scored 51 goals across all domestic competitions in 2018–19 as Barcelona won another La Liga championship. In December 2019 he won his sixth career Ballon d'Or. In the 2020–21 season, Barcelona claimed the Copa del Rey title, the seventh of Messi's career. He became a free agent in 2021, and financial issues—some of which were the result of La Liga rules—largely prevented him from re-signing with Barcelona. He left the club has set a number of records; notably, he was the leading goal scorer in the league's history

Messi won the last edition of the Ballon d'Or in 2019 before last year's awards were cancelled due to the pandemic. He also won in 2009, 2010, 2011, 2012 and in 2015. Lionel Messi won the men's Ballon d'Or award for a record-extending seventh time at a ceremony in Paris on Monday. Messi won the last edition of the Ballon d'Or in 2019 before last year's awards were cancelled due to the pandemic. He also won in 2009, 2010, 2011, 2012 and in 2015. The 34-year-old scored 38 goals in 48 games last season for Barcelona and won the Copa del Rey before captaining Argentina to



Copa America glory in July. That was the first major international title of his glittering career, which had been spent entirely with Barcelona before his tearful departure from the Camp Nou in August and subsequent move to Paris Saint-Germain.

Messi has claimed FIFA's player of the year award and the European Golden Shoe for top scorer on the continent six times, a record for each award. A contract leak in January 2021 showed Messi was making much more at FC Barcelona than previously thought; the deal was set to expire in June 2021. The leaked contract showed Messi was able to earn up to \$165 million annually in salary and incentives, and an unmatched figure in team sports. He launched his own clothing line and opened his first retail outlet, the Messi Store, in 2019 in Barcelona.

**Nischal Maharjan - BIM 6th**



## Defence of the Ancient 2(Dota 2)

Dota 2 is a Multiplayer Online Battle Arena (MOBA) video game developed by the Valve organization. It is played between 2 teams with 5 players on each other. Each of the players controls their character known as “hero”. There are 122 heroes currently where each hero has their unique abilities and play style. The player collects experiences and items to defeat opposing team heroes and destroy their main structure called “Ancient” to win the game.



Dota 2 has the highest e-sport prize pool among other e-sport games which is of 40million dollars called the “The International 2021”. The teams compete for each with each other to take the grand prize. It requires a large amount of strategy and teamwork to play and compete competitively in the tournaments. Many best teams of their region compete to give the viewer a spectacular match to witness. Being the highest prize pool e-sports, the players are not the most comparatively to the other games. The player count is dropping from time to time as the skill required to be one of the great requires lots of skill, knowledge, mindset, teamwork, etc. which cannot be easily acquired in a few years of playing.



As one of the professional players of the country, the local DotA tournament is not as huge as the global ones and there are fewer tournaments and sponsors for the growth of e-sports except a few of them. If you are also one of the people who are skilled and want to be competitive, you got to focus on being the best of the country and focus internationally. Else, it won't be worth the work in my perspective. It might be

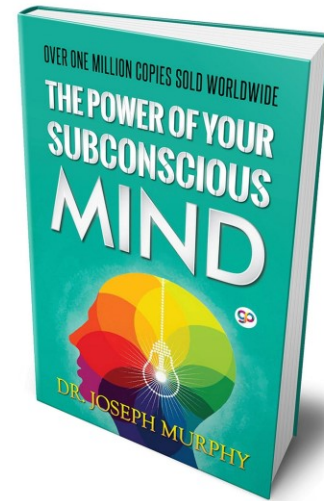
difficult to focus on competitive as well as in good studying for which causes to break the balance between the two. Hence, playing DotA for fun is a way to go if you don't want to be the best in national and compete internationally. And at last, DotA and toxicity are two sides of a coin.

**Amit Maharjan BIM 6th**

## **Review Of Book: “The Power Of Your Subconscious Mind”**

This book was written by Dr Joseph Murphy. According to him, “The law of subconscious mind works for good and bad ideas alike. This law when applied negatively is the cause of failure, frustration, and unhappiness. However, when your habitual thinking is harmonious and constructive, you experience perfect health, success and prosperity.”

Joseph Murphy explains in this book if we pray with all our heart, our prayers will always work. But why don't prayers of all work often? Because we don't focus on one thing with pure heart, and mind and also don't follow the right technique too. Your prayers give answers to you your faith in you. Your prayer responds to your mental picture or thoughts. Your wish is a prayer. If you know the subconscious mind, then there will be magic in your life and this magic can happen to anyone if we understand how our subconscious mind works. The subconscious mind has as much power as you can't imagine in your dream.



### **The Treasure House Within You**

There is a huge treasure inside you. All you have to do is open your eyes. Our subconscious mind is so powerful that, if you want, with all your heart, to be the successful person in the world, your subconscious mind will start making way for you. So what is the subconscious mind? The subconscious mind is our unconscious mind that controls your breathing, heartbeat, blood circulation and all unconscious actions. If your subconscious mind can keep you alive then it can also fulfil the desire of your mind. So if you understand this technique of sending a message to your subconscious mind, then you will not work hard. Your subconscious mind controls your body and it controls your action. So your subconscious mind will make your work.

The subconscious mind will increase both your focus and productivity. If we divide the mind into two parts to understand it, it will be the Conscious mind and Subconscious mind. The conscious mind is your logical brain that works on understanding what is under your control. But your subconscious mind controls the sudden actions that you can't control. The conscious mind has 10% of the powers of your brain and your subconscious mind has 90% of the power.

### **How does Your Mind work?**

The conscious mind receives information from our five senses and makes decisions by experiencing those things. But the subconscious mind doesn't. It acts by following the beliefs, experiences and past habits. Our subconscious mind never questions us. And it has an answer to every question. Your habitual thinking, it's the neutral pattern stored in your subconscious mind. Therefore, you can't make any habit so easily. When there is an interaction between the conscious mind and the subconscious mind, then you can use your full potential. And if we learn to perfectly use both conscious and subconscious minds together, we can get whatever we want. But for the task you want to succeed in, you have to give both time and effort to it.

### **The Miracle working Power of Your Subconscious**

Your subconscious mind never sleeps. It works 24/7 all time. Your heart beats and keeps you alive. Our soul can understand our subconscious mind. It doesn't depend on time and space. It can end you all suffering pain right now. You can send your message to this magical subconscious mind before going to bed at night and after waking up in the morning. When you go to sleep, the last 5 minutes are very important for you. Because in these last minutes, your subconscious mind is 95% active. And this is only 75% active during the day. So we have to program our brain in the last 5 minutes so that we can control anything.

### **Mental Healing in ancient times**

How ancient people used to do mental healing, and used to recover very quickly? Ancient people believed very much in the 3 step formula: ask, believe and receive. i.e ask what you want to ask for, believe that you have got it, And shortly, you will have that thing. This will not happen in one day unless you send to your subconscious mind, what you want to be fulfilled, that thing can't be fulfilled.

### **Practical Techniques in Mental Healing**

Passing over technique – If we accept our desire from the conscious mind, which is logically possible, then your conscious mind sends your request to the subconscious mind. And as much as you repeat in your conscious mind, such as I am successful in life or whatever you want, then after a while your conscious mind opens your brain and that information goes directly to your subconscious mind, and you start acting accordingly.

**Visualization Technique** – First of all, we have to calm our minds, and then just we see anything with our eyes, similarly you have close your eyes and see your goal in your imagination. We have to see the same in our minds.

**Mental Movie Method** – Ancient people say “A picture is worth a thousand words.” You will become the way you act like. We have to satisfy first in our mind. This method is most commonly used in selling businesses.

### **The Tendency of the Subconscious is Life ward**

The life we live is only 10%. We don't even know about the remaining 90% of life. We must have realized many times, that we keep babbling in our mind and focus is only on our inner world. So did you live the life of the outer world? Maybe not, because we get stuck in our minds and say that our life is bad. But that is not true. When you focus on your inner world, you feel inner feelings. And when your focus is on the outer world, you will see the beauty of the outer world.

### **How To Get The Results You Want?**

The writer says we should use our imagination. You have to visualize the end of your goal, as far as you want to reach. And as you visualize, all avenues begin to open up for you. If you have a doubt, you can do it. Just keep in mind, what you're imagining, continue it daily because discipline makes you act continuously.

### **Your Subconscious and The Wonders Of Sleep**

We get 8 hours of sleep a day, which is equal to 1/3 of our lives. Our physical body rests while sleeping. But still, the subconscious mind and its targeted organs work throughout the night. At night our subconscious mind can heal any disease very quickly. Because our subconscious mind doesn't interfere at that time. From morning to night, your conscious mind is engaged in daily tasks. And according to a survey, we think of 60,000 different thoughts a day. And this gives rise to a lot of emotions. When you pray, you connect your greater intelligence. And the same time you do while you sleep, therefore prayer is like asleep. We have to remember that our daily habitual thinking is making our future. And that is why we should listen to positive things. The neural pattern of this habitual thinking will start to form in your subconscious mind. And you will start to climb the ladder of success.

To conclude, this book is a stupendous way to make people realize the powerhouse they carry within. In our deeper mind is infinite intelligence and power, we just have to calmly think what we want, visualize it's coming into fruition from this moment forward. Your subconscious mind will accept your blueprints and bring all those things to pass.

**Smriti Maharjan-BIM 6th**



## A Tiny Message for My Future-Self

Dear self,

If you want to search for a new love then look in the mirror and love yourself first. If you can't Love yourself, Forget about loving others. Follows with to help someone, Learn to Help yourself First". When Someone asked me What was going on in my mind, I simply said "I don't know". It was that movement, I realized no one will understand me beside myself and my only companion. I'll need myself because that's the one that will never leave.

Runaway to the castle on the hills because  
Maybe it will fill the bucket of the things I call "dreams"

And make sure, I am not seen  
Or else they'll find out  
That I have a similar mindset to others(To Believe in False hope)

If you want to change someone that starts from yourself.

Brace yourself for this wild ride they call Life.

There is a Big World Outside there,  
Even Big if you count Galaxy, Universe, and Multi-Verse.  
So, there is an Infiniteness amount of knowledge and resources to get your foot wet.

Start small, every baby footstep is progress if you take it consistently. Rather than taking Monster steps sometimes.

Progress is progress even if it's 1% progress [James Clear says in his Book Atomic Habit If you progress 1% consistency every day. You will improve 37times at end of the year]

You're Not Lost, You're Just Early in the Process.  
If you don't Do it, Someone Else Will.

Pick yourself up when you fall and be your guide, when you feel lost on your Journey.

"When Life throws Shit at you, use it as fertilizer!"

Perfectionism Is the Key they say, and as a Saying."Practice makes you perfect", I will discard that to my future self They are no such thing called "perfect" in this world, they just make it look good or Follow a Standard.

If I was to modify that statement for this day and age, "Practice will make you better not perfect". Dear future self don't you chase perfectionism, you won't start anything if you chase the thing called "Perfect".Don't worry about being the Best or Perfect, Just be who you are.

If you want to compete with someone just compete with your previous self because comparing to others will make you sad and Life is too short to be unhappy for 5 days a week in exchange for 2 days of freedom. If you are comparing to others, never compare your first chapter to the last chapter of others.

Not everyone will Understand your Journey.

"That's Okay, You're here to live your life not to make Everyone Understand"

You will feel tired and drained sometime in your Journey, Remember It's okay to be like that. We are just humans and well it's good to be a human.

Just Go Out there and act like you know What You are Doing(FAKE IT TILL YOU MAKE IT)

Be Courageous in the coming years, So you can grab opportunities around you.

Courage is nothing more than taking one step more than you think you are capable of.

Take Bigger Risk, don't be afraid to dream big and fail big You will learn so much on your Journey.

Failure is a teacher and a part of your Journey rather than a-part of your Journey.

You have way much time to make and learn from your mistakes If you have time you can learn from others' mistakes as well. Sometimes Failure is the best way to figure out where you are heading.

It's more important to move slowly in the Right Direction, than sprint to a place you don't want to be.

Even if you're on the right track, you will get run over if you just sit there.

Do what you tell yourself you are going to do.

You're Already learning more on your own than you're in class.

What you learn doesn't seem to Translate into the Real World!

Learn what is to be taken seriously and Laugh at the rest.

Pick up on your own learning pace and speed.

Do not Confuse a Degree with someone's ability to perform in The Marketplace!

Have Dreams and to accomplish them follow up with your goals.

Dreams without goals are just dreams, So have dreams but have goals.

You won't achieve your Dreams sleeping till 9 am in the morning.

If you don't work for your Dreams to their reality, and waited to be true someday.

That "Someday" will take your Dreams to Grave with you.

Dear Future-self,

"Just Want to remind enjoy your journey rather than your Destination."

"Have Fun and Enjoy The Ride"

**Rohan Maharjan-BCA 2nd**

## Ultimate Fighting Champion(UFC)

Starting in 1993 as a professional mixed martial arts (MMA) organization, UFC has revolutionized the fight business and today stands as a premium global sports brand, media content company and the largest Pay-Per-View (PPV) event provider in the world.

UFC follows a rich history and tradition of competitive MMA dating back to Pankration, a Greek Olympic Games event introduced in 648 BC. About 80 years ago, a Brazilian form of MMA known

as Vale Tudo (anything goes) sparked local interest in the sport. UFC then introduced organized and sanctioned MMA to the United States.



The goal was to find “the Ultimate Fighting Champion” by staging a single-night tournament featuring the best athletes skilled in the various disciplines of all martial arts, including karate, jiu-jitsu, boxing, kickboxing, grappling, wrestling, sumo and other combat sports. The winner of the tournament would be crowned the champion.

In January 2001, under the new ownership of Zuffa, LLC and guided by the leadership of owners Frank Fertitta III, Lorenzo Fertitta, and Dana White, the UFC brand restructured MMA into a highly organized, sanctioned and controlled combat sport. Headquartered in Las Vegas with a network of employees around the world, UFC produces more than 40 live events annually that consistently sell out some of the most prestigious arenas around the globe.

UFC programming is broadcast in over 165 countries and territories, via more than 60 global broadcast partners, to more than 1.1 billion TV households worldwide in over 40 different languages. UFC has the highest concentration of millennials (ages 18-34) in its fan base with 40% compared to the top sports properties.

In December 2013, UFC launched UFC FIGHT PASS, a digital subscription service, which delivers exclusive live events, thousands of fights on-demand and original content to fans around the world, positioning the over-the-top digital network as the premier destination for fight fans.

Throughout the years, UFC has consistently strived for the highest levels of safety and quality in all aspects of the sport. The organization has sought to break down gender stereotypes and set new standards for athlete health and wellness and was the first combat sports organization to provide its athletes with accident insurance coverage for training-related injuries.

In a further commitment to the health and safety of its athletes, UFC partnered with the United States Anti-Doping Agency (USADA) to launch a historic and comprehensive anti-doping

program in July 2015. A first in combat sports, the UFC program allows USADA to independently administer random in- and out-of-competition testing of its athletes year-round.

Beginning July 2015, UFC introduced the first-ever Athlete Outfitting Policy and UFC Fight Kit. The branded apparel created in partnership with Reebok, UFC's exclusive worldwide outfitter, was introduced to elevate the brand's look and feel and provide athletes with high-quality gear specifically developed for MMA athletes.

In December 2015, UFC broke ground on a new global corporate campus in Las Vegas, which includes a world-leading UFC Performance Institute – focused on delivering the world's best MMA training facilities to support the scientific development of athletes and coaches, injury prevention, recovery, treatment and rehabilitation of professional athletes.

In February 2016, UFC announced a five-year extension of its partnership with Cleveland Clinic, along with a one-million-dollar contribution, to continue its support of the Professional Fighters Brain Health Study. The study is focused on developing methods to detect the earliest and most subtle signs of brain injury in athletes exposed to head trauma, as well as determining which individuals may be more likely to develop chronic neurological disorders.

In August 2016, UFC was acquired by global sports, entertainment and fashion leader, Endeavor, together with strategic partners Silver Lake Partners and KKR, making history as the largest-ever financial acquisition of a sports property.

**RONISH SHAKYA-BIM 4th**

# MONSTER: A CONTEMPORARY TAKE ON AGE-OLD QUESTIONS AND THEMES

*“Even a child that receives one bit of praise can excel in a single talent, and those who receive regular encouragement can feel confidence, achieve success, and become leading members of society. Because they don’t believe they are worthless, they don’t need to raise a fist and have vengeance against fate or the world at large...”*

*-Inspector Lunge, Monster*

Naoki Urasawa’s *Monster* is one of the most underappreciated works of fiction that has ever been made available to the general public. For how insanely brilliant this series is, it is not discussed enough by the ani-manga enthusiasts across the globe. For starters, *Monster* is incredible. It is a sociological study about human nature, a character piece, a 162-chapter essay on psychology and a brilliant story heavy with symbolism and dark themes. Contrary to what I made you believe in the opening sentences, it is not flawless as it has few plot conveniences and pacing issues but to those who can appreciate a slow, methodical, multi-layered, deep storytelling, this series is a must-read.

*Monster* is somehow a mind-numbingly complex tale about themes and moral issues that have been a topic of debate since the “caveman days” while on the other hand, it is just a simple story about people. As I read the series, I found two overarching themes in the series that took prominence above everything else: the theme of one’s identity and the nature of the duality of humanity. These are not the only themes in the story, not by a long shot as it also covers themes about perseverance, personal evolution, redemption, existentialism and nihilism, destiny and much more. However, the aforementioned two themes had, in my opinion, had the biggest impact on the narrative of the series.

## 1. The theme of Identity:

*“Do you even understand what it means to destroy a human being’s sense of good and evil?”*

*- Wolfgang Grimmer, Monster*

Over the history of humankind, identity has been debated, studied and examined intensely to the point there are religions, philosophies and even cults based around the concept. It is not a distinct theme in any shape or form but its personal and emotional nature makes it a timeless, important and relatable theme. When you take away someone’s identity both as a person and as an emotional being, the consequences can be tragic and Urasawa explores this concept with sheer perfection.

The theme of identity is explored through many of the monster’s plot devices but the most prominent of these is the orphanage of 511 Kinder Heim. Masking itself under the image of an orphanage, the emotionless soldier producing factory was a reprogramming institution that was concerned with providing the German government with the best possible soldiers. Using brainwashing and psychological desensitization, the directors at 511 Kinder Heim, were able to strip the children of their essence of all essence of emotional identity. One such experiment included the beating of a child to the extent that they would show no emotions. The children forgot

about love, respect and care while their names were taken away from them. They lost all sense of self and soon grew to hate each other.

## **2. The theme of Humanity:**

*"I was only able to get back to being a real doctor by saving your life. I realized that human lives have equal value by saving you! Nobody has the right to take another's life! I've been living as a doctor with that engraved upon my heart for years..."*

*- Kenzo Tenma, Monster*

At his heart, the monster is primitive. It may take place in the modern German streets but the essence of Monster's story is an idea that dates back to pre-history. At the end of the day, the manga is about the philosophy of two men, Kenzo Tenma and Johan Liebert, where one believes in the good of humanity and the other does not believe in humanity at all. It also tackles all the shades of grey within this theme and while the theme of humanity is not a unique theme presented in fiction, it is a timeless classic that can be powerful when explored with brilliant narrative. With Monster, we get all of these positives and so much more.

As I have established, Monster is a deliberate piece that demonstrates its theme through intense character study via a contemporary crime thriller premise as we try to put together the pieces of this brilliant plot. Johan, Tenma, Nina, Grimmer, Eva, Lunge and some of the secondary characters such as Richard Braun, all display different viewpoints and philosophies while none of them is treated to be better or worse than one another by the story. Although the series never gave a true closure to this thematic part, it is to be understood that answering a complex question such as humanity is surely not possible, no matter how long and elongated you make the series out to be. That being said, the series indeed does have an interpretation of humanity as a whole and that is visually presented to us in the last scene of the manga.

The most defining moment of this particular theme in the series is the mysterious disappearance of Johan, the epitome of humanity's darkness and tragedy. To me, this depicted the dark side of humanity still co-existing alongside the good side of humanity. Humanity can be incredibly inspiring and at the same time can be incredibly sadistic. It's like both the good and the bad sides exist side by side as two sides of the same coin.

### 3. Thematic Battle:

*"For you, all lives are created equal. That's why I came back to life but you've finally come to realize it now, haven't you? Only one thing is equal for all and that is death."*

*- Johan Liebert, Monster*

As I previously established, the biological battle of Kenzo Tenma and Johan Liebert is one of the selling points of this manga as it attempts to tackle a cliché but eternally relevant question, "What is the true nature of a man?"

Johan thought that the value of human life was nothing while Tenma believed that life was precious. Johan represented cynicism, darkness and nihilism while Tenma showed moral righteousness, light and justice even though his ideas were shaken to the core as the story progressed.

One of Johan's goals was to prove to the world and himself that humanity is as broken and corrupted as he is by turning the best man that he has ever seen into a murderer and the plan almost came into fruition had it not been for Tenma's humanity refusing to let go of him. Johan failed but had he succeeded, it would have proved once in for all, humanity is inherently violent and dark.

Both Tenma and Johan's philosophies were so cut and dry and this poetically tragic but beautiful thematic battle continued until the very end, it was always engaging and heartfelt, making it all the more beautiful and interesting.

### Verdict:

Naoki Urasawa's monster is a magnificently coherent tale rooted in important ideas and themes. The plot is exceptional, the themes are relevant, personal and emotional. The tone and atmosphere of the series are dark and grim yet beautiful at the same time. The character and their arcs are simply fascinating to behold. All these aforementioned points would be worthless if Urasawa could not combine all these elements into a cohesive whole and a memorable story, which is not something that manga lacks, in any shape or form. It integrates all these elements seamlessly to form a story about tragedy, darkness and corruption all the while also telling a story about love, purpose and triumph. It structures the personal themes of identity and humanity into an engaging and heartfelt story while managing to be a dark and grim tale that maintains an emotional centre, with a heart and a soul. Above all, Naoki Urasawa's monster is everything you could ask from a psychological thriller and for me is a very, very special story.

**Bipul Ranjan Paudel-CSIT 2nd**

## **BEING THE LEFT-OUT FRIEND**

Everyone has a desire to fit in, to click, to belong. Whether it's with your family, your co-workers, or your close friends. The desire to be validated in a positive light is a natural feeling that anyone would crave. However, when you don't receive that validation and are not included, you are left out. Being left out can include not being invited anywhere (parties, hangouts, etc.), not being included in conversations, having your voice ignored, even a small gut feeling in your stomach can indicate that you're unwanted despite what is said. The struggles of being left out aren't limited to sparking damage to the relationship between you and your friends but can go as far to destroy your mental health, the perception of yourself, lower your confidence, and naturally your self-esteem.

My experience with being the left out friend dates back to my school years. I had two friends that were two peas in a pod. To any outsider, it would feel that I was put in their group by accident, but to me, it felt I was with them for pity's sake. They felt bad, but not enough to understand the ordeal I went through trying to fit in. I tried to join in their conversations, only to have my voice ignored. I switched my opinions so they could correlate with theirs, only to fail at keeping the conversation going. The street became my best friend walking home, and I knew my place. Over time, this took a toll on my mental health and my opinions about myself degraded bit by bit.

In the midst of this hard time, I kept quiet. However I knew, and they knew too, that their actions would be louder than my words spoken.

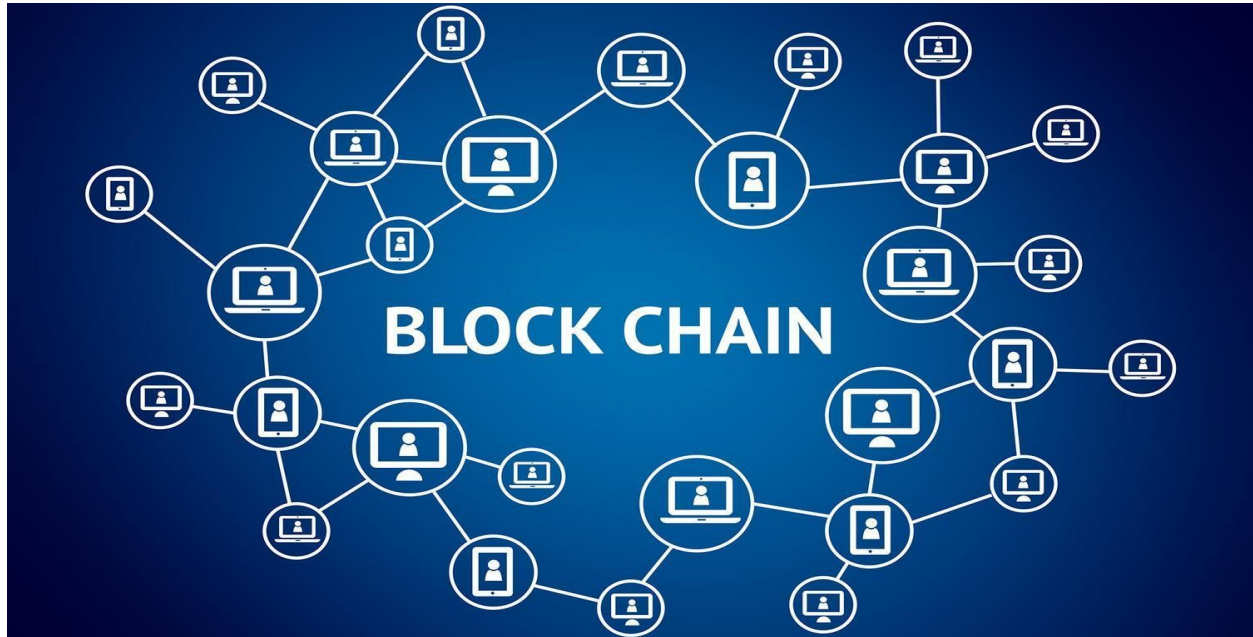
But Life is never the same and so does the time. It may be hard, and it isn't supposed to be easy as well. That's what I did. I got new friends, and I'm glad I did! I feel heard, comfortable, and I can be myself while loving it!

Being left out - everyone experiences it at least once in their life. Not getting included, your voice unheard, and being discreetly ignored is a struggle. It does not only strain the relationship with your friends but can threaten one's mental health as well. This is why it is important to apply some mechanisms to solve this problem. Communication is key - telling them what exactly is on your mind and making them aware of your true feelings. Boost your confidence with motivational sayings. Distance yourself from them and make new friends. Associate yourself with a group of people you can trust, are confident, and most importantly, happy!

**Deepali Adhikari-BBM**



## Blockchain Technology: An immersing concept in IT



The concept of blockchain technology was first introduced in 2008 but wasn't popular as it is now. After the rise of bitcoin which is today's most valued currency, the concept became a hot topic in the IT industry. Bitcoin was the first implementation of the concept. Some say that the main reason behind the popularity of bitcoin was ransomware called WannaCry which was a huge threat to the Internet in 2017. Simply this was the first-ever ransomware asking windows user for bitcoin else user will face their important files locked up forever. After it temporarily stopped, the value of bitcoin raised just like a supervolcano erupting. Later on, some other cryptos like Ethereum, dogecoin, Shiba Inu, Cardano and so on came into existence to compete in the crypto race where Ethereum is the second largest after bitcoin in the current situation.

The basic premise behind the success of Bitcoin is its fundamental principle. As we know that none of the manmade techs is fully secured but despite keeping the truth, the blockchain technology concept which is the base of the topic, tries to eliminate each corner of vulnerability possibilities.

Similarly, while observing the concept, we get to know that it is nothing but all about the record-keeping concept. Behind the scene, in blockchain, a record is kept in the form of blocks where a block is the combination of a hash of the block, the previous block's hash and the main information. The hash of the block is simply just a password or identification of the block. The previous block's hash is kept for which the previous block could identify the pointed block. Overall, this technique links each block around making a chain. Thus, the concept gets its name as blockchain. In the very first stage in the creation of the first block, no hash of the previous block is kept as this very first block is also known as the genesis block. The concept is based on peer to peer networking where each node has equal privilege. If any miner wants modification then he will have to deal with not only the particular block but the whole bundle because all are linked and should have to be checked before use, making the technology ultra secured. If we talk about an exceptional case where let us suppose a hacker came in the wrong intention to interfere with the

blocks then there is a timestamp which records the time of creation and modification and also the core handler of hash manipulation for blocks will also have interfered because modification has been done. Then as said, the timestamp will modify the hash, the hash will affect other blocks hashes as each block has a hash of the previous block. In summary, the whole system gets known and if he tries to hack all blocks then the total hacking time would appear in years.

Although we see the use of blockchain in currency only, the scope is much large. It is a secured technology following consensus algorithm which is the verification of one miner by whole other miners since all gets full right in the field. We can use blockchain in a voting system where even the tech acknowledges whether a vote is counted or not. The use of blockchain is even in the education system where the result can be securely stored eliminating the interferences by outsiders. So, the use fields are as much as we can think.

Observing real-time use cases of blockchain, we have enough lists to explain but as time goes list will expand. Except for bitcoin created by unknown mastermind Santoshi Nakamoto in 2009, another programming genius Vitalik Buterin gave birth to a wonderful platform called Ethereum in 2015 where not only cryptocurrency but he made other use cases as well. Ethereum is a platform, ether is currency. We can see many people investing in NFTs which is a part of Ethereum where people are just enjoying selling unique kinds of stuff that aren't available anywhere in the world. Mostly digital art is getting sold but NFT became popular when Jack Dorsey sold his own tweet. According to Facebook (currently meta), they are working on the blockchain which would prove one's identity. Even Google is working on blockchain in their cloud systems. Other than Facebook and Google, companies including Microsoft, Paypal, Amazon, Nvidia and so on are setting their foot on the blockchain.

In summary, opportunities are endless and the coming future will be added more and more. IT industry is dynamic and growing rapidly leaving awesome technologies. Blockchain is just an example, there are many inside the door. Unless any secured technology comes into existence, blockchain won't be pushed off. If we explore the disadvantage then we see its advantages are disadvantages as well. So, join the marathon of growing tech or be left backwards.

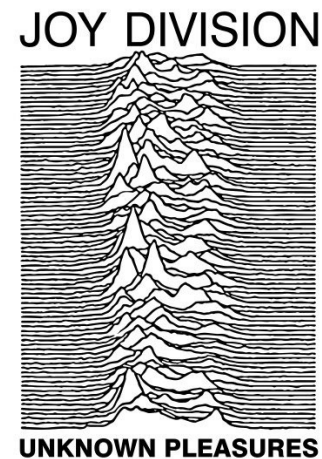
**Ashirwad Regmi**

## Joy Division's Unknown-Pleasures album cover

One of my favourite albums of joy division, a rock band formed back in 1976 in Salford England is mesmerizing to hear. They were English rock bands having a member of four Ian Curtis, Peter Hook, Bernard Sumner, and Stephen Morris. They have recorded several albums like a closer, still, substance, and one of my very personal one which is unknown pleasures.

Joy Division's iconic debut album unknown pleasures was first released back on 15 June 1979 which was two decades ago before I was born. This album contains 10 songs starting up from 'Disorder' and ending up with a melancholy song called 'I remember nothing'. The general songs are written through the experience of all the band members of life. Now let's take a deep dive into what the album cover meant which is being portrayed in its cover album? It features a strange white-on-black pattern that has appeared on million shirts and posters that we see. But here in Nepal, I have seen few people with these t-shirts having lines embroidered on a full black t-shirt. The iconic cover of Joy Division's 1979 debut album Unknown Pleasures is perhaps the most enduring image of the post-punk era. In simple terms, the image is a "stacked plot" of the radio emissions given out by a pulsar, a "rotating neutron star". Originally named CP 1919, the pulsar was discovered in November 1967 by student Jocelyn Bell Burnell and her supervisor Antony Hewish at Cambridge University. As the star turns, it emits electromagnetic radiation in a beam like a lighthouse, which can be picked up by radio telescopes. Each line on the image is an individual pulse. They're not the same each time as they're travelling a long way across the universe and interference gets in the way. The image was reproduced in the UK in 1977 as part of a big book called The Cambridge Encyclopedia of Astronomy, where it formed part of a feature on pulsars... which were, of course, discovered by Cambridge researchers.

So this was the actual story behind the cover of an unknown pleasures album cover. This band is cool and I love listening to them. The very white lines on the black cover are each pulse generated from a pulsar. When I first saw this album cover I was fascinated by this so it is how this article has been created.



**Ruses Maharjan**

## Rara Lake



Rara Lake Situated in Mugu district in the far western region of Nepal at the elevation of 3000m above the sea level having a surface area of 4.2 sq miles, Rara lake holds the title of the largest lake of Nepal. Rara lake has its own amazing, aesthetic nature, beautiful in which the freshwater from the Himalayas adds even more beautifulness. Having such a wonderful heavenly place in my country I just can't hold myself from describing it. Though I myself haven't visited Rara lake, this place sits surely on the bucket list of each and every people of Nepal as well as people from all over the world. Since childhood, I have been hearing many stories and poems that portrayed the beauty of Rara Because of the following specific speciality I've decided to choose this place.

The people from this region mostly depends upon agricultural benefits. The lake is believed to be formed by the god Thakur after shooting to open the passage to reduce the flood. The best time to visit Rara lake is in the month of September/October and April/May when there is less probability of rainfall and weather just not too cold. The airway is the only way to reach the Rara lake in the quickest way, flight from Kathmandu to Talcha Airport should be done. From there short and few hours of hiking will take you to the amazing Rara lake. Going in vehicles may take several days. The scene of Rara lake can be experienced by a little bit of hiking to the hill just above the Rara lake.

Visitors can also do boating in Rara lake with the guidance of the guide and the authorities. Boating during the evening hour can be really dangerous as massive waves may hit the boat. So it's quite risky. Swimming is totally prohibited in the lake. Surrounded by Rara National Park established in 1976, with pine, spruce and juniper forest, fish like Nepalese snow trout, Tikhe Asla, Rara snow trout, Stone carp etc are found in Rara lake. Rara lake has been one of the most popular destinations among the Nepali people. The surroundings and the scenery on the way to Rara are very unique

from the rest of Nepal. The view of snow-capped Himalayan peaks named Chuchemara peak enhances the attraction of visitors. In recent years most of the visitors are from Nepal only as many flights from different countries have been prohibited due to the pandemic. Even the people from the same country were not allowed to visit any of the locations. The pandemic surely had one of the biggest impacts.

Approximately, around 5-7k tourists visit Rara lake annually among them around 3k local tourist visits in the month of October when they have their biggest festival Dashain. But because of the pandemic in recent years has been quiet due to fewer visitors and slowly the number of visitors is increasing as per the information provided by Rara National Park. Because of the glimpses of cultural traditions and breathtaking scenery, I highly suggest and recommend visiting Rara at least once in a lifetime, for those who want to explore the beauty of Nepal and nature. But due to new rules and regulations, certain people from certain countries are only allowed to come to Nepal because of the COVID-19. As we know most of the infections are brought from foreign countries. So in order to reduce the risk of infection, Nepal Government is applying such rules. So this is the reason that visitors should visit Rara Lake of Nepal as soon as the period of COVID-19 is over.

**Karina Shrestha-BIM-6th**



## INCREMENT OF RAPE VICTIMS

Rape is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person's consent. The act may be carried out by physical force, coercion, abuse of authority, or against a person who is incapable of giving valid consent, such as one who is unconscious, incapacitated has an intellectual disability, or below the legal age of consent.

Nowadays, the rate of rape cases around the world has been increasing at a rapid rate. Girls around the world no matter what their age is, have been going through various kinds of assaults and harassment. In today's context rape by own brothers, relatives etc, seems to be more increasing than the rate of rape by strangers which shows that girls are not even safe in their own family. This issue has been a serious subject matter.



People who have been raped can be traumatized and develop post-traumatic stress disorder. A person may face violence or threats from the rapist, and sometimes from the victim's family and relatives. Due to the increment of serious issues like rapes, sexual harassment etc. girls are scared of going out, socializing with people.

No matter how it happened, it is upsetting. People who have been raped need care, comfort, and a way to heal.

Every girl should have their freedom. This issue should be well controlled. The government should take an effective step to stop it. Not only it is the responsibility of a government but every girl should be able to protect herself.

**Merry Sunar**

## Tai Chi Quan



Tai chi chuan, (Chinese: “supreme ultimate fist”) Pinyin taijiquan, Wade-Giles romanization t'ai chi ch'uan, also called tai chi, or Chinese boxing, ancient and distinctive Chinese form of exercise or attack and defence that is popular throughout the world. As an exercise, tai chi chuan is designed to provide relaxation in the process of body-conditioning exercise and is drawn from the principles of *taiji*, notably including the harmonizing of the yin and yang, respectively the passive and active principles. It employs flowing, rhythmic, deliberate movements, with carefully

prescribed stances and positions, but in practice, no two masters teach the system exactly alike. As a mode of attack and defence, tai chi chuan resembles kung fu and is properly considered a martial art. It may be used with or without weapons.

The spiritual part of Tai Chi is feeling a greater connection to life itself, increased awareness of your inner world and a willingness to let go trust, and go with the flow. Once you become familiar with the movements and the sequence of the form, it is easy to relax and sink into the exercise.

The true origins of tai chi remain a mystery, but the concepts are rooted in Chinese history, Taoism, and Confucianism. Zhang Sanfeng, a 12th-century Taoist monk, is believed to be the founder of tai chi. Some stories claim that Zhang Sanfeng left his monastery to become a hermit, after which he created a form of fighting based on softness.

There are five different styles of tai chi, dating from different periods in history. Each has a unique set of methods and principles, lineage, and date of origin. They are:

- Chen style, which began sometime between 1528 and 1587
- Yang style, which began sometime between 1799 and 1872
- Wu or Wu Hao style, which began sometime between 1812 and 1880
- Wu style, which began sometime between 1870 and 1942
- Sun style, which began sometime between 1861 and 1932

**Ravi Singh- BIM 4th**

## NIGHTMARE

I remember that dreadful day as clear as day. My mom always told me how the spirits could hunt me if I were to ignore their existence. Were they angry with my words of ignorance, or was it something I did unknowingly? Witnessing something so frightful was a terrifying incident I could never forget. I repeat, never.

I am in my room alone when I hear somebody coming downstairs. It isn't a footstep but a thing making a disturbing creaking noise. I am a little annoyed by the noise but curious as to who it is. "Wasn't I suppose to be alone in the house right now?", I murmur to myself as my curiosity goes ahead of me. I can still hear it coming down the stairs as I am slowly opening the door.

"What is that thing? It looks a little corpse, CORPSE-LIKE.", my inner voice speaks to me. I am horrified to see an old woman in a green worn out nightie in a black wheelchair coming down the stairs. My eyes widen in shock when I notice blood streaming down her creepy smile. I slam the door close and run for my dear life to hide outside the balcony as I feel my whole body shake. As I gather my courage to peek inside from the window, I see the unknown old lady already in my room. She sees me and crawls towards me. I am petrified while I see her, dragging her body to approach me. I am huffing loudly as she continues to come closer and closer.

Suddenly, I wake up and open my eyes. "Oh, it's just a dream?", I couldn't even finish thinking to myself and I realize somebody staring at me from behind. I'm aghast and terrorized by feeling the presence of 'somebody' behind me. I can see a 'she' figure as she tries to weigh me down with her hands, I try to move and cry out for help as loudly as possible but in vain when no sound comes from my mouth. I can hear my heartbeat now. "Don't worry, this will end soon. I'm scared, MOM!", I think to myself and suddenly she starts to release me. I rise up in a panic. A blood-curling shiver runs down my spine when I look behind me, to see nobody. I ask myself, "Is this going to happen to me again tomorrow?"

**NIRJALA TULADHAR**



## **Personal Story - Remembering my best friend**

As a kid, I had trouble going through elementary school. Kids picked on me typically every day for being “different.” I had a hard time making friends, which made me lonely most of the time. I would go to school, sit on a desk alone and come back feeling tired. One regular day when I was coming back from school, I saw a small dog lying on the street. I was too young to tell her age, but she looked roughly around a year or two old. She was brown and had fluffy fur but looked thin, dirty, tired, and had many fleas. She looked as if she wanted someone to pick her up and let her drink some water. I felt emotionally connected to her, and kneeling next to her, I petted her and gave her some water. My life did not feel as empty as before as I always had something to look forward to, even during the worst of days. For a week, I always stopped at the same spot feeding her and making sure she was okay. She soon followed me home to get more food and what I hope to be the search for an opportunity to hang out with me. I was more joyful as I anticipated having a few minutes of playtime with my little fur friend.

My mother was initially sceptical of her because she did not like the idea of how dirty or full of fleas she was. After pleading with her to keep the dog, she allowed me to have her but kept her outside the house. I then made a little shelter out of raw woods, brought a blanket, and laid it down on the floor. It was her new home and she needed a new name. I was young and did not think that much to name her, so I called her Kale, which means black in our native language. I chose this name because it matched her colour. Having Kale around made me happier and taught me responsibility as I fed her every day, while my mother helped me when I was at school.

She resisted Kale’s charms at first but eventually liked her. In the coming days, we grew close. My mother mandated that I wash her once each week, and we took her to the vet to ensure that she was okay. Every day came from school, Kale eagerly waited for me by the gate. She welcomed me with affectionate face kisses and playful tags at my hand. My brother and I had fun playing with her in our backyard. Together, we built her a lovely kennel and painted it blue. She made all my days brighter. No matter how hard a day I would have, she would always smother me with kisses and hugs, little things that would make life worth living. Although she had her kennel, she snuck her way into our lives and was soon my family’s favourite pet. She especially loved to spend time with my father when he was at home. She was like his wingman during football matches, and he loved him so much that he allowed her to sleep in the house.

Kale gave me a different perspective of life, and I became more jovial than before. She welcomed me with affectionate face kisses and playful tags at my hand. I was stunned to see how unconditionally lovable the relationship between me and Kale was. My brother and I had fun playing with her in our backyard. Her beautiful and friendly personality made it easy for her to sneak her way into our lives and was soon my family’s favourite pet. Kale soon became pregnant and had two puppies adopted by my cousins. Before the puppies were given to adoption, Kale loved carrying them to my bed and snuggling with me. She was quickly the best part of my childhood. She grew older and became pregnant again. On 10 October 2018, we took her to the vet for a check-up because we observed her expressing discomfort. Unfortunately, the vet was unavailable, and Kale had to be home for her delivery. She sadly did not survive the delivery but bore three beautiful puppies. In our culture, when a person or animal is dying, we give them some water as we send them off. My mother gave her some water as she gave birth to the cutest litter of

puppies and closed her eyes for eternity.

Losing her was the worst thing that happened to me. We gave her a dignified send-off in our backyard around the tree she loved playing around. I was scared to start a new chapter without her and spent most of my days feeling sad and depressed. I soon, however, gathered courage and decided to live every minute cherishing the memories Kale and I made. My family and I fast on Kale's death anniversary, and each year, during Kukur Tihar (the dog festival), we worship the puppies Seti, Jessy, and Sheru. The puppies are strong, and they give me the courage to go through life being positive about everything, including life's setbacks. Seti reminds me of her mother due to their uncanny resemblance, and although she is gone, I gathered the courage to face each day with the battle it brings, guided by love and kindness.

**Salin Neupane**

### **The Paradoxical Commandments**

1. People are illogical, unreasonable and self-centred. Love them anyway.
2. If you do good people will accuse you of selfish ulterior motives. Do good anyway.
3. If you're successful you will win false friends and true enemies. Succeed anyway.
4. The good you do today will be forgotten tomorrow. Do good anyway.
5. Honesty and frankness make you vulnerable. Be honest and frank anyway.
6. The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.
7. People favour underdogs but follow only top dogs. Fight for a few underdogs anyway.
8. What you spent years building may be destroyed overnight. Build anyway.
9. People really need help but may attack you if you help them. Help them anyway.
10. Give the world the best you have and you'll get kicked in the teeth. Give the world the best you've anyway.

**Oshin Dali-BIM 6th**

## NFTs explained

WHAT IS AN NFT? WHAT DOES NFT STAND FOR?

Non-fungible token.

That doesn't make it any clearer.

Right, sorry. "Non-fungible" more or less means that it's unique and can't be replaced with something else. For example, a bitcoin is fungible — trade one for another bitcoin, and you'll have the same thing. A one-of-a-kind trading card, however, is non-fungible. If you traded it for a different card, you'd have something completely different.

How do NFTs work?

At a very high level, most NFTs are part of the Ethereum blockchain. Ethereum is a cryptocurrency, like bitcoin or dogecoin, but its blockchain also supports these NFTs, which store extra information that makes them work differently from, say, an ETH coin. It is worth noting that other blockchains can implement their versions of NFTs.



What's worth picking up at the NFT supermarket?

NFTs can be anything digital (such as drawings, music, your brain downloaded and turned into an AI), but a lot of the current excitement is around using the tech to sell digital art.

So every NFT is unique?

In the boring, technical sense every NFT is a unique token on the blockchain. But while it could be like a van Gogh, where there's only one definitive actual version, it could also be like a trading card, where there are 50 or hundreds of numbered copies of the same artwork.

**Pranaya Shrestha-BCA-2nd**

## Being A BHM Student

“A journey that starts to learn how to earn someone’s satisfied smile on their face ”

BHM means Bachelor in Hotel Management and for me, it simply denotes the world of the hotel industry as well as the way of learning how to make other people pleased and satisfied them. This world is full of entertainment, fulfilling others’ basic needs, providing comfort as well as the safety zone, and caring for the most essential thing just to see the satisfied smile on someone’s face. Just by seeing the satisfied smiling face in practical time by providing the comfort service that small and little part is happiest as well as motivating part just to do the bigger things than this for us. It is the most comforting part for both sides: the provider and the receiver. Being a BHM student is the delightful part and full of incredible things which means “the more you know the more you find it amazing”. It’s not like anyone or someone can be on this path rather it’s like a second Army life. This journey of being a student of BHM is the most extremely thrilling and exciting part of my life. For a thrilling, I experienced the most incredible ways of cutting that can be dangerous for finger while cutting as well as sometimes it can be impressive after you saw your result. Moreover, the exciting part is the time you waited to present your hard work or cooking to others for taste and their expression can be most suspenseful but At the same time, when we saw a beautiful smile on their face through our work or food then the time surely want to pause it and just look at their face for that beautiful smile as a compliment or enjoying the feeling of joy from them.

In this journey, we can find incredible ways of dining and skills to serve others as well as providing the best environment which they rarely find in their life. “It’s not only me: I thought everyone from this industry or who want to join this industry may find this path awesome and incredible”. Until now I heard from everyone that the “BHM student has the future of washing dishes” but they don’t know; not everyone has to wash dishes and by washing dishes too we can learn many things from it. Although, everyone thought there can’t be a successful future in this sector no one gives a try to understand this path nor want to choose this path. After giving try or developing interest in this sector then only we can know about the various interesting things even we can’t imagine it. For instance, the history of the beverage and how the foods like sandwich origin. It’s really interesting to know something unbelievable things. However, this sector is not as popular as Doctors or Engineers but this sector or industry also provides us with the greatest privilege in someone’s life. Until I learned nobody has the good notion to think this sector as an interesting and reliable for future but I have seen many people who becomes successful from here and I still believed we can get what we desire.

For closure, everybody dominates something in their life. Likewise, people from here dominate this sector a lot without knowing “what we get and what we learn from here”. So, it’s not like we can just listen to others' views and ignore this sector but it’s like we can give a try to understand and learn incredible things.

**Niraj Karki-BHM-2nd**

## Why Do Women Cry?

The Society and the environment around me *compelled* me to think about a question is why do women cry? I have seen my mom, grandma sister and female friend is crying habitually but I have not seen my dad granddad, brothers or any other boy crying. I cry so many times but my brother rarely cries. This made me engrossed to learn about women and their tears.

Once, when my mom was crying my brother asked her, MOM! Why are you crying? Mom answered Because I'm a woman. "I didn't understand, he said. My mom just hugged him and said "And you will never. It was a great mystery for me to understand the words of my mom at that time. Whenever I saw a woman crying I found no reason. So I asked with some of the boys, "Why does a woman cry for no reason? Can you guess what their answer was? All women cry for no reason because they are emotional fools, was all they could say. In the meantime, I realized it's meaningless to ask such a question with boys because boys can never understand the feelings and tears of women and they cannot understand the reasons behind their tears.

I was a small girl at that time. I grew up as a teenager from a small girl. It's a stage of life where we want to get answers to our every question. And the same question troubled me a lot. Buddha went for meditation to know the answer to his questions but I got my answer through the civilization where we live.

This is the answer which comes out like a volcano from my heart after studying various problems of women. As we all believe that every creature on this earth is created by the almighty when he made the woman he realized that she has to be special. So, he made her shoulder strong enough to *carry the burden in* the world. Yet, gentle enough to give comfort. He gave her the inner strength to endure childbirth and the rejection that many times comes from her children and family members. God gave her the hardness that allows her to keep going when everyone else gives up, take care of their family through sadness and fatigue without complaining and regretting. He provided her with the sensitivity to love her children under all circumstances, even when her child has hurt her very badly. She has the strength to accept her husband with his faults and fashions her from his rib to protect his heart.

God save her wisdom to know that a good husband never hurts his wife, but sometimes tests her strength and her resolve to stand beside him unfalteringly.

And finally, he gave her a tear to shed. This is ber exclusively to use whenever it is needed. All the pain inside her heart flows from her eyes in the form of tears. This is the reason why women cry.

**Krijala Shrestha**

## JOKE

An Engineer and a Programmer are sitting next to each other on a long flight from LA to NY. The Engineer leans over to the programmer and asks if he would like to play a fun game. The programmer just wants to take a nap, so he politely declines and rolls over to the window to catch a few winks.

The engineer persists and explains that the game is real easy and a lot of fun. He explains "I ask you a question, and if you don't know the answer, you pay me \$5. Then you ask me a question and if I don't know the answer, I'll pay you \$5."

Again, the Programmer politely declines and tries to get to sleep. The engineer, now somewhat agitated, says, "Ok, if you don't know the answer you pay me \$5, and if I don't know the answer, I'll pay you \$50!" This catches the Programmer's attention, and he sees no end to this torment unless he plays, so he agrees to the game.

The Engineer asks the first question: "What's the distance from the earth to the moon?" The Programmer doesn't say a word, but reaches into his wallet, pulls out a five-dollar bill and hands it to the Engineer. Now, it's the Programmer's turn. He asks the Engineer "What goes up a hill with three legs, and comes down on tour? " The Engineer looks up at him with a puzzled look.

He takes out his laptop computer and searches all of his references. He taps into the Airphone with his modem and searches the net and the Library of Congress. Frustrated, he sends an email to his co-workers -- all to no avail. After about an hour, he wakes the Programmer and hands him \$50. The Programmer politely takes the \$50 and turns away to try to get back to sleep. The Engineer, more than a little milled, shakes the Programmer and asks "Well, so what's the answer?" without a word, the Programmer reaches into his wallet, hands the Engineer a \$5 bill, and turns away to get back to sleep.



## **Elon Musk**

Elon Musk, (born June 28, 1971, Pretoria, South Africa), South African-born American entrepreneur who cofounded the electronic-payment firm PayPal and formed SpaceX, maker of launch vehicles and spacecraft. He was also one of the first significant investors in, as well as chief executive officer of, the electric car manufacturer Tesla.



## **PayPal and SpaceX**

Musk attended Queen's University in Kingston, Ontario, and in 1992 he transferred to the University of Pennsylvania, Philadelphia, where he received bachelor's degrees in physics and economics in 1997. He enrolled in graduate school in physics at Stanford University in California, but he left after only two days because he felt that the Internet had much more potential to change society than work in physics. In 1995 he founded Zip2, a company that provided maps and business directories to online newspapers. In 1999 Zip2 was bought by the computer manufacturer Compaq for \$307 million, and Musk then founded an online financial services company, X.com, which later became PayPal, which specialized in transferring money online. The online auction eBay bought PayPal in 2002 for \$1.5 billion.

Musk was long convinced that for life to survive, humanity has to become a multi-planet species. However, he was dissatisfied with the great expense of rocket launchers. In 2002 he founded Space Exploration Technologies (SpaceX) to make more affordable rockets. Its first two rockets were the Falcon1 (first launched in 2006) and the larger Falcon 9 (first launched in 2010), which were designed to cost much less than competing rockets. A third rocket, the Falcon Heavy (first launched in 2018), was designed to carry 117,000 pounds (53,000 kg) to orbit, nearly twice as much as its largest competitor, the Boeing Company's Delta IV Heavy, for one-third the cost. SpaceX has announced the successor to the Falcon 9 and the Falcon Heavy: the Super Heavy–Starship system. The Super Heavy first stage would be capable of lifting 100,000 kg (220,000 pounds) to low Earth orbit. The payload would be the Starship, a spacecraft designed for providing fast transportation between cities on Earth and building bases on the Moon and Mars. SpaceX also developed the Dragon spacecraft, which carries supplies to the International Space Station (ISS). A dragon can carry as many as seven astronauts, and it had a crewed flight carrying astronauts Doug Hurley and Robert Behnken to the ISS in 2020. Musk sought to reduce the expense of spaceflight by developing a fully reusable rocket that could lift off and return to the pad it launched from. Beginning in 2012, SpaceX's Grasshopper rocket made several short flights test such technology. In addition to being CEO of SpaceX, Musk was also a chief designer in building the Falcon rockets, Dragon, and Grasshopper.



### **Tesla**

First, he contributed funding—about \$70 million. Then, in 2004, Musk joined engineers Martin Eberhard and Marc Tarpenning to help run Tesla Motors, where Musk was integral in designing the Tesla Roadster, an electric car. Although After Eberhard was ousted from the firm in 2007, following a series of disagreements, Musk seized management control as CEO and product architect. Under his watch, Tesla has become one of the world's most popular and coveted car brands.

In addition to producing electric vehicles, Tesla maintains a robust presence in the solar energy space, thanks to its acquisition of SolarCity. Founded in 2006, this clean-energy-services company currently produces two rechargeable solar batteries, mainly used for stationary energy storage purposes. The smaller Powerwall was developed for home backup power and off-the-grid use, while the larger Powerpack is intended for commercial or electric utility grid use.

### **Starlink Internet**

When it comes to satellite internet, it typically doesn't impress most people. However, Musk is working to break this stigma and provide low latency internet to people worldwide through his Starlink satellites. Musk hopes his Starlink system can provide internet to those in even the remote regions of the world through his private satellites.

### **Coming Elon Musk Inventions**

While these inventions are still in the trial phases, they are sure to make waves when they do hit the market. Dive into a few of Elon Musk's inventions that are sure to change the world in the years to come.

#### **Neuralink**

Brain implants for neurological conditions might seem like something of the future. However, Musk is working to create a wireless brain-computer interface to do just that. Neuralink, which

was successfully implanted into a pig, creates a digital connection between your brain and a computer. In addition to mapping out your brain, this link could work to communicate with brain cells and improve neurological functioning.

### **Tunnelling Machines**

To improve congestion in cities, Musk created The Boring Company (TBC). This company is working to develop a series of underground tunnels to transport people through large cities. TBC currently offers three different types of machines for tunnelling under cities, which reduce the cost of creating underground tunnels.

### **Hyperloop Transportation Systems**

Also, as part of the TBC, Musk is working to create a hyperloop system. The hyperloop is a vacuum-sealed tunnel for longer travel that has speeds over 600 mph. These hyperloop systems are designed to reduce travel congestion and be easier on the environment. In November 2020, the first passengers travelled in the Virgin Hyperloop.

### **How Rich Is Elon Musk?**

Elon Musk's net worth is around \$224 billion as of Feb. 12, 2022. He ranks as the richest person in the world on *Forbes'* World Billionaires List.

**Ayusma Shrestha-BBM 4th**

## **World Happiness Report**

The World Happiness Report is a publication of the United Nations Sustainable Development Solutions Network. It contains articles and rankings of national happiness, based on respondent ratings of their own lives, which the report also correlates with various (quality of) life factors. As of March 2022, Finland had been ranked the happiest country in the world five times in a row.

### **Which is the happiest country in the world?**

The happiest country in the world is Finland, which has been named so for the fifth consecutive year. Denmark is second, Iceland is third, Switzerland is fourth, and the Netherlands is fifth.

### **Which is the saddest country in the world?**

Afghanistan was named the saddest country in the world for the second year in a row in the latest World Population Survey report on the world's happiest countries.

### **Why is Finland the happiest country?**

In addition to low crime rates, a beautiful natural environment, a strong sense of community and cooperation, and universal health care, Finland is believed to be a happy nation.

### **UN survey says Nepalis are happiest in South Asia, but experts doubt**

The recent World Happiness Report has listed Nepal as the happiest country in South Asia, ranking it 84th, way ahead of Bangladesh (94), Pakistan (121), Sri Lanka (127), India (136), and Afghanistan (146). China, the northern neighbour, has been ranked 72nd, way above Nepal. Dambar Chemjong, "That Nepal has been on the top of the list among South Asian countries seems to be rather problematic," "A survey should give the real picture to have its reliability enhanced."

The concept of the happiness report was developed after a debate that progress in the economic indicators alone does not measure the happiness of the people and wellbeing and personal choices in life are equally important. At least the life of the people has to change for good for them to get happier, which doesn't seem to be happening, say anthropologists and sociologists.

Finland, for the fifth consecutive year, has topped the latest rankings. The other main Nordic countries, once again, are ranked in the top ten, well ahead of the United States, the United Kingdom and Canada.

According to Chemjong. "What actually constitutes happiness? Some people in Nepal seem to be happy because KP Sharma Oli was ousted from power and others are sad for the same reason," "The fact remains the same, nothing much has changed even after Sher Bahadur Deuba has come to power."

The report, however, is not based on just one factor. The authors have determined six variables—GDP per capita, social support, healthy life expectancy at birth, freedom to make life choices, generosity, and perception of corruption.

During the survey, the respondents are asked to assess their life evaluations along with the positive and negative emotions they have experienced.

“Nepalis don’t generally show their pain to strangers (surveyors) and often tend to portray that everything is hunky-dory,”. “This could also be the reason for Nepal to fare better.”

The Human Development Index prepared by the United Nations is considered the most comprehensive report in measuring the quality of life. Nepal’s position remains low in the HDI though it is increasing over the years. In 2019, Nepal was ranked 147th among 189 countries with a score of 0.587, putting Nepal in the medium human development category.

Before the pandemic, every day 1,500 Nepalis, on average, were flying out of the country in search of employment, especially to the Gulf countries and Malaysia. As flights have resumed and several destination countries have opened up, more Nepalis are seeking to go abroad for jobs. The crowd at the Department of Passport is also an indication. However, the service delivery is so poor that people have to stand in line for hours for four to five days to acquire their passports. Service delivery at almost all government offices remains the same.

The pandemic in 2021 confined Nepalis to their homes for most of the year and led to the loss of employment and businesses. Nepal’s economic growth shrunk. The second wave hit the country hard when people were being turned away from hospitals for a lack of beds, ventilators, and oxygen cylinders. As many as 8,000 people lost their lives to Covid-19 in 2021.

Suresh Gautam “There has not been any significant increase in the size of gross domestic product, one of the key measures of economic performance and development. The political situation remains the same. Service seekers suffer everywhere. Not much has been done to change people’s livelihoods.

Rank	Country	Happiness 2021	Happiness 2020	2022 Population
1	<a href="#">Finland</a>	7.842	7.809	5,554,960
2	<a href="#">Denmark</a>	7.62	7.646	5,834,950
3	<a href="#">Switzerland</a>	7.571	7.56	8,773,637
4	<a href="#">Iceland</a>	7.554	7.504	345,393
5	<a href="#">Netherlands</a>	7.464	7.449	17,211,447

**-Krishna Khanal -BIM 6<sup>th</sup>**

## **Moving On- From Bad Friendship**

Moving on can be difficult. It's hard to leave people behind, even if you've fallen out because there are still parts of you that remember the times before then. Every friendship has its ups and downs but sometimes the ups make it hard to move on, even if the person is truly hurting you and mistreating you.

It's important to remember exactly why it is you need to move on-for the example, it might be because the person was abusive or toxic, or maybe you just grew apart. I've been in both those situations and it hurt both times, but I learnt that it's important to pull through and leave them behind.

I know I felt like I was a bad person for doing it. Even when someone was a complete asshole to me and used me, I would still stick around out of fear of being as bad as them, or out of fear of hurting them. But putting yourself before them doesn't make you selfish, It- just means you're doing something for yourself to ensure happiness.

There's also the part where you might feel yourself falling back a bit-picking up your phone to message them, or remembering a good time you had and wanting to go back. I think that part is more about self-control. In one situation, I blocked them on every social media because I knew I'd end up falling back into a really toxic friendship otherwise.

In fact, it took me multiple attempts to move on. I would always fall back and always end up being the one who got hurt. Maybe it was me being too forgiving or just giving too many chances, but it's taught me how important moving on really is.

It's about remembering all of the person and not just the bits you want to you could say they've been my friend for so long. It's important to realize that them treating you shitty cannot be made up for by anything

It might hurt and you might miss them for a while, but it's important to realize that your long-term happiness and confidence is far more important than someone who hurts you.

**-RojinaRuwali-BBM4th**



## Rock Music in Nepal

The history of rock music in Nepal dates back to the 1970s when there were a few acts influenced by Western bands such as The Beatles, the Rolling Stones, The Doors, Jimi Hendrix, and later Led Zeppelin, The Who, the Grateful Dead, Pink Floyd, Iron Maiden, Deep Purple and Bob Marley. Bands in Kathmandu consisted mostly of local people from Kathmandu (capital of Nepal and famous hippie destination during the 1970s), who got close with the hippies around the world to the extent that guitars and records were bought from them. Prism, which formed in 1976, was one of the earlier bands to start playing English songs. The members of Prism are still active playing either in other bands or in hotels and restaurants, and they still reunite sometimes as "Prism" to play on some special occasions.

Most of the bands did not record any of the originals during the 70s and 80s but recording culture gradually started to change with bands such as The Influence and Crossroads. These bands introduced pop-rock elements to the Nepali music scene. Both bands released a few albums and were very popular at the time. These records were monumental in encouraging bands to record their own original material. After these bands came other bands such as The Peace, The Crisis, The Move, Metal Cross and Zenith. They also went on to produce their own records.

The scene was set for the bands and artists to record and perform their original compositions and there was also a change in direction in relation to the music that newer bands were producing. Newaz is considered to be the first hard-rock band and released their debut album in 1991. This was shortly followed by Cobweb releasing their debut album called Anjaan in 1993. They are still active and releasing albums, although they are mostly confined to pub concerts. A few years later in 1996, Milestone, a band from Pokhara, released their debut album - Milestone. The album contained eight tracks, six of which were rock ballads but the other two Adhuro Prem and Mayalu were on the heavier side with a lot of guitar distortions, sweeping solos and screaming vocals. The music video for Adhuro Prem was also aired on limited Nepali television channels at the time. That type of music was unheard of in the mainstream music industry and hence the track nor the album was fortunate enough to make a break in the industry but undoubtedly Milestone is considered as the first metal band in Nepal to record and produce original metal tracks and a music video, which can be found on YouTube. In the late 1990s, Mukti and Revival, which consisted of one of the most senior rock and blues musicians, released Kalanki Ko Jam in 2000. In the same period, Robin n Looza: also made it big in the rock scene.

Ugra Karma's release of the demo Himalayan Metal of Death in 2000 can be cited as the first proper metal release by a Nepali band. Of course, there were already some bands playing metal at their concerts, but none created their own original material. Ugra Karma went on to release a full-length album named Blood Metal Initiation in 2001. This helped encourage other existing metal bands to create, record and release their own material. Although they did not perform live much, after the release of their album they started to perform a no-cover setlist.

The present mainstream music scene in Nepal includes bands like 1974 AD, The Shadows, Nepathya, Mukti and Revival, Robin and The New Revolution, Abhaya and The Steam Injuns and the long-running Cobweb. With all the bands having their own reasons to play a certain genre and style of music, Kutumba artistically reflects Nepal's culture and tradition with their folk tunes. Kutumba is a folk instrumental ensemble, a group of seven professionals from Kathmandu. Having

come together for the preservation of their culture and art, Kutumba wishes to spread the love and joy of Nepali folk music throughout the world. Besides Kutumba there is another band called The Kalibox. The Kalibox's original music blends the sounds of Nepali traditional music, Indian classical music, jazz, funk, and popular music to create a seamless synthesis of cultures and traditions.

**Luja Maharjan**

## **Religion and Politics**

Both religion and politics have one common goal: that is to acquire political power and use it to fulfil their aims. However, to achieve this object, their methods are different. Religion mobilizes religious sensibilities of people in order to get their support to capture power; while politics uses intrigue, diplomacy, and makes attempt to win public opinion either democratically, if the system allows it, or takes overpower with the help of the army if the society is under-developed and backward.

Therefore, in the power struggle, both politics and religion make attempts to undermine each other. If religion holds political authority, its ambition is to exploit it to fulfil a divine mission. It claims that it derives authority from divinity and therefore its mission is holy, motivated to reform society under spiritual guidance. Politics, on the contrary, bereft of any value, direct its policy on the needs and requirements of society where it obliges to change laws and system of government accordingly.

The study of the beginning and spread of any religion shows that every religion is started in a particular space and time; therefore, the main focus of its teachings is the solution to existing problems. However, with the change of time, there are new challenges and religion has to respond to them for its survival. In this process, it has to adjust its teachings according to changes. With the passage of time, a stage comes when religion fails to respond to the challenges of its time and finds hardly any space to adjust according to new environments. For example, in the case of Islam, it took nearly two and a half centuries to complete its orthodoxy. Once the process was complete, it became possible for orthodoxy to give any place to new ideas and new thinking. It was believed that any change in the structure would weaken its base. On this plea, it persists to retain its old structure without any addition.

**Prajita KC-BBM 4th**

## Instead of Passion of Trying Let Your Passion Find You

We collectively believe in a lot of myths. One of them is that your life only makes sense if you do what you love. That might be true, but the pursuit of your passion can be equally satisfying, which is something we often overlook.

Casey Neistat is an awesome Youtuber and entrepreneur. In his vlogs, he often talks about how much he loves his work And he advocates the belief of "find a job that you love and you don't have to work for a day in your life."

He's not the only one who believes that. Many artists, athletes, entrepreneurs believe the same. Steve Jobs even said:

"You've got to find what you love. And that is true for your work as it is for your lovers. *Your* work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do if you haven't found it yet, keep looking".

I agree. However, it seems like many of us put too much pressure on ourselves to find our passion.

- without passion, we are not complete
- without passion, our life has no meaning

Really? It sounds like we're giving 'passion' too much attention these days. It's important, yes, but it's not a magical solution that will make all your problems disappear.

Some people say, "If only I would find my passion." And I think. Then what? Let's say you find your passion. But if you're an idiot, you will be an idiot with a passion. And if you're a miserable complainer, you'll be a miserable complainer with a passion.

Don't expect that your life will be 10x better when you love what you're doing. Life is still LIFE. You have to wake up, make money, struggle, and deal with all the other things that life brings with it.

**Jeena Maharjan-BIM 6th**

## James Webb Space Telescope

*"I don't think it's very useful to speculate on what God might or might not be able to do, rather we should examine what he does with the universe we live in, all our observations suggest that it operates according to well-defined laws. These laws may have been ordained by God, but it seems he does not intervene in the universe to break the laws, at least once he set the universe going"*

*-Stephen Hawking*

We've all heard about NASA and its work throughout the years and how its achievements have helped humankind understand the cosmos more than ever and each day we make discoveries. Every once in a while, mankind takes a huge leap forward, and bells for a new age would ring around the globe. The James Webb Space Telescope is one of those huge leaps, a space odyssey coming to an end because of human curiosity. The \$10 billion endeavour James Webb Space Telescope is NASA's largest space telescope. It will probe the cosmos to

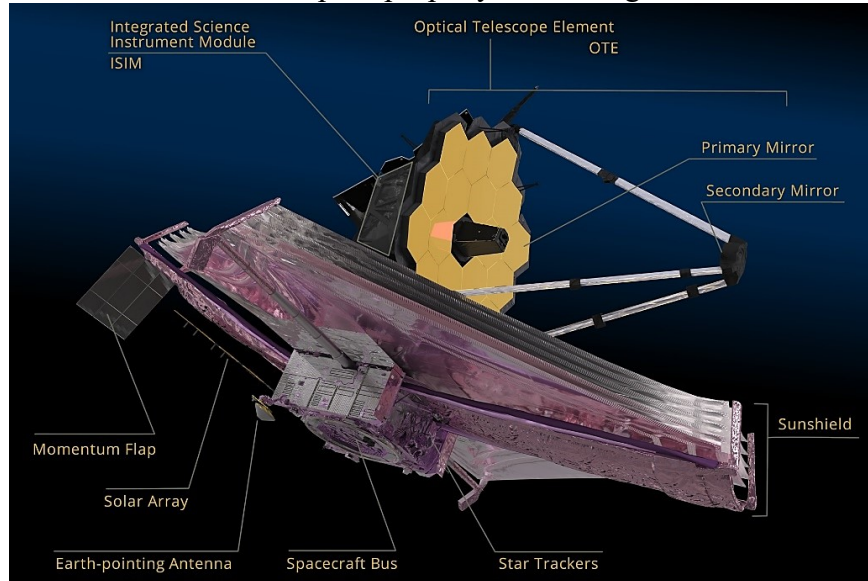


uncover the history of the universe from the Big Bang to alien planet formation and beyond. It can detect the photons (light particles) travelling unhindered through space for 13.5 billion years. The JWST is unlike any telescope we've ever seen, but why is it shaped like that? The primary mirror which looks like a honeycomb is Gold-plated on the Beryllium body, with only 48.6 gm of Gold for the entire 25m<sup>2</sup> of hexagonal shaped 18 mirrors. "Why use Gold?", you ask? The telescope is an infrared telescope and Gold is an excellent reflector of the infrared spectrum. Each mirror can adjust its angle to focus the light particle at the secondary mirror. The size of the mirror has to do with collecting as many photons as it can from that distant star, which is very dim. So, to do that, we would need a mirror with a large area, that can collect photons like a bucket collecting rainwater.

The JWST was launched on December 25, 2021, from the ESA (European Space Agency) launch facility at French Guiana. Its destination, the L2 point (Lagrange's point 2), is a gravitationally stable point in space where an object can stay more or less at the same position with a minimal amount of fuel. It's a space parking spot! The L2 point is behind the Earth hiding from the Sun because the JWST is an infrared telescope, infrared is heat, and the heat from the sun would saturate the sensors making the observation of the distant past impossible. The telescope would turn its back to the sun and the earth.

To operate correctly, the dark side of the telescope needs to be at -233°C which is way colder than the back facing the sun which is at 83°C. The minimum temperature needed for the telescope to operate is about 7 Kelvin (-266°C). To solve this issue, 5 layers of sunshield is attached to the

telescope. The sunshields are made of a plastic called Kapton and each layer is coated with a thin layer of a reflective material, Aluminium due to the Kapton's transparent property. The last two hottest layers are coated with Silicon because it can quickly reflect the energy it absorbs out as thermal radiation helping the telescope to cool quickly. Other cooling systems used in JWST are the cryocooler system and helium refrigerator. The deployment is another major challenge the engineers at NASA had to face. The thin sunshields had to unfold precisely at a certain angle for heat to radiate out into space properly when the game time arrives. There is over 300 single point



failure in the unfolding sequence, 300 chances for a \$10 billion, 25 years project to go down the drain...space drain. The unfolding sequence alone will take 3 days to complete and only then the optical component would unfold.

The mission duration of the JWST is 5-10 years. Most of the telescope mission lasted 2-3 years but was elongated with regular refuelling and maintenance

but the JWST will be 1.5 million km from us which is almost 4 times farther than the moon, so how can we send astronauts this far for refuelling and maintenance? We won't! The JWST uses hydrazine and dinitrogen tetroxide as its fuel for the thrusters. Hydrazine can trigger a hypergolic reaction meaning it doesn't need any igniter, they can ignite on contact with each other. Hydrazine will run out after 10 years of the mission and there's no way of refuelling the telescope. NASA might develop robots to refuel the telescope before its demise 10 years from now.

The telescope can calibrate itself from a larger position to finer stabilization with the precision of  $1/10000^{\text{th}}$  the size of the human hair. The calibration and fine phasing process will still be in progress 3 months after launch. After the completion of its calibration phases, the JWST will send us its first detailed images of the early universe from which we and everything we know was born.

The JWST could teach us more fascinating things beyond the early stages of the universe. This is just one of the achievements that show the capability of our species. The milestone we've achieved in a very short amount of time, from escaping the Earth's gravity from sending the first man to the moon from sending satellites to the edge of our system to landing rovers on Mars. This is not just the culmination of years of hard work from the engineers and scientists at NASA, but thousands of years of hard work from our ancestors. We would be watching the reionization epoch; a starting point of the human race and we should be celebrating together with excitement.

**Sworup Shrestha CSIT 2<sup>nd</sup>**

## **Don't Give Up**

A long time ago, there was a village where a boy named Ramesh Tamang lived. He was happy with his family. But his happiness could not last for long. Ramesh and his fellow villagers faced a severe drought. They desperately wait for rain but unfortunately, it doesn't happen. In that village soil is so dry so all the crops, and others vegetable even some plant trees dried up. It is very difficult to survive in absence of water they faced a lot of problems. The cattle started dying. There was no rain the stream was drying up slowly.

One night Ramesh think so deeply about how to solve that problem and suddenly he realize that when he was a child his grandparents said that we find water from the underground river flowing. The next morning he said villagers why don't we dig and see? And villagers also agree with his ideas and started digging. They dug for some days but gave up soon. However, Ramesh kept on digging. When people told him to give up but he said that God is helping and guiding my way. He said that when there is a problem there is a solution also. They try again. But one day, when he had dug deep suddenly he saw water and he call all the villagers to see. His attitude of not giving up saved the whole villagers.

### **Moral of this story**

Never give up so easily. Whenever a problem arises you must have patience and find out the solution.

**Rajani Shrestha-BBM 4th**



## A Street Beggar

We see beggars roaming around with a bowl in their hands. They ask for money or food as a donation. In ancient times people used to beg only if they didn't have anything to eat or when they lose their way. Some beggars used to beg because they were disabled and couldn't work or go in search of food.



Nowadays, begging has become a kind of job for many people. They go out begging even when they are physically fit. Some beggars go around begging and beg from than an honest worker earns in a day's work. Wherever you go, a beggar comes and looks at you in the eyes. You can't escape him.

Besides, seeing them in the temples, they come in the bus and go around the house door to door. Beggars loot money in the name of god or religion. A self-respectful person whether handicapped or not always tries to stand on his own foot. Of course,

helpless, crippled people should be helped, but they shouldn't be given alms.

Some beggars go about in saffron clothes(clothes of sadhus) carrying a bowl in their hands. Some beggars come singing religious songs and beg in the name of religion. Some sit by the roadside and pretend to be blind or deaf. They try to arouse pity and win the sympathy of the passers-by. Most of such beggars have even done crimes in kidnapping little children.

Before giving anything to the beggars we should think that our little money would not end his poverty. Instead, he will lose interest to work. We should either give them work or encourage them to work for a living. Charity should be given to only those who really deserve it.

The life of a beggar is much too hard and tough. They struggle a lot in their life. Most of the street beggar has no specific place to live. They are homeless or some of them live in slums or somewhere they don't have any better facilities for a good life. Begging is not a good thing and anybody shouldn't beg.

But when people become completely helpless and can't afford anything in their life, they start begging. They can't manage proper food to eat. Most people avoid beggars. But we need to help them. Though begging isn't a good profession we shouldn't insult or criticize them in public places.

**Suhana Maharjan**

## **Reply 1988 Series Review & Summary**

An Ode to Love, Friendships, Nostalgia and Life, Reply 1988 is one of the highest-rated K-Dramas to ever come out written by Writer-Director duo Lee Woo-Jung and Shin won-ho. Reply 1988 is the drama that has won the hearts of every K-drama fan and every generation. It brings the warmth and the good feeling of the good old days when everything was perfect. The story revolves around the friendship and love story of 5 best friends who have to deal with school duties, romance, and family problems.

### **Reply 1988 Series Main cast**

- \* Lee Hye-Ri as Sung Duk-Seon/Sung Soo-Yeon
- \* Park Bo-gum as Choi Taek
- \* Go Kyung-Pyo as Sung Sun-woo
- \* Ryu Jun-Yeol as Kim Jung-hwan
- \* Lee Dong-Hwi as Ryu Dong-Ryong.

### **Reply 1988 Series Plot**

Reply 1988 is a well-written drama. It intended to focus on the five childhood friends: The bubbly Deok Sun, the grumpy Jung Hwan, the good-kid Sun Woo, the funny Dong Ryeong and reserved Choi Taek. However, it also tackles different stories of their respective families who experienced struggles in work, financial, education, and social. The series is easily relatable since the characters aren't portrayed as someone rich or powerful but as someone who's living a simple life. Reply 1988 divides its focus between the teens and their parents.

The drama showcases their teenage struggle to overcome issues every teen can relate to and how they grow through everything they go through. It's about how they grew up together and became successful in their own life, and the beautiful memories that they had with each other which you guys don't want to miss watching. Reply 1988 Series Review Reply 1988 nailed the portrayal of average families in 1988 with a more realistic view of common or regular people. This drama also has a great blend of romance and comedy genres. The drama easily makes you laugh throughout its runtime and also makes you shed some tears in a few scenes.

This drama teaches us about life that it does get better and to have dreams, goals to achieve in our life. This is a drama that can be loved by any type of generation because the mixture of the old period and new period hits hard in this drama. The love story with so many twists and turns, making us curious to know who is the actual guy that gets the girl at last. The uncles and aunties in the neighbourhood never left a chance to entertain us, they showed us all the emotions what parents go through, what Men go through while taking care and being only the financial support in their families, also what moms or wives have to go through while taking care of their kids and husband.

**Melina Tamang and Prekshya Maharjan**

## **My LOVING MOM**

No matter what we go through no matter how much we argue because I know at the end she'll always be there for me 'MY MOM'. I know it hasn't been easy for you to be my mom, but I also know that you have always done and always do your best.

My mom is a woman like no other she gave me life, taught me, shouted at me but most importantly loved me unconditionally without asking anything in return. There are not enough words I can say to describe just how much important my mom is and the powerful influence she continues to give. My mom is the most important part of my life. not only did she carry me for 9 months but she continues to support and love me. Ever since I can remember, my mom has been a strong individual. She loves me at all times, she teaches me all the values and morals of life. My mom is my teacher and my friend.

Maybe I cant repay the love that my mom gave me but I promise on the day I will make you proud of me. If I could write a story, it would be the greatest ever told story of a kind and loving mom, who had a heart of gold." I Love You Mom".

**Jolly Kanskar-BIM 4<sup>th</sup>**

## **LOVE YOURSELF(SELF LOVE)**

Loving yourself is something every person needs at least at some point in their lives. If you're happy with who you are then it's easier to love and be loved by someone else. Love makes the world go round, but it all begins with you. If you want others to treat you well, treat yourself well first. If you seek love from another, fall in love with yourself first. Let us admit the fact that loving yourself is harder than loving someone else. A real question is why should we love ourselves? Loving yourself helps ease the mind and there are no stresses on your shoulders worrying about what others think of you. It means having self-respect, a positive self-image, and unconditional self-acceptance. It does not mean being arrogant, conceited or thinking that you are better than anyone else. It means having a healthy regard for yourself knowing that you are a worthy human being and your existence is worth it. It is important to remind ourselves that no one is perfect. We all have strengths as well as weaknesses.

Each of us is unique and has specific talents and abilities to offer. In the current world, many people are avoiding self-love. So, I wanted to remind you that don't be harsh on yourself don't change for someone else it's part of you it's you let all forgive yourself by loving yourself. Why do you try to hide your mistake? Ever the scar of your mistake makes up your constellation. Are you ready to love yourself? Hmm, maybe the answer is yes or maybe there is no answer. It's just that loving yourself doesn't require anyone's permission. You cannot sit around and wait for the approval. Work on accepting yourself. You are the only "you" that you have. So start to cherish your self-love yourself to have a better version of yourself.

**Prekshya Maharjan**

## **Manufacturing of Speaker**

There are numerous types of audio speakers, ranging from tiny in-ear devices to large-volume rock concert speakers, and everything in between. Stereo or mono speakers, omnidirectional, electrostatic, active, passive, and a variety of other configurations are all possible. They all have one thing in common: the capacity to recreate the sound, whether it's the softest and most wonderful music or a loud announcement intended to be heard by vast crowds over long distances. Making speakers is a fascinating process, and the sound differences are a direct result of the production process, as well as the quality and types of materials utilized.

### **What is a Speaker?**

A speaker, often known as a loudspeaker, is an electronic device that transforms electrical energy waves into mechanical energy waves or audible sounds. The vibration of an object causes a series of ripples or waves, which produces sound. Sound waves (or audio) are reproduced by speakers at various frequencies. The frequency of air particles is the rate at which they vibrate. The human ear can hear frequencies ranging from 20 hertz (Hz) to 20,000 Hz (or 20 kilohertz) (kHz).

### **How Speakers are made?**

For different types and quality of speakers, the manufacturing and assembly methods may differ. Some speakers, for example, employ iron plates as a speaker cone's foundation, while others use brass or other materials. The main idea is to provide the plastic or cardboard cone with a sturdy basis to prevent unintentional vibrations from interfering with the sound.

The solid base is cut to size and then sanded on a lathe or by hand until it matches the required specifications. Cut holes for screws or other fasteners, add the core, then glue and attach the assembly to the supporting frame are the following stages. To prevent echoes, sound dampening materials like wool or foam are usually utilized to cover empty areas.

The cone is coupled to an electromagnetic coil that is put into the frame. The speaker's AC current causes the coil to quickly magnetize and demagnetize, causing the cone to shake and generate sound waves. The entire structure is then fitted into the enclosure, which can be constructed of MDF, high-quality wood, or other materials and can be as basic as a metal or plastic box. The cost of a speaker, as well as the quality of its sound, is largely determined by the materials used.

Speakers used for music or precise sound may feature a woofer for low-frequency sounds and a tweeter for high-frequency sounds to improve the sound. A mid-range assembly will be included in some speakers for clearer sound. Each of them vibrates in response to different frequencies, resulting in the detailed sounds we experience.

Some of these procedures may need precision hand assembly, while others may be automated, depending on the speaker's quality and price range, as well as the materials and technology employed. Electromagnetic coils, for example, can be wound by hand or machine, or acquired from a third party. The overall quality and price point of a speaker are drivers of brand loyalty and can have a direct impact on purchasing decisions.

**Rameshwor Shrestha-BCA-2nd**

## High School Memories

High school Life, was the happiest time of my life. Life is a bit tedious without high school. Many people consider their college lives to be the best but for me, my high school is far better because it has more fun. There are too many memorable moments to remember like my class, sports week, canteen, friends, we know that more friends are the more happiness so yeah....and also the funny teachers.

It was also the time to meet new friends and build a new friendship, share laughter and support each other. And also, I met my best friend in high school and we still keep in touch up to now. During boring classes, we usually gossip about the things we like without caring about what was being taught.

I still remember that day, when we used to play fun games like hiding and seek, badminton, and mostly kabaddi. My friends and I used to have a lot of fights while playing kabaddi games. Whenever I remember this, I started to laugh alone like a fool. And during Friday, we often call it a "Good or Happy Friday", where we used to sing a song, crack some silly jokes, do mimicry, etc. It has been always two sections in my class "section A and section B". In "Section A " where most of the students are talented, disciplined and have good manners or polite students. These all students are belonging to this section. And in my section "Section B" where students are mannerless, clumsy, and cracking jokes on teachers. And all teachers always coming to say that this class is one of the nasty classes I have ever seen. And that makes me laugh.

Including all this, I have my best friend today and the learning experience that I got from my school. I did a lot of mistakes and blunders but thanks to my dear friends and teachers I was always rescued. That is how I learned from high school life the true meaning of cooperation, friends and love.

For me, high school is full of beautiful and unforgettable memories which I'll never forget for the rest of my life. It is one of the wonderful parts of my entire memories.

**Nandita Dangol-BCA 2<sup>nd</sup>**

## **Girls from the Newar community are married thrice**

### **1. Ih or bel bibah**

Ih or bel bibah is a unique ceremony that only young girls of the Newa community who are three to nine years of age. Here, young girls are dressed as brides and perform a holy ritual. The ceremony is usually held in groups but can be held individually too. Each girl holds a bel (*fruit*) between her hands, then the priests tie the hands with saki khipa (*rope made of dried wheatgrass*). The ceremony is a symbol of a young girl stepping into womanhood. In fact, the bel is a symbol of the uterus and the whole ceremony is conducted to wish that the uterus be as strong as the fruit when she bears a child.

### **2. Bara**

Bara, also known as *gupha* or *Surya bibah*, is another ceremony that a young girl of the Newa family goes through. Here, the young girl is kept in hiding from the male members of the family and away from direct sunlight for four to 12 days. The ceremony is generally conducted when the girl is in her first period. Once she is relieved from the hiding, she is dressed as a bride and then she gets ‘married’ to the Sun and observes the Sun as reflected in water before meeting any male members. This is also taken as a ritual in which the girl wishes for a guy who shares the qualities of the Sun God: sharp, strong and valiant. This is a symbol that the ovaries are fully formed now and the girl is ready for motherhood physically.

### **3. Ihi pa or marriage**

On the wedding day, the bride is all decked up in a red heavy embroidery saree and gold jewellery and red glass bangles to enrich the appearance of the bride. In Newar culture the colour red is regarded as the colour of married women hence, the attire and accessories are mostly in red. On the other hand, the groom attire a formal suit. The ceremony is called the “*Swayamber*” when the bride and groom exchange rings and put on gold jewellery each other. The major part of the wedding is when the groom puts vermilion “*sindoor*” on the bride’s forehead and a necklace made up of red beads which has a gold pendant. After all the rituals the bride departs from her family and leaves with the groom.

**Aakrity Tuladhar-BIM 4th**



## Indian IT industry in a wait-and-watch mode in Ukraine

India's IT services firms, which don't have a significant presence in Ukraine, have decided to adopt a wait-and-watch approach to the crisis and have activated business continuity plans in Eastern European countries such as Hungary, Poland and Romania. An estimated 50,000 tech workers and 200,000-odd tech freelancers in Ukraine could be affected by the crisis, according to research firm ISG.

As the Russia-Ukraine crisis escalates, India's information technology and business process management industry has gone into wait-and-watch mode.



Though Indian IT companies don't have large operations in Ukraine, they have big centres in Eastern European countries such as Hungary, Romania, Poland and the Czech Republic, where business continuity plans are being activated.

According to research firm ISG, about 50,000 tech workers and 200,000-odd technology freelancers in Ukraine could be affected by the crisis, and in turn, affect operations of tech companies around the world.

ISG has also warned companies of disruptions due to cyberattacks. "Cyber risk outside Ukraine has increased significantly over the past 48 hours... All enterprises should be prepared, whether they use Eastern Europe as a technology delivery location or not," it said in its advisory.

Who's doing what: HCL Technologies said it is closely monitoring the situation in delivery centres in the region. "We have been monitoring the situation closely and have already activated the required business continuity measures," said a spokesperson.

IT industry body Nasscom told us it was in constant touch with its members to understand the impact of the Ukraine crisis. It said initial feedback indicated no immediate impact.

Sheltering in place: In a note on the Ukraine crisis on Saturday, ISG said: "...based on discussions over the past 48 hours, it's our view that while some IT services employees have left the country, most are sheltering in place. This is likely to remain the situation for the near term as the Internet has been disrupted, many roads are blocked, and air space has been closed to commercial air traffic."

Google bans RT app in Ukraine: Meanwhile, Google has banned downloads of Russian state-owned media outlet RT's mobile app on Ukrainian territory at the request of the government in Kyiv.

Ukraine raises millions in crypto: Ukraine's government has raised almost \$8 million in

cryptocurrencies after posting appeals on social media for donations of bitcoin and other digital tokens, according to block-chain analysis company Elliptic.

**Rohit Maharjan- BCA 2nd**

### **Science student's love**

When I first saw you, a ray of light forgets to intersect at the retina. So, I'd to put on a concave lens. You must be acid to my litmus paper because every time I meet you, I turn bright red. I am a zinc piece in Woulfe's bottle. Come to my life like dilute HCL. our love will produce hydrogen gas. My love for you will remain constant like mass. If you believe in newton's law of gravitation then my love is directly proportional to the product of (you & me) 2 masses and inversely proportional to the distance between us.

You be the battery; I'll be the aluminium foil & together we'll light up the world. If you were an element, you'd be francium. You must be the benzene ring because you are pleasantly aromatic. You must be an alkali metal; one touch and I can tell you're highly reactive. I am waiting for you till Halley's comet appear again.

**Bishwas Lohani-CSIT 2nd**



## We Newars



The living goddess ‘Kumari’, Jatras, are the major factor where the identity of newa community begins. Indra Jatra is a renowned street festival that has been celebrated in the valley since 1756 AD during the period of Jaya Prakash Malla. It is one of the festivals for which thousands of youths wait. Celebrating this festival newa community has been successful in passing the religious history from generation to generation.

Indra Jatra which is also known as ‘Yenya’ that is a multi-faceted celebration, having cultural, religious, and social significance in Newa culture, which sees the involvement of every Newa caste group. While Indrajatra is held with high religious regard, it marks a significant day in the history of Nepal Mandala, as in 1768 during Indrajatra, Prithvi Narayan Shah attacked Kathmandu, later annexing it.

According to Abhas Rajopadhyaya, an anthropologist, Indrajatra is a festival that extensively symbolises the changes that have taken place in the valley over thousands of years with the change in the rule of power.” From people praying to Indrajatra and then to Bhairav and the addition of Kumari, all of these elements represent the changes that took place in Newa society”, says Rajopadhyaya, who’s also a priest.



## Chadani Manandhar-BBM-3rd



## Witch Doctor

Zharvakko, the Witch Doctor, is a ranged intelligence hero of Dota2 who can take on the role of support or a ganker. A master of voodoo curses and healing arts, he possesses several positioning-dependent crowd control/damage spells as well as a heal spell that scales well into the late game. His abilities include Paralyzing Cask, Voodoo Restoration, Maledict, Voodoo Switcheroo and Death Ward.

**Amar Maharjan-BIM-6th**

## **OVERTHINKING**

Overthinking is the state of mind when you think too much about something rather than acting and doing things. It is a psychological condition in which the mind tends to think too much and worry too much, about some topics. Overthinking is something we all do at some point. Everyone worries at least about school grades, financial matters or relationship troubles with friends or family members.

There are many reasons for a person to overthink situations. Like pressure, tension, trauma, fear of judgement, desire for foreseeing the future, fear of losing close ones, etc. Overthinking may lead to many problems like you may be less creative, your energy levels might drop, your appetite might change, your sleep may take a hit and many more. However, overthinking may not always lead to problems. Sometimes it may be creative. When a person overthinks about a situation, he/she thinks about many possibilities that may occur in that situation. Hence, he/she can find a solution for that situation.

### **WHAT DID I EXPERIENCE DURING OVERTHINKING**

I overthink many things, even about some small matters. While overthinking, my breathing gets heavier and sometimes even gets hard to breathe. I start to panic about what will happen if I take certain actions in that situation. I used to be a shy and introverted guy and that made things even harder. I used to feel afraid of sharing what was going on in my mind even with my close friends. And thinking about that matter alone makes it even harder. I started to think about many possibilities that may happen and sometimes also started to think about impossible things that may happen. And using social media in such time was like putting “kerosene on fire”.

### **HOW I OVERCAME MY OVERTHINKING PROBLEMS**

At first, I used to watch many videos on YouTube and read articles on how to overcome overthinking. In most videos and articles, I found that sharing your problems with your close friends and meditating is the most effective way. And I did try those methods which were effective to some extent. Personally, being a shy and introverted guy, making such close friends and on top of that, sharing such problems was quite hard at first.

However, I tried making some friends and started to share what was going on in my mind. While sharing, I learned that it's normal to overthink and everyone does that. And it's just that people don't want to share about such things as they are feared to get judged by people. But having a friend who listens to all your problems without getting judged is a blessing. Besides sharing, meditation also helps very much to overcome overthinking. Meditating for 10 to 15 mins daily definitely help me in overcoming overthinking. Other than meditation and having a friend, another solution was being honest about the situation and confronting related people and not thinking much about its consequences stopped me from overthinking.



## CONCLUSION

So, overthinking is not a big deal. Everyone does that at some point in time. It's about what you do to stop overthinking. You can listen to music, spend your time in creative things like drawings, dancing, singing and other things that you like to do. Try to keep yourself busy. Make friends, do some exercise. And “Learn to love yourself and make yourself top priority”.

**Rohit Bajracharya-BIM 4th**

## Music: Medicine For Soul

Music is the art of arranging sounds in time through the elements of melody, harmony, rhythm, and timbre. Music is performed with a vast range of instruments and vocal techniques ranging from singing to rapping.

There are different forms of the genre in music like pop, rock, metal, nu-metal, rap, country, jazz, etc. One person may not like some genre of music but that does not mean no one likes it. Even if we don't like one kind of music, there is someone somewhere vibing to it. So, we should not hate any form of music. We can listen to music in any state of mind, and at any stage of life when we are sad, we listen to music, when we are happy we listen to music, when we are alone, working out, doing a job, reading we can listen to music for relaxation and inspiration. This is why music is for everyone.



There's just something about music particularly live music that excites and activates the body. People gather together for a chance to see their favourite artists live and just enjoy the music. Music can be an inspiration for everyone.

“I think music in itself is healing,” American musician Billy Joel once said. “It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music.”

**Ravi Karki-BIM-6th**

## Conversation With An Executive Chef : Bishnu Magar



**Founder & Owner : Namanta Kitchen and Hospitality  
Executive Chef of Marriott International, Kathmandu**

### **Tell us a little about yourself**

First of all, thank you for having me. I appreciate National College of Computer Studies for providing me an academic platform through which I can share a little bit about my experience. So, I am Bishnu Magar, I am 45 years old, although I would love to say 20. I spent the initial years of my life in a small village of Bhojpur, known as Namanta. And after that, I moved to Kathmandu where everything started and eventually I ended up working in China.

In simple words, I would say I belong to everyone, I belong to people, now I belong to a company known as Marriott International. I am the executive chef and I look after the culinary operation.

### **Can you please describe how your journey started?**

Talking about my journey, I would say I've had a quiet simple one. My hospitality journey started in 1993 when I was 15 years old and a student. I initially started as a kitchen helper in a restaurant then I moved to a hotel and started working. After a few years, I graduated college and I continued working in Nepal.

Then, in 2002, I got an opportunity to work in China and there I worked with a number of hotels

like Hotel Shangri-La, Intercontinental hotel and Marriott, and many more. I spent 18 years in China for work. In short, I worked at restaurants, and then I moved up to hotels and that's pretty much my journey.

### **What it's like being an executive Chef?**

Being an executive chef, it makes me very happy. It definitely requires a lot of hard work, passion, and eagerness to learn new things. I've worked for 26 years, and being an executive chef makes me the happiest.

### **What are the three things that you've learned throughout your career that have become the very essence of you?**

I always try to use fresh and good quality ingredients and I believe no compromise should be done with the quality of ingredients. Next, is time management, the guests don't like waiting for too long time, and finally attention to details is also the most important thing, making small errors on the menu, recipe, paperwork, and plating can cause a huge setback. So, these are the things I've learned.



**What's the most exciting part about being an executive chef?**

I think there are various things that are exciting about this job. The position itself is exciting and there is salary and benefits all around the world. Apart from that, teaching people and seeing them growing into better positions from trainees to executive chefs, it makes me most excited.

**You have worked internationally in reputed hotels, why did you, decide to return to Nepal & work here?**

I've worked in China for such a long time, and in 2020, I returned home to take a vacation then lockdown happened and I was unable to return. So, my stay was not planned at all. But when I stayed here, I enjoyed every second of it. I thought I could do something here and established my own restaurant ' Namanta Kitchen. Then last year, I got a job offer from Marriott international, Kathmandu to be appointed as an Executive chef then since I am working with them for four months.

**Can you share success and a failure story that you still remember?**

I can remember a lot of success stories but not so much of failure ones. Although I remember a funny one for me, my success has been about working consistently with great companies, Small restaurants and focusing on my art. Also, providing expertise that turns out to be beneficial for the establishments is a success a success for me. About a funny story When I was serving for Narendra Modi, all of my team and I, we're brainstorming about the best things we can prepare and serve. We planned out the whole menu and everything but turns out Mr. Modi is a simple man who only liked simple food like roti, chana dal, and fresh fruits.

**While forming a team, what are the qualities you seek in young professionals, who want to be engaged in the food production department?**

I always seek young people with passion, who are always willing to learn new things. I feel people who are adaptive to changing times and innovative to create something new are required in the food production department. Needless to say, they must be incredibly hardworking and driven, and passionate about the job.

**What is the future of the hospitality industry of Nepal as per your Point of view?**

I think the future of the hospitality industry is beautiful. Hospitality Industry is something we've been good at since the beginning. It's not something new. But I do think that we should upgrade many things. We should always think globally and act locally. We should always consider international standards and use them as benchmarks and act accordingly. Another thing is since the hospitality industry is co-related with the tourism industry; tourism of Nepal should be promoted.

**What would you recommend young professionals -should they pursue their career abroad or continue it in Nepal?**

With many hospitality management and hotel management colleges, we can see a lot of young talents who can be professionals and I am excited about it. But sadly, most of them prefer going abroad. I think young professionals should pursue their career in Nepal in their own country, with their own family and people. They can go abroad for exposure to learn new things and sharpen their skills & knowledge and return to their home and create their career.

**Any message to the people who see you as an inspiration?**

There are a lot of opportunities. In whatever position you are, the most important thing is to learn and grow. Whatever you do put your heart into it and learn about it. Learn about people, culture and your job and always keep your concentration in the right place.

**Finally, lets do a quick rapid-fire quiz with you.**

OK.

Your favorite cuisine → Nepali

Your favorite food → Meat curry.

Favorite ingredients to work with → Any fresh ingredients

Your inspiration → Dilip Madhav

Best place you've travelled → Sanya, China

Best restaurant according to you → Jade no 36 and Mr. & Mrs. Bond

## Real Madrid Fans Club Nepal

Real Madrid Fan Club Nepal is a nonprofit club; our only mission is to share our passion for Real Madrid and build a large Nepalese network of fans. We are established as a Real Madrid C.F fan club and registered as a non-profit organization in Nepal. More than 200 members are associated with us. We will be working as a non-governmental organization (NGO) in the forthcoming days. Each event which is going to be organized by us has a different objective.

We are trying to get the fans of Real Madrid C.F as our members so that we can get helping hands in each of our plans and make them successful and give them an identity 3 times European Champions. FIFA Best Club of the 20th Century. With 13 Champions League trophies, 3 Intercontinental Cups, 4 FIFA Club World Cups, 34 La Liga titles, 19 Copa Del Rey cups and many more titles, Real Madrid C.F is the most successful club in the history of football and was named as the Best Club of the 20th Century by FIFA.



Peñas around the world wish Real Madrid C.F. on its 120th anniversary.

This is a name

This is a love

This is an inspiration

This is called football

This is Real Madrid C.F.

Champion of the Champions

Happy 120th Birthday REAL MADRID

**Kapil Chhatkuli-BIM 6th**

## Seventeen



Seventeen is a South Korean boy band formed by Pledis Entertainment. The group consists of thirteen members: S.Coups, Jeonghan, Joshua, Jun, Hoshi, Wonwoo, Woozi, DK, Mingyu, The8, Seungkwan, Vernon, and Dino. Seventeen debuted on May 26, 2015, with their mini-album 17 Carat. The name SEVENTEEN is explained as "13 members + 3 units + 1 team", representing the 13 individual members from 3 different units (hip-hop, vocal, and performance) who all come together to form one group. Their fans are called Carats as they help Seventeen to shine. Group seventeen is considered a "self-producing" idol group, with the members being actively involved in the songwriting, choreographing, and other aspects of their music and performances and has often been labelled as "Performance Kings", "Theater Kids of K-pop", and "K-pop Performance Powerhouse" by various domestic and international media outlets. They have many hit songs like Very Nice, Clap, Hit, Homerun, Left and Right, Ready to love

and their latest song Rock with you. The group also charted many songs on billboards. Their latest album Your Choice charted no. 1 on billboard's top album. They were also nominated as Top social artist on billboard music award in 2021. The group popularity is growing bigger and bigger not only in their home country but throughout the world. Seventeen is ready to conquer the world with its meaningful and impactful music and performances.

**-Rasika Pradhan**

## विज्ञान र प्रविधि

विज्ञानको उपसर्ग प्रक्रियाद्वारा बनेको विज्ञान शब्दले कुनै नयाँ कुरा पत्ता लगाउनु, कुनै नयाँ कुराको खोज अनुसन्धान गरेर त्यसका बारेमा ठोस सिद्धान्तको प्रतिपादन गर्नु भन्ने अर्थ दिन्छ । यस शब्दले आज संसारलाई नै मन्त्रमुग्ध बनाएको छ । विज्ञान शब्द आफैँमा रहस्यमयी छ र यो विषय अनेक रहस्यले भरिएको छ । प्रविधि शब्दले विज्ञानको देनलाई प्रस्तुत गर्छ । आज विज्ञानले गर्दा प्रविधिको विकास भएको छ ।

आजको २१ औं शताब्दीमा मानिस विज्ञानको धरातलमा टेकेर बाँचेको छ । आजको युग भनेको विज्ञान प्रविधिले आफ्नो दिव्य जादु प्रदर्शन गरेको युग हो । अविकासको अँध्यारोबाट विकासको उज्यालोतर्फ, अन्ध विश्वासको खाडलबाट वैज्ञानिक युगको धरातलतर्फ र अवैज्ञानिक सभ्यताबाट वैज्ञानिक सभ्यतातर्फ डोर्क्याएर आज विज्ञान प्रविधिले आफ्नो दिव्य जादु फैलाएको छ । त्यसैले आजको युगलाई वैज्ञानिक युग पनि भनिन्छ ।

ओडारलाई नै आफ्नो घर, आकाशलाई नै आफ्नो छानो र धर्तीलाई नै आफ्नो खाट ठानेर बसोबास गर्दै आएको मानिस आज समुद्रमा स्तम्भ ठ्याएर विमान स्थल बनाउने होडमा छ । नदीलाई देवी सरह पूजा गर्दै आएको मानिसले आज त्यही नदीमा बाँध बनाएर बिजुली निकालेको छ । आज नेपालमा खाना खाएर बेजिङमा चुट्न पुगिन्छ भने बेलायतमा सुतेर नेपालमा उठ्न सकिन्छ । चरालाई हेर्दै उड्न पाए हुन्थ्यो भन्ने मानिस आज केही सेकेन्डमै विश्व विचरण गर्ने भएको छ ।

तर विज्ञानका चमत्कार र प्रविधिका नयाँ आयामहरूले दुवै मानव सभ्यता र मानव जीवनमा राम्रो मात्रै भएको छ भन्न सकिन्न । विज्ञान-प्रविधिले सकारात्मक एवम् नकारात्मक प्रकारका परिवर्तनहरू ल्याएको छ । विज्ञान र प्रविधिको विकाससँगै मानिसको अदूरदर्शिताले विश्वको वातावरण बिग्रँदो स्थितिमा छ । आज टलक्क टल्कने हिमालमा हिउँ बाँकी छैन, समुद्रको स्तर बढ्नाले माल्दिभ्स जस्ता देशहरू पानीम अलप हुने खतरा बढ्दै जान थालेका छन् । विकाससँगै जनसङ्ख्याको वृद्धि भएको छ र यसले थप समस्याहरूलाई जन्म दिएको छ । त्यसैले विज्ञान-प्रविधिले ल्याएका नकारात्मक परिवर्तन एवम् विकृतिका बारेमा पनि हामीले केही सोच्नुपर्ने वेला आएको छ ।

विज्ञान-प्रविधिले ल्याएका विकृतिलाई निमित्त्यात्र पार्न हामी विश्ववासीले अब कम्मर कसेर लाग्नुपर्ने देखिन्छ । विज्ञान-प्रविधिका सकारात्मक चिजहरूलाई अँगाल्ने र बढाउने गर्नुपर्छ । यसले शिक्षाको क्षेत्रमा त क्रान्ति नै ल्याइदिएको छ । कृषिको आधुनिकीकरण भएको छ । त्यस्तै उद्योगका क्षेत्रमा ठूलो परिवर्तन आएको छ । विज्ञान प्रविधिले गर्दा नै धेरै समय लगाएर जोत्ने खेत आज ट्याक्टरले एकैछिनमा सम्प्याइदिन्छ । मोबाइल, कम्प्युटर, अन्तरिक्ष यानलगायतका हजारौं नवीन उपलब्धी विज्ञान तथा प्रविधिकै देन हुन् ।

त्यसैले विज्ञान-प्रविधिले ल्याएका राम्रा पक्षहरूलाई अनुसरण गर्दै यसका नराम्रा पक्षहरूलाई त्याग्दै जानु आजको समयको माग हो ।

—आस्त्रा श्रेष्ठ

## जनसङ्ख्या वृद्धि र बेरोजगारी समस्या

जनसङ्ख्याको वृद्धिले रोजगारीका क्षेत्रमा जटिल समस्याहरू उत्पन्न हुन्छन् । गरिब देशमा यसको असर त झन् बढी हुन्छ । हामी एउटा निर्धन राष्ट्रभित्र पर्छौं । हाम्रा आवश्यकताहरू दिनप्रतिदिन बढ्दै छन् तर हामीसँग सीमित रोजगारीको सुविधा मात्र छ । जनसङ्ख्या वृद्धिको अनुपातमा सुविधाहरू बढाउन सकिएको अवस्था छैन । जनसङ्ख्या वृद्धिले गर्दा रोजगारीका अवसरहरू कम हुने र नयाँ आउने पिँढीलाई रोजगारीका सबै ढोकाहरू बन्द हुने समस्या उत्पन्न हुन्छ । अशिक्षित त झन् बढी बेरोजगार हुने अवस्था सिर्जना भएको छ भने शिक्षितलाई पनि उपयुक्त सन्तोषजनक अवसरहरू प्राप्त हुँदैनन् । ठुलो मानिसको हुलमा त्यहाँ भएको र क्षमतायुक्त जनशक्तिको पहिचान गर्न पनि सकिएको छैन । यसले गर्दा पनि बेरोजगारीको समस्या बढेको छ । अर्को तरिकाबाट हेर्दा जनसङ्ख्या वृद्धिको मागको अनुपातमा गाँस, वास र कपासको उपयुक्त व्यवस्थापन हुन सकिराखेको छैन । घरको आवश्यकता पुरा गर्नका लागि मानिसहरूले उत्पादनमूलक जग्गामा पनि घर बनाउन थालेका छन् । यस प्रवृत्तिले गर्दा उत्पादनमूलक जग्गा पनि घटिरहेको अवस्था छ ।

भनिन्छ, हाम्रो देश कृषि प्रधान देश हो र यहाँका ८० प्रतिशतभन्दा बढी मानिसहरू कृषि पेसामा संलग्न छन् तर यहाँ जटिल समस्या आयो किनकि कृषिपेसाबाट जीवन चलाउने मानिसले पनि अब कृषिपेसाबाट हात हटाई बेरोजगार बन्नुपर्ने भो । त्यति मात्र कहाँ हो र, उद्योग कलकारखानाले केही हदसम्म धानिराखेको बेरोजगारीको समस्या झन् चर्केर जाने सम्भावना बढेको कारण कृषिक्षेत्रबाट उद्योगलाई चाहिने पर्याप्त कच्चा पदार्थको कमी हुने हुँदा उद्योग कारखाना पनि धमाधम बन्द हुने समस्या देखियो ।

यसरी बेरोजगारीले नै जनसङ्ख्या वृद्धि हुने रोजगार नपाइने मानिस धेरै हुन्छन् । यस्ता मानिस अशिक्षित हुन्छन् । उनीहरूलाई परिवार नियोजनका बारेमा केही ज्ञान हुँदैन त्यसैले उनीहरू बढी सङ्ख्यामा बच्चा जन्माउने गर्दछन् जसले गर्दा जनसङ्ख्याको वृद्धि हुन्छ अर्को कुरा, बेरोजगारीले शैक्षिक क्षेत्रमा पनि असर गर्दछ । आफू शिक्षित नभएका व्यक्तिले आउने पिँढीलाई शिक्षामा लगानी गर्न नसक्दा उनीहरू अशिक्षित हुने सम्भावना सिर्जना हुन्छ त्यसैले उपयुक्त शिक्षा नपाउँदा शिक्षित जनशक्तिको अभाव हुन्छ र यसले पनि बेरोजगारी सिर्जना गर्दछ ।

यसरी हेर्दा आज जनसङ्ख्या वृद्धि एउटा विकराल समस्याको रूपमा देखा परेको छ । बेरोजगारीको समस्या सिर्जना हुनु अन्य समस्याको जन्म हुनु हो । यसले मानिसहरूलाई आफ्नै राष्ट्र वा देशमा चोरी, डकैती र लुटपाट गर्न बाध्य पारेको छ । यसले सामाजिक असुरक्षा बढाएको छ, मानिसलाई रोजगारीका लागि विदेश जानुपर्ने बाध्यता बढाएको छ । यी कारणले गर्दा देशभित्र जनशक्तिको अभाव जस्ता समस्याहरू सिर्जना भइरहेका छन् र एउटा शान्त राष्ट्र अशान्तिको भुमरीमा फैस्दै गइरहेको छ ।

त्यसैले यस विषयमा सरकार गम्भीर हुनु आवश्यक छ । जनसङ्ख्याको वृद्धिलाई रोकेर बेरोजगारी तथा भोकमरीको समस्यालाई न्यूनीकरण गर्न सरकारले नयाँ कदम चाल्नुपर्छ यो काम गर्न ढिलो भैसकेको छ ।

—सोनाली चौधरी



## न्हाय्कं

छै दंथाय् दकःमि ज्या याःवंम्ह मचाकाजी व वनापं ज्यामि ज्या याःवंम्ह वया तिरि सन्तुमाया सन्ध्याकाःई ति छैय् थ्यंकः वइ । इमि गुदं दुम्ह काय् सर्गः व न्हय्दं दुम्ह म्थ्याय् मिला निम्हं ज्ञानी जुयाः होमवर्क यानाचवनी । मचात निम्हं छैय् हे च्वनाच्वंगुलिं सन्तु लय्ताइ । “ओहो सा ! थौं जि मस्त पिने म्हितः मवंसे छैय् च्वनाः आखः ब्वनाच्वंगु का । वा वइ ला कि छु थौं ?” धाधां सन्तुं निम्हं मचातय् पाचिना काइ । मांया लुमुगु मतिनाय् दुवी खनाः मचातय् खाः चकनी । मिलां न्यासि न्यासि चायाः नुगःया खँ प्वंका हे छवइ, “मां मां, थौं जिमिसं मां बायात प्याखं क्येनेगु ।” “हाँ, गजागु प्याखं ? गन क्येनेगु ?” सन्तुं म्थ्याय्या खंयात उलि च्यूता मतसे भुतूपाखे स्वयाः वनी । मचाकाजी वयाखतं खाताय् फ्येतूवनी । सर्गः लिक्क वनाः बौया ख्वालय् तुंक स्वयाच्वनी । “छु धाःवयाम्ह छु ? सुम्क आखः ब्वनामच्वंसे” मचाकाजीं काय्यात ब्वःबीथें यानाः भचा तसलं न्ववाइ । सर्गःया म्हुतुइथ्यंक वये धुंकूगु खँ दुसुना वनी । च्वाकिंम्ह मिला बौया लिक्क च्वंवयाखतं बौयागु ल्हाः ज्वनाः धाइ, “बा बा, जिमिसं थौं मां बायागु एक्किट्ङ्ग यानाः क्येने धयां.....जिं मांयात सःताहये ।” थुलि धयाः मिला चुल्ल भुतूपाखे स्वयाः वनी । पलखं हे मांम्हसित ल्हाः ज्वनाः सात्तुसाला हइ । बौया नापं फ्येतुकी ।

“का का, याकनं छु क्येनेगु क्यँ । जा थुइ लिबाये धुंकल” सन्तुमायां हथाय्चाः पह क्येनी । सर्गःया सासः थहांवइ । मुसुमुसु न्हिलाः धाइ, “जि बा जुइगु, मैचा मां जुइ का न्हिं । स्वयाच्वना दिसँ न्हिं ।” थुलि धयाः मस्तय्सं अभिनय यायेगु सुरु याइ ।

मिला भाराकुति दुथाय् ध्याकुनय् वनाः जाथुयागु भाय् याइ । सर्गः छगू कुनय् वनाः नकतिनि न्ह्यलंचाःम्ह थें मिखा गिलिगिलि यानाः दनी । मिलाया सः थ्वइ, “ए वाःम्ह, जा बुत । याकनं जा भप्यू भासँ । ज्या वने लिबाइ ।” निम्हस्यां जा नयागु भाय् याइ । निम्हं खापा ग्वयाः छैय् नं पिहांवनागु भाय् याइ ।

मचाकाजी व सन्तुमाया निम्हं मस्तय्सं थःपिनिगु नक्कल याःगु स्वस्वं इति इति न्हिलाच्वनी । “सिधल ला ?” सन्तुं न्यनी । “मसिधःनि, मसिधःनि । आः मां बा ज्यावनाः लिहांवःगु क्येने मानि” मिलां काचाक्क लिसः विइ । “का याकनं क्यंसा । सिक्क हे न्हिकल छिमिसं ला थौं” धाधां सन्तु हा हा यानाः न्हिली ।

सर्गः व मिला कोथां पिहांवनी । मिला छम्ह जक दुहांवइ । खापा ग्वइ । जा थुयागु भाय् यानाच्वनी । खापा ध्यां ध्यां याःगु सः वइ । मिला ज्याय् तक्यना च्वंम्ह थें यानाः काचाक्क खापा खंवनी मखु ।

मचाकाजी व सन्तुमायाया ध्यान मस्तय्सं क्यंगु प्याखनय् दुबिना वनाच्वनी । गम्भिर जुयाः स्वयाच्वनी । खापा ध्यां ध्यां याःगु सः वयांतुं च्वनी । मिला तपलाखं वनाः खापा खनी । सर्गः धेधे चुइक पलाः छिनाः दुहांवयाखतं लद्वदे जूगु सलं धाइ, “गबाय् त माःगु खापा खंवयेत ?” “का स्व..... थौं नं त्वना वल का । हे दैव ! गबले जक सुधरे जुइगु थ्व मनू” मिलां कपालय् ल्हाः दिकाः धाइ । “हाला ला छु ! अप्वः हाल कि छंगु म्हुतु म्वयेहिलाबी जिं” अय्लागुलु पह वयेका धाइ सर्गतं । “छु अप्वः हालागु दु जि ? अथे अय्ला त्वनावये मते धयागु का” मिलां तंवः पह यानाः धाइ । “का छन्त” धाधां सर्गतं मिलाया ख्वालय् मुक्का नकागु भाय् याइ । “आया..... ” धाधां मिला भ्वसू वनी । सर्गतं “मगाःनि छन्त, अफ मगाःनि” धाधां भ्वा भ्वा प्यंकागु भाय् याइ । “सित बाबा.....जि सित” धाधां मिला त्वाँय् त्वाँय् खयागु अभिनय याइ ।

नाटक क्वचाःगुकथं मिला व सर्गः निम्हं नापं दनाः मां बौयात ज्वजलपा यासे छयं क्वछुकाः अभिवादन याइ । मस्तय्सं मां बौया ख्वालय् प्रतिक्रिया माली । इमिसं खनी, मांया मिखां खबी बाःवया च्वनी । बौ छयं क्वछुका च्वनी ।

-निर्भाना महर्जन

## नेपालको सेयर बजार

विसं १९९३ मा विराटनगर जुट मिल्स र नेपाल बैंक लिमिटेडले सेयर जारी गरेबाट नेपालमा सेयर निष्कासन गरी सर्वसाधारणबाट पुँजी संकलन गर्ने काम सुरु भएको हो। धितोपत्र बजारको सञ्चालन गर्न र आन्तरिक पुँजी परिचालन गरी पुँजी बजारको विकास गर्ने उद्देश्यबाट कम्पनी ऐन, २०२१ अन्तर्गत २०३३ असार २२ गते सेक्युरिटी खरिद/बिक्री केन्द्रको स्थापना भयो । यो केन्द्र धितोपत्र कारोबार ऐन १९९१ संशोधन २०४९ अनुसार २०५० साल जेठ १३ मा नेपाल स्टक एक्सचेन्ज (नेप्से) लिमिटेडमा परिणत भयो । यसपछि मात्र सेयर बजारको संगठनात्मक विकास र औपचारिक रूपमा दोस्रो बजारको कारोबार सुरु भयो।

नेपालको सेयर बजार राजनीतिक परिवर्तनबाट केही प्रभावित भएको पाइन्छ र प्रत्येक परिवर्तनसँगै सेयर बजारमा केही उतारचढाव महसुस गर्न सकिन्छ । यहाँका लगानीकर्ताहरू सूचना, समाचार तथा कम्पनीसम्बन्धी गतिविधिप्रति विस्तारै सचेत हुँदै गएको पाइन्छ । लगानी निर्णयमा लगानीकर्ताले नगद लाभांशभन्दा पनि बोनस तथा हकप्रद सेयरलाई बढी प्राथमिकता दिएको विभिन्न अध्ययनले देखाएका छन् । कमैमात्र लगानीकर्ताले कम्पनीको वित्तीय विवरण विश्लेषण गर्ने र लगानीसम्बन्धी निर्णय गर्ने गरेका पनि अध्ययन अनुसन्धानहरूले देखाएका छन् । तर पछिल्लो समयमा लगानीकर्तामाझ कम्पनीको वित्तीय अवस्थाको अध्ययन गरेर लगानी गर्ने प्रवृत्ति बढ्दो छ।

### कम्पनीका प्रकार

कम्पनी प्राइभेट लिमिटेड र पब्लिक लिमिटेड गरि दुई प्रकारका हुन्छन् । कम्पनीका लगानीकर्तालाई सेयरधनी भनिन्छ ।

### प्राइभेट लिमिटेड कम्पनी

कम्तीमा १ देखि बढीमा ५० जना सम्म सेयरधनी भई कम्पनी ऐन २०६३ अनुसार कम्पनी रजिस्ट्रारको कार्यालयमा दर्ता गरेको संगठित संस्थालाई प्राइभेट लिमिटेड कम्पनी भनिन्छ। प्राइभेट लिमिटेड कम्पनीले सर्वसाधारणमा सेयर जारी गर्न सक्दैन ।

### पब्लिक लिमिटेड कम्पनी

पब्लिक लिमिटेड कम्पनीमा कम्तीमा ७ र बढीमा जति पनि सेयरधनी हुनसक्ने व्यवस्था छ। पब्लिक लिमिटेड कम्पनी दर्ता गर्न कम्तीमा १ करोड रुपैयाँ चुक्ता पुँजी आवश्यक हुन्छ। पब्लिक लिमिटेड कम्पनीले मात्र सर्वसाधारणलाई सेयर जारी गरि आवश्यक रकम संकलन गर्न सक्छ ।

### संस्थापक सेयर

कम्पनी स्थापना गर्ने व्यक्ति वा संस्थाले खरिद गरेको सेयर वा लगाएको पुँजीलाई संस्थापक सेयर भनिन्छ । बैंक तथा वित्तीय संस्था तथा बिमा कम्पनीका संस्थापकले कम्पनी सञ्चालनमा आएको पाँच वर्ष सम्म

सेयर बिक्री गर्न तथा धितो राख्न पाउँदैनन् । तर अन्य कम्पनी जस्तो जलविद्युत कम्पनीमा भने सर्वसाधारणलाई सेयर जारी गरि बाँडफाँड गरेको तीन वर्ष सम्म संस्थापक सेयर बिक्री तथा धितो राख्न पाउँदैन ।

#### सर्वसाधारण सेयर

धितोपत्र बोर्डको स्वीकृति लिई सर्वसाधारण जो कोहिले किन्न सक्ने गरी कम्पनीले निष्कासन वा जारी गरेको सेयरलाई पब्लिक सेयर भनिन्छ । कर्मचारी र स्थानीयबासीको सेयर बाहेक सर्वसाधारणलाई जारी सेयरको कारोबारमा कुनै रोक लगाइएको हुँदैन ।

#### साधारण सेयर

साधारण स्टकले निगममा स्वामित्वको शेयरहरू र स्टकको प्रकारलाई प्रतिनिधित्व गर्दछ जसमा धेरै मानिसहरूले लगानी गर्छन् । जब मानिसहरू स्टकको बारेमा कुरा गर्छन्, तिनीहरू सामान्यतया साझा स्टकको सन्दर्भमा छन् । वास्तवमा, स्टकको ठूलो बहुमत यस फारममा जारी गरिएको छ । साधारण शेयरहरूले नाफा रलाभांश० मा दावी प्रतिनिधित्व गर्दछ र मतदान अधिकार प्रदान गर्दछ ।

#### हकप्रद सेयर

साधारण सेयरबाटै थप पुँजी उठाउनुपर्ने भने कम्पनीले जारी गर्ने नयाँ सेयर किन्ने पहिलो हक हाल भइरहेका सेयरधनीको हुन्छ । यस्तो सेयरलाई हकप्रद सेयर ९चनजत कजबचभ० भनिन्छ । वा हाल भइरहेका सेयरधनीले मात्र किन्न पाउने गरी जारी गरिएको नया सेयरलाई हकप्रद तपर भानन्छ । लगानीकर्ताले हकप्रद सेयर खरिद गर्न तोकिएको दरमा मूल्य तिर्नुपर्ने हुन्छ । उदाहरणका लागि १२१ अर्थात् १ को अनुपातमा १ हकप्रद सेयर जारी गर्ने भनिएमा सो कम्पनीको एक कित्ता सेयर हुनेले कम्पनीबाट थप एक सेयर किन्न पाउँछ ।

#### धितोपत्र बजार

धितोपत्र खरिदकर्ता तथा बिक्रेतालाई एकै ठाउँमा ल्याई धितोपत्रको खरिद, बिक्री वा विनिमय कार्य सम्पन्न गर्ने स्थान वा प्रणालीलाई धितोपत्र बजार भनिन्छ । धितोपत्र बजारलाई मूलतः प्राथमिक बजार र दोस्रो बजार गरी दुई प्रकारमा वर्गीकरण गरिन्छ ।

#### प्राथमिक बजार

कम्पनी तथा सरकारले प्रथमपटक जारी गरेको धितोपत्रको किनबेच हुने बजारलाई प्राथमिक बजार भनिन्छ ।

प्राथमिक बजारमा कम्पनीले धितोपत्र बिक्री प्रबन्धकको माध्यमद्वारा सर्वसाधारणमा धितोपत्रको बिक्री गरी पुँजी संकलन गर्छन् । यो बजारमा कम्पनी र लगानाकर्ता सम्बन्ध रहेको हुन्छ ।

#### बजार

प्राथमिक बजारमा जारी गरिसकेका धितापत्रका पुनः किनबेच गर्न सकिने बजारलाई दोस्रो बजार भनिन्छ । नेपाल स्टक एक्सलिमिटेड नेपालमा एकमात्र दोस्रो बजार हो । दोस्रो बजारमा धितोपत्र बोर्डबाट इजाजत प्राप्त दलाल अर्थात् ब्रोकरमार्फत् मात्र सेयरको कारोबार हुने गर्छ । दोस्रो बजारमा धितापत्र खरिद/बिक्री लगानीकर्ताबीच मात्र हुने भएकाले कम्पनीसँग कुनै सम्बन्ध हुँदैन ।

## Population Census 2078

The **National Census of Nepal** is conducted every ten years to collect information about the demographic, social, economic, and other parameters. The first census in Nepal was done in 1911 using a traditional approach. Since 1952/54 the census was done by adopting modern scientific methods. Computer processing was introduced for the first time in the 1971 census using IBM 1401. At present, the census is carried out by the Central Bureau of Statistics under the National Planning Commission. The census is a mandatory process to be carried out every 10 years as per Article 281 of the Constitution of Nepal.

The population of Nepal as per the census is given in the table below.

Year	Population	Gender Ratio	Growth Rate
1911	5,638,749	N/A	N/A
1920	5,573,788	N/A	-0.12
1930	5,532,574	N/A	-0.07
1941	6,283,649	N/A	1.27
1952/54	8,256,625	96.8	2.73
1961	9,412,996	97.0	1.31
1971	11,555,983	101.4	2.05
1981	15,022,839	105.0	2.62
1991	18,491,097	99.5	2.08
2001	23,151,423	98.8	2.25
2011	26,494,504	94.2	1.35
2021	29,192,480	95.9	0.93

## Census Report 2078

- Total population of Nepal: (2,91,92,480) 2 crore, 91 lakhs, 92 thousand, 4 hundred and 80
- Male: 1,42,91,311 (48.96 percent)
- Female: 1,49,01,169 (51.04 percent)
- Number of houses in Nepal: 5.643 million
- Number of families in Nepal: 67 lakh 61 thousand 059
- Census House to Family Ratio: 1: 1.20
- Number of families added in 10 years: 13 lakhs 33 thousand 5 hundred and 57
- Most of the population living abroad: 2,169,478
- Male living abroad: 17 lakh, 63 thousand, 3 hundred and 15 (81.28 percent).
- Women living abroad: 4 lakh 6 thousand 103 (18.72 percent)

- Number of women abroad: 71.09 percent
- Abroad from Terai: 10 lakhs 65 thousand 9 hundred 69
- Abroad from the hills: 9,84,896
- Abroad from the mountains: 1 lakh 18 thousand 6 hundred 13
- Population of Terai: 1,56,65,828 (53.66 Percent)
- Hill Region population: 117.48 million (40.25 Percent)
- Population of Mountain: 1.778 million 104 (6.09 percent)

#### **Population of Nepal by rural and urban distribution:**

- Urban population of Nepal: 19,291,031 (66.8 percent)
- Rural population of Nepal: 991,449 (33.92 percent)

#### **Least populated Districts of Nepal 2078**

- Manang: 5,645
- Mustang: 14,596
- Dolpa: 42,959
- Rasuwa: 45,554
- Humla: 55,496

#### **Most populated Districts of Nepal 2078**

- Kathmandu: 20 lakh 17 thousand 5 hundred 32
- Morang: 11 lakh 47 thousand 1 hundred 86
- Rupendehi: 11 lakh 18 thousand 975
- Jhapa: 9 lakh 94 thousand 90
- Sunsari: 9 lakh 34 thousand 461

## **Background of the 15th Economic Development Plan**

The constitution of Nepal envisages creating a prosperous, independent, and socialist-oriented economy. The Fifteenth Plan has a vision of rapid and balanced economic development, prosperity, good governance, and happiness for the citizens. This will be the first plan to achieve the target in the federal structure through three levels of efficient intergovernmental finance management and cooperation with the private, cooperative and community sectors.

This scheme will achieve the prosperity and happiness of the present generation and build the foundation of a socialist-oriented economy. To increase income, build quality human capital and minimize economic risks, upgrade from developing countries to developing countries by 2079; By 2087, the basis of the Fifth Plan has been formulated to reach high-middle-income countries with the idea of achieving sustainable development goals.

This fifteenth plan of Nepal will focus on building a foundation for the realization of economic prosperity and civic happiness by maintaining harmony in the functioning of the three levels of government through the mobilization of internal and external resources and resources and intergovernmental finance.

### **National Goals**

The Fifteenth Plan of Nepal will be the basis for achieving long-term thinking of “Prosperous Nepal, Happy Nepali“. In accordance with this, the national goal of the scheme is to build a foundation for upgrading high-income countries by transforming them into a socialist-oriented public welfare state with a rich economy, social justice, and sophisticated living.

### **National Strategy**

#### **1. Promoting rapid, sustainable and economical employment**

Rapid, sustainable and employment-based economic growth will be achieved through basic and macro-infrastructure construction, production and utilization of clean credit, high cost and commercial agriculture, productive industry and tourism development and expansion of trade.

#### **2. Ensure accessible and quality healthcare and education**

At the local level, equitable access of citizens to health services will be established by developing health infrastructure including basic health services. The use of the latest technology and the availability of manpower and efficiency will be ensured to ensure the quality of health services in medicine and treatment systems, physicians and service effects.

A policy of minimization and risk management will be adopted to reduce the cost of healthcare delivery. For this, the health system will be improved by expanding health insurance. A healthy lifestyle will be promoted while making citizens responsible for their health.

#### **3. Provide complete, sustainable and productive social security and protection**

All citizens will be provided with the opportunity provided by the Constitution, the services provided by the state, full security and respect and social protection. For the inclusive economic



growth, elimination of absolute poverty, and equitable distribution of income, equitable access, distribution and utilization of the means of production, employment.

#### 4. To build a just society with poverty alleviation and economic social equality

Programs on building a safe, decent and equitable society will be implemented by ending gender equality and ending all forms of violence, discrimination, exclusion, and perversion. Emphasis will be given to equal access and distribution on all types of opportunities including education, health, employment, representation. Emphasis will be given on the establishment of healthy and vibrant social life through the protection and promotion of socio-cultural diversity, social and community activities and social capital mobilization.

#### Strategies

Increase the access of all citizens to preventive, promotive, curative, rehabilitative and palliative health care.

Development and expansion of Ayurvedic, naturopathy and other health systems.

Improve the health conditions of the mother, infants, children, adolescents, and management of the family.

Development of skilled manpower accountable to manage issues like population distribution, difficult geographical location and develop need-based hospitals and health institutions.

Increase national investment in the health sector and promote sustainable health finance.

Implementation of a multidimensional nutrition plan effectively.

Production of medicines, health equipment, distribution of medicines, inventory management, and import of quality medical accessories.

#### The course of actions

Management of pharmaceutical waste through integration with the local and provincial governments.

Commercial farming of medicinal herbs and production of modern medical equipment.

Promotion of the health service at all levels and equitable health insurance to all the citizens.

Implementation of 'One school, one health personnel' policy through collaboration with educational sectors.

Promotion of personal hygiene, sanitation and quality food for the alleviation of malnutrition.

Expansion of mental health services at all levels.

Control of communicable as well as non-communicable, infectious diseases and promotion of health services effectively through strategic planning.

**-Pratima Poudel-BBM 6th**

## A Trip to Kori Highlands



Kori trek is an awesome trek in Nepal. Kori Danda is known as the center point of Nepal. It is camping to organize a trek. It is nearby Pokhara, located in the northeast of Pokhara valley. According to the map, Pokhara to *Sikles* distance is 45.425 km. Kori lies in the Annapurna region nearby mount Lamjung Himal (6988m), Annapurna II (7937m), Machhapuchhare (Mount Fishtail 6993m), and many more mountains. The Kori Danda is situated at 3800m. So, the maximum altitude of the Kori trek is 3800m. Kori trek is a paradise trek. It is also wild and especially the Gurung culture trek in Nepal.

There is another god gifted on the route as a side trip for a day. That is Kahphuche Lake (Kapuche lake). *Kapuche Lake is the lowest glacier lake in Nepal*. Kapuche is situated at 2450m altitude. The lake is crystal clear blue water. There is available a boat as well to make fun as well as take an experience of boating at the glacial lake. This is two in one trek such as a *Sikles* trek as well as Kori Trek. There is another option to be joined for the Annapurna circuit trek via Namun La pass (5560m). It takes about 3 more days to reach Timang from Kori Danda.

On the way to the Kori Danda, there is a beautiful Gurung village, *Sikles*. *Sikles* is a beautiful indigenous Gurung village; it is one of the biggest villages of Gurungs. A one day stay in this beautiful village is a must. The friendly people and the eye-pleasing view from this place are surreal. Since this place is reached by local transportation, it is easier for every age group to reach there. There is a park known as *Sikles* park. From this park, we can witness the majestic mountain range. We were pleased by the view.

### Trip Itinerary:

Day 1: Kathmandu to Pokhara

Day 2: Pokhara to Sikles, 4-5 hours hike from Sikles to Tasha

Day 3: Tasha to Kori (approx. 8 hrs trek)

Day 4: Kori to Sikles

Day 5: Sikles- Pokhara- Kathmandu

### Trip experience:

As you know, we make millions of unsuccessful plans to reach one successful plan. This Kori trek was one of our success plans. Initially, we didn't have any idea about going to Kori highlands, we were planning to go to Kapuhche glacier lake. We were set up to go to Kahpuche glacier lake. We took a local bus from Kalanki to Pokhara. We stayed at Pokhara that night, had some fun and went to bed as early as possible because we had to wake up early in the morning for our trip.

The next morning we reserved a jeep to Sikles village. It took about 3.5 hours for us to reach Sikles village. We were amazed by the hospitality in the hotel in the village. There we met Maya Dd, the owner of the hotel where we stayed. We had lunch in the village. While having dinner, one of my friends was watching the vlog of Ghumante, the vlog was about Kori village. We were amazed by the beauty which was shown in the video. So, on the spot, we changed our plan and decided to go to Kori instead of Kahpuche glacier lake. There we consulted with Maya dd about the route and time. She told us that the route was difficult and it would be difficult for us to reach Kori. But we were all pumped up by the beauty which we saw on the vlog of Ghumante. We neglected all the pessimism given by Maya dd, we hired a local guide from the village and started our trek.

It took us about 4 hours to reach a place known as Tasha. This place had one hut. There were 2 local people who had been waiting for us to arrive. They were pre-informed about our arrival by Maya dd, so they could prepare the lunch and accommodation for us. We had a good time there. It was a little bit of a struggle because there was no electricity and a proper toilet. But anyhow we managed to get sleep because we had a great hike the next day.

The next day we woke up, we all were excited to reach Kori. We had breakfast there and got ready to move to Kori. We started our hike at about 9:00 am. We were enjoying the route. The route was a little difficult, it was uphill. And the routes weren't properly managed. As the day started to get darker, we were getting worried. The destination wasn't seen, but we didn't stop our trek. We kept on walking. We motivated each other. Finally, we could see a man waving a flashlight at us. It gave us hope. It wasn't just a flashlight, it was a light that made us relieved. Finally, we reached the tent in the Kori. There we reached about 6.30 pm. We had lunch and dinner. We went to sleep because we were tired.

The next day as soon as we got out of the tent, we all were amazed. We could see the Annapurna range just in front of us, shining with the reflection of early morning sunlight. We didn't imagine that the mountains would be so close. We were mesmerized by the beauty. We tried to capture the moment there through photographs and videos. The photos and videos couldn't justify the beauty

out there. But still, we tried our best to capture them. We were in hurry that day because we had to descend all the way down to Sikles.

After about 7 hours hike, we descend to Sikles village. There we had a good time. We sat around the bonfire, talked with the locals of the village. We danced, sang and whatnot. We had the time of our life. Maya dd and the staffs were so friendly. We were attached easily to them. After all the fun we had, we went to sleep.

The next day, we did our packing and had breakfast in the hotel. We bid goodbye to Maya dd and the village. We had a jeep waiting for us to take us to Pokhara. We reached Pokhara, from where we took the bus to Kathmandu.

This trip not only gave us the best view, but it also gave us new experiences and memories. The Kori highland and Sikles village are the must-visit place one in a lifetime. Cheers!

**Karina Shrestha-BIM-6th**

## Nepalese expect double-digit inflation over the next year

Inflation can be defined as the persistent rise in the general price level across the economy over time. Mild inflation is considered to be desirable for economic growth. However, high and variable inflation, in general, leads to uncertainties in income and expenditure decisions of the different groups of the society; distorts economic growth; lowers savings and investments; and makes the more expensive cost of capital. High inflation is more likely to raise unemployment than to lower it (Friedman, 1977). More specifically, it hurts the poorest of the poor with a fixed income level, as inflation erodes their real wealth. In other words, it further widens the income inequality in society.

How inflation is measured in Nepal?

In Nepal, there are three main price indices, namely: the CPI; the WPI; and the Salary and Wage Rate Index (SWRI). 4 The main focus for measuring the cost of living is placed on CPI. This is because CPI measures inflation impact which is the final measure of prices on households.

Nepali consumers expect inflation to almost double over the next year from mid-January amid elevated price pressure in recent months, according to a survey released by Nepal's central bank. The year-on-year price inflation stood at 5.65 per cent in the sixth month of the fiscal year 2021-22 compared to 3.56 per cent a year ago, according to the Nepal Rastra Bank.

People buy and sell vegetables at a market in Kathmandu

As per the Inflation Expectations Survey conducted by the central bank from January 5 to January 11, Nepali consumers expect average prices to rise by 10 per cent over the next year and eight per cent in the next quarter. The survey was conducted among 720 urban individuals from 17 market areas of 14 cities in the country. "This survey shows that people have the perception that they are feeling the pressure of inflation and expect more price rises in the days to come,"

Expectations also play a key role in determining inflation, according to the International Monetary Fund. If people or firms anticipate higher prices, they build these expectations into wage negotiations and contractual price adjustments (such as automatic rent increases).

Even in January, people had expected the inflation to have hit 10 per cent although official inflation was 5.65 per cent.



In October, people had expected prices to rise on an average of 8 per cent in three months and nine per cent in one year. "In January, people expected that the prices would rise by a higher margin in one year than they thought in October.

The monthly consumer price inflation climbed to its highest in 64 months in December to 7.11 per cent year-on-year from 5.32 per cent in November, according to the central bank.

According to the new survey, as many as 91.9 per cent of respondents expected market prices to increase in the next three months. Likewise, 97.1 per cent of the respondents expected the prices to rise over the next year. The number of respondents expecting higher inflation has slightly increased from October when 87.1 per cent of them expected the prices to increase in three months while 96.3 per cent expected the prices to increase over one year.

The country's import bill reached nearly one trillion rupees during the first six months of the current fiscal year, according to the Department of Customs. Experts say the country imported inflation along with the foreign goods.

Year	Inflation rate compared to the previous year
2022*	5.7%
2021	<b>3.6%</b>
2020	6.15%

**-Krishna Khanal-BIM-6th**



## One Man: A Path to Innovation with Mahabir Pun

**Life: How do you define your journey in your life???**

(‘With a smile’) It’s amazing. At the age of 33, I went to the USA to pursue my bachelor’s degree. After finishing my bachelor’s, I decided to visit Nepal in my holidays. Seeing the youth of Nepal, I realized that technology is still lacking. So, I decided to return to my Village Nagi for providing better education and computer knowledge.

**Wasn’t it a difficult task to teach the students of Nangi village to build a computer where most of them had hardly seen it?**

I don’t think it is that difficult job. I believe that anybody can learn to do that within a couple of days if they have attained a middle or a high school education and they have the enthusiasm to learn. Many of them can not



only assemble a computer but can also help in troubleshooting problems or a wireless configuration.

**Who is your source of inspiration or your role model?**

That’s a difficult one. It would be my father mainly; My father always reminded me of the significance of education and always supported my education despite adversities. He took our whole family from Myagdi to Chitwan just to send me to school; he always had the desire to send me to high school and college.

**You have stood as a role model for youths by achieving the” Best social innovation award in overall category” from the United Kingdom. What is your message to Nepali entrepreneurs and innovators about making an impact from their discoveries?**

We have innovators and entrepreneurs in Nepal, until and unless we commercialize the ideas of innovators and entrepreneurs our country will not benefit. Government should create a platform where the beginning stage of innovators, while they are coming up in that case government, should support their efforts. The government is not doing that. My message is “Try your best”. Don’t quit because the government has not helped and come to us to the National innovation center. We will try our best to support your cause. We will work together and try our best.

**Which project are you working on currently?**

Currently, I am working in National Innovation Center. It's not a project it's a campaign that will go on. There are lots of projects we are working on together with the youths. We have researched 75 projects currently. Among them, 50 projects failed and 25 projects are still in process. I even don't know whether it will get successful or not. You will know after the completion of the project if it gets successful. I have also done small projects like community development, income-generating, and tourism projects to fulfill the community's needs. I am fully spending my time establishing ways to run National Innovation Center.

**How many awards have you achieved so far? Had you imagined all these achievements?**

I don't work in the hope of the award. I wasn't familiar with the Ramon Magsaysay award until I got it myself. I should say the awards have discovered me.



**You have always dreamt of making National Innovation Center selling your awards and gifts. Finally, you have made it, and you are known by the name of the Mahabir Pun. How do you feel now?**

I am happy that I made it. But in the case of selling the awards and gifts, I was saying it because I never had any help from any side. But after that many Nepali citizens helped me and now I am going on with the many Nepali youths.

**Politics play the dominant role in every sector. We have not seen you engaging in politics. Don't you like to engage in political parties in the future?**

I am never engaged with the politicians and I don't think I need to. The citizens are helping me by donating money as much as they can. I am thankful for that. Talking about politics I think it's beyond my risk.

**One thing you wish you had done or were not able to do as you planned?**

There is nothing that I feel I have done or I need to do. I have been awarded. I fully worked as a social entrepreneur and social worker though I think it is not enough. I did social work to help people. I am happy with that.

**What are your last words for the children and youngsters of the current generation?**

The world is changing very fast and I suggest everyone moves at that pace; if you don't act smart enough, you will lag. Work harder and make yourself capable to run in the fast-changing world.

## Photographs

BIM 1<sup>st</sup> A



BIM 1<sup>st</sup> B





BIM 2<sup>nd</sup> A



BIM 2<sup>nd</sup> B





BIM 4<sup>th</sup> A



BIM 4<sup>th</sup> B



BIM 6<sup>th</sup> A



BIM 6<sup>th</sup> B





BIM 8<sup>th</sup> A



BIM 8<sup>th</sup> B



BBM 1<sup>st</sup>



BBM 2<sup>nd</sup>





BBM 4<sup>th</sup>



BBM 6<sup>th</sup>





BCA 1<sup>st</sup>



BCA 2<sup>nd</sup>





BCA 4<sup>th</sup>



BCA 6<sup>th</sup>





CSIT 2<sup>nd</sup> A



CSIT 2<sup>nd</sup> B





CSIT 4<sup>th</sup> A



CSIT 4<sup>th</sup> B





CSIT 8<sup>th</sup> A



CSIT 8<sup>th</sup> B





BHM 1<sup>st</sup>



BHM 2<sup>nd</sup> A



BHM 2<sup>nd</sup> B



BHM 4<sup>th</sup> A





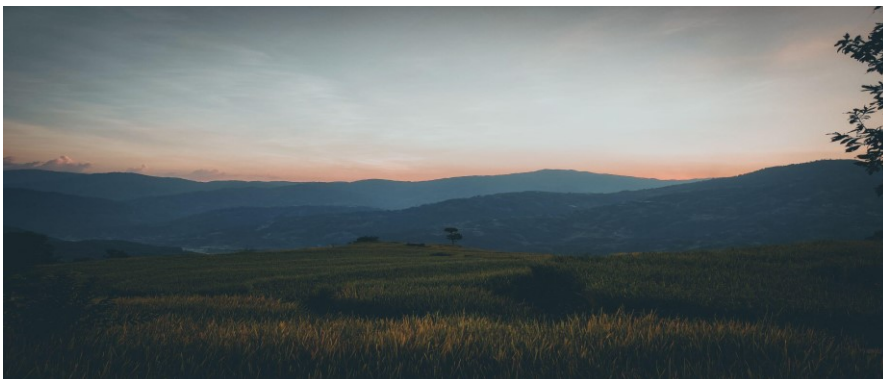
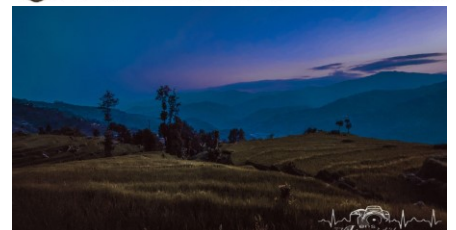
BHM 4<sup>th</sup> B



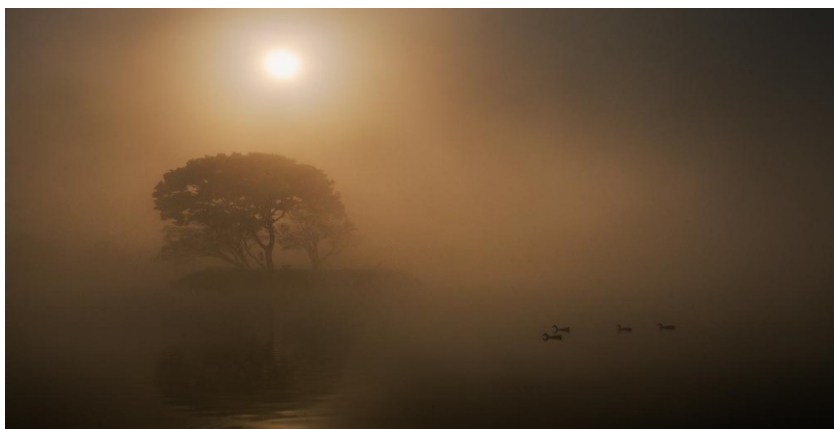
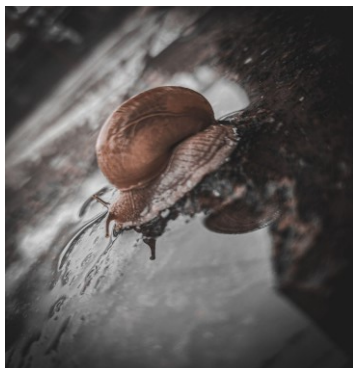




## Digital Photography



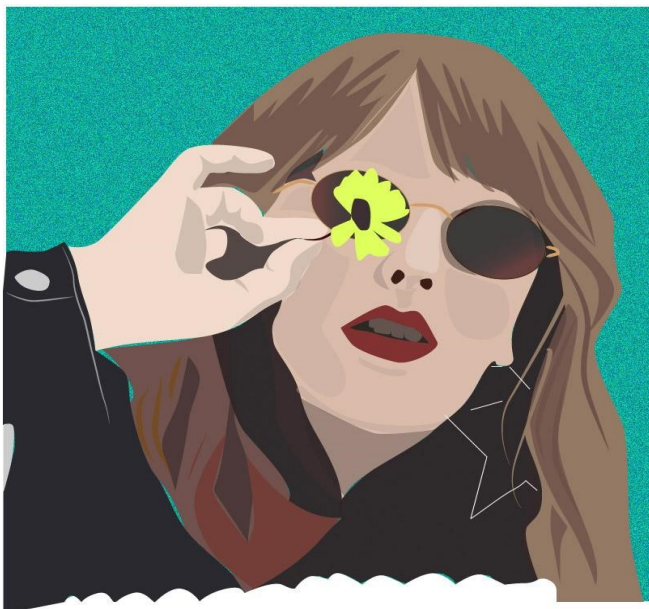
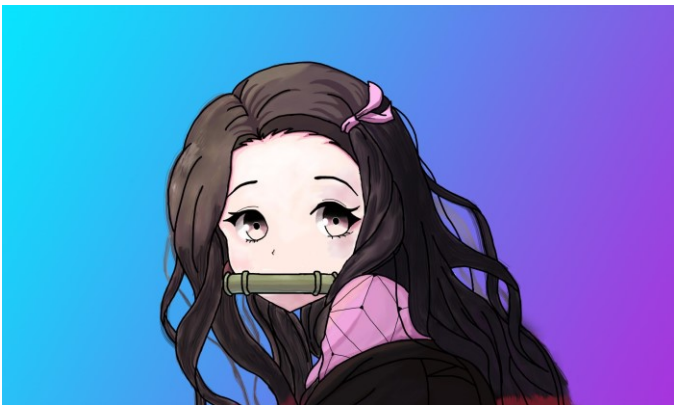
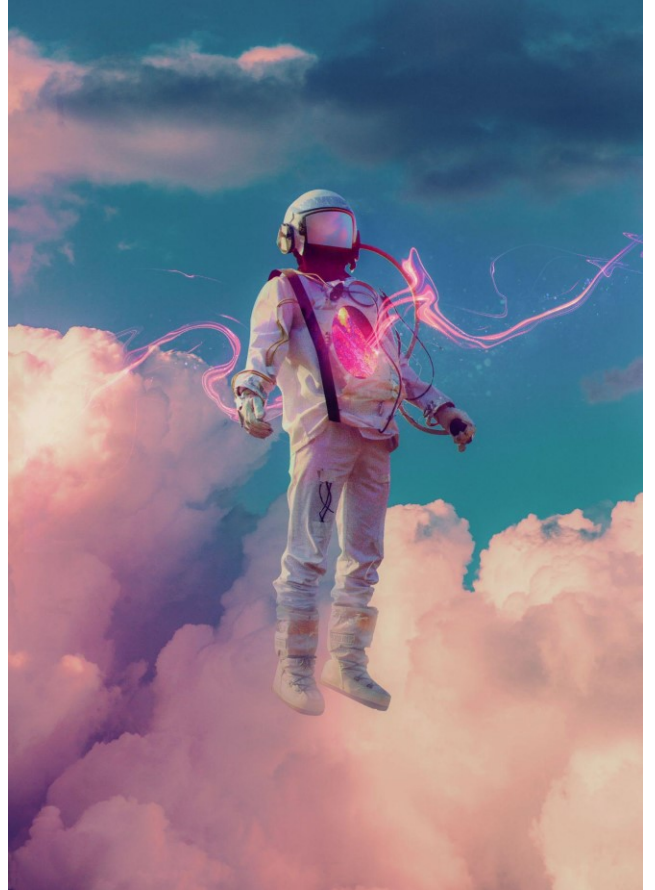








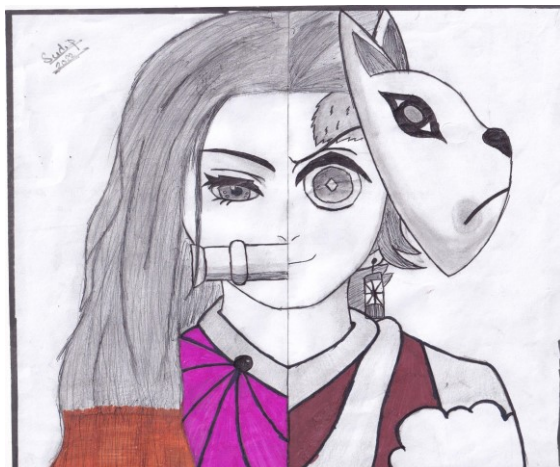
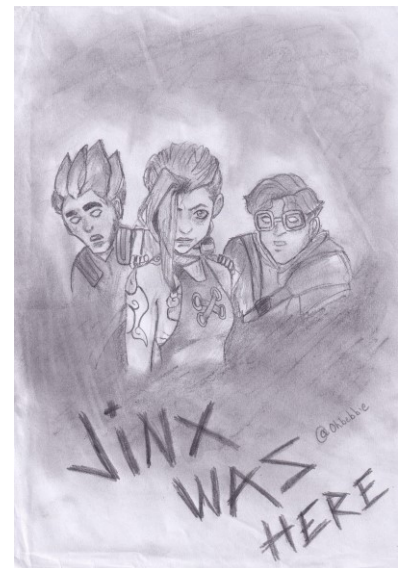
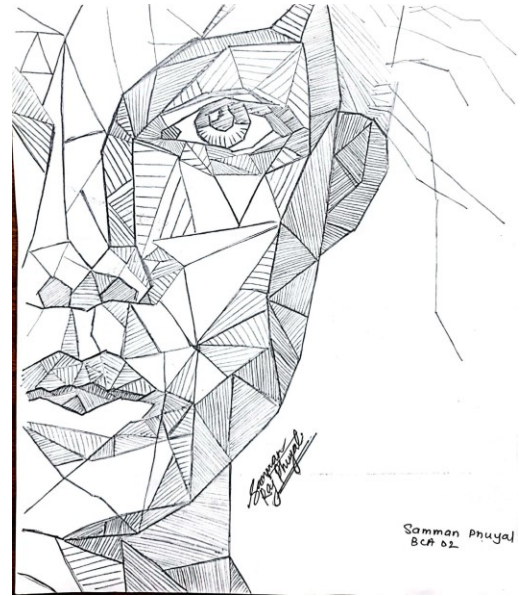
**Digital  
Arts**



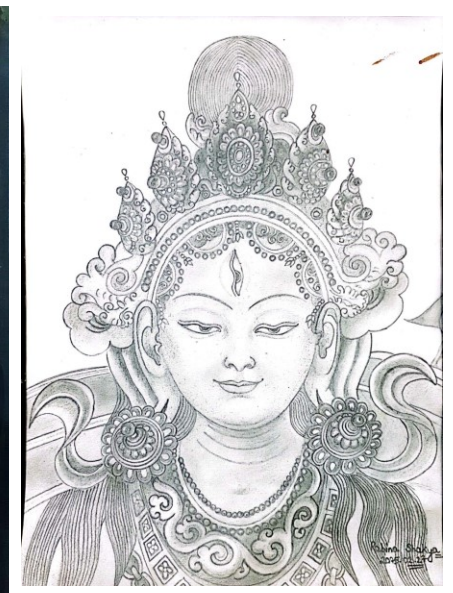
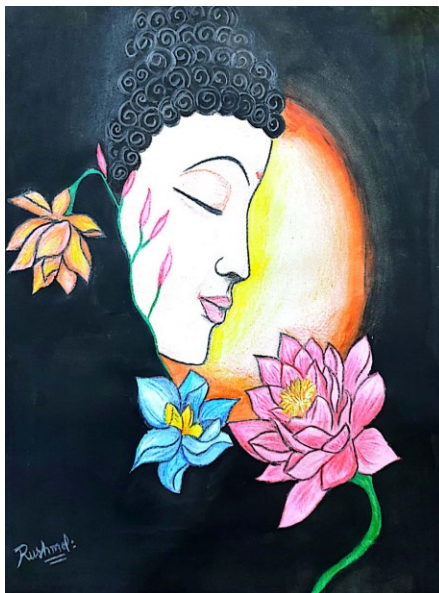
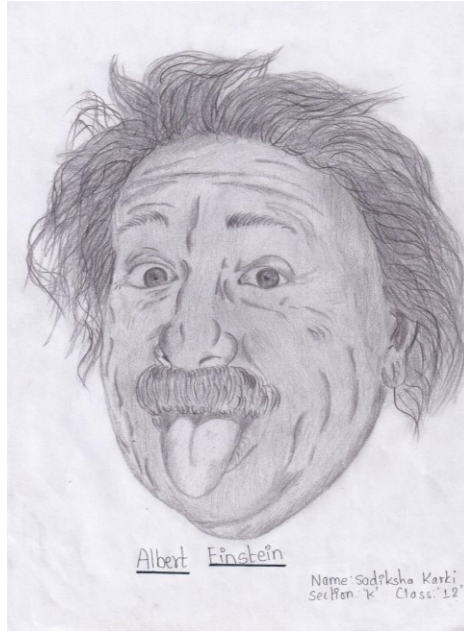




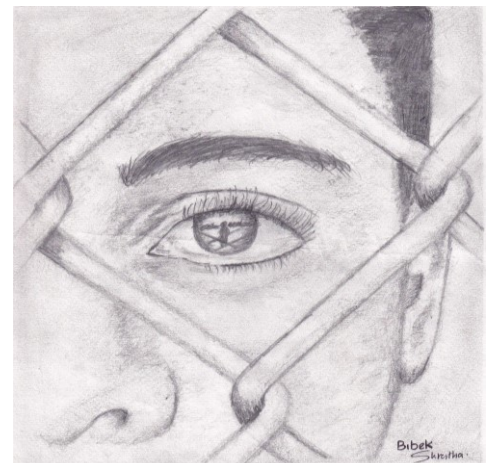
## Sketches and Drawings



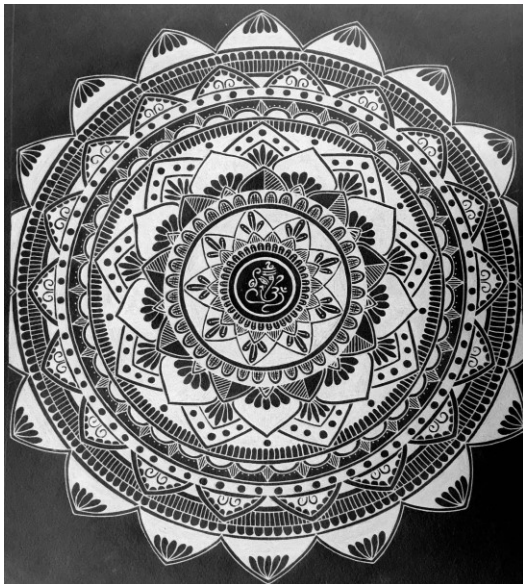
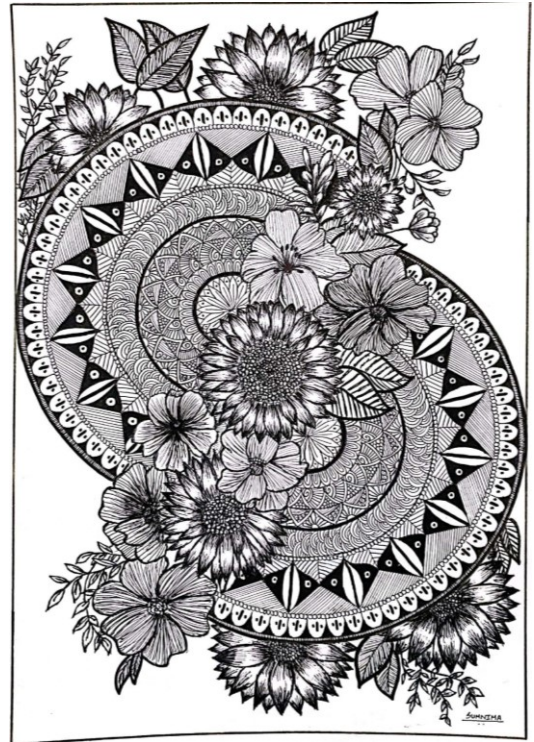












## Experience Sharing from BIM 8<sup>th</sup> Semester

No one knows their fate, and cannot choose their fate but can change their destiny to achieve their destiny. There should be available of mentor that guides to achieve our destination. Well, NCCS plays a vital role to achieve my destination. NCCS makes every step easier to move for next level and makes everything memorable in the entire 4 years of Bachelor. Crook teeth make other more beautiful, same way, NCCS makes our life easier to achieve the competitive growth for the market. Thank you NCCS.

**Dipendra Tamang**

BOB: Best of the Best  
**Aakash Shrestha**

The quality of education is excellent and the journey has been beautiful because of amazing teachers and supporting management team of NCCS.

**Sanjeeb Lama**

As being the student of NCCS, NCCS have created a lot of opportunity by conducting hackathon and extra classes of different programming.

**Rashmi Neupane**

I am very happy to be one of the best part of the NCCS family. Because it gave me best opportunity and enhanced skill to increase my knowledge and carrier by providing learning and friendly environment with friends as well as teachers. Proud to be the part of NCCS.

**Shristi Neupane**

As being the student of NCCS, NCCS have created a lot of opportunity by conducting hackathon and extra classes of different programming language which is one of the best thing for improving learning habit and also for the career.

**Palisha Maharjan**

Kudos to all the friend we met, the memories we made, the love we shared and the youth we spent here at NCCS.

**Suman Dhungana**

Met a lot of people with unique personality, ideologies. Learned a lot of life changing factors and I am thankful for all those around me.

**Bijay Simkhada**

I still vividly remember the first day at NCCS. The bonds created here have been magical. The experience I gained has mostly been practical rather than theoretical. I have made friends that would literally give the shirt off their back if I need it. Through thick and thin these people have had my back. I am going to cherish the moments at NCCS as a very blessed part of my youth.

The teachers and staff at NCCS have given me lessons of life that I will cherish for a lifetime.

Cheers! To all the Beautiful Memories.

**Nobel Kaleshapati**

Came as a stranger, made friends, had ups and downs, learned through uncertainties, build myself, had support and helping hands, friend turning into families, made tons of memories. Thank you NCCS college.

**Anikesh Shrestha**

The quality of education is excellent and the journey has been awesome because of amazing teachers and supporting management team of NCCS.

**Safal Shakya**



“The quality of education is good and faculty members are also supportive towards student. They try to enhance the skills of students so that they can quickly adapt in IT companies”.

**Sagar Mishra**

Started this beautiful journey as a fresher. Strangers are now part of family. There are lots of memories which are precious gems for my whole life. Those beautiful memories are making goodbye harder. Learned from my mistakes NCCS has made me capable to tackle every situation which may arise in near future. Thank you, NCCS for this beautiful part of my life.

**Muna Shrestha**

Getting my bachelor degree was quite a dream and I chose NCCS because it was a school that was going to give me great education. NCCS provided a path to achieve my dream and enhanced my knowledge. The courses were challenging but with NCCS and its teaching methods it was not that difficult. Every effort done by the college will be fruitful to us in future.

**Prajwal Ghimire**

Be witty and kind.....Keep up with good work and never be afraid to face fear....choose your own way and stick with it....take it all one day at a time and enjoy the journey.

**Savib Pandey**

The experience here I have for studying is overall good. The college seeks to give extra knowledge besides the courses. The teachers are also good..

**Manjil Dangol**

My experience here in NCCS for studying for 4 years is overall good. The teachers and the management team is also satisfactory.

**Rajiv Lamichhane**

Identify your problems but give your power and energy to solution.

**Sabin Maharjan**

We have one last year to be irresponsible, “Relax”. Work is for people with jobs. You’ll never remember class time, but you’ll remember the time you wasted hanging out with friends. So, stay out late. Go out on a Friday night when you have a paper due. Spend money you don’t have. Drink till

sunrise. The work never ends, but college does.

**Abhinav Lal Shrestha**