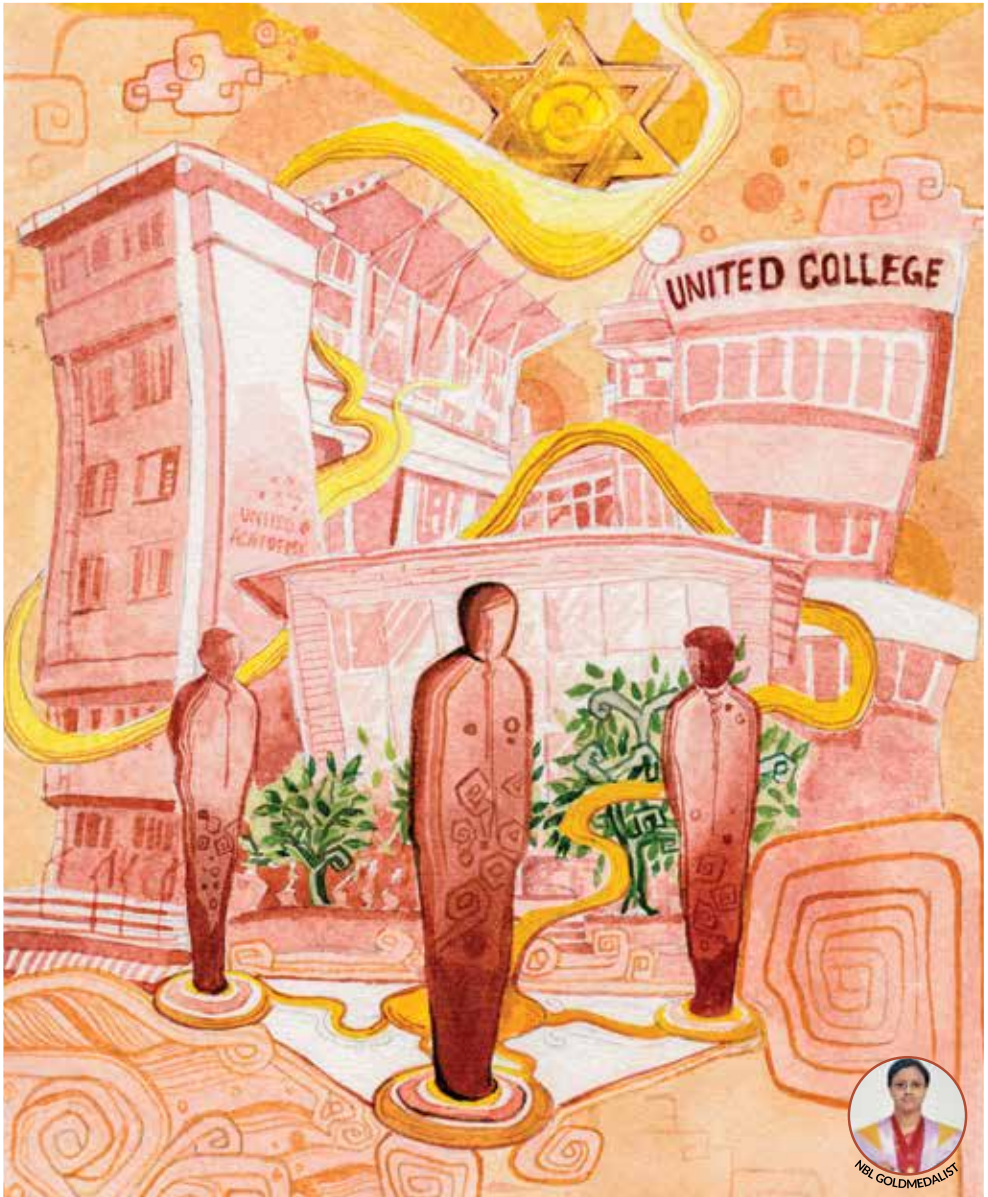


UNITED LUMINARY

Annual College Magazine 2023

1/21



UNITED LUMINARY



United College

UNITED LUMINARY

ISSUE # 1 Year 21

PATRONS

Founder Directors of United Academy Group (UAG)

Dr. Kabi Raj Bantawa

Nara Hang Rai

Dripa Chamling

Editor-in-Chief

Dr. Lal-Shyākarelu Rapacha

Copy Editors (English & Nepali)

Dr. Lal-Shyākarelu Rapacha (Principal)

Dr. Binod Lingden (Research Coordinator)

Editorial Team

Suvekshya Basnyat

Nikita Maharjan

Dikshya Basnet

Sujata Shrestha

Purinika Prajapati

Kristina Maharjan

Saahin Maharjan

Animon Rapacha

Yusuf Shrestha

Sayal M. Kayastha

Jasmati Gurung

Anuj Poudel

Khansa Banu

Publisher and Copyright ©

United College, Kumaripati, Lalitpur

Cover Art: Sara Tunicha Kōits, reflecting UC's history

Design and Processed by: Spandan Design Communication, Kupondole, Lalitpur

Disclaimer:

The opinions expressed by various contributors on this college magazine are their own. United College (UC) does not necessarily represent their views.

EDITORIAL



UNITED LUMINARY-2023 published by United College is a proof that 'Youths are still in Nepal, There's still a Hope.' They are voicing their inner self and voicing the voiceless making themselves visible through their contributions in numerous ways. In this historical magazine also, hopefully most of them are invisibly visible.

Nepal, a country with mountains, diverse populations and its diverse languages and cultures, and a long history of independence has always faced myriads of challenges. Amongst such challenges is the story of youths' massive exodus from the country has become the major one. In spite of such despair, we cannot ignore the fact that we still have youths in Nepal trying to architect their small nation with their hopes, resilience and endeavors. All such architectural hopes, resilience, and efforts are visible within the contents of this magazine.

At the heart of creative and literary tapestry, each featured article, poem, and thought-provoking piece is not merely a collection of words on paper; rather, it is a testament to the remarkable talent that resides within our diverse student body.

“At the heart of creative and literary tapestry, each featured article, poem, and thought-provoking piece is not merely a collection of words on paper; rather, it is a testament to the remarkable talent that resides within our diverse student body.”

UNITED LUMINARY-2023 reflects the aspirations, dreams and heaping experiences which delve into surfeit topics, ranging from personal reflections, creative imaginings to social issues and scientific breakthroughs. One will discover a kaleidoscope of perspectives, ideas and emotions that define the essence of college experience.

UNITED LUMINARY-2023 | Editorial Team



Animon Rapacha



Saahin Maharjan



Kristina Maharjan



Sujata Shrestha



Nikita Maharjan



Suvekshya Basnyat



Sayal Man Kayastha



Dikshya Basnet



Purinika Prajapati



Yusuf Shrestha



Jasmati Gurung



Anuj Poudel



Khansa Banu

This first issue as well as edition is a celebration of the diverse talents. Intellectual curiosity, and artistic expressions that thrive within the students of United College.

Despite very striking challenges like lingering education, rampant unemployment, social injustices, demotivating political doldrums, our youths have stood still against such counterfeit difficulties. The decision of youths to stay in Nepal is itself challenging. Their unwavering decision to do something in this nation with these challenges is really appreciable.

Today, globalization has given the opportunity to many youths to make a concrete career outside the country but the youths in Nepal are still looking for the ways to make this nation a better place to live in. Rather, they are learning at global platforms and using their expertise in their homeland. Nepal is in her gradual pace for development against those evil factors.

We have come across so many stories about how our youths are starting a small startup organizing different social awareness

“In a nutshell, indeed youths are doing something significant in Nepal.”

programmes leading in politics for a greater change with the hope that resides within them. The spirit of youths to contribute to their land is the sincerest and the most beautiful gift that this nation has got.

In a nutshell, indeed youths are doing something significant in Nepal. Their aspirations within them to create a place where the opportunity knocks their doors and their valuable decision to stay in Nepal will be acknowledged by the state and will lead to the development of Nepal in the future. In their resilience, there is not just hope, but here is their promise for a better Nepal tomorrow.

CONTENTS

Editorial	5
VC's Message	12
Deans' Message: Management & Humanities.....	13-14
Message from the Academic Director	15
Message from the Deputy-Director	16
Message from the Principal.....	17

Section-1 Institutional Overview18

College Highlights.....	20
Historical Background.....	20
Programs.....	20
Sports	21
Academic Excursions	21
United Talent Hunt	22
Student Clubs.....	22
Facilities	22
United's Graduate Alumni	25

Section-2 Feature Articles.....26

Impacts of Globalization on the Nepalese Economy	28
■ Lasta Bajracharya, Aparna Timalina & Saahin Shrestha	
A Revolutionized Rise of E-commerce in Nepal	31
■ Ritika Shakya & Nilima Bajracharya	
Impacts of SAFTA on Nepal's Economy	35
■ Koshis Thapa, Samir Shrestha, Rojash Shrestha & Nitesh Kumar Ray	
Impacts of BIMSTEC on Nepal's Economy	39
■ Rajib Maharjan, Nisesh Shahi & Riya Magar	
Contemporary Issues of International Trade	43
■ Jasmati Gurung, Priyanka Joshi & Asmita Shrestha	
History of Wood Carving in Nepal	46
■ Lasata Tamrakar	
Digital Banking in Nepal.....	48
■ Sayal Man Kayastha	

Binod Chaudhary's Contributions to Nepal's Economy.....	50
■ Yusuf Shrestha	
Franchise Business in Nepal.....	52
■ Animon Rapacha	
Pros and Cons of ChatGPT in Education.....	56
■ Samrat Dhakal, Madir Dahal & Anup Dangol	
Foreign Students' Life in the UK	61
■ Niyonika Rai	
Bachelor's Degree Study in Nepal.....	63
■ Rayan Shrestha	
Nepal's Trade deficit: A Threat to Macroeconomic Stability	67
■ Manasvi Bantawa	
Section-3 Creative Corner	74
The Happiest and Embarrassing Moments of Life	76
■ Aparna Timalisina	
My Favourite Piece of Furniture.....	77
■ Jasmati Gurung	
A Book that I Love the Most.....	78
■ Lasta Bajracharya	
The Person Whom I Admire the Most	78
■ Nilima Bajracharya	
Golden College Life	79
■ Nitisha Maharjan	
Helping Orphans without Spending Money	79
■ Priyanka Joshi	
Impacts of Music on One's Body	80
■ Rajan Sah	
Tea or Coffee?	81
■ Rajib Maharjan	
Ways of Raising Respectful Teenagers	81
■ Saahin Maharjan	

The Poem that Influenced Me the Most.....	82
■ Rojash Shrestha	
Importance of Paid Internship.....	83
■ Rukshana Maharjan	
Ideas to Make Learning Full of Fun	84
■ Rumi Joshi	
Winfrey's Success without Formal Education.....	85
■ Samir Shrestha	
Favourite Quotes and Riddles.....	85
■ Monalika Poudel & Rusha Maharjan	
Simple Facts about Fashion.....	86
■ Sichu Deshar	
After 10 Years I See Myself as	88
■ Ujjan Kayastha	
A Book that I Love the Most.....	88
■ Sambhavi Rajbhandari	
Dreams and Success.....	89
■ Rajan Sah	
Women Empowerment in Nepal	90
■ Suvekshya Basnyat	
श्रद्धाञ्जली अर्पण.....	91
■ स्तुति मरासिनी	
The Elephant Rope.....	91
■ Nikita Maharjan	
The Hospital's Window.....	92
■ Stuti Marasini	
My BBS Journey	94
■ Ritiz Joshi	
गाउँदेखि सहरसम्मको यात्रा.....	95
■ निराजन जोशी	
Greece for Vacation Destination.....	96
■ Riya Magar	

Introducing an Artist	96
■ Rusha Maharjan	
Happiness.....	97
■ Niyonika Rai	
Sikkim as a Traveler's Heaven.....	98
■ Soni Khadgi	
Make Your Value Big Yourself	100
■ Mahesh Aryal	
Emotions.....	102
■ Khansa Banu	
Jokes and Riddles.....	102
■ Stuti Marasini	
Section-4 United Talent Hunt	104
Principal's Inaugural Speech	106
Icon Painting Potentiality.....	108
Essay Writing	108
Public Speaking	109
Drama Performance.....	109
Solo Singing.....	110
Music Band Performance.....	110
Solo Dance Performance.....	111
Group Dance Performance	111
Story Writing.....	112
Poetry Writing.....	112
Section-5 Trainings and Workshops.....	114
Ethical Use of Information Skills	116
Non-verbal Communication	118
Numeracy Skills.....	120
Teamwork and Team Building.....	122
Workshop on Research Paper Writing: Process and Product	124
Section-6 Student Counseling	126
Psychological Counseling.....	128
Career Counseling	129
Academic Counseling	130
Section-7 Student Clubs	132
Students' Quality Circle.....	134
Entrepreneurs' Club.....	136
Management Club.....	137
Sports Club.....	138

Cultural Club	139
Digital Media Club	140
Publication Club.....	141
IT Club.....	142
Leo Club of Kathmandu Sadbhavana.....	143
UC Toastmasters Club.....	145

Section-8 Academic Excursions..... 148

Presentation on Banking and Entrepreneurship at Balthali	150
Exploring the realities of Bandipur	153
Factory visit at Chandrika Print Pack, Banepa	154

Section-9 Student Spotlights..... 156

Alysha Shah - TU Board Exam Second Topper, BBS, 2nd Year, 2016.....	158
Aarati Maharjan - TU Board Exam Third Topper, BBS, 2nd Year, 2015	158
Utkarsh Shrestha - TU Board Exam Topper, BBM, 2nd Semester, 2019	158
Rahul Shakya - TU Board Exam Topper, BCA, 1st and 3rd Semester, 2019	159
Roshani Bajracharya - TU Board Exam Topper, MBS, 1st Semester, 2021.....	159
Rabins Bhandari - BBS first year TU Exam Topper, 2019	159
Rabiska Rimal - TU Board Exam Topper/BCA/First Semester, 2020	160
Topper BBS second year TU Exam, 2016.....	160
Arbina Shrestha- First Class First, BBS (2061-2064) Chhatra Bahadur Gold Medalist.....	160

Section-10 College Graduates' Alumni..... 162

United Graduate Alumni	164
Advice to Juniors by Arbina Shrestha and Rojina Ranjitkar.....	166
25 Reasons to Read	168
10 Lessons from The Art of Public Speaking by Dale Carnegie.....	169
Psychology: Scientific Facts	170
Words and Action of Wisdom	171
Tracer Study of UC Graduates	172

Section-11 News and Events..... 174

Official inauguration of UCEII	176
MoU between United College and Idea Studio Nepal	179
MoU between United College and TechAxis.....	180

Section-12 Interviews with Experts..... 182

Exploring the Frontier of Technology.....	184
Rainwater Harvesting in Nepal: A Pathway to Sustainable Water Management	187

Section-13 United's Pictographic History 192

Welcome and Farewell Programme	194
Governing Body.....	217
Introductory Note.....	218

Message from the **Vice Chancellor**



Tribhuvan University
OFFICE OF THE VICE CHANCELLOR
Kirtipur, Kathmandu, Nepal



It is my pleasure to know that United College, an affiliated college of Tribhuvan University, is going to publish its annual magazine UNITED LUMINARY-2023 on its 21st anniversary day.

It is a very commendable publication covering the entire aspects of United College. This shows a total picture of the institution at a glance. I am confident that students, Faculty Members, employees, and stakeholders will get necessary information and share knowledge about overall aspects of the institution by reading the articles published in it.

I would like to thank all the stakeholders involved in this publication and wish them all the best for continuous progress of the college to convert it as a centre of academic excellence.

Prof. Dr. Shival Lal Bhusal
(Vice Chancellor)
Tribhuvan University

Message from the Dean, Management



डीनको कार्यालय
कीर्तिपुर, काठमाडौं, नेपाल ।

त्रिभुवन विश्वविद्यालय

व्यवस्थापन संकाय



टेलिफोन : ०१-४३३०८९८, ०१-४३३२७९८, ०१-४९०७९२७ (Exam)

व्यवस्थापन संकाय : ९७७-०१-४९९४४२९

डीनको ई-मेल : fomdean@gmail.com

कीर्तिपुर : exam.mgmt.tu@gmail.com

Website : www.fomecd.edu.np

www.tudoms.org



त्रिभुवन विश्वविद्यालयबाट सम्बन्धन प्राप्त गरी संचालनमा रहेको युनाइटेड कलेज, कुमारीपाटी, ललितपुरले २९ औं वार्षिकोत्सवको अवसरमा 'युनाइटेड लुमिनरी' २०२३ प्रकाशन गर्न लागेको खबरले म ज्यादै हर्षित छु। प्रस्तुत म्यागाजिनमा प्राध्यापक एवं विद्यार्थीवर्गको लागि विभिन्न बौद्धिक, ज्ञानवर्द्धक, खोजमूलक र सृजनात्मक रचनाहरूले अध्ययन, अध्यापन र अनुसन्धानमा सहयोग पुर्याउने सामग्रीहरू समाविष्ट भएका छन्।

अतः यस म्यागाजिनमा प्रकाशित लेख तथा रचनाहरूले ज्ञानको क्षेत्रलाई अझ विस्तार गर्दै युनाइटेड कलेज, कुमारीपाटी, ललितपुरले परिलक्षित गरेको उद्देश्य प्राप्तिमा सफलता प्राप्त गर्न सक्नेमा म विश्वस्त छु।

त्यस कलेजले सुरु गरेको प्रकाशनको निरन्तरता र बौद्धिक खुराक पस्कनमा सफलता मिलोस् भन्ने शुभेच्छा साथै उत्तरोत्तर प्रगतिको मङ्गलमय कामना गर्दछु।

प्रा.डा. डिल्लीराज शर्मा

डीन

Message from the Dean, Humanities and Social Sciences



TRIBHUVAN UNIVERSITY
FACULTY OF HUMANITIES & SOCIAL SCIENCES
Office of the Dean
Kirtipur, Kathmandu



It gives me an immense pleasure to congratulate United College for the publication of UNITED LUMINARY-2023 as its annual college magazine. I believe that the Faculty Members and the students have worked out rigorously to bring out the magazine in this shape.

Calibrating students with holistic pedagogical approach is a crucial need to compete in global markets. I, strongly believe that United College has been striving to enable its students to get along with their all-round career development.

The magazine contains its sub-topics like Institutional Overview, Feature Articles, Creative Corner, United Talent Hunt, Trainings and Workshops, Students Counselling, Students Clubs, United Graduates' Alumni etc. It helps fully observe high quality of the institution, Faculty, students and alumni as the indicator of quality assurance of the institution.

Once again, I would like to congratulate the United College family on their continuous efforts and hope that it will add one more brick in Nepal's excellent educational development in the future.

Best wishes,

Prof. Kushum Shakya, PhD
Dean

Message from the **Academic Director**

Dear Esteemed Readers,

I am delighted to welcome you to the inaugural edition of the UNITED LUMINARY-2023 (Annual College Magazine)—a testament to the vibrant spirit of United College (UC). This publication mirrors a rich tapestry of United College's history, academic offerings, infrastructure, and remarkable achievements of our esteemed alumni.

Within the pages of this edition, the 'Featured Article' section proudly unveils our alumni's unwavering commitment to evolving into future scholars, leaders, doers, and thinkers. As we embark on this literary journey, we celebrate the collective accomplishments and aspirations that define the essence of UC under United Academy Group (UAG).

Beyond the pursuit of nurturing future leaders and entrepreneurs, UAG stands committed to cultivating Information Technology (IT) scholars. The establishment of the United Centre for Entrepreneurship, Innovation, and Incubation (UCEII) exemplifies our dedication to enhancing IT studies.

UCEII as a national think-tank and research platform, fosters innovation and advanced business practices. We empower our students to initiate entrepreneurial ventures, fostering a spirit of creativity and leadership that resonates across our nation. Recent collaborations with esteemed institutions like Idea Studio Nepal and Techno Axis Nepal, emphasize our commitment to promoting entrepreneurship among students with innovative business ideas, marking the dawn of a new era in IT and entrepreneurial education.

The outstanding achievements of United Alumni stand as a powerful testament to the enduring values of UAG, leaving a lasting and profound impression wherever they



venture. I extend my heartfelt acknowledgment to the dedicated editorial team and our esteemed Faculties, guided by Principal Dr. Lal Rapacha. Their unwavering commitment, hard work, and time investment have not only shaped this inaugural annual magazine but will undoubtedly continue to influence and inspire for years to come.

I express my sincere gratitude to our esteemed alumni and those embarking on this journey—your passion and dedication infuse vitality into the inspiration and accomplishments shared within these pages. Your unwavering commitment serves as the driving force behind this remarkable odyssey, and we, at UC, take pride in providing the nurturing environment that fuels your achievements and polishes your potential.

At UAG, we solemnly vow to continuously nurture this platform, a commitment upheld for 27 years, with unwavering dedication to empowering you with knowledge and opportunities. Your success is not only your triumph but also ours. We eagerly anticipate the ongoing impact of your endeavors in the world.

Best wishes,
Dr. Kabiraj Bantawa

Message from the Deputy-Director

Welcome to the 1st issue of **United Luminary**, where we have included various articles by our stakeholders, celebrating the return of the United Talent Hunt after COVID-19, students' academic and non-academic achievements, and college extension plans.

I am proud of our many accomplishments over the past years—the formation of the United Alumni Association (UAA), UCTI CLUB, Leo Club, the inauguration of UCEII, and the MoU between United College and Idea Studio Nepal and TechAxis. These achievements would not have been possible without the active support of our staff, students and alumni. We will continue to be able to discipline and empower our college family.

The college's club participation has continued to grow—we have won awards and recognition from Toastmasters International. Similarly, between 2019 and 2022, students' academic performance increased. We have had various students who became Tribhuvan University (TU) toppers in BBS, BBM, BCA and MBS. One of such examples is Jasmati Gurung, who became the BBM 4th semester TU topper with a GPA of 3.99 in 2022. This year, United College has come within the top



10 of best colleges in Nepal for BCA, BBM and BBS in the Colleges Nepal's rankings.

Further work is planned to improve facilities for students. In 2022, we completed the modernization of our Computer Labs, we added one more site for students to enjoy food during their lunch breaks. We are working on relocating and modernizing the Library to the main college building.

Finally, I would like to thank Principal Dr. Lal Rapacha and research coordinator Dr. Binod Lingden for taking the initiative and making the 1st Issue of the college magazine possible—the rest of the **United Luminary** team for helping the Principal create such a beautiful as well as worth-reading magazine.

Dipa Chamling
Deputy-Director
United Academy Group (UAG)

Message from the Principal

UNITED LUMINARY #1 is a wake up call for all! First and foremost, I congratulate to those hardworking team members of UNITED LUMINARY (UL), who have contributed feature and creative articles for making this Issue # 1 possible. In United College's 21 years of academic history, UL is the first college magazine initiated by students themselves.

Most of them are undergraduate students of management, information technology (IT), and humanities. This Issue # 1, 2023 is self-evident that students have so many stories of life reflecting our civilization to narrate through their writings.

Existentialist author Albert Camus once wrote, "The purpose of a writer is to keep civilization from destroying itself." In this context, all contributors in this Issue have shown the possibility of keeping our civilization safe from self-destruction. They have written with purpose for a cause. Keep up writing ever, since writing is also a sort of therapy for individual life.

UL as a platform of writing to express one's inner 'self/voice' is focused to explore and unfold our students' writing ability and ignite interests in writing. Since our students have to produce plethora of project works, seminar papers, reports, presentations, theses, term papers, and research papers during their academic semesters, frequent writing activities result in feature articles and even creative writings. This is how we are able to include so many of our student writers in the present Issue.

Besides, UL is a platform to reflect for related curricular and co-curricular activities taking place inside the college, in society, and in world



academia. Relevant news, major events, workshops, and trainings related to our Faculty Members' academic growth and development have been documented in this

Issue since such activities are crucial efforts for Study in Nepal Campaign also.

In this regard, UL is self-evident that quality higher education is possible in our own motherland Nepal too and also at United College. Unitedians can excel in education and in life's career since 99% of our graduates with gold or without gold medals are employed in banking, corporate, entrepreneurial, and government sectors.

United's former graduates like Arbina Shrestha, Binaya Ratna Shakya, Rojina Ranjitkar, and Nirmal Sigdel and so on have become exemplary luminaries for our society. After all, they are luminaries for human society across the globe. Such academic qualities and culture are fostered in our students at United in Unitedian spirit.

Like the Issue # 1, UL promises to bring forth myriads of such Unitedian luminaries serving humanity in, around, and outside the country. Now, it's your turn to be such Unitedian luminary. 'Yes', you can be that next luminary hopefully. It's a wake up for all.

Dr. Lal Rapacha, Post-PhD
Humboldt Fellow & National Geographic Explorer



SECTION 1

Institutional Overview

UC strives to equip students with the latest insights into the competitive world by making them more sensitive, sensible, and responsible. UC is not just a college in a literal sense, but rather the College in fact in that it embodies and uses all the necessary infrastructures both physical and academic to their fullest extent in order to enable the students to face all sorts of challenges and problems.

- ▶ Historical Background
- ▶ Programs
- ▶ Sports
- ▶ Academic Excursions
- ▶ United Talent Hunt
- ▶ Student Clubs
- ▶ Facilities
- ▶ Incubation center
- ▶ Auditorium
- ▶ Seminar Hall
- ▶ Dining Services
- ▶ Library
- ▶ IT Lab
- ▶ United Coffee Club 1
- ▶ United Coffee Club 2
- ▶ United's Graduate Alumni

College Highlights



Historical Background

Established in 2059 B.S. (2002 A.D.) as the higher education wing of the triumphant United Academy Group (UAG), United College (UC) is centrally located at Kumaripati, Lalitpur. The College is established to offer courses in Business Studies, IT and Humanities through a scientific and disciplined approach. UC affiliated with Tribhuvan University runs Bachelor of Business Studies (BBS), Bachelor of Business Management (BBM), Bachelor of Computer Application (BCA), Bachelor of Arts (BA) and Master of Business Studies (MBS) in an unrivalled environment.

UC strives to equip students with the latest insights into the competitive world by making them more sensitive, sensible, and responsible. UC is not just a college in a literal sense, but

rather the College in fact in that it embodies and uses all the necessary infrastructures both physical and academic to their fullest extent in order to enable the students to face all sorts of challenges and problems.

UC is a part of the UAG which boastfully proclaims itself as a complete institution that caters to education from pre-primary to post-graduate levels and aims to be Deemed University in the near future.

Programs

Designing academic programs that align with market demand is crucial for ensuring that graduates are well-equipped with skills and knowledge that are relevant and sought after by employers. Consequently, UC runs Bachelor's and Master's level programs affiliated to Tribhuvan University.

Level	Program	Faculty	Credit Hours	Years	Semester
Bachelor	BBM	Management	120	4	8
	BBS	Management	120	4	-
	BCA	Humanities & Social Sciences	126	4	8
Master	MBS	Management	60	2	4

Sports

United College organizes an Annual Sports Meet every year that contributes to the holistic development of students by nurturing physical, mental, and social aspects of students' lives, while also fostering a sense of community and pride within the College. In this event, students from United Sports Club organize Basketball, Futsal, Indoor Chess, Cricket, Badminton, Table Tennis (TT), Relay race, Tug of war, Volleyball, and many more need-based events. All the participants and winners are awarded certificates and medals in these events.



such as hiking, tour, and picnic, these retreats promote physical activity, teamwork, and connection with nature. These help students to recharge, learn, connect, and develop skills that contribute to their success both during their College years and beyond. The content and format of retreat programs can vary widely based on the objectives of retreat and preferences of College.

Academic Excursions

UC offers retreat programs to provide an opportunity for students to unwind, relax, and rejuvenate with a focused and intentional experience outside of their usual academic excellence. Centered around outdoor activities



United Talent Hunt

As guided by the mission of the UC to make our United Students sound in managerial concepts and skills in performing the managerial activities, the UC organizes United Talent Hunt (UTH) program biannually in order to bring together all the students under the umbrella of United Academy Group (School, Academy, College, Cooperative and Organic Aiselu Farm).

All the present and ex-students of United School, Academy and College are given a space to showcase their hidden talents and skills in various fields. Participants who demonstrate exceptional talent are awarded certificates and medals with cash prize. UTH is a dynamic and impactful event that contributes to the holistic development of students, enhances College culture, and promotes a positive and supportive College environment.

Student Clubs

UC offers student-led clubs for students to explore their interests and develop their soft skills. Being a part of students, the club gives students an opportunity to use the lessons and skills they have learnt in class and apply it in real life situations. Students will gain leadership skills, learn how to communicate and work with diverse groups of people with diverse linguistic and cultural backgrounds. These clubs provide students with avenues to pursue their interests, develop skills, connect with peers, and contribute positively to the College community.



Binita Pun

Such student-related clubs are:

1. Student Quality Circle
2. Management Club
3. Entrepreneurship Club
4. Sports Club
5. Publication Club
6. Cultural Club
7. Digital Media Club
8. IT Club
9. Leo Club
10. UC Toastmasters Club

Facilities

The availability and quality of College facilities can significantly impact students' academic performance, engagement, and overall College experience. As a result, UC continually strives to improve and expand their facilities to meet the evolving needs of students. These facilities are essential in creating a conducive learning environment and enhancing the overall College experience. The college offers:

1. Incubation Center
2. Auditorium
3. Seminar Room
4. Dining Service
5. Library
6. IT Lab
7. United Coffee Club-1
1. United Coffee Club-2.

Incubation Center

UC has its well-facilitated Incubation Center, an initiative of UC, established with the primary objective of promoting startups and presenting their ideas for sustainable entrepreneurship development. Similarly, UC helps students develop their ideas in various ways that are customer-centered and market-relevant.

Auditorium

UC has a fully equipped auditorium of 300 seat capacity to conduct various programs and

events for the students. It is a hub of knowledge exchange, creativity, and social interaction that contributes significantly to the holistic development of students and the College community as a whole.

Seminar Hall

UC has set up its own new Seminar Hall of 45 seat capacity to conduct various training and workshops. It serves as a specialized space designed to facilitate small-group discussions, interactive learning, and collaborative activities. It complements larger lecture halls and classrooms by offering a more intimate setting that encourages active participation and student-faculty interaction.

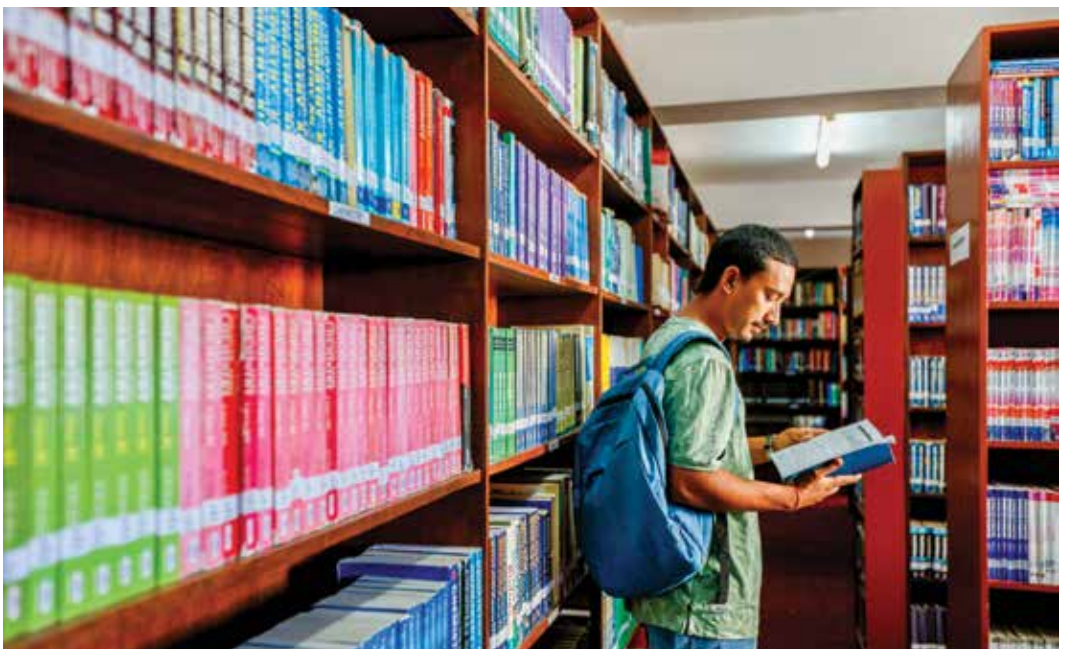
Dining Services

UC has its own lavish canteen that serves as a central gathering spot, providing a convenient and social space for the college community to eat, relax, and interact with each other. It provides a variety of meals and snacks that cater to diverse tastes and dietary preferences. Students, faculties, and staff members can refuel and recharge dietary tastes during busy academic schedules.



Library

UC has a library serve as a repository of knowledge, providing access to a wide range of information resources to support teaching, learning, and scholarly pursuits. Its main purpose is to provide a wide range of academic resources, including textbooks, research materials, reference books, journals, and electronic databases. These resources support students' coursework, research projects, and academic pursuits.



**IT Lab**

UC's IT lab provides computer and internet facilities to students and staff. Computers in IT lab is generally equipped with internet access, while scanners and printers may compound the lab setup. IT lab serves as an essential hub for various educational and practical activities that contribute to learning, skill development, and research, and innovation.

United Coffee Club-1

United Main Building, Pavilion Reminiscent of the quick service dining scene of any Megacities, United Coffee Club-1 is a place where you can enjoy cakes, sandwiches, pies, and hot and cold drinks. It is an amazing place to grab freshly brewed coffee, freshly prepared sandwiches. This is a great place to socialize over a cup of coffee or tea with friends.





United Coffee Club-2

On the right-hand side of United Academy's gate, one can find United Coffee Club-2. This is an extension of United Coffee Club-1, where we will be serving various kinds of momos to nourish, satisfy and inspire our students and visitors. Along with that, you can treat yourself to various kinds of dry snacks, ice-creams, coffees, and smoothies.

United's Graduate Alumni

United College has the community of its former students who have completed their Bachelor and Master level programmes from this college and have moved on to various stages of their careers and lives. This community is called

'United's Graduate Alumni' (UGA). So far, there are 10,000+ alumni dispersed across the world in every professional field. In essence, the main purpose of this alumni is to create a dynamic and supportive network of graduates who contribute to the success of the college while benefiting from ongoing connections, learning opportunities, and shared experiences.

SECTION 2



Feature Articles

In order to cherish productivity as well as creativity of our University College's students, we encourage our Bachelor's and Master's level students to produce feature articles. These articles aim to provide readers with a comprehensive and engaging exploration of a specific topic, issue, or individual. Articles are characterized by their narrative style, descriptive language, and the use of creative techniques to captivate and hold the reader's attention. These articles delve beyond the surface, shedding light on the information, entertainment, stories, and achievement that shape the lives of students, faculties, and the entire college community. A total of 13 feature articles have been included in this section.

- ▶ Impacts of Globalization on Nepalese Economy
- ▶ The Rise of E-commerce in Nepal
- ▶ Impacts of SAFTA on Nepalese Economy
- ▶ Impacts of BIMSTECT on Nepalese Economy
- ▶ Contemporary Issues of International Trade
- ▶ History of Wood Carving in Nepal
- ▶ Digital Banking in Nepal
- ▶ Binod Chaudhary's Contributions to Nepal's Economy
- ▶ Franchise Business in Nepal
- ▶ Pros and Cons of ChatGPT in Education
- ▶ Foreign Students' Life in the UK
- ▶ Bachelor's Degree Study in Nepal
- ▶ Nepal's Trade Deficit: A Threat to Macroeconomic Stability

Impacts of Globalization on the Nepalese Economy



Aparna Timalisina
BBM, 6th Semester



Saahin Shrestha
BBM, 6th Semester



Lasta Bajracharya
BBM, 6th Semester

Background

Globalization is the quickening of worldwide movements and exchanges of people, things, and services, money, technologies, or cultural norms. It can be seen in the production of goods for far-off markets, a nation's submission to international law, and the adoption of a foreign loanword into a language. As a result of globalization, many companies grow internationally and project a worldwide image.

Benefits

Globalization has given many benefits to the world, affecting many elements of societies, economy, and individuals. Here are some significant benefits:

Economic growth:

As a result of globalization, firms now have access to bigger client bases, resulting in increased commerce and economic growth. It has created new chances for firms to grow, innovate, and compete on a global scale.

Increased employment:

Globalization has resulted in the creation of new jobs in a variety of areas, particularly in emerging economies. It has enabled businesses to tap into global talent pools, resulting

in employment creation and higher individual income levels.

Access to goods and services:

As a result of globalization, customers now have access to a diverse selection of products and services at competitive costs. It has facilitated the exchange of products and services across borders, providing customers with a wider range of options.

Exchange of culture

Globalization has facilitated the interchange of cultures, ideas, and values among nations. It has promoted diversity and enriched cultures by fostering cross-cultural understanding, appreciation, and tolerance.

Collaboration and peace

Due to globalization, international collaboration, diplomacy, and interdependence have increased. It has developed international networks and collaborations, promoting peace, stability, and conflict resolution via conversation and shared interests.

Limitations

Globalization has had a significant impact on economies, cultures, and



civilizations all around the world. However, it is critical to recognize that globalization has restrictions and consequences. Here are some of globalization's major drawbacks;

Inequality

Economic inequities within and between countries have been increased by globalization. While it has provided some with money and opportunities, it has also resulted in the concentration of wealth in the hands of a few, expanding the gap between the rich and the poor.

Job displacement

As global markets have become more integrated; jobs have been outsourced and offshored to nations with cheaper labor costs. As a result, employment losses have occurred in some industries and localities, resulting in economic uncertainty and social unrest.

Environmental impact

Globalization has hastened the depletion of natural resources and contributed to

environmental degradation. Increasing transportation of goods and people has resulted in increasing carbon emissions, deforestation, and pollution, all of which contribute to climate change and other environmental challenges.

Loss of cultural diversity

Cultural homogenization or hegemonization and the growth of global brands have resulted in the destruction of traditional cultures and languages. Local traditions and practices are frequently neglected or eclipsed by prevailing global trends, leading to cultural homogeneity.

Economic crisis vulnerability

Because global markets are interrelated, economic crises in one region can quickly spread to other regions of the world. This susceptibility to financial shocks can result in insecurity and economic downturns with far-reaching effects.

Nepalese context

Nepal adopted the policy of liberalization, privatization, and globalization after the

restoration of multiparty democracy in the early 1990s.

Globalization has offered many opportunities as well as challenges for Nepal. Globalization has had an impact on the Nepalese economy, both positively and negatively. On the plus side, it has increased trade, investment, and technology transfer prospects. It has also aided the development of businesses such as tourism and remittances from Nepalese working overseas.

However, because to its reliance on imports, inadequate export diversification, and a weak industrial base, Nepal's economy remains vulnerable. Furthermore, globalization has resulted in issues such as job displacement, unequal benefit distribution, and environmental deterioration. To reap the full benefits of globalization, Nepal must overcome these difficulties and achieve equitable and sustainable development.

Positive impacts

Globalization has brought many benefits to the world, including the increased flow of goods and services across borders, the expansion of international trade, and the growth of global communication networks. These developments have made it easier for people to connect with one another, share ideas, and collaborate on projects.



They have also helped to create new jobs and industries in many parts of the world, which has led to increased economic growth and prosperity. In addition to these economic benefits, globalization has also helped to promote cultural exchange and understanding. As people from different countries and cultures come into contact with one another, they are able to learn from one another and appreciate diversity of the world around them. This has helped to break down barriers between people and promote greater tolerance and acceptance.

It is worth noting that while globalization has brought numerous benefits to the Nepalese economy, it is essential to ensure equitable distribution of wealth, sustainable development practices, and the preservation of cultural heritage to maximize its positive impacts on society as a whole.

Negative impacts

While Globalization has brought many benefits, such as increased trade

and investment, it has also had several negative consequences. One of the main disadvantages of globalization for Nepal has been the influx of cheap imports from other countries. As barriers to trade have been lowered, foreign companies have flooded the Nepalese market with cheap goods, making it difficult for domestic producers to compete with. This has led to the closure of many Nepalese businesses and the loss of jobs.

Another negative consequence of globalization has been the brain drain of skilled workers from Nepal. As opportunities for higher education and better-paying jobs have increased in other countries, many Nepalese professionals have emigrated in search of better opportunities. This has led to a shortage of skilled workers in Nepal, which has hindered the country's economic development.

Furthermore, globalization has led to the exploitation of Nepalese workers in other countries, particularly in the Middle East. Many Nepalese workers have been lured to these countries with the promise of high-paying jobs, only to find themselves working in dangerous and exploitative conditions.

To conclude, globalization has also had negative environmental consequences



TIME AND KARMA

When a bird is alive, it eats ants.
When the bird is dead, ants eat the bird. Time and circumstances can change at any time. Don't devalue or hurt anyone in life, you may be powerful today but remember, time is more powerful than you.”

in Nepal. As the demand for natural resources has increased, forests have been cleared, rivers have been dammed or even condemned, and wildlife has been threatened. Overall, it is clear that globalization has both positive and negative effects. While it has brought many benefits to the world, it is important to ensure that these benefits are shared fairly and that the negative effects are minimized. By working together to address these challenges, we can continue to enjoy the benefits of globalization while also promoting greater equality and justice for all.



A Revolutionized Rise of E-commerce in Nepal



Background

Welcome to the fascinating world of e-commerce or electronic trade. E-commerce has been more accessible to everyone since the introduction of computers, tablets, smartphones, and other smart gadgets. Through its ability to operate across several market areas, this revolutionary technology removes conventional limits.

We can buy books, music, plane tickets, shopping and even financial services like stock investing, and online banking from the comfort of our own homes. E-commerce has completely changed how people and businesses transact online in this age of the Internet making the life better and easier.

Nepalese context

In Nepal's context, local e-commerce sites have

established themselves, furnishing Nepali clients with a huge choice of labor and products. A rising number of clients have been attracted by the comfort, reasonable costs, and accessibility of a more extensive assortment of things. Web-based businesses in Nepal seems to have started when Nepalese went abroad for education and private purposes.

At the point when Non-Residential Nepalese (NRN) wished to send gifts to their friends and family in Nepal, they experienced various hardships. Subsequently, the principal web-based business sites in Nepal were fundamentally gift destinations. The advancement of web-based business in Nepal has likewise been advanced rapidly by further developed installment entryways, transportation



Nilima Bajracharya
BBM, 6th Semester



Ritika Shakya
BBM, 6th Semester

thamel.com
— Send gifts to Nepal —

**SASTO
DEAL**.com

hamrobazar.com
Nepal's No.1 Classifieds

daraz

foundations, and a great administrative structure. Online business has a critical potential to spike monetary development and change the country's retail area as this computerized transformation works out.

Online business in Nepal started around in 2000, with the kick off of thamel.com. Then, came Hamrobazaar in 2005. Sastodeal showed up later, in 2011. Daraz (2016), Nepal's driving online business stage, was rebranded by Kaymu, which came to the country in 2014. In spite of the fact that there are different online business destinations in Nepal at the present time, a couple of them are notable.

History

Since its introduction in the latter half of the 1990s, online commerce has rapidly increased. Finally, the internet business has emerged as

one of the top ventures for ambitious business individuals. NRN (Non-Residential Nepalese) used to submit an online request for goats for their family back in Nepal; after making the payment abroad, the goats used to be delivered in Nepal.

In the latter part of the 1990s, Nepalese living abroad were the main clients of this advanced adaptation of performing business exchanges through the web. We can clearly observe how Web-based commerce has changed in Nepal; although formerly, NRNs mostly purchased goats online, today, practically everything is ordered over the Internet.

Current scenario

As of January 2022, there were 11.51 million internet users in Nepal. The nation has a 38.4% internet penetration rate. In the upcoming time periods, these figures will increase. As a result, the

e-commerce sector will prosper in the ensuing years as online consumers and internet penetration rates rise. Nevertheless, almost 60% of people still do not have access to the internet.

Nepal is ranked 104th out of 113 nations in terms of the digital environment for entrepreneurship. As of 2022, Nepal is ranked 111th out of 132 countries in the Global Innovation Index. Most importantly, e-commerce in Nepal is expected to grow over the next several years. However, there are many obstacles to overcome.

In addition, because so much of the population lives in rural regions, it is challenging to deliver goods. Lack of proper internet as well as road infrastructure has made the problems worse. As a result, the government's efforts in transportation and telecommunication sectors will determine the country's future e-commerce.



Overall, it looks that Nepal's e-commerce industry has a bright future. The e-commerce industry is anticipated to make tremendous success.

In Nepal, E-commerce is still in its infancy. Deliveries are difficult due to the difficult terrain of the nation and the absence of street addresses. Although those Nepalese who don't have dollar accounts can occasionally make payments via credit card transfers and transfers from e-banking websites, they cannot do so with foreign currency.

We must remember that there is another side to this, too, and keep it in mind. The Department of Foreign Employment (DoFE) reports that around 3,000 Nepalese people move abroad every day.

Digital payment options, such as mobile wallets and online banking, are now widely available and used, which has significantly accelerated the rise of e-commerce. These practical payment methods have raised customer confidence and prompted more online purchases.

In order to ensure effective order fulfillment, further efforts are being made to improve logistics and delivery infrastructure, particularly in metropolitan regions. The

Nepalese government has launched programs to aid the e-commerce sector. A conducive climate for development has been established through the implementation of rules and laws, the promotion of digital literacy, and incentives for online retailers.

Overall, it looks that Nepal's e-commerce industry has a bright future. The e-commerce industry is anticipated to make tremendous success. Thanks to ongoing technical improvements, shifting customer behaviour, and government assistance.

It provides customers with more power via enhanced convenience and access to a larger selection of goods and services, as well as new chances for company's growth. E-commerce is projected to become more and more important to Nepal's retail sector as the ecosystem develops and faces hurdles.



Popular ecommerce sites

Sites such as www.daraz.com, foodmandu.com, sastodeal.com, www.muncha.com, www.thamelmall.com, www.bitarak.com, and www.hamrobazaar.com are well-known E-commerce sites in Nepal.

Legal provision

The government's participation will be significant in the development of efficient transportation networks, favorable digital laws, the incorporation of technology into education, and tax regulations, all of which will have an impact on e-commerce.

a. Drafted new e-commerce bill

- Acceptance of order by the seller from the customer will be regarded as a contract.
- Customer holds the right to cancel the product before dispatch.
- There shall be no cancellation charge and customer should be refunded fully if the payment has already been made.
- Multiple mode of payments should be implemented.
- The seller is responsible for timely delivery of any product as mentioned during the order.
- The goods/services mentioned on the website shall be delivered to customers, alteration is not allowed.

Yesterday I
was clever, so
I wanted to
change the
world. Today I
am wise, so I am
changing myself.

-RUMI



- The seller is liable to replace a defective product or refund the amount.
- The seller if is non-compliant with the established law, h/she shall be fined up to NPR. 200,000.
- The customer has the right to file a complaint against the e-commerce companies at the District Administration Office if the product is not delivered within the stated time frame.
- A designated employee to register complaints and help the customer is mandatory for all e-commerce companies and the employee's name,

phone number and address shall be placed on the website.

b. Existing provision

- E-commerce businesses must register with the Department of Commerce, Supplies, and Consumer Protection.
- Compliance with taxation laws, including VAT and Income Tax Act, is required, along with obtaining a Taxpayer Identification Number (TIN).
- Consumer protection laws ensure the rights of consumers and provide mechanisms for dispute resolution.

- Payment gateways must be authorized by the Nepal Rastra Bank to ensure secure online transactions.
- Cybersecurity and data protection regulations are currently lacking, but businesses are expected to implement appropriate security measures.
- Intellectual property rights, such as copyright and trademark protection, are applicable to e-commerce activities.
- These provisions ensure legal compliance, protect consumer rights, and promote a secure and fair e-commerce environment in Nepal.

Impacts of SAFTA on Nepalese Economy

Background

The South Asian free trade area (SAFTA) is a free trade arrangement of the South Asian Association for Regional Cooperation (SAARC). The agreement came into force in 2006, succeeding the 1993 SAARC preferential trading agreement.

Purpose

The purposes of SAFTA are as follows:

- Eliminating barriers to trading and facilitating the cross-border movement of products between the territories of the Contracting States;
- Promoting conditions of genuine competition in the free trade area are ensuring equitable advantages to all Contracting States, taking into account their respective pattern and levels of economic development;
- Creating an effective mechanism for the application and implementation of this agreement, for its joint administration and disputes resolution; and
- Establishing a framework for regional cooperation to enhance and expand the mutual advantages of this agreement.

Members

The members of SAFTA are Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka.

History

SAFTA is a 2004 agreement that created a free-trade area of 1.6 billion people in Afghanistan, Bangladesh, Bhutan, India, the Maldives, Nepal, Pakistan and Sri Lanka with the vision of increasing economic cooperation and integration.

One of the major goals was to reduce customs duties of all traded goods to zero by 2016. SAFTA required the developing countries in South Asia (India, Pakistan and Sri Lanka) to bring their duties down to 20 percent in the first phase of the two-year period ending in 2007. In the final five-year phase ending in 2012, the 20-percent duty was reduced to zero in a series of annual cuts.

The least developed countries in the region had an additional three years to reduce tariffs to zero. India and Pakistan ratified the treaty in 2009, whereas Afghanistan, as the eighth member state of the SAARC, ratified the SAFTA protocol on 4 May 2011.



Koshis Thapa
BBM, 6th Semester



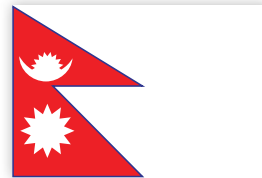
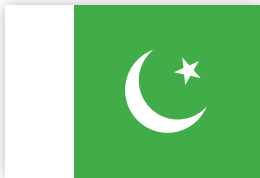
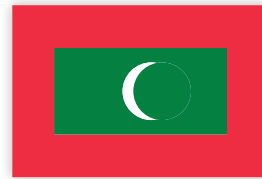
Samir Shrestha
BBM, 6th Semester



Rojash Shrestha
BBM, 6th Semester



Nitesh Kumar Ray
BBM, 6th Semester



The agreement was signed in 2004 and came into effect on 1 January 2006, with the desire of the member states of the SAARC to promote and sustain mutual trade and economic cooperation within the SAARC region through the exchange of concessions.

The agreement was reached on 6 January 2004, at the 12th SAARC summit. The SAFTA agreement came into force on 1 January 2006, and is operational following the ratification of the agreement by the eight governments.

Nepal and SAFTA

Nepal ratified the SAARC Agreement on SAFTA. Under SAFTA, the eight SAARC

nations (Nepal, Bhutan, India, Bangladesh, Pakistan, Sri Lanka, Maldives, and Afghanistan) have pledged to cut tariff rates on a product-by-product basis, and more than 5,000 items are entitled to preferential duty treatment in the participating countries.

At the time of its adoption, all members agreed to place many products excluding them from tariff liberalization in their individual "sensitive list". In 2012, under Phase Two of tariff liberalization under SAFTA, members agreed to cut their sensitive lists. However, till date the pruning has not given tangible results. South Asia has become the least integrated region in the

world with less than 5 per cent of total intra-regional trade compared to East Asia's 35 per cent and Europe's 60 per cent.

Prospects

SAFTA has the potential to bring several benefits to the Nepalese economy. Some of the prospects and potential advantages of SAFTA for Nepal are:

Increased market access

SAFTA provides Nepal with improved market access to other SAARC member countries, including India, Pakistan, Bangladesh, Sri Lanka, Maldives, Bhutan, and Afghanistan. This expanded market can create opportunities for Nepalese

exporters to increase their sales and expand their customer base in these countries.

Tariff concessions

SAFTA aims to reduce and eliminate tariffs on traded goods among member countries. This can lead to lower import costs for Nepalese businesses, making it easier and more cost-effective for them to source raw materials and intermediate goods from SAARC countries.

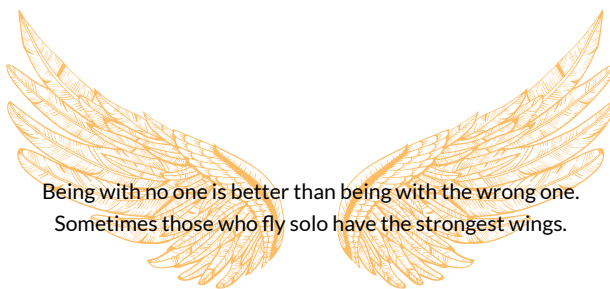
Trade diversification

SAFTA encourages diversification of trade by reducing trade barriers and promoting economic cooperation among member countries. This can incentivize Nepalese businesses to explore new markets and expand their export portfolio beyond traditional trading partners, leading to increased economic resilience.

Regional value chains

SAFTA can facilitate the development of regional value chains, where different countries specialize in specific stages of production. This can enable Nepal to participate in

SAFTA contributes to the overall goal of regional economic integration within South Asia.



Being with no one is better than being with the wrong one.
Sometimes those who fly solo have the strongest wings.

these value chains, enhancing its competitiveness and promoting industrial growth and job creation.

Foreign direct investment (FDI)

The improved trade environment under SAFTA can attract foreign direct investment to Nepal. With easier access to regional markets and reduced trade barriers, foreign investors may find Nepal an attractive destination for establishing production facilities or engaging in cross-border trade, leading to increased investment inflows and technology transfer.

Economic integration

SAFTA contributes to the overall goal of regional economic integration within South Asia. Enhanced economic cooperation and integration can lead to improved infrastructure connectivity, streamlined customs procedures, and harmonization of trade rules, benefiting Nepal's overall trade environment.

Issues

While SAFTA has the potential to bring economic benefits, it also presents

certain challenges for the Nepalese economy. Some issues associated with SAFTA and its impact on Nepal are:

Trade imbalance

Nepal has faced a significant trade imbalance with other SAFTA member countries, particularly India. The trade deficit has widened over the years, with Nepal importing more goods than it exports. This trade imbalance can have adverse effects on Nepal's economy, such as a drain on foreign exchange reserves and challenges for domestic industries.

Non-tariff barriers

Despite the reduction of tariffs under SAFTA, non-tariff barriers such as technical barriers to trade, stringent sanitary and phytosanitary measures, and customs procedures pose challenges for Nepalese exporters. These barriers can hinder Nepal's access to regional markets and limit the growth of its export-oriented industries.

Limited market access

Nepalese industries often face difficulties in accessing the markets of other SAFTA member countries due



to various trade barriers. The lack of market access can hamper the growth of Nepal's industries, particularly its agricultural and manufacturing sectors, which heavily rely on export opportunities.

Vulnerability to Indian market

Given Nepal's geographical proximity to India, it is highly dependent on the Indian market for trade. Any disruptions in India-Nepal relations or changes in Indian policies can have significant repercussions on Nepal's economy. This dependence makes Nepal vulnerable to external shocks and limits its economic diversification.

Infrastructure constraints

Inadequate infrastructure, such as poor road networks,

limited customs facilities, and inefficient border crossings, hampers smooth trade within the SAFTA region. These infrastructure constraints increase transaction costs, delays, and logistical challenges, affecting the competitiveness of Nepalese businesses.

Limited trade in services

SAFTA primarily focuses on trade in goods, while trade in services is still limited. Nepal has a comparative advantage in sectors such as tourism and information technology services, but the potential for expanding trade in services within the SAFTA region remains largely untapped.

Conclusion

In conclusion, SAFTA holds significant potential for the Nepalese economy. It

offers various prospects and advantages that can contribute to economic growth, market diversification, and increased regional integration. By reducing tariffs, enhancing market access, and promoting economic cooperation, SAFTA can facilitate trade expansion, attract foreign investment, and foster the development of regional value chains. Overall, SAFTA has the potential to create new trade opportunities, attract investment, and contribute to the sustainable economic development of Nepal. By leveraging these prospects and addressing the necessary requirements, Nepal can benefit from the regional integration offered by SAFTA and strengthen its position in the South Asian markets.

Impacts of BIMSTEC on Nepal's Economy

Background

The Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC) is an international organization of seven South Asian and Southeast Asian nations, housing 1.73 billion people and having a combined gross domestic product of US\$4.4 trillion.

Purposes

The following are the purposes of BIMSTEC:

- to accelerate the economic growth and social progress in the Bay of Bengal region through joint endeavors in a spirit of equality and partnership.
- to promote active collaboration and mutual assistance on matters of common interest in the economic, social, technical and scientific fields.
- to provide assistance to each other in the form of training and research facilities in the educational, professional and technical spheres.
- to maintain close and beneficial cooperation with existing international and regional organizations with similar aims and purposes.
- to endeavor to eradicate poverty from the Bay of Bengal region.

Members

It mainly aims to create an enabling environment for rapid economic development; accelerate social progress; and promote collaboration on matters of common interest in the Bay of Bengal Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka and Thailand are its member states. Its Secretariat is located in Dhaka.

History

BIMSTEC is one of the regional organizations that was established on 06 June 1997 with the signing of the Bangkok Declaration. Initially known as BIST-EC (Bangladesh-India-Sri Lanka-Thailand Economic Cooperation), the organization is now known as BIMSTEC and comprises seven Member States with the admission of Myanmar on 22 December 1997, and Bhutan and Nepal in February 2004.

On 06 June 1997, representatives of the Governments of Bangladesh, India, Sri Lanka, and Thailand came together in Bangkok, and signed the 'Declaration on the Establishment of the Bangladesh-India-Sri Lanka-Thailand Economic Cooperation (BIST-EC).'



Rajib Maharjan
BBM, 6th Semester



Nisesh Shahi
BBM, 6th Semester



Riya Magar
BBM, 6th Semester



The Declaration which was signed by the Minister of State for Foreign Affairs of Bangladesh, Abul Hasan Chowdhury, the Minister of State of the Republic of India Saleem Iqbal Shervani, the Deputy Minister of Foreign Affairs of Sri Lanka D.P. Wickremasinghe, and the Deputy Minister of Foreign Affairs of Thailand Pitak Intrawitayanunt later came to be known as the 'Bangkok Declaration'. The main aim of the regional group was the promotion of economic co-operation between countries bordering the Bay of Bengal.

With Myanmar joining on 22 December 1997, the group was renamed BIMSTEC (Bangladesh, India, Myanmar, Sri Lanka, Thailand Economic Co-operation), and with the admission of Nepal and Bhutan during the 6th Ministerial Meeting in Thailand in July 2004,

the grouping was renamed during the First Summit in Bangkok on 31 July 2004 as the Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Co-operation (BIMSTEC).

BIMSTEC's institutional evolution has been gradual. Following a decision at the Third BIMSTEC Summit in 2014, the BIMSTEC Secretariat was established in Dhaka, Bangladesh, in that same year, providing an institutionalized framework for deepening and enhancing co-operation.

Being a sector-driven grouping, co-operation within BIMSTEC had initially focused on six sectors in 1997 (trade, technology, energy, transport, tourism, and fisheries) and expanded in 2008 to incorporate agriculture, public health, poverty

alleviation, counter-terrorism, environment, culture, people-to-people contact, and climate change.

Sectors of co-operation

The BIMSTEC Leaders at the Fourth BIMSTEC Summit held in Kathmandu, Nepal on 30-31 August 2018 emphasized the need to review, restructure and rationalize the existing areas of BIMSTEC cooperation and streamline the operational modalities for activities, implementation of programmes and projects under BIMSTEC for bringing out tangible results.

Accordingly, based on the recommendation by the 18th BIMSTEC Ministerial Meeting (Colombo, Sri Lanka (virtual), 01 April 2021), the Fifth BIMSTEC Summit (Colombo, Sri Lanka (virtual), 30 March 2022) approved the following seven Sectors and Sub-sectors of BIMSTEC Cooperation:

(i) Trade, Investment and Development (ii) Environment and Climate Change (iii) Security; Sub-sectors: Counter-Terrorism and Transnational Crime; Disaster Management; Energy (iv) Agriculture and Food Security; Sub-sectors: Agriculture; Fisheries and Livestock (v) People-to-People Contact; Sub-sectors: Culture; Tourism; People-to-People Contact (vi) Science, Technology, and Innovation; Sub-sectors: Technology; Health; Human Resource Development and (vii) Connectivity.

The 19th BIMSTEC Ministerial Meeting (Bangkok, Thailand (virtual), 09 March 2023) approved the inclusion of: Blue Economy as a Sub-sector under the Trade, Investment and Development Sector; Mountain Economy as a Sub-sector under the Environment and Climate Change sector; and Poverty Alleviation as a Sub-sector under the People-to-People Contact sector; for adoption by the Sixth BIMSTEC Summit.

Nepal and BIMSTEC

BIMSTEC provides a platform for Nepal to collaborate with other member countries in various sectors, including trade and investment, energy, transport, tourism, fisheries, agriculture, public health, poverty alleviation, and counter-terrorism and transnational crimes. Through BIMSTEC, Nepal can work

Overall, BIMSTEC plays an important role in promoting regional cooperation and development, and its work is critical to promoting economic growth, social development, and regional stability in Nepal and the broader South Asia and Southeast Asia region.



with other member countries to promote economic cooperation, improve transportation infrastructure, develop renewable energy sources, promote tourism, and improve public health and poverty alleviation in the region. BIMSTEC also provides a forum for Nepal to work with other member countries to promote regional security and stability, including working to combat terrorism and transnational crimes, and promoting disaster management and emergency response cooperation between member countries.

Overall, BIMSTEC plays an important role in promoting regional cooperation and development, and its work is critical to promoting economic growth, social development, and regional

stability in Nepal and the broader South Asia and Southeast Asia region.

Prospects

BIMSTEC has the potential to boost Nepal's economy through increased trade and investment with member countries. It is a regional organization comprising of seven member countries– Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka and Thailand.

Nepal's membership in BIMSTEC provides an opportunity to enhance its economic growth through increased trade and investment with member countries. BIMSTEC countries have a combined population of over 1.5 billion people and a GDP of around \$3.5 trillion. The organization aims to promote economic cooperation, trade, investment, and technological collaboration among member countries.

Nepal can benefit from this by increasing its exports to BIMSTEC countries, which will help to diversify its export base and reduce dependence on traditional markets. In addition, BIMSTEC provides a platform for Nepal to attract foreign investment from member countries.

The organization has identified several sectors for cooperation, including trade and investment, energy,



transport and communication, tourism, fisheries, agriculture, and public health. Nepal can leverage these areas to attract foreign investment and technology transfer, which will help to modernize its economy and create jobs.

In general, BIMSTEC has the potential to be a game-changer for Nepal's economy. The organization provides a platform for Nepal to enhance its economic growth through increased trade and investment with member countries. However, Nepal needs to take proactive steps to leverage these opportunities and address the challenges that come with regional integration.

Challenges

Development efforts require a peaceful and stable environment, and BIMSTEC members cannot ignore challenges such as terrorism, violent extremism, trans-national crime, narco-trafficking and cyber-attacks. Some other challenges of BIMSTEC are:

- Lack of cordial bilateral relations between its member states.
- Uncertainties over SAARC impact the development of BIMSTEC. Growing influence of China in South Asia is another threat to BIMSTEC cooperation.
- Ongoing military coup in Myanmar and popular protest against the military coup is a new practical challenge.

- Apathy towards holding regular annual summits.

Conclusion

BIMSTEC holds huge geo-strategic significance. It brings India closer to three strategic regions, i. e. Bay of Bengal, the Mekong region, and the sub-Himalayan region. BIMSTEC is a regional multilateral organization. Its members lie in the littoral and adjacent areas of the Bay of Bengal constituting a contiguous regional unity.

Although BIMSTEC started with great purpose it lacks of proper goals and implementation of goals. That's why it got the lowest priority. In order to succeed with their goals, they must include more big economic Asian countries.

Contemporary Issues of International Trade

Background

International trade occurs when countries specialize in producing goods and services that they can produce efficiently and at a lower cost compared to other countries. This concept, known as comparative advantage, allows countries to focus on their strengths and trade for goods and services they lack. By engaging in international trade, countries can access a wider range of products, enjoy lower prices, and improve their citizens' overall standard of living.

International trade is facilitated through various mechanisms, including tariffs, quotas, and trade agreements. Tariffs are taxes imposed on imported goods, while quotas limit the quantity of goods that can be imported. Trade agreements, such as free trade agreements or customs unions, reduce barriers to trade and promote economic integration between participating countries.

Globalization and technological advancements have greatly accelerated



Jasmati Gurung

BBM, 6th Semester



Priyanka Joshi

BBM, 6th Semester



Asmita Shrestha

BBM, 6th Semester



international trade in recent decades. Advances in transportation, communication, and logistics have made it easier for countries to connect and conduct business across borders. Additionally, the growth of e-commerce has opened up new opportunities for international trade, allowing businesses and consumers to engage in cross-border transactions with ease.

While international trade brings numerous benefits, it also poses challenges. Some argue that it can lead to job losses in certain industries or result in trade imbalances between countries. To address these concerns, countries often implement policies to protect domestic industries or negotiate trade agreements that aim to strike a balance between promoting trade and safeguarding national interests.

Contemporary issues

Overall, international trade is a key driver of economic development, allowing countries to specialize, expand markets, and harness the



benefits of global cooperation. It continues to shape the world economy and influence the lives of individuals and nations around the globe. Contemporary issues in international trade are:

Issue of dumping

The contemporary issue in international trade is the issue of dumping that promotes unfair trade competition threats to domestic business dumping is the strategy of business to sell products at lowest price in foreign markets than in domestic market.

The debt of the exporter's country will increase due to subsidies provided to sell at lower prices abroad. Dumping is expensive, and it will take the exporters years to sell at a lower price and put competitors out of business. The target company can retaliate and cause a trade war.

Issue of regulatory measures

Different countries have different regulatory measures non-tariff major in order to minimise import this leads to difficulties in international trade because different regulations should be followed while exporting products in different countries Complying with additional regulations and procedures raises the cost of doing business.

These higher costs are born by the government, businesses, and consumers. Further, complying with regulatory burdens can slow the process; and, in business, time is often as valuable as money.

Issue of market change:

Taste and preference of global customers are rapidly changing. Similarly, export destination is also changing in rapid pace. Britain leads to international trade to be unpredictable. In order to identify and deal with any potential problems, one should always be aware of any outside developments and market conditions that



It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary.



could affect one's business, and, if necessary, be ready to respond and change your plans quickly.

Issues of modes of payment

Different countries may favor different payment methods, which can lead to confusion and delays. Furthermore, some payment methods may be unavailable in some regions, limiting business alternatives. Also, the fluctuation in the currency rate also affects the international business.

Issues of political risk

Changes in government policies, political instability, civil unrest, and other factors can all pose political risks in international business. These hazards might make it difficult for corporations to operate in some nations and reduce earnings.

Some of the political risks are:

Systematic risk

Changes in government policies, political instability, and civil change can all contribute to systematic risk. These risks can have a large influence on entire markets or industries, causing stock market or currency value volatility.

Bureaucratic risk

Bureaucratic risk is the danger of corporate activities being delayed or complicated owing to bureaucratic procedures, regulations, or red tape. This form of danger is more common in countries with complicated or ineffective bureaucracies.

Distributive risk

The risk that a company or industry will be negatively impacted by changes in the distribution of resources or

power within a society or economy is referred to as distributive risk. Increase in consumer preferences, shifts in political power, or increases in economic disparity can all be examples of distributive risks.

Catastrophic risk

Catastrophic risk refers to the possibility of a severe, unforeseen occurrence causing extensive damage or disruption. Natural catastrophes, such as hurricanes or earthquakes, as well as man-made calamities, such as terrorist attacks or pandemics, can be included.

Issues of language barrier

In international commerce, language differences can be a considerable issue. They can make it difficult to successfully interact with customers, partners, and employees in different nations, leading to misunderstandings and mishaps. This has the potential to have an impact on corporate operations, relationships, and, ultimately, the bottom line.

To conclude, addressing and overcoming these contemporary problems and issues in international trade for Nepal's economy is crucial.



History of Wood Carving in Nepal



Lasata Tamrakar
BBM, 5th Semester

In Nepal's history, Licchavi and Malla periods are known as the golden era of cultural development. During these periods, wood carving and wooden architecture developed remarkably. The ancient cities of Yen (Kathmandu) Yala (Lalitpur), and Khwopa (Bhaktapur) have incredible wooden buildings, temples, and palaces.

The architectural sites of Kasthamandap near Hanuman Dhoka is another incredible temple made up of a single timber wood. The traditional architecture included: doors, windows that were beautifully carved in incredible geometrical, floral, and animal forms.

Wood Carvings of Nepal are generally based on Holy Scriptures and mythical structures of Buddhism or Hinduism. One will find the deities, religious

symbols, demons, animals, and others woven in an intricate pattern. These wood carvings are also found in the wooden beams of roof structures in an erotic form.

Furthermore, the heavy wooden framework was an essential part of the structure in Newa architecture. Besides that, the beams, struts, and pillars formed a load distribution and roof support. The wooden windows and doors were also used for decoration. The local community have successfully transferred the traditional art form to younger generations keeping it alive and well.

Even in the Newa community, there is a special ethnicity of people who work specifically in carving these arts. The art has a specific design and patterns, and thus requires incredible craftsmanship.

An important feature of woodcarving is that it is ancestral which means it is transferred through the generations.



Fortunately, nowadays one won't find antique carving being burned as scrap. Traditional crafts, especially antiques, sell for high prices, and family-run handicraft businesses do a good trade. The Newa "Shilpakar" ethnicity is known to be talented craftspeople, and their large workshops and showrooms in Patan display the wide range of traditional and more modern woodwork that they produce.

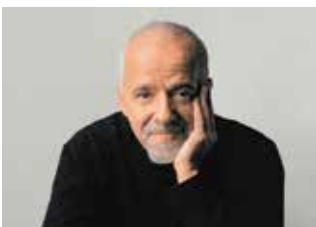
The finest examples of medieval era wood carving can be seen in Bhaktapur. One of the most impressive and well-known carvings is the "55 windows" of the former royal palace and the "peacock" window.

Located in the Patan Industrial Estate, Purna Wood Carving Industries produces

all of the wooden fixtures for Traditional Comfort. These include the intricate Jhyal 'windows' in the rooms and common areas, made to resemble windows of old palaces, the carved beams throughout the hotel, the dark wood beds with attached bedside tables, and the long benches fitted into each room.

An important feature of woodcarving is that it is ancestral which means it is transferred through the generations. But with the onset of modernization not many people want to adopt this ancestral occupation, breaking a continuous chain and bringing rise to a drastic decline in woodcarving since the recent years.

All of the wood comes from Nepal, but stocks are limited because of Nepalese laws intended to halt deforestation. If local and international tastes continue to appreciate traditional Nepalese styles, the skills passed down through the generations will continue to prolong for a long time.



The world is changed by your example not by your opinion.

~Paulo Coelho



Digital Banking in Nepal



Sayal Man Kayastha

BBM, 5th Semester

Nowadays, digital banking has become a household word within a short span of time as it is popular amongst Nepalese population. Although Digital banking has become overwhelmingly popular in recent years, its origin in Nepal can be detected back in decades. Modern banking in Nepal started with Nepal Arab Bank Limited currently known as Nabil Bank introducing credit cards in the early 1990s.

Himalayan Bank introduced ATMs and credit cards in 1995. In 2002, Kumari Bank introduced E-Banking (Internet Banking) service for the first time in the country. Likewise, in 2004, Laxmi Bank introduced SMS Banking (Mobile Banking) service in Nepal.

Digitalized banking in Nepal is getting more popular with time as a result of an increase in internet usage. The banking procedures have been fully digitalized, simplified, expedited, and transparent. Even the expectations of banking customers are changing and the customers expect to get every banking service more conveniently and fast. The digital transformation and less paper-banking model over traditional banking processes have allowed banks to provide customer-centric services.

In fact, digital banking has seen a huge growth in Nepal in a short period of time because of the availability of smartphones, due to frequent changes in technology. We can easily find a smartphone with maximum features at a low cost today. Currently, smartphone penetration in Nepal is over 71%. Increased internet usage has been possible due to the highly competitive environment between service providers. Also, people from remote areas have access to mobile internet now. With digital banking, you can access banking services anytime and from anywhere. This also has played a major role in the adoption of digital banking.





Cost-effective, faster, and easier banking services are at our fingertips, we no longer have to go to a physical bank branch to access various banking services. We can activate mobile and internet banking services at just Rs. 250-300 per year.

In addition, banks are promoting digital banking systems since digital banking can serve large customers at a relatively lower cost of operation than providing banking service from a physical branch. Digital banking has also enhanced the efficiency of a bank.

With the continuous use of digital banking services, it has become an integral part of our daily routine. The Covid-19 pandemic also taught us the significance and benefits of digital banking. Rightly, digital banking directly benefits customers and bank and financial institutions (BFI).

Some of the benefits are - real-time control over your funds, transaction mistakes are minimized, going to physical banks are minimized, and several features being provided

by both online and mobile banking like fund transfer, bill payment, mobile top-up, QR payments, e-KYC, etc.

Likewise for BFIs; improved customer satisfaction with the adoption of real-time services, enhanced security from extra layers of security, enable Third-Party services through API, increased security due to additional levels of protection, eliminate errors in the paper procedure, and cost reduction through automated internal processes, etc.

Although there have been noticeable competitions amongst Banks and Financial Institutions (BFIs) to provide modern banking services, the majority of populations in Nepal has no access to such services. The reason for this is that the concentration of financial institution is largely in urban areas. Digital banking services are available in urban areas only, with most people in rural areas being deprived of even basic banking services.

An underdeveloped digital financial services ecosystem with low credit and debit card penetration, low use of digital payments, online and mobile banking, and unsupportive government policies are thought to be obstructing the expected growth and

adoption of digital banking services in Nepal.

In short, people are attracted to digital banking technology. The current state of digital banking services is appreciable. Every Nepalese bank seems to be working together to develop the digital banking ecosystem in Nepal. Within two decades, the new digital banking technology has reached almost half of Nepal's population. Digital banking is just starting to flourish in Nepal. The future of digital banking in Nepal seems very promising and it can be a game changer. We are not too far from the days when everyone in the country may it be from urban or rural areas is benefiting from digital banking.

Moreover, the future of digital banking and payment is bright. We all have been encouraged to make online payments and develop digital habits. Thanks to funding allocated to the information and communication technologies (ICT) sector to enhance the digital environment. With the continuous growth of digital banking, people are being more aware of their finances and adapting to new technology. Surely, a positive progress is seen in digital banking, but there are still challenges to be faced in this sector.

I asked a wise man, "Tell me sir, in which field can I make a great career?" He said with a smile, "Be a good human being. There is a lot of opportunity, great need and very little competition."



Binod Chaudhary's Contributions to Nepal's Economy

Background

Nepal, a land of diverse opportunities and untapped potential, has witnessed the rise of numerous entrepreneurs who have reshaped its business landscapes. Among these remarkable individuals, Binod Chaudhary stands out as an inspiration, a trailblazer who has not only made his mark but has also contributed significantly to Nepal's economy. As the Chairman of the Chaudhary Group (CG Corp Global), Binod Chaudhary has become synonymous with entrepreneurial success and social impact.

early exposure to the world of commerce shaped Binod's mindset and ignited his passion for business.

Chaudhary Group

The Chaudhary Group, under Binod Chaudhary's leadership, has grown into a conglomerate spanning multiple sectors. From the popular Wai Wai noodles to the renowned CG Hospitality, CG Finco, CG Foods, and CG Developers, the group has left an indelible mark on Nepal's business landscapes. With a diversified portfolio that includes banking, telecommunications, real estate, and hospitality, the Chaudhary Group has become a symbol of entrepreneurial success and innovation in Nepal.



Yusuf Shrestha
BBM, 5th Semester

Early Life and Background

Binod Chaudhary's journey began in Kathmandu, Nepal, where he was born into a family with a strong entrepreneurial spirit. His father, Lunkaran Das Chaudhary, laid the foundation of their business ventures with the establishment of a small textile store in 1933. This



Achievements and Impact

Binod Chaudhary's entrepreneurial journey has been characterized by remarkable achievements and significant impact. His visionary leadership has not only propelled the Chaudhary Group to new heights but has also brought global recognition to Nepal's business potential. Under his guidance, the Chaudhary Group has expanded beyond Nepal's borders, establishing a strong presence in various international markets.

Social Initiatives and Philanthropy

Beyond his business acumen, Binod Chaudhary is recognized for his commitment to social causes and philanthropy. He firmly believes in giving back to society and has initiated several projects to uplift marginalized communities. Through the Chaudhary Foundation, he has made substantial investments in education, healthcare, and infrastructure development, making a lasting positive impact on the lives of countless Nepalese citizens.

He emphasizes the importance of teamwork, integrity, and adaptability in achieving long-term success.

Challenges Faced

Binod Chaudhary's journey to success has not been without its challenges. From navigating a complex business environment to overcoming infrastructure limitations, he has encountered numerous obstacles. However, his resilience, determination, and ability to innovate have allowed him to overcome these hurdles, reinforcing his reputation as a true visionary.

Leadership and Business Philosophy

Binod Chaudhary's leadership style is rooted in strong values and a commitment to excellence. He emphasizes the importance of teamwork, integrity, and adaptability in achieving long-term success. By empowering his employees and fostering a culture of innovation, he has cultivated

an environment conducive to growth and prosperity.

Future Outlook

Looking ahead, Binod Chaudhary continues to explore new opportunities and expand the Chaudhary Group's presence globally. With an unwavering dedication to Nepal's development, he envisions a future where Nepalese businesses thrive on the global stage, attracting investment and contributing to the nation's growth.

Conclusion

A business tycoon, Chaudhary's entrepreneurial journey serves as an inspiration to aspiring business leaders and entrepreneurs not only in Nepal but also around the world. Through his visionary leadership, social initiatives, and remarkable achievements, he has not only transformed the Chaudhary Group into a conglomerate of international repute but has also played a pivotal role in Nepal's economic growth.



No matter where life takes you,
always pack a positive attitude.

Franchise Business in Nepal



Animon Rapacha
BBM, 5th Semester

The Nepalese lifestyle has experienced a change over the years from eating home cooked meals to having varieties of food outside. Food preferences as well as the platter of Nepali people has varied amongst each other due to the flourishing franchise business in fast-food sector.

According to the International Franchise Association, "A franchise (or franchising) is a method of distributing products or services involving a franchisor, who establishes the brand's trademark or trade name and a business system, and a franchisee, who pays a royalty and often an initial fee for the right to do business under the franchisor's name and system."

One of the popular business models for entrepreneurs to start a business is franchising,



especially when entering a highly competitive industry such as fast food. Many local brands in Nepal have established their business footprints of restaurants to coffee shops through franchising model. The business hub of the city has further expanded its franchises in different parts of the country. The entry of international franchise companies in Nepal has helped boost our economy and provides opportunities for local entrepreneurs.





There are a few U.S. franchise companies which have entered the Nepalese market triggered by tourism industry, mainly in the cities with an increasing market base such as Kathmandu and Pokhara. For example, Baskin-Robbins has numerous outlets and KFC operate franchises in Kathmandu. Indian brands like Patanjali, Big Cinemas, John Players, Kendriya Vidyalaya, Eurokids etc. are also well established in Nepal.

In the fast-food sector, many local brands such as The

Burger House and Crunchy Fried Chicken, Syanko Katti Roll, Himalayan Java, Bota Mo:Mo etc. are performing well in the franchise market.

The Burger House and Crunchy Fried Chicken has become one of the most popular fast-food chain restaurants in Nepal. It currently has more than 100 outlets across the country.

Syanko Katti Roll is a No.1 fast-food retail brand in Nepal which started from a small shop with an objective to serve quality food and a passion to compliment the culture of Katti Roll. This food business was scaled into an empire within a limited time period with more than 30 franchises and 200 franchisees across Nepal by the year of 2023.

Himalayan Java is one of the first coffee chains in Nepal to serve freshly brewed coffee since 1999. It has expanded its outlet through franchise model worldwide including Toronto, Omaha, Minnesota with total of 27 outlets.

There are various types of franchise businesses available in Nepal. One of the most popular franchises is the business format franchise. Under this franchising model, the complete business package including the business model, brand, trade name, products and services is offered. The business





is operated according to the franchisor's business model and standard by the franchisee.

Buying a franchise is less risky and a quick way to set up the business without starting from scratch. Therefore, there are many benefits of franchising. Franchise is based on a proven business model, established brand recognition, access to financing and support, franchise businesses have a higher success rate compared to independent businesses. Since franchise business have developed business model, comprehensive training program and support will be provided to set up the business and learn about the ins and outs of the business.

As a franchisee, one can leverage the brand name of an established company to attract customers and build the business because customers are more likely

to trust a brand that they recognize. Therefore, no prior experience is required to operate the franchise as the training given by the franchisor should ensure the franchisee established the skills. The products and services will have already established market as the franchisee uses the trade mark and the brand name. There will be an exclusive right of territory which means that the franchisor cannot sell any other franchises in the same area. The relationship with supplier and the banks is established due to its brand recognition.

Additionally, Nepal is growing rapidly in the presence of franchise industry. Many international franchise companies have entered into the Nepalese market and more are expected to enter in the coming years. This is an excellent opportunity for entrepreneurs to operate business based on the brand

establishment and proven business model.

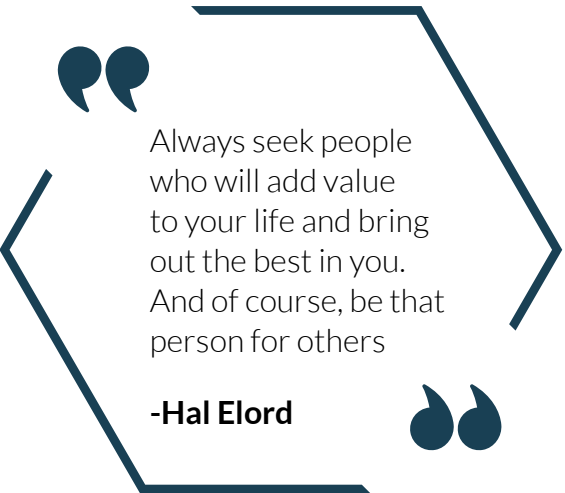
Unlike any business model, there are disadvantages to setting up a franchise. In a country with diverse linguistic and cultural landscapes, it can be difficult to communicate with employees and customers. The cultural differences of Nepal may impact advertising and marketing strategies.

In order to overcome such challenges, there should be an effort to learn about local languages and local culture. Rather than relying on a

one-size-fits-all approach, the franchisees should focus on marketing and advertising strategies based on the local cultures. Another challenge for franchisee is the infrastructure of Nepal which can be limited in certain areas and creates difficulties in transportation of goods and services.

In such cases, there should be a proper plan to operate, strategies for alternative transportation and distribution, partnering with the local businesses and make contingency plans to ensure that their business operations are not affected by infrastructure challenges. Due to limited resources and strict lending requirements, franchisees in Nepal may face yet another challenge in accessing finances. However, with careful analysis, planning and a willingness to adapt, franchisees can succeed in the franchise business industry in Nepal.

There are certain requirements in order to own a franchise business in Nepal. One of the most important and basic requirements is the legal requirement which includes necessary permits and licenses, business registration with government agencies, and following the applicable laws and regulation. Another requirement is the financial aspect which includes the



Always seek people who will add value to your life and bring out the best in you. And of course, be that person for others

-Hal Elord

initial fee of franchise, fees related to operating the business and other ongoing royalties. There must be necessary amount of capital investment for the inventories, equipment and purchase or lease of a location. In short, the registration of franchise business in Nepal involves legal and regulatory requirements.

In a nutshell, owning a franchise business in Nepal can be a remunerative opportunity for entrepreneurs. However, it

requires careful analyzing, planning and considerations to ensure success. Potential franchisees should do necessary research about different franchise opportunities, be prepared to invest in the resources, overcome communication barriers and infrastructure challenges, understand the legal and financial requirements, to succeed in the industry.

Pros and Cons of ChatGPT in Education



Samrat Dhakal
BCA, 8th Semester



Madir Dahal
BCA, 8th Semester



Anup Dangol
BCA, 8th Semester

Background

Open AI created the sophisticated language model known as ChatGPT. It is made to comprehend and produce text responses that resemble those of humans and is based on the GPT-3.5 architecture. ChatGPT can hold a conversation with users in an organic and lively manner because it has been trained on a wide variety of internet data.

It can help with a variety of tasks thanks to its extensive knowledge and contextual understanding, such as answering queries, giving explanations, creating original content, and making tailored recommendations.

ChatGPT is a potent tool for improving human-computer interactions and extending the possibilities of natural language processing due to its flexibility to various topics and its sophisticated language generation capabilities.

Purpose

By offering a conversational and intelligent interface,



ChatGPT aims to improve and facilitate human-computer interactions. It attempts to help users with a variety of tasks, including responding to inquiries, producing original material, delivering explanations, and making tailored recommendations.

ChatGPT is made to comprehend natural language input and produce appropriate responses, enabling users to conduct lively and engaging discussions with the model. Its goal is to employ the capability of advanced language processing to make a more user-friendly interface that makes it easier for users to obtain information, ask for help, and have meaningful conversations in a more conversational and natural way.

History

The origins of ChatGPT can be found in Open AI's GPT (Generative Pre-trained Transformer) model development. The journey started with the release of GPT in 2018 and continued with GPT-2 and GPT-3. These models demonstrated the effectiveness of extensive pre-training and fine-tuning procedures, revolutionizing the field of natural language processing (NLP).

The June 2020 release of GPT-3 was a great accomplishment. It displayed impressive language generating abilities with 175 billion parameters, which attracted a lot of attention. However, GPT-3's direct user engagement was constrained because it was primarily developed for single-turn activities.

In order to overcome this drawback, OpenAI introduced ChatGPT, a more conversational version of GPT-3, in November 2020. It was more suited for chat-based interactions because it allowed users to participate in conversations with several turns. However, ChatGPT faced other difficulties, such as producing comments that sounded plausible but were inaccurate or illogical.

Early in 2021, OpenAI released ChatGPT as a research preview in order to collect user feedback and

identify its advantages and disadvantages. Millions of users provided them with insightful feedback through an iterative deployment process, which helped the system operate better and eliminate biases and other problems.

In order to give a better user experience, OpenAI upgraded ChatGPT, known as GPT-3.5, based on the comments and lessons from the research preview. The model used cutting-edge techniques including Reinforcement Learning from Human Feedback (RLHF), producing more controllable and dependable responses.

With the goal of building even more robust and adaptable conversational AI systems, OpenAI is constantly improving and expanding the capabilities of ChatGPT. The release of GPT-4 or future iterations may provide additional breakthroughs in natural language processing and creation.

ChatGPT in education

In the area of education, ChatGPT has many uses. It can act as a virtual tutor, giving pupils individualized support by responding to their inquiries, delineating ideas, and providing direction. Because of its broad subject coverage and extensive knowledge base, ChatGPT is a great tool for students looking for information and

clarification on a variety of topics.

Additionally, it may produce customized study materials, tests, and practice questions. By encouraging debates and facilitating interactive lessons, ChatGPT can also support group learning. Overall, ChatGPT improves educational experiences through on-demand support, engagement, and the addition of conversational and adaptive capabilities to standard teaching techniques.

Pros

ChatGPT has a number of benefits when used in the educational setting. It first offers pupils individualized, on-demand support. ChatGPT can answer students' questions and offer answers in a conversational style because of its capacity for understanding and producing human-like responses. This fosters a more engaging and participatory learning environment.

Second, ChatGPT's extensive knowledge base enables it to cover a variety of themes and subjects. It can offer thorough details and explanations, making it a useful tool for students looking for extracurricular learning materials.

Moreover, ChatGPT may produce customized study materials, quizzes, and practice tests. With the help of this function, students can

practice and solidify their comprehension of numerous concepts while engaging in self-paced learning

Additionally, ChatGPT encourages group learning. It can help with group conversations and give students a place to exchange ideas, ask questions, and pick each other's brains. This encourages engagement and a sense of community in the learning environment.

ChatGPT can also adjust to various learning preferences and styles. In order to meet every student's needs, it can offer different explanations or examples, making sure that they understand the material.

Last but not the least, ChatGPT can strengthen the role of teachers by giving them access to a tool for individualized assessment and feedback. It can help with grading assignments, giving thorough justifications for the right responses, or making ideas for improvement.

Overall, using ChatGPT in education improves accessibility, engagement, and support while giving students a flexible and engaging study partner.

Cons

While ChatGPT and comparable language models have potential applications in a variety of disciplines, including education, there are

also several drawbacks that should be taken into account while using them there.

One significant worry is the possibility of encouraging AI dependence and eroding critical thinking abilities. Bypassing the cognitive processes necessary for problem-solving and autonomous learning, students who rely too heavily on ChatGPT for information risk becoming unduly dependent on it. The growth of critical abilities like research, analysis, and creative thinking—which are crucial for a well-rounded education—can be hampered by this dependence.

The potential for inaccurate information is still another negative aspect. Like any language model, ChatGPT is prone to producing answers that are factually wrong or founded on incomplete or biased data. This can deceive pupils and jeopardize the accuracy and dependability of the knowledge they learn in an educational setting. It becomes vital to guarantee that the material offered by ChatGPT is adequately verified, fact-checked, and supported by dependable sources.

In addition, ChatGPT might not adequately accommodate different learning preferences or offer specialized feedback. Students gain from individualized instruction and feedback since education is a highly personalized process. Despite being generative, ChatGPT's responses might not be flexible or nuanced enough to cater to each student's unique needs and learning preferences. Personalized instruction and human interaction are still crucial in the classroom.

Also, ChatGPT's lack of emotional intelligence and empathy can be a major drawback. Teachers frequently need to provide students with emotional support and understanding, something like an AI model would not be able to do well. Important educational goals like developing relationships, empathy, and social skills call for human interaction and direction cannot be achieved via chatGPT.

Finally, the earlier mentioned ethical difficulties, such as bias and privacy concerns, also apply in a learning environment. If student's qualitative data are collected

Don't be so quick to believe what you hear because lies spread faster than the truth.



and processed by the AI model, privacy concerns may surface. Biased responses may reinforce preconceptions or discriminatory practices.

It is crucial to strike a balance by implementing the model as a tool rather than a solitary source of information if you want to overcome these drawbacks and leverage ChatGPT's advantages in teaching. A well-rounded and successful educational experience can be achieved by supplementing it with human direction, critical thinking activities, fact-checking procedures, and an emphasis on the development of vital skills. These measures can assist to reduce the possible downsides.

Ethical issues

The use of ChatGPT creates a number of moral questions that demand serious thought. The likelihood of bias in the model's conclusions is a serious worry. Large volumes of text data, such as that used to train language models like ChatGPT, may unintentionally contain contents that are biased or discriminating. As a result, the model may produce suggestions that strengthen negative stereotypes or prejudices. To reduce this, it is essential to use bias detection and mitigation approaches during the construction and deployment of the model, as well as to ensure diverse and representative training data.



ChatGPT is a sophisticated language model created to improve human-computer communications and broaden the application space for natural language processing.



The danger of misinformation or disinformation is a crucial ethical factor. When users rely on the model for accurate information, ChatGPT may provide responses that are factually erroneous or spread misleading information, which can have major repercussions. This problem can be solved by putting in place fact-checking procedures, offering sources of data, and informing users of the model's limitations.

Some other important issues are data security and privacy. Users communicate with ChatGPT, which processes their input, which may include sensitive and private data. To safeguard user information from illegal access or misuse, it is crucial to secure user privacy, get informed consent for data use, and implement stringent data security procedures.

Most importantly, there is a chance for user exploitation and manipulation. Malicious actors may utilize ChatGPT to disseminate false information, conduct phishing scams, or influence user emotions. These dangers can be reduced through consistent monitoring, user education,

and the articulation of clear rules and boundaries for the discourse.

To a greater extent, ChatGPT's addictiveness and its effects on users' psychological wellbeing are of important concerns. Relationships between people could suffer if AI is overused for social engagement or emotional support. To solve this ethical challenge, it is imperative to encourage responsible usage, advance a harmonious balance between human and AI interaction, and offer pertinent warnings and support tools.

A multifaceted strategy encompassing AI developers, politicians, researchers, and society at large is vital to ensuring the ethical usage of ChatGPT. To recognize and resolve these moral dilemmas, promote responsible AI use, and reduce possible harm, ongoing research, transparency, accountability, and collaboration are essential.

Conclusion

In conclusion, ChatGPT is a sophisticated language model created to improve human-

computer communications and broaden the application space for natural language processing. Its goal is to offer consumers a conversational and intelligent interface that will help them with tasks like providing information, answering queries, and making recommendations. From the GPT-3.5 architecture, ChatGPT has developed, including the accomplishments and lessons learned from earlier iterations.

ChatGPT provides individualized support, extensive information coverage, adaptive learning chances, and collaborative opportunities in the field of education. However, there are ethical issues to address, such as user manipulation, biases, false information, privacy, and psychological effects. Diverse training data, fact-checking tools, privacy protections, unambiguous rules, and the encouragement of responsible usage are all necessary for mitigating these problems. To secure the ethical use of ChatGPT and encourage responsible AI deployment, a multifaceted strategy is essential.

Foreign Students' Life in the UK

the idea of living alone can be intimidating, just know that it is also fun and exciting. Everyone around you is going through the same struggles, and you'll only find a second family among these people.

Studying in the UK is a different experience than what we expect it to be. So, buckle up and be prepared for a three-year long roller coaster ride. You might think who she is and why she is even writing.

So, hi! My name is Niyonika Rai and I'm an incoming final year Business Analytics student at Lancaster University. Through this article I will be filling in some of your curiosities about life as international student in the UK.

Honestly speaking, life as a foreign student in the UK is exhausting but it's the same anywhere in the world. I won't sugar-coat any of my experiences at Lancaster. Consequently, and hopefully my article would be a guidance to all the readers in general.

As being one of the top education providers in the world, UK caters the best quality institutions and facilities regarding global competitions. The classes are equipped with the latest technologies with top notch professors.

Lectures are delivered via power-point slides which will be available to us on our university portals along with the recording of the class. The individual or group assignments are related to the lecture slides and mostly research-based. Books are only used if we want to further expand our knowledge on the specific topic, other than that all the course materials are available on the portal.

Here is a tip which might be helpful to students planning on studying abroad. First year of university is to groom yourself for the second year. As being the first year, studies are not loaded, so gaining extra skills related to your course will be of a huge assist.

Summer of first year, along with part time job, I would recommend you take a web course to sharpen up your skills in order to make yourself saleable to the employers. These skills which you have obtained will be a plus point for the summer of second year.

Be prepared and happy, as for the skills you have accumulated will boost your CV and luckily you will be in your choice of company, training as an intern with a good pay. It has been a life changing decision that I have



Niyonika Rai

BSc. Hons (Business Analytics)
3rd/Final Year
Lancaster University
raeenoyo1010@gmail.com





made other than moving to the UK for further studies.

Everything in the University amused me, from the lecture halls to the nature. The air that flows there was very different from what I have been breathing. If I must describe my feelings, I will say excited, confused, anxious but most of all “scared”.

The “scared” that I felt there was nothing that I had faced earlier. Living alone in a whole new environment, budgeting my expenses, paying bills and grocery shopping were something that I had never experienced.

Those worries were obvious; however, the most dreadful agony was to motivate one’s own-self. Asia is a very family-oriented country, where we are always accompanied by our family members.

Motivation, justification of ethics and a little bit of push to pursue our studies or goals

are perpetually offered by our guardians. The “scared” that I mentioned before is the sense of freedom and self-motivation.

While living alone, the amount of freedom we come across is unthinkable. Thus, for myself, coming from a very strict parenting environment I was stunned to explore the unknowns and befriend all types of people.

The rules and regulations my guardians have been teaching me was lost amongst the freedom that I was living. We humans are a social being. Accordingly, we seek socializing ourselves. House parties, clubs and other social events are the place to find new friends, who will be there with you during the University years.

FOMO is a term which google classifies as ‘fear of missing out’ and end up being lonely for the whole University years. Nevertheless, everything comes with a consequence, and the consequence of freedom was the motive to study.

After getting used to all the freedom, at some point it wears out. During that time the lack of self-motivation

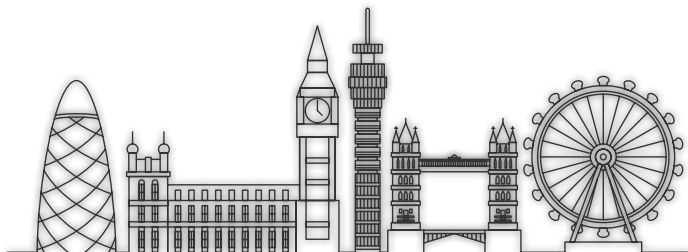
kicks off. Depression is the best word to explain this lack of motivation. Daily chores, studying, accomplishing goals and everything becomes meaningless.

I lost track of time, mornings become our goodnight and nights turns into restless binge. This is how my months passed by and suddenly exam period starts. Anxiety is given after a whole year of slacking. The pressure was intense, but I managed to get good grades, thanks to my friends.

So, to all my fellow students, those who are going abroad soon, best wishes as the journey ahead is going to be a bit rocky. One needs to accept.

Finally, we all will get through this phase of life, weather it may be in a university like me or elsewhere. We human beings have evolved, advanced and overcome all the calamities and lived on.

Life is a mystery. Hurdles are all over the path, however we humans are systemed to overpower the complications and proceed to be a better version of ourselves.



Bachelor's Degree Study in Nepal

A General Overview on Bachelor's Degree

In Nepal, the Bachelor's Degree is the degree that students earn after the completion of +2 Program, A level or IB Diploma. Bachelor's Degree is the bridge between one's career and education. It could be of different Faculties such as Science, Management, Humanities and Law or any diploma related program.

Studying Bachelor and at the end of the Bachelor's degree a semi-skilled, skilled and highly skilled human resources are produced for the country. This degree is equally important for showing the literacy rate of Nepal too.

A common, first established, and a popular university of Nepal is Tribhuvan University (TU). And other universities such as Mahendra Sanskrit University (MSU), Kathmandu University (KU) and Pokhara University teach disciplines like Science, Management, Humanities, Arts, and Law etc. Council for Technical Education & Vocational Training (CTEVT) is also providing Diplomas and Bachelor's Degree programs like in Nursing, Overseer, Engineering etc.

Similarly, we have Agriculture & Forestry University that is

playing important role in the development of Agriculture related human resources are produced like JTA (Junior Technical Assistant) insecticides and pesticides researchers, agriculture-related professionals and skilled manpower.

If we look at the current situations of Nepal, it is really pathetic. The Bachelor's Degree students are going abroad for the employment as they are unsatisfied with the knowledge as well as employability the students are looking for. At the same time different universities are frequently changing the syllabus in order to maintain the standard of the universities.

By hook or by crook, many students pass their Bachelor's board exams with efforts, but after the completion of the course, individual students are not able to use their knowledge in any sector.

If we look at the current scenario, licensed degree holders like Doctor, Engineer, Registered Nurses, CA, etc. are leaving the country stating that the degree and the practical area mismatch and not in harmony. Instable political institutions are completely indifferent to



Rayan Shrestha
BBM, 5th Semester

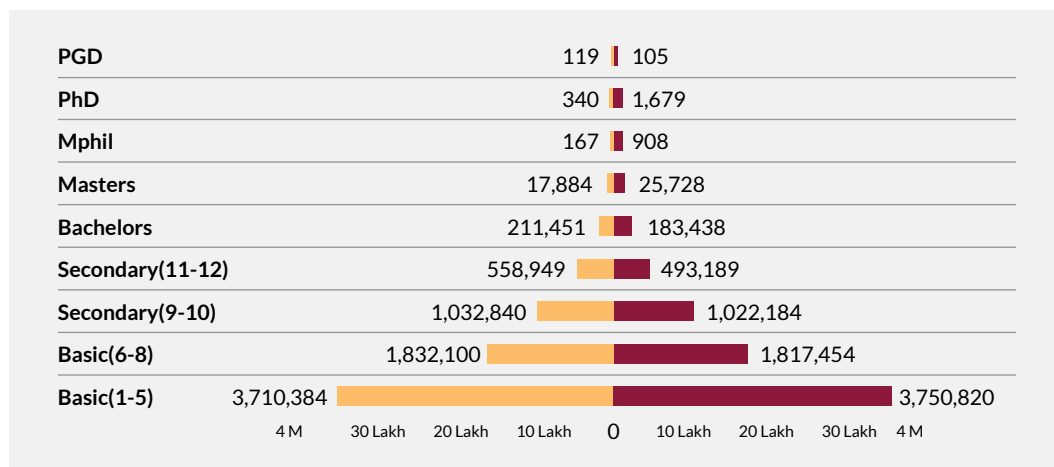


Figure 1: Level-wise admission data
Source: edusanjal

improve such lacking and their laws are also changing frequently. This is the main reason why the students who are studying secondary level i. e. 10+2 are being attracted towards foreign degrees.

It is not justifiable that Bachelor's Degree of Nepal is impractical, however due to globalization, advanced technological changes, and new trends in pedagogies have revolutionized education today. The market of education has changed drastically. Even in Nepal, some private colleges have introduced such courses, techs, and pedagogies compatible to international colleges and universities.

Our universities and teachers for example, TU, MSU, or KU teach more theory-based courses. Next includes time-factor of our universities' course duration is and

time-consuming lengthy comparatively. It has created dilemma amongst our Nepalese students whether to study Bachelor's Degree in Nepal. Generally, the students studying at TU are good in knowledge but lack practical skills.

Another problem for Bachelor's level students in Nepal, is that rivalry amongst different academic institutions and their misinformation to lure students. There is a lack of counseling for students for purely academic courses and professional practical knowledge courses for immediate job opportunities in a short period of time. One can take an example of an individual who is studying Bachelor in Hotel Management (BHM) and another individual studying Diploma or Culinary Art as Barista.

Then, the individual having Diploma in Barista has a secured future in terms of skills sale in any training academy or hotels. But the individual taking Bachelor's Degree in BHM, has to work as an intern for more than 2 years and take specialization in barista too. At the same time, the BHM students have to clear their examination at once in semester system. Not only in the management field but also in different disciplines like Science, Humanities, social sciences etc.

Such constraints create the dilemma to the poor and middle-class family whether to choose Bachelor's Degree, then, complete it and continue his/her study in Nepal or go abroad. It makes one thing sure that if the student works hardly and with determination, they will achieve academic degrees and later start their career.

But if they fail, they will get job and earn money. Regression or denial is not the solution to the problem when we come to the matter of education. One's education or education system's balance turns down if the Bachelor's Degree studies is not taken seriously. This degree will not only give the certificate of completion of Bachelor related degrees but it gives a literate, capable, eager, and responsible citizen to a nation.

As per the above figure, we can see that after 11-12 secondary education, Bachelor's Degree level students declining severely. It means that most of the students are not studying Bachelor's Degree in Nepal due to their dissatisfaction regarding our lousy education system and rampant as well as massive unemployment among youths.

In order to increase the students' satisfaction, the Deans of universities, Heads along with MoE (Ministry of Education) of Nepal should carefully design the courses taking socio-cultural factors, political factors, utilization of new courses and pedagogies into consideration and the market-related courses effective for majority of our graduates.

The data report presented above (Fig. 1) was published on edusanjal, dated December 6, 2021. It was infographic

representation of level-wise admission rate of data for the year 2019 AD onwards.

It is a great challenge as well as opportunity for the MoE and universities' VCs and Heads to ensure that the program they are running is suitable for our dynamic environments of new changes globally. One should not focus only on quantity and literate groups in general but also need to be aware that certain number of students who have graduated from respective universities need to be satisfied with their certificates but should motivate them to fit into organizations and reflect the value of their certificates in real life situations.

Bachelor's Degree: A huge investment of time, money and health

Currently, the Bachelor's Degree is the area for huge investment of money, time and efforts. This is because the program is trying to transfer practical knowledge. Different seminars, training programs are conducted in order to update our students' understanding.

Numerous reports and writings have been done in order to recall, summarize, minute, and for data collection. For this we require finance for different projects, semester exams, fees for different semester

etc. Nowadays orientation classes are organized before their enrollment of any Bachelor's Degree programs. Welcome and farewell programs are also organized in which the students have spent money excessively beyond limitations.

Secondly, Bachelor's students need to spend their valuable time on their research, exams, however due to globalization and new trends of social media, students are wasting their precious time in chatting, unnecessary expenses to do show off in social media like face-book, Instagram, snapchat, whatsapp, telegram, twitter etc. and less time on assignments, research for thesis and reports. Students are being influenced by western culture i. e. pub, café, club visiting, etc. during holidays are influencing the upcoming students negatively who are eager to do their Bachelor's.

Thirdly, during the Bachelor's Studies life, most of the students prefer friends than parents. They initiate bad habits such as smoking, drinking alcohol, capsules



**You learn nothing
from life if you
think you're right
all the time.**

in order stay active during night time which is leading to drug addiction, etc. prone to health risks.

Such indulgences are leading to the wastage of resources of all the students and their efforts. Bachelor's Studies is becoming a crux to the youths, students, parents and the people who are being involved in this field. It is not only the degree of a certain field like science, management, engineering, etc., but it is the key for producing responsible citizens for the country and leaders of the society towards our future.

Bachelor's degree education is becoming tougher, more competitive and more challenging but the graduate students are not getting the actual jobs they deserve. Due to this reason also the problem brain-drain and foreign employment including abroad studies trend is rising in Nepal.

A lack of trust, patience, and determination among the students of one's own developing country Nepal is a set-back. We have witnessed numerous changes within this 23 year like Royal massacre, multiparty political system, load shedding and its end, free Internet WIFI, addictive games like pub-g, clash of clans, earthquake,

At the same time, there should be unified and sustainable practical syllabus for the students who are pursuing their academic Bachelor's degree in harmony with job markets locally and globally.

dengue, Covid 19, influence of Western culture among youths like Bar, club, café visits among school-level students, freedom in terms of student rights are directly or indirectly making the students undisciplined and less responsible towards their studies.

At the same time, there should be unified and sustainable practical syllabus for the students who are pursuing their academic Bachelor's degree in harmony with job markets locally and globally. Students who are also studying respective Bachelor's degree should work with full efforts and determination and with satisfied heart.

Otherwise, it may mislead the upcoming generation. For instance, if a student is from Bachelor's Degree

graduate in Engineering field who is not satisfied with the remuneration should not spread wrong information like "it's just a tough field" and having no proper skills and knowledge.

If s/he spreads such baseless information, then, the students enrolled for that field will not work hard. The number of skilled manpower automatically declines. Currently, those students who choose a semester system have a rumored-belief that semester students fail because this system has a limited time and its syllabus is changing rapidly. They do not focus on how to pass the exam in one attempt and make a strategy to cope up with current Bachelor's degree education system.

Conclusion

In brief, it is also a challenge for a developing country like Nepal to have a skillful as well as qualitative Bachelor's degree system. Such degree holders are important for economic development of the country. It is a link between the students' career, their dreams and the academic path to increase literate and conscious citizens who will do their duty responsibly and accountably. Then, only the campaign of Bachelor's Degree studies in Nepal will improve meaningfully.

Nepal's Trade deficit: A Threat to Macroeconomic Stability¹

Nepal, since the 2010s, started experiencing a tremendous gap between its exports and imports, such that the current trade deficit has grown to become a critical issue in its economy. While its exports have stagnated, its imports have skyrocketed; leaving a negative balance of trade that is, extraordinarily, more than a third of its GDP. With no sign of imports stopping or decelerating, this continuous expansion of trade deficit is likely to jeopardize Nepal's economy; by offsetting its GDP, increasing labor migration, remittance, declining growth in domestic industries; disrupting the circular flow of economy that poses a serious threat to its macroeconomic stability.

In 2019, Nepal exported goods worth \$970 million, while it imported goods that amounted to a whopping \$12.34 billion, that left Nepal at a \$11.37 billion negative balance of trade (Figure 1, see Appendix, p.6). As while calculating the GDP, the net export is directly proportional to the GDP, i. e. $Y = \text{Consumption} + \text{Investment} + \text{Government Spending} + (\text{Net imports})$. Where Net

$\text{Imports} = \text{Exports} - \text{Imports}$. Thus, the balance of trade accounts for an enormous reduction of Nepal's GDP, in this case being a negative balance of trade of \$11.37 billion, taking a huge direct toll on the GDP. Especially, in the case for Nepal, where the trade deficit accounts for more than a third of its \$30 billion GDP. If this trajectory of trade deficit continues, with an average 4.2% export growth rate, and an enormous 18.2% import growth rate (Ghimire, 2016, p.3), the negative balance of trade, in the future, could amount to even half of the GDP, which would in turn directly offset the GDP by half.

This congruous relationship between trade deficits and GDP shows possibilities to stunt and even shrink the GDP. Thus, the continuous increase in the gap between exports and imports, must be mitigated with new policies that maximize Nepal's export. In a 2005 report by Sharma and Bhandari (2005), they concluded that export would have a positive impact on per capita income growth in Nepal. Similarly, Bastola and Sapkota (2015), supported



Manasvi Bantawa

Allegheny College
Meadville, Pennsylvania, USA
manasvibantawa@gmail.com

¹ This paper was prepared for Econ 101, taught by Asst. Professor Priyanka Chakraborty. The writer is a Distinguished Alden Scholar and the Outstanding Junior for International Studies.

Nepal, since the 2010s, started experiencing a tremendous gap between its exports and imports, such that the current trade deficit has grown to become a critical issue in its economy. While its exports have stagnated, its imports have skyrocketed; leaving a negative balance of trade that is, extraordinarily, more than a third of its GDP. With no sign of imports stopping or decelerating, this continuous expansion of trade deficit is likely to jeopardize Nepal's economy; by offsetting its GDP, increasing labor migration, remittance, declining growth in domestic industries; disrupting the circular flow of economy that poses a serious threat to its macroeconomic stability.

In 2019, Nepal exported goods worth \$970 million, while it imported goods that amounted to a whopping \$12.34 billion, that left Nepal at a \$11.37 billion negative balance of trade (Figure 1, Appendix). As while calculating the GDP, the net export is directly proportional to the GDP, i. e. $Y = \text{Consumption} + \text{Investment} + \text{Government Spending} + (\text{Net imports})$. Where $\text{Net Imports} = \text{Exports} - \text{Imports}$. Thus, the balance of trade accounts for an enormous reduction of Nepal's GDP, in this case being a negative balance of trade of \$11.37 billion, taking a huge direct toll on the GDP. Especially, in the case for Nepal, where



"Associate with people who are likely to improve you."

-Seneca

the trade deficit accounts for more than a third of its \$30 billion GDP. If this trajectory of trade deficit continues, with an average 4.2% export growth rate, and an enormous 18.2% import growth rate (Ghimire, 2016, p.3), the negative balance of trade, in the future, could amount to even half of the GDP, which would in turn directly offset the GDP by half.

This congruous relationship between trade deficits and GDP shows possibilities to stunt and even shrink the GDP. Thus, the continuous increase in the gap between exports and imports, must be mitigated with new policies that maximize Nepal's export. In a 2005 report by Sharma and Bhandari (2005), they concluded that export would have a positive impact on per capita income growth in Nepal. Similarly, Bastola and Sapkota (2015), supported their finding on the positive effects exports have on GDP. Not only did they conclude that Nepal would thrive in an export-led growth strategy, but they also warned of the

dangers of import and how it had negative impacts on their economic growth, both in the long and short term. They emphasized the importance of effective implementation of trade policies to promote export to improve Nepal's economy.

Consequently, Nepal, since 2009, has been signing Trade policies that highlights the necessity to pursue the path of export-led growth (MCS 2010). Despite Nepal's policies following export promotion and import substitution, no signs of progress has been made. Instead, we can observe that imports are unceasingly growing (Figure 2, Appendix). Ghimire (2016), postulates that Nepal's stagnating exports are due to poor infrastructure, political instability, poor implementation of policies, lack of conducive environment for export, etc. which has led Nepal to deindustrialize. Nepal's industrial sector has been gradually degrading, not only is its contribution to the GDP down from 15.03% in 2009

to 13.3% in 2015 (Figure 3, see Appendix, p. 7), but also the contribution of the manufacturing sector as well from 10% to 6.5%. This data is evidence for Nepal's sluggish industrialization in both income and outcome.

With poor industrialization, enormous trade deficits, and less reliance on one's own domestic businesses and industries for production, the circular flow of Nepal's economy - both market of input and output - is obstructed. Ghimire (2016), in their discussion paper for Nepal's National Planning Commission, correlates the sluggish economic growth - deindustrialization and domestic industries that are failing to meet Nepal's domestic demand - to the rise

in labor migration. Amadeo (2020), also says that a trade deficit, over time, the home country may create fewer jobs in certain industries that can cause more outsourcing of jobs to other countries. Due to fewer jobs and poor industrialization, both skilled and unskilled workers, opt for migration. In this recent decade, labor emigration in Nepal has grown rapidly (Figure 4, Appendix). A whopping 10% of Nepalese are employed in other countries and bring an inflow of remittance that accounts for a shocking 25.4% of Nepal's GDP (Figure 5 and 5.1, Appendix).

The inflow of remittance has grown to become an integral factor that stabilizes Nepal's GDP. Without remittance,

With poor industrialization, enormous trade deficits, and less reliance on one's own domestic businesses and industries for production, the circular flow of Nepal's economy - both market of input and output - is obstructed.

Nepal would likely be in an economic turmoil. While remittance has been a boon to Nepal's economy: lifting people in rural areas out of poverty, raising life standards, contributing a huge portion to the GDP, etc. On the other hand, it has been increasing the consumption of non-tradable goods, raising their prices, appreciating the real exchange rate, and decreasing exports, thus damaging the receiving country's competitiveness in world markets (Amuedo-Dorantes, 2014). These consequences of remittance lead to further imports, less reliance on domestic goods and products, increase in exchange rates, etc. that all contribute in prolonging the stunting of Nepal's economic growth.





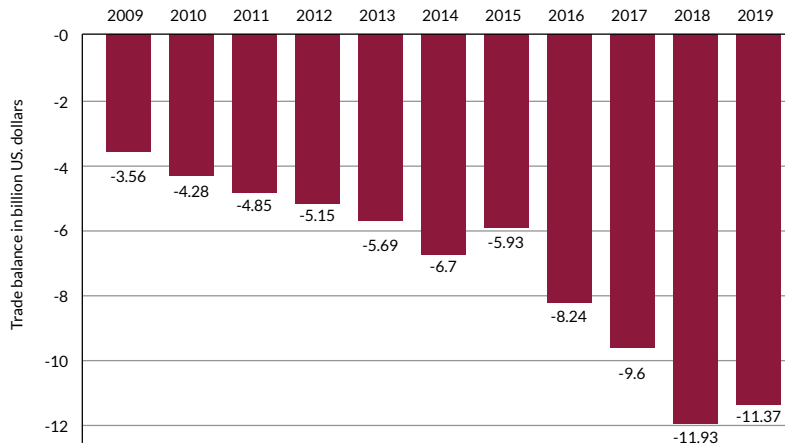
Bibliography

- Acharya, K. (2019). *Nepalese Foreign Trade: Growth, Composition, and Direction*. *NCC Journal*, 4(1), 91-96. <https://doi.org/10.3126/nccj.v4i1.24741>
- Amadeo, K. (2020, September 27). *Why Most Countries Hate Trade Deficits*. *The Balance*. <https://www.thebalance.com/trade-deficit-definition-causes-effects-role-in-bop-3305898>
- Amuedo-Dorantes, C. (2014, November 1). The good and the bad in remittance flows. *IZA World of Labor*. <https://wol.iza.org/articles/good-and-bad-in-remittance-flows/long>
- Bastola, U., & Sapkota, P. (2015). Causality between trade and economic growth in a least developed economy: Evidence from Nepal. *The Journal of Developing Areas* 49(4), 197-213. doi:10.1353/jda.2015.0138.
- Ghimire, L. (2016). *Nepal's Widening Trade Deficit (Some Issues, Challenges and Recommendations)*. Economic Management Division.
- Karel, K., & Kharel, S. (2020). *Trade Deficit in Nepal: Relationship between Trade Deficit and Budget Deficits*. *Molung Educational Frontier*, 10, 95-108. doi.org/10.3126/mef.v10i0.34076 MCS (Ministry of Commerce and Supplies) 2010. Trade Policy, 2009, Government of Nepal, Kathmandu, Nepal.
- Richter, P. (2017). Trade Promotion in Nepal: 'An Impossible Task?' A Case Study on a Landlocked Least Developed Country. *Foreign Trade Review*, 52(1), 48-59. doi.org/10.1177/0015732516659568

Appendix

Figure 1: Nepal Trade Balance from 2009 to 2019 (in billion U.S. dollars). Data: Statista.

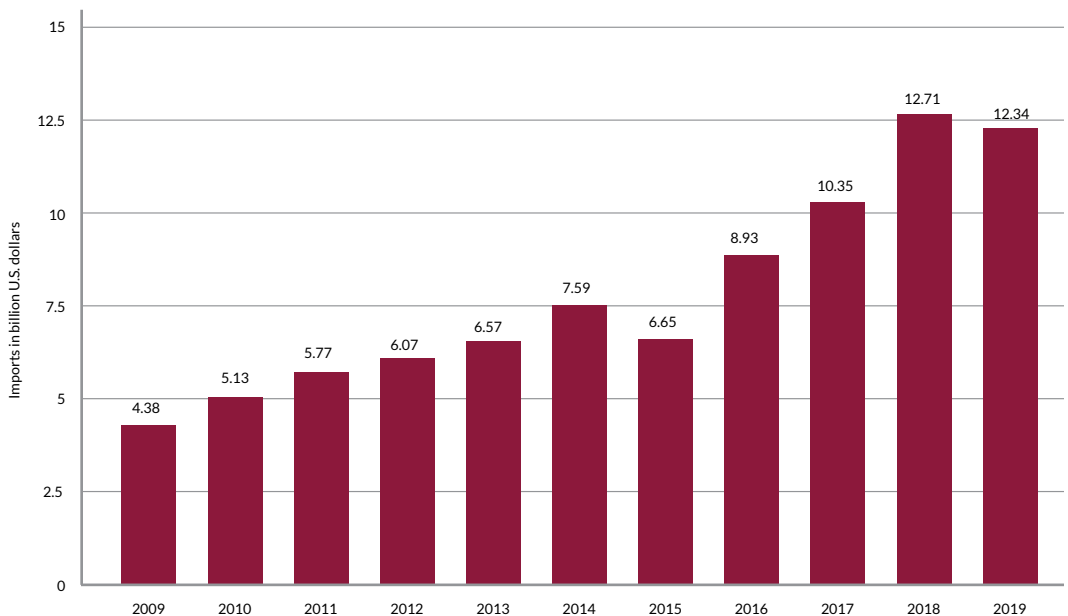
Note: This figure is taken from: O'Neill, A. (2021), Economy & Politics, Statista.



Source: <https://www.statista.com/statistics/425787/trade-balance-of-nepal>

Figure 2: Nepal Import of Goods from 2009 to 2019 (in billion U.S. dollars).

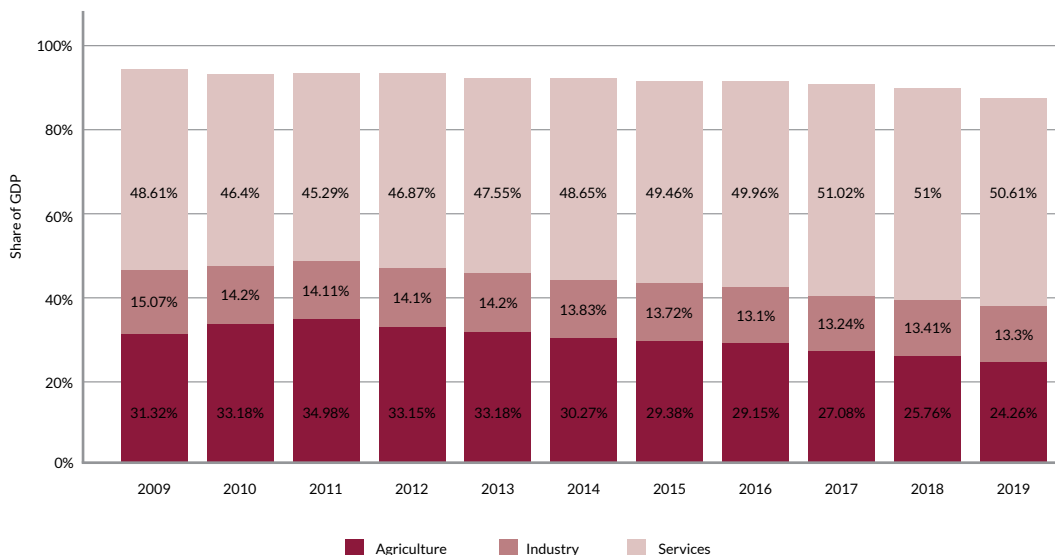
Note: This figure is taken from: O'Neill, A. (2021), Economy & Politics, Statista.



Source: <https://www.statista.com/statistics/422763/import-of-goods-into-nepal>

Figure 3: Nepal: Distribution of gross domestic product (GDP) across economic sectors from 2009-2019.

Note: This figure is taken from: O'Neill, A. (2021), Economy & Politics, Statista.



Source: <https://www.statista.com/statistics/425750/nepal-gdp-distribution>

Figure 4: Nepali workers migrating for Foreign Employment from 2009 to 2019.

Note: This figure was taken from: Nepal Rastra Bank (NRB), The Status of Remittance Inflow in Nepal.

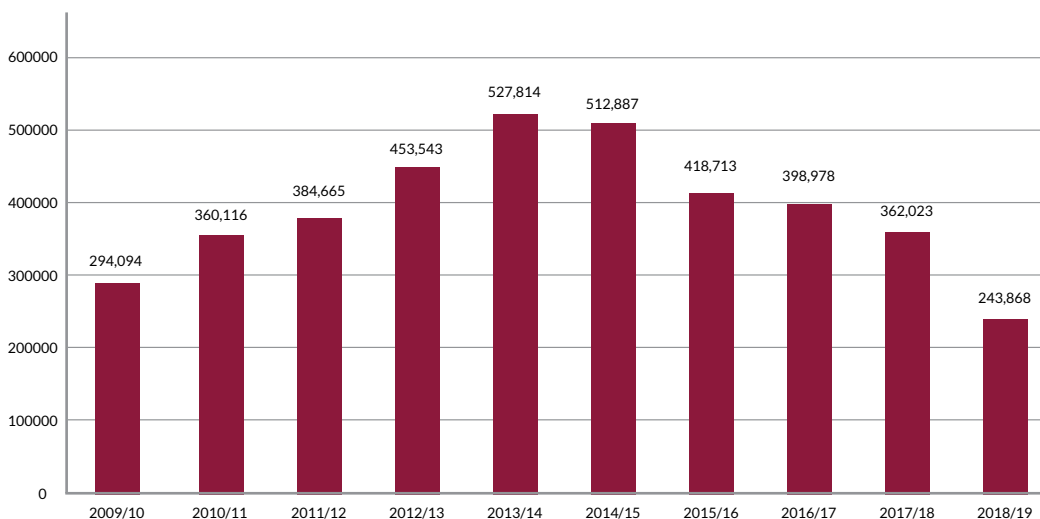


Figure 5: Nepal Remittance received (in % of GDP) from 2009 to 2019.

Note: This figure is taken from: Nepal Rastra Bank (NRB). The Status of Remittance Inflow in Nepal (2019).

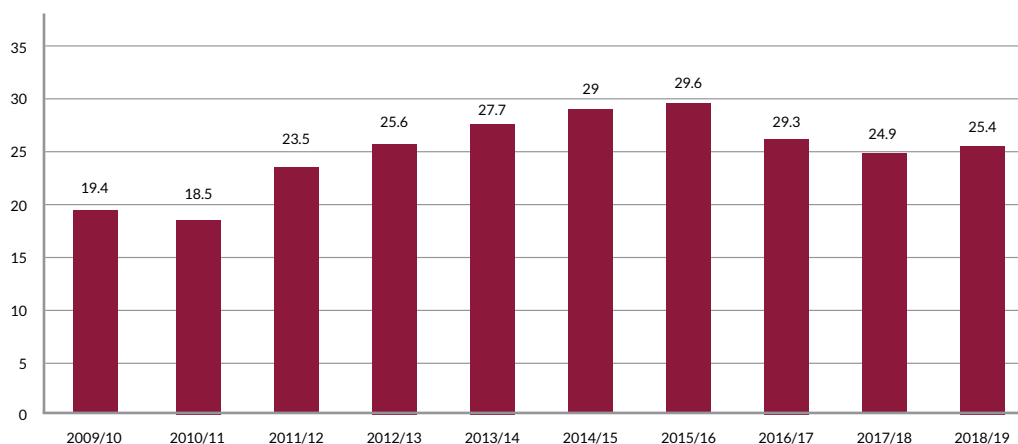
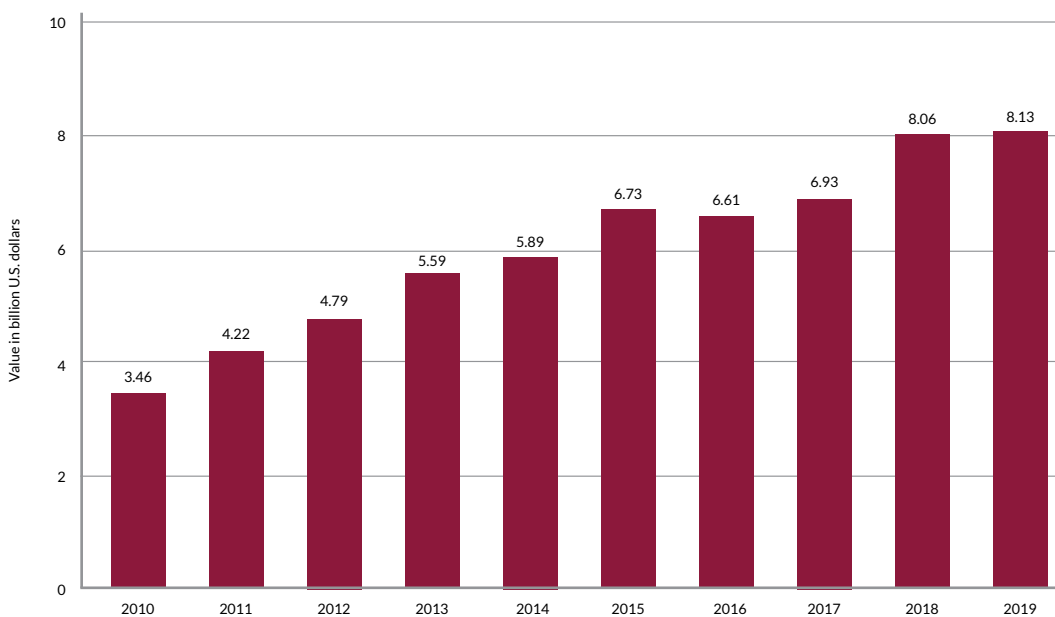


Figure 5.1: Value of Remittances received in Nepal from 2010 to 2019 (in billion U.S. dollars).

Note: This figure is taken from: O'Neill, A. (2021), Economy & Politics, Statista.



Source: <https://www.statista.com/statistics/880745/nepal-value-of-remittances>

SECTION 3



Creative Corner

This corner is allotted space for our creative minds; where creativity knows no bounds, and imagination takes flights. Our aspiring writers, artists, poets, storytellers or simply someone can contribute to explore their own creative self. Some creative writings for this issue are as follows:

- ▶ The Happiest and Embarrassing Moments of Life
- ▶ My favourite piece of furniture
- ▶ A book that I love the most
- ▶ Person whom I admire the most
- ▶ Golden College life
- ▶ How can one help orphans without spending money?
- ▶ The impact of music on our body
- ▶ Tea or Coffee?
- ▶ The poem that influenced me the most
- ▶ Importance of paid internships
- ▶ Ideas to make learning full of fun
- ▶ Ways for raising respectful teenagers
- ▶ Winfrey's success without formal education
- ▶ Facts about fashion
- ▶ After 10 years, I see myself as ...
- ▶ Dreams and success
- ▶ Women empowerment in Nepal
- ▶ My BBS Journey
- ▶ Why Greece?
- ▶ The Elephant Rope
- ▶ Emotion
- ▶ Of course, these are our favourite quotes
- ▶ Hospital's window
- ▶ Condolence
- ▶ गाउँदेखि सहरसम्मको यात्रा
- ▶ Happiness
- ▶ Make your value big yourself
- ▶ Sikkim
- ▶ Emotions
- ▶ Jokes and Riddles
- ▶ श्रद्धाञ्जली अर्पण

My Happiest and Most Embarrassing Moment of Life



Aparna Timalisina

BBM, 6th Semester

There have been many happy and embarrassing times in my life. My eyes started to well up with tears of happiness, and my belly laughed with embarrassment sometimes.

When I was an eighth grader, the incident once occurred to me. Although I was a poor student, I always showed interest in events like inter-school quiz competitions and Spell Bees. However, in my school, opportunities were only given to students who had high academic standing. I had such slim possibilities of being chosen for those activities which always made me think twice to propose my name to House Captains. But despite my fear that my friends would make fun of me for even trying, I had guts to propose my name. I raised my hand to enter the competition, and all turned their attention to me. I was hoping to prove them that this year I would be chosen. After a little while, they called me to participate in the selection process where other participants

were also present. The house captains gave us thirty minutes to memorize the spellings of one hundred words. I began reviewing those words along with everyone else, but it had already been 30 minutes and I hadn't even finished 50 words. I was theoretic. Even though I knew my odds of being chosen were slim, I still went for it. I answered correctly when they initially offered me the word 'champagne', but when they gave me the word 'xylophone', I made an error with the 'z' and the 'x', and I was dismissed. At that moment, I was more afraid of facing my friends because I was ashamed of myself for even trying than I was of being rejected. When I entered my classroom, was everybody looking at me. Most of them were conversing among themselves while holding on me. Even some laughed. Knowing it was not going to work out, it was the most embarrassing moment in my life for me.

I would share my happiest memory as the recent event that made me feel the happiest in my entire life. It all started when United College offered me the chance to volunteer for 4 days at Idea Studio Nepal in Kathmandu Model College (KMC). I went there with my three classmates. We encountered new friends from several colleges. There were other employees of the Idea Studio who grew incredibly close to us.

There was never a moment when I felt unhappy. I saw directly how judges evaluated ideators' concepts and disseminated startup information. I also saw how reports are produced and even the free coffee was best there. The final day of our stay in KMC didn't feel like we were saying goodbye either; instead, all their social media names and promised to stay in touch. Although I may not have learnt enough there about the profession itself, but I did learn how to make real new friends.

My Favourite Piece of Furniture



Jasmati Gurung
BBM, 6th Semester

My study table is my favourite piece of furniture because it is where I spend the most of my time relaxing. To be honest, even though I spend the most of my time sitting here, I do not study my course materials. I simply enjoy/s sitting here listening to my favourite playlist and drawing mandalas, reading novels, as well as decorating it with DIY or colorful sticky notes. It may sound bit odd, but I love my study table.

I could easily spend the entire day sitting here doing nothing. If I am having my tough day then it is the place where I sit and clear my thoughts.

Also, I have kept my cute Panda (soft toy) to accompany me. For its funny part, I do have other self-help books on my study table that I rarely read. For me, this table is the source of inspiration where I get my daily dose of motivation to complete my each and every task with full determination.

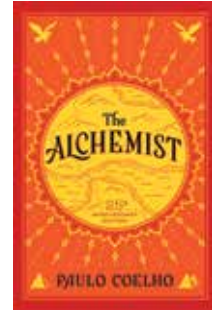


A Book that I Love the Most



Lasata Bajracharya
BBM, 6th Semester

Paulo Coelho's *The Alchemist* is one of my favorite books. It's an uplifting narrative about chasing one's ambitions and discovering your life's purpose. It is a timeless story that teaches us the value of following our hearts and chasing our ambitions.



Santiago, the book's protagonist, sets out on a quest to acquire a treasure that he feels is his destiny. He meets a variety of personalities along the way who teach him about life, love, and the power of the universe. The book's message is simple yet profound: we can achieve anything we want in life if we listen to our hearts and follow our passions.

The Person Whom I Admire the Most



Nilima Bajracharya
BBM, 6th Semester

The person whom I admire the most is my own mother. Throughout my life, she has been my unwavering support, guiding me through every situation. Her teachings have been priceless, teaching me how to confront challenges, extend forgiveness, and cultivate independence.

She has ingrained in me the value of diligence and completing tasks with excellence.

She always emphasized that learning is a never-ending process, enriching our skills and equipping us for the unexpected.

Her eagerness to embrace new technologies like computers and mobile phones inspires me to continually expand my knowledge. Not only does she encourage me to pursue my passions, like dancing and painting, but she also strikes a balance between being strict about my studies and being my closest confidante. We cherish the moments we spend together, capturing memories and engaging in heartfelt conversations.



Her laughter is a priceless treasure to me. I hold a deep love for my mother, and I worry whether I can truly repay her for all she deserves. My greatest aspirations include fulfilling her dreams, taking her on a foreign adventure, and providing her with everything within my capabilities.

Golden College Life

College life is a time of exploration, growth, and new experiences. It is time when we are figuring out who we are and what we want to do with our lives.

Also, it is a time when we are surrounded by people who are going through similar experiences which creates a sense of community and support.

In college, we have the opportunity to take classes on a wide range of subjects, which exposes us to new ideas and ways of thinking. For example, we might join a club, take classes in areas we have been curious about that will help us discover new things about ourselves and what we want in life. We are also surrounded by people from different backgrounds, linguistic community, and cultures, which broadens our perspective and understand the world in new ways and develop our own beliefs and values. Also, we can form deep relationships with others, whether it is with our classmates, roommates, or professors. These relationships can last a life time and provide us with a sense of connection and support.



Nitisha Maharjan
BBM, 6th Semester

Additionally, college is often the first time we are away from home and living independently, which allows us to develop important life skills such as time management, critical thinking, problem solving etc. It is also the time when we are free to make our own choices and explore our interests without the same level of responsibility that comes with adulthood.

All of these experiences contribute to making a unique and special time in our lives. Finally, college is often associated with happy memories and a sense of nostalgia as many people look back on their college years as a time of freedom, excitement, and personal growth.

Helping Orphans without Spending Money

Small acts, when multiplied by millions of people, can transform the world. It's easy to make buck, however, it's a lot tougher to make a difference. The more we give away, the more is given to us. For orphan's life is waking up in an unfamiliar place surrounded by new faces, waking up every day with a gut-wrenching feeling of loneliness and helplessness. Going to bed every night not knowing how many days, weeks, months, or even years you have to spend there without experiencing the love and support of a parental figure. This is how a typical life of an orphan is like. Be certain that you do not die without having done something wonderful for humanity. If we can't help through money, talk about raising awareness. They say knowledge is power.



Priyanka Joshi
BBM, 6th Semester

While it's a tougher stuff to digest, by sharing posts, stories you are bringing awareness to a global problem. It may not seem like much, but one never knows whose heart one may touch and set into motion. Spending some time with them playing, teaching, loving them would most definitely make them feel like they do have someone in this world to help them.

Impacts of Music on One's Body

Music has a remarkable impact on our bodies influencing us physically, mentally, and emotionally. When one engages with music, his/her bodies respond in profound ways. Scientific research has demonstrated that music can directly affect our physiological functions, such as heart rate, blood pressure, and respiration. Upbeat tunes have ability to increase heart rate and energize the body, while slower melodies can induce relaxation and reduce stress.

Moreover, music has a profound effect on our emotions. It has the power to uplift our spirits, evoke memories, and even alleviate pain. The emotional resonance of music can create a sense of joy, calmness, or melancholy, depending on the composition and individual interpretation.

In addition to its emotional impact, music enhances cognitive abilities. It has been shown to improve focus, concentration, and memory



Rajan Shah
BBM, 6th Semester

retention. Learning to play a musical instrument or engaging in musical activities can enhance cognitive skills, coordination, and creativity.

In summary, music profoundly impacts our bodies by influencing our physiology, emotions, and cognitive abilities. Music's ability to energize, relax, and inspire makes it a powerful medium for self-expression, stress relief, and personal growth.



Tea or Coffee?

Tea and coffee are two of the most popular beverages in the world. Both drinks have a long history and a variety of health benefits. Tea is known for its calming properties and is often consumed before bed to help with sleep. It also contains anti-oxidants that can help protect the body from damage caused by free radicals. Coffee, on the other hand, is known for its ability to increase alertness and improve cognitive function. It can also boost metabolism and help with weight loss. Coffee has several advantages, including improving cognitive function, increasing alertness, and boosting metabolism. It can also help reduce the risk of developing type 2 diabetes, Parkinson's disease, and liver disease. Coffee contains antioxidants that can help protect the body from damage caused by free radicals.

Additionally, caffeine, the main active ingredient in coffee, can help improve exercise performance and reduce the perception of fatigue. Coffee has a rich, bold flavor that many



Rajib Maharjan
BBM, 6th Semester



people enjoy. Some people prefer lighter roasts, which have a milder flavor, while others prefer dark roasts, which have a more intense flavour.

Ways for Raising Respectful Teenagers

Raising respectful teenagers is a challenge, but there are few things that can help. First, lead by example. Teenagers constantly watch and learn from adults around them. Therefore, treating them with respect and kindness can go a long way.

Secondly, set clear boundaries and expectations while allowing them to express. This can help them feel heard and valued, leading to more



Saahin Maharjan
BBM, 6th Semester

respectful behavior. Finally, listen to teenagers' concerns and opinion during communications. This can help them to build trust and respect and can also help you to understand their perspective.

The Poem that Influence Me the Most

Fenton Johnson was born in Chicago in 1888. He is regarded as a forerunner of the Harlem Renaissance. Johnson was born to Elijah, a railroad porter and one of the wealthiest African American Chicagoans, and Jesse (née Taylor). Johnson enrolled at the University of Chicago and attended both Northwestern University and Columbia University's School of Journalism.

He has written many poems. Many poem collections such as *A Little Dreaming* (The Peterson Linotyping Company, 1913), *Visions of the Dusk* (Trachtenberg Co., 1915), and *Songs of the Soil* (Trachtenberg Co., 1916). These are major poem collections that were played when he was just 19 years old and the one poem which influences me the most is "When I die"

(I)

When I die my song shall be,
Crooning of the summer breeze;
When I die my shroud shall be,
Leaves plucked from the maple trees;
On a couch as green as moss
And a bed as soft as down,
I shall sleep and dream my dream
Of a poet's laurel crown.

(II)

When I die my star shall drop
Singing like a nightingale;
When I die my soul shall rise,
Where the lyre strings never fail;
In the rose my blood shall lie,
In the violet the smile,
And the moonbeams thousand strong,



Rojash Shrestha
BBM, 6th Semester



Past my grave each night shall fly.
Thus, making this poem one of the most beautiful and meaningful arts that has ever been created by any poet in the literary history of America.

Importance of Paid Internships

An internship is a brief job opportunity that allows individuals, usually students or recent graduates to obtain practical experience and exposure in a particular office or business. Internships are often structured learning experiences that include on-the-job training (OJT) as well as professional growth and mentoring.

Paid internships can help to promote workplace equity and diversity. An internship's primary goal is to provide participants with experience and the opportunity to use the knowledge and skills they have gained via formal education.

It can be taken as solution for youth unemployment as it helps to decrease the unemployment rate and make youth participate and engage in various business activities and make them use their skills to gain practical experiences. Internship be an effective solution to unemployed lots such as:

- **Development of skills:** Internships allow young people to learn practical skills and experience in their chosen industry. Individuals can improve their employability and make themselves more



Rukshana Maharjan
BBM, 6th Semester

appealing to potential employers by engaging in paid internships.

- **Increased work opportunities:**

Paid internships offer Youth people a valuable entrance point into the job markets. They can demonstrate their ability to potential employers by completing internships, boosting their chances of

finding full-time employment within the same firm or industry.

- **Financial stability:** Youth unemployment frequently leads to financial insecurity, making it difficult for young people to maintain themselves. Paid internships provide a temporary source of money.

Therefore, paid internships are beneficial to decrease unemployment rate among youth and is one of solutions for youth unemployment and make them engage in different businesses or industrial or social works and help to gain experience and create connection to find out another source of employment.



Ideas to Make Learning Full of Fun

'Boredom' is a common complaint among students.

Students' impressions of bored-teachers in a classroom setting increased their own emotions of boredom, which diminishes their motivation to study. Teachers can use a variety of techniques to boost student involvement and make lessons more enjoyable. Here are some interesting pedagogies:

a) Gamify learning

Introduce educational games, quizzes, and challenges to foster competition and a sense of achievement among students.

b) Include real-world connections

- to increase the students' understanding

and engagement, relate the lesson's material to real-world situations, current affairs, and their own experiences.

c) Build positive relationships

- Establish friendly, welcoming relationships in the classroom so that students feel free to express themselves and work cooperatively with their peers.

d) Provide timely feedback

- offer constructive feedback on students' work, acknowledge their progress, and celebrate their achievements to motivate their active participation.

e) Introduce and inject humor

- Use lightheartedness and suitable humor in the classroom to make learning fun and memorable.



Rumi Joshi

BBM, 6th Semester

f) Incorporate student choice

- Allow students some freedom in choosing topics, assignments, or other learning activities. This will allow them to explore their interests and spur participation.

By putting some of these techniques into practice, educators may make their classroom more pleasant and engaging for students while encouraging engagement and a love of learning.



Winfrey's Success without Formal Education

Oprah Winfrey is an American media executive, talk show host, and actress.

She is best known for her talk show, The Oprah Winfrey Show, which was the highest-rated television program of its own kind in history.

Winfrey was born into poverty in Mississippi and faced numerous challenges throughout her childhood, including sexual abuse. Despite these obstacles, she excelled academically and went on to earn a full scholarship to Tennessee State University.

After a brief stint as a news anchor, Winfrey moved to Chicago to host a local

morning show. The show was a huge success, and she was soon offered her own talk show. Winfrey used her platform to discuss a wide range of issues, including social justice, health, and spirituality.

She has also been involved in numerous philanthropic efforts, including the establishment of the Oprah Winfrey Leadership Academy for Girls in South Africa. Winfrey is widely regarded as one of the most influential women in the world.



Samir Shrestha
BBM, 6th Semester



Favourite Quotes

"Everybody is genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein



"Don't live your life in default mode, design it."



"Be focused on what you are passionate about rather than regretting it later."



"Trying to solve any problem is better than doing nothing."



Monika Poudel
BBS First Year



Rusha Maharjan
BBS First Year

"If you cannot solve it, it's not a problem, it's reality."



"Don't sleep too much, enjoy being alive and productive. There is plenty of time to be dead and definitely sleep forever."

Simple Facts about Fashion

'Fashion' is the way an individual expresses himself/herself

through aesthetic choices such as their clothing, accessories, hairstyle, and the way they put an outfit together. The way of dressing, behaving, writing, or performing that is favored at any time or place. In the contemporary world, people take 'fashion' very seriously. 'Fashion' is also one type of art.

One should always try to present oneself in the most attractive dress appropriate for the occasion. One makes a first impression by the manner of one dress. The craze for fashion is great among young people. Gone are the days when people believed in

simplicity. Everywhere people give attention to fashion nowadays.

'Fashion' is done because of inherent desire to look good. People all over the world are fashion conscious. 'Fashion' has spread in all the spares of our life. Fashion does not only mean a popular style of clothes or hair etc. but it also includes etiquette, manners and habits.

Everybody wants to look beautiful and stylish. New and current style in clothes manners etc. help people look smart, attractive, stylish and presentable. Some people feel happy wearing fashionable dresses. Fashion has been top profession nowadays. Thousands of people are working in this field.



Sichu Deshar

BBM, 6th Semester

In today's scenario, we can argue whether or not the fashion trends have more of a positive or negative aspect on people, regardless it is clear that the apparel industries have grown to become very popular and influential.

Society is a mixture of the population including infants, small kids, teens, adults, working population, and retired people. There are





different categories including various level of population and their mentality, so the influence or impact of the trends will accordingly vary from category to category, group to group, and individual to individual.

'Fashion' is always rapidly changing for a reason. The age period, where the impact of anything is at peak is between 10 to 24 because at this age individual don't develop to use our mind and differentiate between what is actually good and bad.

Positive impacts

- It leads to creation of new ideas, designs and trendy looks, as well as apparel industry gives chance to designers to express their talent.

- It creates new employment opportunities for many upcoming students (of fashion studies).
- The new fashion trend makes even an ordinary person into a special person. It gives an identity to the wearer, and creates an image in front of other people.
- It is an opportunity to merge different cultures and traditions.
- Negative impacts
- Due to excessive orientation towards the new fashion trends, traditional design and associated culture are affected and being lost.
- Many people not only follow the latest trends and styles but also believe and emulate the images of sticky skinny that are projected by fashion industry.

Does fashion really matter?

Yes, of course. It does.

University research found that the clothes we wear can change the way one thinks. They help create an idea of what we think about their personality. Wearing what makes you comfortable is a statement, and people will respect your individuality. It sets the tone for how people present themselves in every era. There is nothing to be ashamed of being fashionable. But excess of everything is bad and should be avoided. Great personalities are involved in the technology of fashion. It has become a big craze to be a part of our life. Fashion design and technology is the order of the day. It is good to be fashionable but it is better to be simple and dignified. 'Fashion' should be promoted to enrich our life not to degrade it.

After 10 Years, I See Myself as ...

As everyone, I have a goal in my life which I have to achieve no matter how hard the situations are. Actually, the goal which is close to my heart is unrealistic according to my well-wishers, so I need to have a backup plan. My goal is to be a manager in any field.

I also want to be a motivational speaker to inspire and motivate youngsters. It might sound cliché but I want to be a good human being who do not have any grudges or competition with others. I want to concentrate on making myself a strong and calm

person who is not affected by the actions of others. I know I have some leadership qualities. Therefore, I will try to groom myself in a way that my good qualities are enhanced. I want to become a role model for my juniors, siblings and co-workers.

After 10–20 years, I see myself with some good qualifications (degree), working in a reputed institution, spending time with family, and doing something for my society and mother nature. Over the next few years, I will try to fulfill all my plans with all my strength.



Ujjan Kayastha
BBM, 6th Semester

I will not leave any opportunity which proves to be a halfway to the completion of my goal. I will try my best to be a valuable and irreplaceable asset for the institution I work for. As any other youngster, I also want to change happiness and success for myself as well as for my parents.

A Book that I Love the Most



Sambhavi Rajbhandari
BBM, 6th Semester



Out of the books I've read so far, the one that I fail to forget has to be *Turtles All the Way Down* by John Green. I've read many books written by the same author including the most admired one *The Fault in Our Stars*. However, *Turtles All the Way Down* is my favourite.

Turtles All the Way Down is a realistic novel with a very fresh plot. This book is very thought provoking yet slightly complex to read. It is filled with twist and turns that keep you on your toes. It is a great book for overthinkers as it is very illustrative and vivid. For the

ending, not all stories have that typical cliché happy ending, yet it still was a perfect one. It just puts you in a different mindset. For me personally, I enjoyed the book so much that I read it all in one sitting because...

The story centers on 16-year-old Aza Holmes, an American high school student with obsessive compulsive disorder (OCD) and anxiety, and her search for a fugitive billionaire who happens to be a neighbor's father. She is grieving the loss of her own father while a budding relationship grows between her and the billionaire's son.

Dreams and Success

Dreams light our souls, showing us the way,
Guiding us towards success, day-by-day.
They sparkle like stars, filling us with hope,
Helping us navigate life's challenging slope.
(I)

With dreams in our hearts, we set our goals,
Working hard and determined to reach our roles.
They give us purpose, fueling our desire,
To conquer obstacles and aim even higher.
(II)

Sometimes the path gets tough and steep,
But dreams remind us to never retreat.
They push us forward, beyond our fears,
Encouraging us to persevere through tears.
(III)

In the realm of dreams, possibilities unfold,
Where our aspirations become stores untold.
We chase after our dreams, big and small,
Striving to achieve and give it our all.
(IV)



Rajan Sah

BBM, 6th Semester

With dedication and effort, dreams take flight,
Leading us to success, shining so bright.
They inspire us to push beyond our limits,
Unlocking potential as we pursue our merits.
(V)

So, hold onto your dreams, let them be your guide,
They'll show you the way, with nothing to hide.
With passion and belief, you'll surely find,
That dreams and success beautifully intertwined.
(VI)



Women Empowerment in Nepal

Women empowerment means educate and empower

the women who are homeless, with the skill and confidents necessary to secure a job, create healthy lifestyle, and regain a home for themselves and their children.

Women are usually not given the same priority as given to men. They are mostly dominated in the society and not compared equal to the men. We can take the example of our country Nepal.

Nepal being a small, beautiful country is also patriarchal

country and predominated by male in all major roles in the society. On the other hand, women have been treated as the factory of producing children and limited them only into household works. Actually, they have less freedom in our society like Malala Yousafzai and education status of women in Nepal is very low.

In Nepal, females have no access to education because of the conservative social structure. They have established the concept of women that they are better for the household activities and men for other external



Suvekshya Basnyat
BBM, 5th Semester

jobs and responsibilities. Moreover, in some societies still wouldn't see positively if girls go to school. As a result, a woman has no accessibility to get any job and have to be fully dependent on their 'women empowerment program' family and their husband in terms of finance.

By all the above-mentioned truth which exists in Nepalese society would excite many organizations to help them by giving some sort of non-formal education and income generating as well as awareness raising training related to women through volunteering service. Provision of education and training to them would increase their education level and uplift their living standards. In addition, the thinking of society should change gradually. Most importantly, women shouldn't rely on their husbands financially and only then, they can get freedom in their family and society too.



श्रद्धाञ्जलि अर्पण

कति पखौं म, भोलिलाई ?
कति पखौं म, उनीलाई ?
अब त आशा छैन यस जूनीलाई ।
श्रद्धाञ्जलि अर्पण, बितेका समयलाई ॥

कति पखौं म, सफलतालाई ?
कसरी जोडूँ म टुटेका ती सपनालाई ?
कहाँ खोजूँ म हराएका ती गन्तब्यलाई ?
त्यसैले श्रद्धाञ्जलि अर्पण, सम्पूर्ण असफलतालाई ॥

कसरी फर्काउँ म छोडि
गएका म्यादहरूलाई ?
कहाँ थन्क्याउँ म मानसपटलका यादहरूलाई ?
के गरी जोडूँ म टुक्रिएका ती सम्बन्धलाई ?
त्यसैले श्रद्धाञ्जलि अर्पण गरें, टुटेका ती नाता र सम्भनाहरूलाई ॥

कसरी समेटूँ म छर्पष्ट यो मनलाई ?
कसरी स्थिर राखूँ, सलबलाएको यो तनलाई ?
कसरी ल्याऊँ म निन्द्रा आँखामा ?
त्यसैले श्रद्धाञ्जलि अर्पण ती ननिदाइ बिताएका रातहरूलाई ॥



स्तुती मरासिनी
बिबिएम पाँचौं सेमेस्टर

The Elephant Rope

A man was walking nearby to a group of elephants that was halted by a small rope tied to their front leg. He was amazed by the fact that the huge elephants are not even making an attempt to break the rope and set themselves free.

He saw an elephant trainer standing beside them and he expressed his puzzled state of mind. The trainer said, "when they are very young and much smaller, we use the same size rope to tie them and, at that age,

it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

Moral:

It is the false belief of the elephants that denied their freedom for life time. Likewise, many people are not trying to work towards success in their life just because they failed once before. So, keep on trying and don't get tied up with some false beliefs of failure.



Nikita Maharjan
BBM, 5th Semester



The Hospital's Window

There were two men, both seriously ill, who occupied the same room in a hospital.

Although, it was difficult for him, one of the men was allowed to sit up on his bed for an hour a day to drain the fluids from his lungs. His bed was next to the room's only window. Another man had to spend all his time flat on his back.

These men talked for hours on end. They spoke of their wives and families, their homes, their jobs, and their involvement in the military service and even where they spent their vacations. Every afternoon when the man on the bed next to the window could struggle to sit up, he would pass the time by describing to his roommate

all the things he would see outside that one lone window.

How the man on the other bed would live for those one-hour period where his world would be broadened and enlivened by all activities and colour of the outside world! The window overlooked a park with a lovely lake, the man described. Ducks and swans played on the swimming water while the children sailed their model boats.

Lovers walked arm in arm amid the blooming flowers of every colour of the rainbow. Grand old trees graced the landscape, could be seen in the distance. As the man by the window described all this other side of the room would close his eyes and imagine the picturesque scene.



Stuti Marasini
BBM, 5th Semester

One warm afternoon, the man by the window described a parade passing by. Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with vivid and descriptive words. Unexpectedly, an alien thought entered his head.

"Why should he have all the pleasure of seeing everything while I never get to see anything?" he thought. It didn't seem fair. As this thinking fermented, the man felt ashamed at first. But as the days passed and he missed seeing more sights, his envy eroded into resentment and soon turned himself sour. He began to brood and found himself unable to sleep. He should be by that window, he thought, and this unrelenting notion now controlled his life. He could not stop thinking about it.

Late one night, as he was staring at the ceiling thinking



mean and evil thoughts about the facts that he had no window to enjoy. The sick man by the window began to cough. He was choking on the fluid in his lungs. The other man watched in the dimly lit room as the struggling man by the window groped for the button to call for help. Listening to futile efforts being made, the man across the room never moved, never pushed his own button that would have brought the nurse running. In less than five minutes, the coughing and choking stopped, along with the sound of breathing.

Now, there was only silence—deadly silence.

The following morning, the day nurse arrived to bring water for their baths. When she found the lifeless body of the man by the window, she saw saddened and called the hospital attendant to take the body away; no words, and no fuss. As soon as it seemed appropriate, the man asked if he could be moved next to the window the switch and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look. Finally, he would have the joy of seeing it all himself. Finally, he was overjoyed for now he would see the park, the parades and all the activity that was described to him by his dead



roommate. He strained to sit up and after much effort, he slowly turned to look out the window beside the bed. To his horror, the window was surrounded by a blank cement wall.

The man, beside himself with shock, pressed the button to call the nurse and agitated, he asked, "What could have compelled my deceased roommate to describe such detailed and wonderful things outside this window? There is nothing to see. Where are all the wonderful things he saw? Is this a new and recent wall? Why did he describe me such vivid details that don't exist?"

The nurse shook her head sadly and unanswered his questions with a shake of her head, "Perhaps he just wanted to encourage you and make you happy. You see, your roommate was totally blind."

Moral: Despite our situations, we should strive to make others happy.

Reading to children, even before they can understand words, teaches them to associate books with love and affection.

- GoodwillLibrarian.com

My BBS Journey

My BBS journey was just exciting, where I experienced ups and downs like being on a rollercoaster ride. The best thing of my college life is that I got two best friends, who continuously were there for me from the beginning. So, this is the friendship that I'm going to cherish for the rest of my life along with the good memories because I don't like to remember the bad memories so far.

During my study years, I didn't have to face any kind of home sickness because I live here in Lalitpur with my parents. So, for me it was not that difficult to come and go. Lamjung district is my hometown. My favorite teachers from first year to 4th year are to be Sunil Chitrakar, Deepak KC, Kesab Ghimire,

Ram Kumar Khatiwada, and Dr. Binod Lingden, who were our Mathematics, Accounting, Law, and Research Methodology teachers respectively.

Their dedication and passion in teaching is what I admire. Also, without any doubt my favorite coordinator at United College is still Anup Shakya and the Principal Dr. Lal Rapacha. Both of them were very helpful and supportive to me throughout my whole BBS journey. Good memories with Anup Shakya is what I'm going to miss very badly. I would like to thank both of them for showing me the love and respect and guiding me to the right direction.

Talking about my favorite festival, it has to be a Dashain and my favorite place is my home where I can rest my head well. Time does fly so fast;



Ritiz Joshi
BBS, 4th year

never knew I would be here working as a teacher at United and United Universal Schools for more than 5 years.

Being as a business management student, I always wanted to be an entrepreneur. Before I started my own business, I also did some research for years and then when I felt like I'm ready to do, I stepped onto the world of business and so far, my experience is hopefully rewarding one.



गाउँदेखि सहरसम्मको यात्रा

मेरो जीवन यात्रा बाजुरा जिल्लाको कोटवाडा गाउँबाट शुरू हुन्छ । मैले शुरूमा त्यही पाइला टेके । मैले हिड्न पनि त्यही सिकें । हरिया डाँडाकाँडा, भीर-पाखा, भरना र नदीनाला । आहा ! कति सुन्दर ठाउँ ?

हो, साँच्चै सुन्दर ठाउँ हो बाजुरा । तर केवल सुन्दरताले मात्र जीवन सुन्दर हुँदोरहेनछ । हाम्रो गाउँमा धेरै जमिन थियो । खानाको त्यति समस्या भएन । खेतबारीमा जे फल्यो; त्यो खायो ।

त्यो चिसो हावापानीमा स्वाद मिठै लाग्थ्यो । तर वर्षेनी वर्षामा पहिरोको जोखिमले गर्दा हामी असुरक्षित थियौं । त्यहाँ केही पसलहरू थिए । तर सामानहरू थिएनन् । त्यहाँ अस्पताल थियो । चिकित्सक र औषधिहरू थिएनन् ।

रातमा टुकी र लालटिनको सहारा हुन्थ्यो । गाडी गुड्ने सडक त हाम्रो घर भन्दा धेरै टाढा थियो । सडक नजिकै हुन्थ्यो भने सायद त्यो विद्यालयमा कापी किताबहरू पुग्थे । त्यो अस्पतालमा औषधिहरू पुग्थे । ती पसलहरूमा दैनिक उपभोग्य सामानहरू पुग्थे । जीवनको यात्रा सहज हुन्थ्यो । तर त्यस्तो भएन ।

पिताज्यूले पहाडको सबै खेत बेचेर तराईमा घर बनाउनु भयो ।

त्यसैले उहाँले अब हाम्रो बसाइ तराईतिर सार्ने निर्णय गर्नु भयो । मलाई त्यो ठाउँ छोडेर जानु पर्दा धेरै नरमाईलो लागेको थियो । तर पहिलो पटक नयाँ ठाउँको यात्रा गर्न पाउँदा म उत्साहित पनि थिएँ ।

आखिर के छ त तराईमा ? म बिहानै पिताज्यूको औला समाएर हिडे । त्यस बेला म मात्रै चार वर्षको थिएँ । बाटो लामो थियो । बाटोको लागि खाना हामीले घरदेखि नै बोकेर हिडेका थियौं । ठाउँ ठाउँमा बस्दै थकाइ मार्दै हामी अघि बढ्यौं ।

करिब सात घन्टा हिडेपछि हामी अछाम जिल्लाको साँफेबगर पुग्यौं । मलाई नयाँ संसारमा पुगे जस्तो लाग्यो । मैले पहिलो पटक गाडी देखें । हामी रात्री बस चढेको करिब दस घन्टापछि मिर्मिरेमा अत्तरिया, कैलाली जिल्ला पुग्यौं ।

त्यहाँ मेरो लागि बस्ने नयाँ घर थियो । नयाँ ठाउँ नयाँ गाउँ । एउटा नयाँ संसार जस्तै । समथर खेतबारी र वनजङ्गल । सडकहरू राम्रोसँग विस्तार त भईसकेका थिएनन् तर राजमार्गबाट हामी नजिक थियौं ।

अत्तरियामा कोटवाडाको तुलनामा जीवन धेरै सहज भयो । सबै कुराहरू नजिकै उपलब्ध थिए । तर गर्मीयाममा फेरि पहाडको याद



निराजन जोशी

वीवीएस दोस्रो वर्ष

आउँथ्यो । पछि विस्तारै त्यस ठाउँमा पनि बानी परियो । विस्तारै प्रायः कुराहरू बुझ्दै गएँ । मलाई विद्यालयमा भर्ना गरियो र त्यही विद्यालयमा पन्ध्र वर्षसम्म अध्ययन गरेँ ।

एसईई र बाह्र कक्षा त्यहीबाट उत्तीर्ण गरी सकेपछि स्नातक तह पढ्न भनेर फेरि अत्तरियाबाट काठमाडौँतिरको यात्रा शुरू भयो । करिब बीस घन्टाको यात्रापछि काठमाडौँ पनि पुगियो । “काठमाडौँ सहर हेर्नमा रहर” भन्थे, हो रहेछ । यहाँ के छैन? मन्दिरहरूको सहर । शिक्षालयहरूको सहर । अस्पतालहरूको सहर । सहर हवाईजहाज नेताहरूको ।

अनि सहर पैसाको । यो सहरको विकास देख्दा कोटवाडा र अत्तरिया पनि डाहा गर्दा हुन् । आफ्ना ठाउँका मानिसहरू यसरी त्यागेर जाँदा कोटवाडा र अत्तरियालाई कति न्यास्रो लाग्दो हो? मलाई पनि लाग्छ । तर जीवन यात्रा हो हिँडिरहनु पर्दछ ।

Greece for Vacation Destination

Greece is the country to fantasize my imagination with its history, people, culture, and geography. I dream to travel Greece one day.

The adjective word of Greece is Greek and I have read many Greek mythologies. Greek as noun refers to a 'language' spoken by the Greek people, is one of the most ancient

languages as Latin and Sanskrit. And this is one of the reasons why, I want to travel. For me Greece is the perfect place for vacation when I get opportunity to learn about history that leaves anyone mesmerized.

Greece has more than 18 UNESCO Heritage-listed sites. The Greek people



Riya Magar
BBM, 5th Semester



worship the God of Olympus which represents 12 main gods Zeus, Poseidon, Hera and many more. A famous mythology about Medusa also came from Greek mythology.

Not only rich in history but the landscapes of Greece is also very beautiful and as a nature lover I find it very attractive. So, for me Greece is the perfect fantasy for vacation destination.

Introducing an Artist

Rusha Maharjan is a student of BBS first year who has a deep passion for artistic expressions. Through her work, she has a very remarkable ability to capture the essence of emotions, places, and stories. Her journey is a testament to the magic that can unfold when passion, talent, and perseverance converge in pursuit of artistic excellence. Thumbs up for Rusha. Keep go on and on.



Rusha Maharjan
BBS First Year

Happiness

In this brief writing, I propose to discuss about a controversial yet one of life's most sought-after emotions—'happiness'. What is 'happiness', then? It's a question that has puzzled philosophers, psychologists, and individuals for centuries.

We all strive to be happy, yearning for that elusive state of contentment and fulfilment. But what exactly does it mean to be 'happy'? Is it a fleeting moment of joy or a long-term state of being?

The world is moving at a fast pace and all of us are in a constant quest for happiness. We relate our joy with acquiring more possessions, achieving higher social status, or even finding a perfect partner.

What if I said that the 'happiness', we all are seeking for lies within ourselves. Self-contentment is a start of your journey towards 'happiness'. The concept of 'happiness' being rooted in self-contentment might seem counter-intuitive at first.

After all, we all have been trained to believe that our 'happiness' relies on external factors. The pleasure of attaining the materialistic needs and reaching the social status are a form of joy but its momentary.

'Happiness' is not pleasure, its peace. Once we all have come to the state of being self-contained, we will eventually find peace. The path of accomplishing external joy has blinded us to the point where we have failed to acknowledge the blessings in our lives.



Niyonika Rai

BSc. Hons (Business Analytics),
3rd/Final Year
Lancaster University, UK
raeenoyo1010@gmail.com

'Gratitude' is a potent happiness-inducing force. Expressing appreciation for what we have been given, we shift our focus from scarcity to abundance. Therefore, by cultivating 'gratitude' encourages us to savour each moment and find joy in even the simplest things – the mesmerizing nature, or a warm cup of coffee on a rainy day.

Rumi writes, "Yesterday I was clever, so I wanted to change the world. Today I'm wise so I am changing myself", Rumi's wisdom here will hopefully trigger a part of everyone.

By understanding how 'happiness' resides within our own being rather than relying on external circumstances or validation from others, we can embark on a transformative path towards lasting joy. This is what 'happiness' is for me.

Sikkim as a Traveler's Heaven



Soni Khadgi

BBM, 5th Semester

Before 1975, Sikkim was a beautiful country and now is the state of India located in the north-east. Sikkim has much more to offer in terms of natural beauty, linguistic diversity and cultural heritage, and spot for adventure. The region's unique blend of stunning landscapes, Buddhist monasteries, and warm hospitality make it a favourite and heavenly destination for many travelers.

Surrounded by the majestic mountain range, the views of snow-capped peaks, including the famous Kanchenjunga, are truly breathtaking. Few notable places of Sikkim are:



Gangtok

The capital city of Sikkim, Gangtok, offers a mix of urban comforts and natural beauty. The city itself is nestled in the Himalayas and offers breathtaking views of surrounding mountains. The Enchey Monastery and the Gangtok Ropeway are some of the attractions here.



Tsomgo Lake (Changu Lake)

This high-altitude glacial lake is located about 40 kilometers away from Gangtok. It's known for its pristine blue waters and is often frozen during the winter months.



Nathula Pass

This pass, located on the Indo-China border, offers incredible panoramic views of the surrounding mountains. It's accessible from Gangtok and requires special permits.



Pelling

A town in West Sikkim, Pelling provides stunning views of the Kanchenjunga mountain range. The Pemayangtse Monastery and the Sangacholing Monastery are popular attractions here.



Yuksom

Known as the “gateway to Kanchenjunga,” Yuksom is a charming village with historical significance. The Dubdi Monastery and the Tashiding Monastery are worth visiting.



Lachung and Lachen

These picturesque villages are known for their natural beauty, especially during the blooming season when the valley is covered in colorful flowers.



Ravangla

Offering stunning views of the mountains, Ravangla is also home to the Buddha Park of Ravangla, which features a massive statue of Buddha.



Gurudongmar Lake

Located at a very high altitude, this lake is one of the highest lakes in the world. It's surrounded by snow-capped peaks and is considered sacred by both Buddhists and Sikhs.



Zuluk

This offbeat destination offers breathtaking landscapes and a chance to experience the Silk Route. The Thambi Viewpoint is known for its panoramic views.



Namchi

This town is known for the towering statue of Guru Padmasambhava, also known as Guru Rinpoche, and offers stunning views of the mountains.

Make Your Value Big Yourself

Once a poor poet used to write poems and managed his cost of living. He had spent many years in writing poems. Later, it became very difficult to make earning by writing and his family life became worst and worst.

One day, he called his wife and shared an idea to sell his one poem in a big amount. He told to stay in busy footway to sell his poem. His wife went as the poet told her and she priced the poem a big amount so that no one can buy it.

Gradually, the message spread everywhere. As the king heard about it, the king told to bring her to his palace. The king asked the price of poem, in the same manner, she told the king a very big amount and the king wondered hearing it.

Next day, the king called 100 wise personalities and asked about the meaning

of the poem. Every person gave different meaning on it. Whatever people were asked, the king gets different meaning and the king understood, why the poem has the big price, because of its value inside. The king bought the poem himself in that big amount.

The ability that an individual has inside himself/herself make his/her value. Most of the successful people have built their ability by themselves. Along with our education and degrees, we always keep ourselves to beautify our inner ability, enhance personality, make positive attitude, creating self-motivation, building high self-esteem, self-directing to goal setting and building inter personal skills.

Two more important things are 'time' and 'mind' management as well. Your attitude contributes to your success. A study found that when a person gets a job or a promotion, 85% times, it is because of his/her positive attitude and only 15% of time because of 'intelligence' and 'knowledge' of specific facts and figures.

So, we always tend ourselves to build our positive 'attitude'.



Mahesh Aryal

Graduate Program Director

We can follow some norms to make our 'attitude' positive. For that change your focus and look for the positive, make your habit of doing 'now'.

Always keep developing on 'attitude' of 'gratitude'. Get into a continuous education process with value and build high self-esteem. Always stay away from negative influences like negative people, smoking, alcohol, drugs, using false or dirty words, gambling, betting and building bad social media feedings. Always try to learn to like the things that need to be done and start your day with something positive.

'Motivation' is the crucial driving force in our lives. It comes from desire to succeed and it gives enjoyment and excitement in our study, work and daily life. Once you understand the cause of 'motivation', you can motivate yourself and achieve your goal and you can inspire others too. It is said that the greatest

No one can make you feel inferior without your consent.

'motivation' for us is our own true belief.

Next, 'self-esteem' is the way we feel about ourselves where we feel good, the world looks beautiful, brings outcomes good, makes better relationship to all. Your 'self-esteem' comes from recognizing and accepting your self-worth. We can reveal our positive 'self-esteem' with 'self-respect, self-confidence, self-worth, self-acceptance, self-love, self-knowledge and self-discipline'. These all are your inner ornament which make your value big. But it does not mean that 'self-esteem' having big ego. We should always build our positive personality. It is not a tough task. We can go through simple but effective way to build a positive personality on us.

Always try to accept additional responsibility which actually gives us a high value in life. Need to show consideration, courtesy, politeness and think always win-win outcomes.

The beautiful words that we blow to others gives priceless result to us. So, while talking to others always choose beautiful and respectful words carefully. Never criticize and complain. But constructive criticism always motivates and gives honest and sincere appreciation to others.

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

It creates 'happiness' around you, fosters goodwill and is the counter sign of friends. Your true 'smiles' and 'kindnesses' always improve your face value. Always be a good listener.

Listening shows caring and the caring 'attitude' towards other people, you make the other feel important. This returns more respect to you from others. No one is perfect in this world.

Everyone makes mistakes. When you make a mistake, accept it and move on, it will be your greatness in your life. To rise your personal value never stand for an argument. An argument is that thing which never makes you win.

But meaningful discussion always enhances your personal quality. It is said that "an ounce of loyalty is worth than a pound of cleverness". So, be always dependable and practice loyalty. Avoid bearing grudges, practice humility and show empathy to everyone.

To sum up, the same thing different value, how is it? It is because of inner beauty which seems on it. A farmer sells a watermelon at Rs. 50. A fruit seller makes 10 pieces of it and sells each piece at Rs 10, total amount Rs. 100. And a star hotel decorates on it, adds beauty on it and sells at Rs. 1000. The same watermelon but different value, it is because of beauty creation on it. As the value of watermelon differs, in the same manner, we can make our value big by creating beauty inside us.



Emotions

Warm inside but cold outside
Can change itself whenever it likes?
It can be long termed or short
Can betray anyone at any time?
(I)

That one thing that is difficult to be
known by everyone
Is difficult to be accepted by everyone
Needs a best leader to lead its right way
Can be joy or can be despair?
(II)



Khansa Banu
BCA, 3rd Semester

Maturity can't be hidden from the
childishness.
Nor the childishness be hidden from
the maturity.
(III)

Life becoming the blissful lie
While death becoming the bitter truth
Can manipulate yourself
Or can manipulate others?
(IV)

Sometimes we find out that the rudest
person right now was the sweetest
person back then.

Jokes and Riddles

Teacher and Student

Teacher: Why are you late?
Student: Because of the sign on the road.
Teacher: What type of sign?
Student: The sign that says "School Ahead Go Slow"



Stuti Marasini
BBM, 5th Semester

Riddles

Q.1. I'm tall when I'm young and I'm short when I'm old.
Answer:

Q.2. What is orange and sounds like a parrot?
Answer:

Q.3. What goes up and down but never moves?
Answer:

Q.4. What start with a T, ends with a T and is full of T?
Answer:

Q.5. त्यो के हो जसलाई बाहिर निःशुल्क पाइन्छ र हस्पिटलमा पैसा तिर्नु पर्छ ?
Answer:

Q.6. त्यो के चिज हो जति खाए पनि पेट भरिदैन ?
Answer:

Answers:
Candle
Oxygen
Carrot
Stairs
फर्षा
Teapot
Rawan

Quality in Every Pixel,
Brilliance in Every Print

UNLOCK CREATIVITY, **ELEVATE IMPRESSIONS!**

Transform your ideas into captivating visuals with our cutting-edge Creative Design services. At Spandan Design Communication, we blend innovation with artistic flair, crafting designs that resonate and captivate.

ABOUT US

With 11 years of expertise, Spandan Design Communication proudly stands as Nepal's premier design house. Our renowned happy customers attest to our commitment to excellence. Experience the best in graphic design, printing, and photography – choose Spandan Design Communication for designs that leave a lasting mark.

CONTACT US



 Kupon-dole-1, Lalitpur, Nepal
 977-1-5435884, 9851027447
 info@spandandesign.com
 www.spandandesign.com

OUR SERVICES



Graphic Design: From logos to full-scale branding, our creative team brings your vision to life.

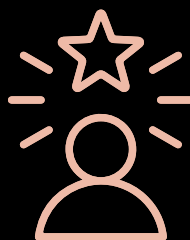


Print Design: Elevate your marketing collateral with visually striking print materials that leave a lasting impression.



Photography: Freeze moments in time with our expert photographers who bring your brand to life through lens magic.

SECTION 4



United Talent Hunt

Basically, United Talent Hunt (UTH) competitions are organized by United College to discover and showcase individuals with exceptional skills, abilities, and talents in various fields. The 11th edition of UTH was held on 17th March 2023 to provide a platform for talented students to demonstrate their abilities to a wider audience, gain recognition, and often have the chance to further their careers in their respective fields. UTH was conducted under ten different areas in the Academic Year 2023:

- ▶ Principal's Inaugural Speech
- ▶ Icon Painting Potentiality
- ▶ Essay Writing
- ▶ Public Speaking
- ▶ Drama Performance
- ▶ Solo Singing
- ▶ Music Band Performance
- ▶ Solo Dance Performance
- ▶ Group Dance Performance
- ▶ Story Writing
- ▶ Poetry Writing

Principal's Inaugural Speech

Glory to United, Glory to Unitedians.

Respected Suptulung (Nara Hang Rai, Dripa Rodung (Chamling), Dr. KR Bantawa) Academic Head, Basant Nepali, Science Faculty Coordinator, Shyam Mishra & Asst. Coordinator Nir Sing Rai, United Imadol, Principal

madam Neera Pradhan, United Universal Principal, madam Jait Rai, United Talents Hunt (UTH) Coordinator Anup Shakya, United Cooperative Manager Bhim Pun Rodung, Teaching & non-teaching staff, UTH judges (both of Preliminary & Final Rounds), UTH sponsors, dignitaries,

alumni, United mega-family, talented students, audience, ladies and gentlemen,

Very warm Good Morning.

I am very much honoured to chair United Academy Group's 11th Edition of Maha Kumbh United Talent Hunt (UTH)-2079 First Formal session this morning. This edition's theme is "Giving the Stage" for the talented students for unleashing their hidden talents. While doing so, participant-students get opportunity to build up confidence as well as get exposure in their genres of choices.

UTH in general is focused on to sharpen our participant-students' both co-curricular and co-scholastic skills in areas of events like music and singing, dancing, painting, essay, poem and story writing, ads filming, Public Speaking (speech), photography and so on.

Some of its specific objectives are:

- to promote societal culture and values amongst students,
- explore hidden talents of students,
- provide a platform for students to acquire more knowledge about expressing their ideas and opinions amongst the group and public spheres,
- provide an opportunity that



students can receive skills and knowledge by working in a group and as a leader, and

- motivate and encourage talents for upcoming competitions at national and international levels.

Keeping those goals in minds, UTH at United has its long tradition and history beginning from the year 2060. Then, UTH took place ten times in years like 2061, 2062, 2063, 2065, 2067, 2069, 2071, 2073 and 2075. In between the years 2076 and 2078 an unfortunate outbreak of COVID-2019 pandemic left human lives paralyzed and void. As a result, UTH from 2076 to 2078 was no such exception.

After such a fateful and painful disruption of pandemic, we are back again this year to be involved in our students' co-scholastic genres like essay writing, poem writing, story writing, and art of public speaking (speech) and co-curricular activities like song (solo & band), dance (solo & group), photography, ads filming, drama, and painting. Both of these areas of genres and activities enhance and empower scholastic performance of students by sharpening their skills and knowledge that brush up their talents to shine like gems.

So, today is that day of our participant students to shine and share your light to their friend, families and societies.

May you shine ever! My blessings to you. In this first formal session of UTH-2079, we've already recognized and prized in three genres namely Essay writing, Story writing and painting (Sr. & Jr.). I congratulate to our winner gems in-

Categories

Essay Writing (Bismita Timalisina 1st, Animon Rapacha 2nd, Grishma Shakya 3rd). May you all shining winner essayists in one day of your life win Pulitzer and Nobel Prize in your area of choice as authors. Yes, you can do it.

Story Writing (Syma Rai 1st, Tanuja Devkota 2nd, Samman Rai 3rd). May you all winner story-tellers be a successful story-teller in your life like J.K. Rowling and Guy de Maupassant. Yes, you can do it.

Paintings (Sr. Nirdesh Maharjan 1st, Kristina Tamang 2nd, Bandana Rai 3rd)

Paintings (Jr. Pranav Poudel 1st, Lemissa Singh Suwal 2nd, Sangnuma Rai 3rd)

May you all shining winner painters in one day of your life be like Leonardo da Vinci and Vincent van Gogh. Yes, you can do it. Congratulations to you all.

I wish you all the best for our going to be shining winner achievers in the informal session this afternoon. I hope you will do your best as more than 20 thousand of our alumni have and had done at



present and in the past. May UTH-2079 be a turning point of your future and present life. UTH is your one step beginning for thousand miles of your life's journey.

Finally, I would like to thank you all from deep recesses of my heart, who have contributed a great deal to make this Maha Kumbha of UTH-2079 successful. Thank you all and I declare that this formal session of the program is over.

17 March 2023, Friday

Icon Painting Potentiality

Background

United College (UC) organizes painting competition that allow students to showcase their artistic talents and creativity through various forms of visual arts, such as painting, drawing, or other art-related media. The College organizes competition as part of United Talent Hunt (UTH) to encourage artistic expressions and appreciation among students. A painting competition at College provides an excellent opportunity for students to unleash their artistic potential, gain recognition for their talents, and nurture their passion for visual arts.



UTH, 2023

As a part of United Talent Hunt (UTH), painting competition was held on 17th March 2023 to provide a platform for students to explore their creativity and express themselves through visual art.

UTH, 2023

Category: Icon Painting

WINNERS

Position	Name
First	Nirdesh Maharjan
Second	Kristina Tamang
Third	Bandana Rai

Essay Writing

Background

United College (UC) organizes essay writing competition that encourages students to showcase their writing skills, critical thinking, and knowledge on a specific topic or subject. This competition is organized by College as a part of United Talent Hunt (UTH). The purpose of an essay competition is to foster academic excellence, promote intellectual discourse, and provide a platform for students to express

their ideas and opinions. It fosters a culture of academic excellence and encourages students to think critically and express themselves effectively.

UTH, 2023

As a part of United Talent Hunt (UTH), essay competition was held on 17th March 2023 to serve as a platform for students to develop their writing proficiency and expand their knowledge base.

UTH, 2023

Category: Essay Writing

WINNERS

Position	Name
First	Bismita Timalisina
Second	Animon Rapacha
Third	Grishma Shakya



Public Speaking

Background

United College (UC) organizes public speaking (speech) competition that allows students to showcase their public speaking and communication skills by delivering persuasive, informative, or entertaining speeches on a given topic or subject. This competition is often organized as a part of United Talent Hunt (UTH) to encourage students to improve their communication abilities and gain confidence in expressing their ideas in front of audiences. It encourages students to think critically, articulate their thoughts clearly, and engage with important topics and issues.



First



Second



Third

UTH, 2023

As a part of United Talent Hunt (UTH), speech competition was held on 17th March 2023 to provide an opportunity for students to develop their public speaking skills and boost confidence.

UTH, 2023

Category: Speech (Public Speaking)

WINNERS

Position	Name
First	Animon Rapacha
Second	Subham Kharel
Third	Dibya Shakya

Drama Performance

Background

Background United College (UC) organizes Drama competition to nurture artistic talent, promoting creative expression, and fostering a greater understanding and appreciation for the performing arts within the college community. It creates dynamic and inclusive space where students can explore their passion for theater and contribute to the cultural enrichment of the college. Drama competition is an exciting and engaging event that allows students



to showcase their acting, directing, and theatrical skills.

UTH, 2023

As a part of United Talent Hunt (UTH), drama competition was held on 17th March 2023 to provide a platform for students to explore their creative potential and develop their artistic skills.

UTH, 2023

Category: Drama

WINNERS

Position	Name
Winner	Unity aka Hostellers



Solo Singing

Background

United College (UC) organizes solo singing competition that allow students to showcase their vocal talents and passion for music. This competition is often organized as part of United Talent Hunt (UTH) to celebrate the art of singing and provide a platform for students to express themselves through music. Solo singing competition enriches the cultural and artistic atmosphere on college, fostering a deeper appreciation for music and offering a platform for talented vocalists to shine. It celebrates individual artistry and the power of music to bridge people.



Note: Photos may not match for winners

UTH, 2023

As a part of United Talent Hunt (UTH), solo singing competition was held on 17th March 2023 to provide a platform for students to develop their singing abilities and gain stage experience.

UTH, 2023

Category: Solo singing

WINNERS

Position	Name
First	Raman Rijal
Second	Adarsh Tamang
Third	Samyak Koirala

Music Band Performance

Background

United College (UC) organizes music band competition that provides a platform for students band to showcase their musical talent, skills, and originality in front of a live audience. Students have the opportunity to express themselves artistically through their music, compositions, and arrangements. This competition promotes unity and cooperation among musicians. It celebrates

collective artistry and inspires a love for music among students and the broader college community.

UTH, 2023

As a part of United Talent Hunt (UTH), music band competition was held on 17th March 2023 to enrich the musical atmosphere on college, providing a platform for talented bands to shine and fostering a deeper appreciation for live music performance.

UTH, 2023

Category: Music band

WINNERS

Position	Name
First	Niskarsha
Second	The Unbeatable
Third	Plan A



Note: Photo may not match for winners.

Solo Dance Performance

Background

United College (UC) organizes solo dance competition that allows students to showcase their dance talents and passion for movement. The primary aim of the competition is to celebrate the dance talent of individual students and provide them with a platform to shine as solo dancers. This competition is organized as a part of United Talent Hunt (UTH) to celebrate the art of dance and provide a platform for students to express themselves through movement. The dancing competition may have different categories based on dance styles such as folk, cultural, traditional, western, etc.



Note: Photos may not match for winners.

UTH, 2023

As a part of United Talent Hunt (UTH), solo dance competition was held on 17th March 2023 to allow students at individual level to showcase their dancing talents and passion for the art of dance.

UTH, 2023

Category: Solo dance

WINNERS

Position	Name
First	Anshu Deula
Second	Himanshi Sapkota
Third	Gunjan Shreesh

Group Dance Performance

Background

United College (UC) organizes group dance competition to enrich the artistic and cultural atmosphere on college, providing a platform for talented dance groups to showcase their collective artistry and teamwork. It celebrates the power of dance to convey emotions, stories, and cultural heritage through coordinated and captivating performances. Participants have the opportunity to develop and showcase their group dancing skills. Performing as a group in front



of an audience helps students build self-confidence and stage performance.

UTH, 2023

As a part of United Talent Hunt (UTH), group dance competition was held on 17th March 2023 to motivate students to form dance group and showcase their collaborative dance talents.

UTH, 2023

Category: Group Dance

WINNERS

First	The Sakela Group
First	The Sakela Group
Second	Gunjan Shreesh Group
Third	Hostel Boys

Story Writing

Background

United College (UC) organizes story competition to serve as an inspiring platform for student writers to share their stories and contribute to the rich literary tradition of the college. It provides a platform for aspiring student writers to showcase their story telling skills. The competition can provide a stepping stone for students aspiring to pursue careers in writing or related fields. By participating in the competition, students have the opportunity to develop their writing skills, including narrative structure, character development, dialogue, and descriptive language.



UTH, 2023

As a part of United Talent Hunt (UTH), as a part of United Talent Hunt (UTH), story competition was held on 17th March 2023 to come up with original and imaginative stories, fostering creativity and unique perspectives.

UTH, 2023

Category: Story

WINNERS

Position	Name
First	Syra Rai
Second	Ranuja Devkota
Third	Samman Rai

Poetry Writing

Background

United College (UC) organizes poem competition to enrich the college experience by promoting artistic expression, fostering a sense of community, and encouraging the exploration of ideas and emotions through the beauty of poetry. It adds a vibrant and intellectual dimension to campus life, celebrating the richness of language and literature. Engaging in poetic expression can help students improve their language

proficiency, vocabulary, and writing abilities.

UTH, 2023

As a part of United Talent Hunt (UTH), poem competition was held on 17th March 2023 to provide a platform for students to express their creativity and imagination through the art of poetry.

UTH, 2023

Category: Poem

WINNERS

Position	Name
First	Bismita Timalisina
Second	Jasmine Rai
Third	Aashish Shrestha



First



Second



Third

NEW ANU
BOOKS & STATIONERY

Lagankhel, Lalitpur, Nepal
Phone: 01 5542004
Email: anu_books@hotmail.com



SECTION 5



Trainings and Workshops



Trainings and Workshops for students were organized by United College to enhance their academic, professional, and personal growth, preparing them to succeed in their chosen careers and make meaningful contributions to society. Training and workshop sessions aim to equip students with practical skills that are relevant and applicable in their chosen fields. These complement their formal education and empower them to be lifelong learners and well-rounded individuals. Trainings and workshops often focus on preparing students for the job market by providing insights into industry trends, job requirements, and professional expectations. Some of the major trainings and workshops in the academic year 2023 are listed as follow:

- ▶ Ethical Use of Informal Skills
- ▶ Non-verbal Communication Skills
- ▶ Numeracy Skills
- ▶ Teamwork and Teambuilding
- ▶ Workshop on Research Paper Writing:
Process and Product

Ethical Use of Information Skills

Background

The ethical use of information skills refers to the responsible and morally sound practices employed while gathering, processing, utilizing, and disseminating information. It involves a commitment to intellectual honesty, and responsibility in the acquisition, evaluation, and dissemination of information. By following these principles, individuals can contribute to a more informed and ethical society. Whether conducting research, analyzing data, or sharing information, ethical consideration should be central to the process.

Training

The training on “Ethical use of information skills” was conducted by the United College on 19th May. The main purpose of this training was to develop knowledge, skills, and ethical mindset of students necessary to responsibly navigate the information landscape and contribute to an informed and ethical society. Training was based on the topics such as respecting intellectual property rights, maintaining privacy and confidentiality, avoiding plagiarism, ensuring accuracy and objectivity, and promoting the responsible use of information for the benefit of individuals and society. The training was provided by Dr.

Training title	ETHICAL USE OF INFORMATION SKILLS
Trainers	Dr. Lal Rapacha and Dr. Binod Lingden Subba
Participants	Students of BBM, BCA, and BBS
Venue	Computer Lab of United College
Date	19th May 2023

Lal Rapacha and Dr. Binod Lingden Subba. Participants of the training were the students of BBS, BBM, and BCA from United College.

Notable highlights

One day training on “Ethical Use of Information Skills” essentially included the following topics:

■ Respect intellectual property rights

Educate participants to honor copyrights,

trademarks, and patents by properly attributing and acknowledging the work of others. Informed to seek permission when necessary before using or sharing someone else’s work.

■ Privacy and confidentiality

Informed students about the privacy and confidentiality of individuals’ personal information. Informed students to obtain the consent before collecting or sharing sensitive data.



Dr. Lingden (on coat) at training session



■ Plagiarism

Educate individuals about the consequences of plagiarism and the importance of giving credit to the original authors. Taught them how to paraphrase, quote, and cite sources correctly to avoid plagiarism.

■ Open access and creative commons

Educate participants about open access resources and creative commons licenses. Taught them how to properly use and attribute openly licensed materials while respecting the rights of content creators.

■ Accuracy and integrity

Clarified students to strive for accuracy in information sharing. Explained students to verify facts, cross-check



sources, and critically evaluate information before using or disseminating it. Alerted students to avoid misrepresentation, manipulation, or distortion of facts.

■ Promote responsible information use

Aware participants to use information ethically to

benefit individuals and society. Alerted students to avoid manipulating or misrepresenting data to support personal or organizational agendas. Informed them to share information responsibly, considering the potential impact on individuals and communities.

Non-verbal Communication Skills

Background

Non-verbal communication refers to the exchange of information without the use of spoken or written words. It encompasses various aspects of communication, including body language, facial expressions, gestures, posture, eye contact, and tone of voice. Non-verbal cues play a significant role in conveying messages, attitudes, emotions, and intentions in interpersonal interactions. Developing strong non-verbal communication skills can greatly enhance your ability to effectively convey messages, understand others, and build positive relationships. Non-verbal communication skills are not universal and can vary depending on cultural norms and individual preferences. Being aware, adaptable, and respectful of these differences is essential for effective communication.

Training

The training on “non-verbal communication skills” was conducted by the United college on 24th May, 2023. The main purpose of this training was to enhance individuals’ ability to effectively express themselves and understand others through non-verbal cues. It was intended to improve the ability of participants to communicate

Training title	NON-VERBAL COMMUNICATION SKILLS
Trainers	George Thomas and Sanam Shrestha
Participants	Students of BBM, BCA, and BBS
Venue	Auditorium Hall of United College
Date	24th May 2023

effectively and build stronger relationships. Training was conducted by Mr. George Thomas. Participants of this training were the students of BBS, BBM, and BCA from United College.

Notable highlights

One day training on “Non-verbal communication skills” included the following topics:

■ Body language training

Training focused on understanding and utilizing



Psychological counsellor Mrs. Sanam Shrestha



English Faculty George Thomas



Bachelor Level Participants at the Training Session

body language effectively. It covered aspects such as posture, gestures, facial expressions, eye contact, and overall body movements.

■ Emotional intelligence training

This training aimed to enhance individuals' ability to recognize, understand, and manage emotions in themselves and others. It helped individuals to become more perceptive and responsive to non-verbal emotional cues.

■ Cultural awareness training

Training provided insights into the cultural nuances and norms of non-verbal communication in specific



regions or contexts. It helped individuals to navigate intercultural interactions with sensitivity and effectiveness.

■ Presentation and public speaking training

This training focused on using non-verbal cues effectively during presentations and public speaking engagements. It covered areas such as body language, eye contact, gestures, voice projection, and stage presence.

■ Role-playing and simulation exercises

This training involved participants to practise and apply non-verbal communication skills in simulated scenarios. It allowed individuals to receive feedback, refine their skills, and gain confidence in real-life communication situations.

Numeracy Skills

Background

Numeracy skills refer to the ability to understand and work with numbers effectively. These skills are essential for everyday life; as well as for success in various academic and profession fields. Developing numeracy skills is a continuous process that involves practice, application, and engagement with various mathematical concepts in different contexts. By honing numeracy skills, individuals can enhance their ability to make informed decisions, solving problems, and navigate the quantitative aspects of life and work.

Training

The training on “Numeracy skills” was conducted by the United college on 26th May 2023. The main purpose of this training was to provide individuals with opportunities to develop and improve students’ mathematical abilities. Training was conducted by utilizing a variety of instructional methods, including visuals aids, manipulatives, real-lie examples, and interactive exercises to enhance their engagement and understanding. Training was provided by Mr. Sanjay Kumar Chaurasiya. Participants of this training were the students of BBS, BBM, and BCA from United College.

Training title	NUMERRACY SKILLS
Trainers	Sanjay Kumar Chaurasiya
Participants	Students of BBM, BCA, and BBS
Venue	Auditorium Hall of United College
Date	26th May 2023

Notable highlights

One day training on “Numeracy skills” included the following topics:

■ Number sense

During training, developed a solid understanding of numbers, their relationships, and their magnitude. This included understanding place value, number patterns, and number properties.



Math Faculty Sanjaya Kumar Shah at the Training Session



Bachelor Level Participants at the Training Session

■ Problem solving and critical thinking

Helped students to apply mathematical concepts and strategies to solve real-life problems. Broke down complex problems into manageable steps. Helped students to develop logical reasoning and analytical thinking skills.

■ Data interpretation

Helped students to interpret and analyze data presented in various formats, such as tables, graphs, and charts. Clarified the concepts like averages, percentages, and trends to draw meaningful conclusions from data.

■ Financial literacy

Helped students to develop skills related to personal finance, such as budgeting,



understanding interest rates, calculating discounts, and making informed decisions about saving, investing, and managing money.

■ Technology and numeracy

Helped students to utilize digital tools and technology effectively for numerical calculations, data analysis,

and visual representation of mathematical concepts. Clarified the strengths and limitations of technology in mathematical problem-solving.

Teamwork and Team Building Skills

Background

Teamwork refers to the collaborative efforts of individuals who come together, share responsibilities, support one another, and work towards a common goal in order to achieve desired outcomes. Similarly, team building refers to the process of creating and developing a cohesive and high-performing team. The purpose of teamwork is to harness the collective strengths, skills, and knowledge of individuals within a group to achieve shared goals or objectives. The purpose of team building is to foster a positive and productive work environment where team members can effectively work together towards shared goals.

Training

The training on "Teamwork and Team Building Skills" was conducted by the United College on 27th and 28th June, 2023. The main purpose of this training was to promote a collaborative, supportive, and high performing team culture. It was designed to develop the skills and knowledge necessary for individuals and teams to work effectively together. Through this training, participants were expected to enhance their communication, strengthen their relationships, and

Training title	TEAM WORK AND TEAM BUILDING SKILLS
Trainers	Rojina Ranjit
Participants	Students of BBM, BCA, and BBS
Venue	Auditorium Hall of United College
Date	27 – 28 June 2023

improve problem-solving skills. Training was provided by Mrs. Rojina Ranjit. Participants of this training were the students of BBS, BBM, and BCA from United College.

Notable highlights

One day training on "Teamwork and Team Building Skills" included the following topics:

■ Number sense

During training, developed a solid understanding of

numbers, their relationships, and their magnitude. This included understanding place value, number patterns, and number properties.

■ Collaboration and cooperation

Training emphasized the importance of collaboration and cooperation among team members. Various techniques for sharing responsibilities, leveraging individual strengths, and working together towards shared goals were taught.





OB and HRM Faculty Rojina Ranjitkar

■ Team-building activities

Training highlighted various activities designed to promote trust, collaboration, problem-solving, and team cohesion. Activities included were icebreakers, problem-solving challenges, trust-building exercises, and experiential learning activities.

■ Building trust

Training included activities and discussions which can help team members to build trust among themselves. It addressed trust-building techniques, such as openness, reliability, integrity, and demonstrating respect for others' perspectives.

■ Role clarity and accountability

Training helped team members to understand



their individual roles, expectations, and how they contribute to the overall team objectives. It also emphasized mutual accountability and commitment to the team's success.

■ Problem-solving and decision-making

Training equipped individuals with problem-solving and decision-making skills within a team context. It covered techniques for analyzing problems, generating creative solutions, evaluating options, and making informed

decisions collectively. It also encouraged teams to embrace a growth mindset and learn from failures.

■ Appreciation of diversity

Teamwork training highlighted the value of diversity within a team. It promoted an appreciation for different perspectives, backgrounds, and experiences, and encourages inclusivity and cultural sensitivity. Training helped individuals leverage the strengths of diverse team members to enhance creativity and innovation.

Workshop on Research Paper Writing: Process and Product

Research Management Cell of United College has organized the research article writing workshop entitled "Research Paper Writing: Process and Product." The two days inter-disciplinary workshop was conducted on the 8th and 9th of Asar 2080 B.S in Chhaimale Resport, Dakshinkali. This workshop was conceptualized with the intention of knowledge-building on the fundamental of research article writing process and procedure. Participants for the workshop were the faculties of Bachelor and Master programs from United College. The program was chaired by Dr. Lal Rapacha, Principal of United College and hosted by Dr. Binod Lingden Subba, Research Coordinator under Research Management Cell, United College.

Some specific purposes of workshop were:

- to enhance research-based teaching-learning skills of faculties.
- to encourage faculties to write research articles and publish on journal.
- to promote research culture among faculties and students.



Two research experts namely Prof. Dr. Mahendra P. Shrestha, TU and KU and Asst. Prof. Baburam timsina, TU with extensive knowledge, experience, and noteworthy professional history in the field of research were the resource persons of the workshop. Their roles were to provide expertise, guide participants through the research, and facilitates a rich learning experience that promotes the growth and development of the participants' research skills.

To kick off the workshop, Dr. Lal Rapacha, delivered the welcome speech by giving an overview of how this research article writing workshop will equip faculties with the skills

to conduct, write, and publish the research articles. Further he added, this workshop will contribute to the career advancement, institutional reputation, and the advancement of knowledge in academia.





*Principal and Asst. Prof. Baburam
Timsina, TU*



*Principal and Prof. Dr. Mahendra
P. Shrestha, TU and KU*

The chief guest also the research expert of the workshop, Prof. Dr. Mahendra P. Shrestha addressed the significance of the research article writing workshop. "This workshop has provided a platform for faculties to enhance their skills, engage in scholarly activities, and contributes to the college's academic reputation and growth. For college, hosting research workshops can foster a culture of research, innovation, and collaboration, benefiting both faculty and the institution as a whole" said Prof. Dr. Mahendra P. Shrestha.

Overall, it was an impactful workshop that concluded with a closing speech by Dr. Binod Lingden who spoke the thread of curiosity participants have woven in workshop must not unravel. It's participants'



responsibility to nurture the spark ignited during this workshop and let it flourish into a flame of innovative research. Participants are now equipped with tools to dissect complex problems, interpret data, and construct meaningful narratives. Now, participants must take those tools and mold them into articles that will not only fill journal but contribute to the wider world of knowledge.

SECTION 6



Student Counseling



United College (UC) offers student counseling to provide support, guidance, and assistance to students in various aspects of their personal, academic, professional, and psychological well-being. Counseling aims to enhance the holistic well-being of students, helping them overcome obstacles, grow personally and academically, and successfully navigate various challenges they may encounter during their College journey. Some specific counseling offered by UC for its students are:

- ▶ Psychological Counseling
- ▶ Career Counseling
- ▶ Academic Counseling

Psychological Counselling

Background

Psychological counselling is a process where individuals can discuss their thoughts, feelings, and concerns with a trained professional in psychology. The goal of counseling is to provide support, guidance, and tools to help individuals navigate through various challenges and improve their mental well-being. Counseling can help individuals to deal with a wide range of issues, including anxiety, depression, stress, grief and loss, self-esteem issues, and career related challenges.

Psychological counselling at UC

United College (UC) provides psychological counselling for students those facing academic, adjustment and transition, mental health, decision making, and problem-solving concerns. Counselling includes:

■ Academic stress management

Students often experience significant pressure related to their academic performance, such as exams, deadlines, and the transition to college life. Counseling can help students develop effective coping strategies, time management skills, and stress reduction techniques to improve their academic performance and overall well-being.



■ Adjustment and transition

Starting college, moving to a new city i.e. Kathmandu from outside Kathmandu valley, or adapting to the demands of higher education can be challenging. Counseling can assist students in navigating these transitions, addressing homesickness, managing feelings of anxiety or loneliness, and establishing a support network on campus.

■ Mental health concerns

Students may face various mental health issues, including anxiety, depression, substance abuse, eating disorders, and self-esteem issues. Counseling services can provide a safe and confidential space for students to explore these concerns, develop healthy coping mechanisms, and access appropriate resources.

■ Decision making counselling

This counselling aimed at helping individuals to navigate through complex decisions and make informed decisions.

Counselling is done by helping students to clarify their values, explore options, weigh the pros and cons, manage emotions, and navigate the decision-making process.

■ Problem solving counselling

This counselling equips students with practical tools and strategies to tackle problems effectively, build resilience, and enhance their problem-solving abilities. It can be particularly beneficial for students facing personal, interpersonal, or situational difficulties.

Psychological counsellor

A qualified psychologist, Ms. Sanam Shrestha provides psychological counselling for students. As a Psychological counselor, she is dedicated to provide support for students to improve their stress management, adjustment and transition, mental health, decision making, and problem-solving skills.

Career Counseling

Background

Career counseling is a process that helps individuals to explore, clarify, and make informed decisions about their career paths. It is tailored to each individual's unique circumstances and can be beneficial at any stage of their career journey. Career counseling for students is a specialized form of counseling that focuses on helping students to explore and make informed decisions about their educational and career paths.

Career counseling at UC

United Colleges (UC) offers career counseling service to its students. The purpose of career counseling for students is to provide guidance and support to help students make informed decisions about their educational and career paths. Counseling helps students to explore their interests, set goals, and navigate the steps necessary to achieve their career aspirations. It is believed that career counseling plays a crucial role in supporting students' personal and professional growth and facilitating successful transitions from education to the workplace.



Career counselor

Working with a qualified career counselor can provide valuable insights, support, and guidance as individual navigate the complex world of career and make important decisions. At UC, career counseling for students is provided by either faculty members or experts in their concerned field. They support

students in making informed decisions about their career paths, developing essential career skills, and successfully transitioning from college to the workforce. They provide personalized guidance and support to help students explore career options, gain relevant experience, and achieve their career goals.

"Correction does much, but encouragement does more."

- Johann Wolfgang von Goethe.

Academic Counseling

Background

Academic counseling is a process through which trained professionals provide guidance, support, and assistance to students to help them succeed in their educational endeavors. It plays a crucial role in fostering a positive and supportive learning environment, helping students to make informed decisions, and maximizing their educational potential.

Academic counseling

United College (UC) offers academic counseling to empower students to make informed decisions about their academic career path, leading to a fulfilling and successful educational experience. Key purposes of academic counseling are:

- to assist students in creating personalized academic and career plans based on their interests, strengths, and goals.
- to help students in making informed decisions.
- to help students stay on track with their academic progress and ensure they meet the necessary requirements for graduation or program completion.
- to act as an advocate for students, ensuring their needs



Academic Counselor Simon Khatri (Right)

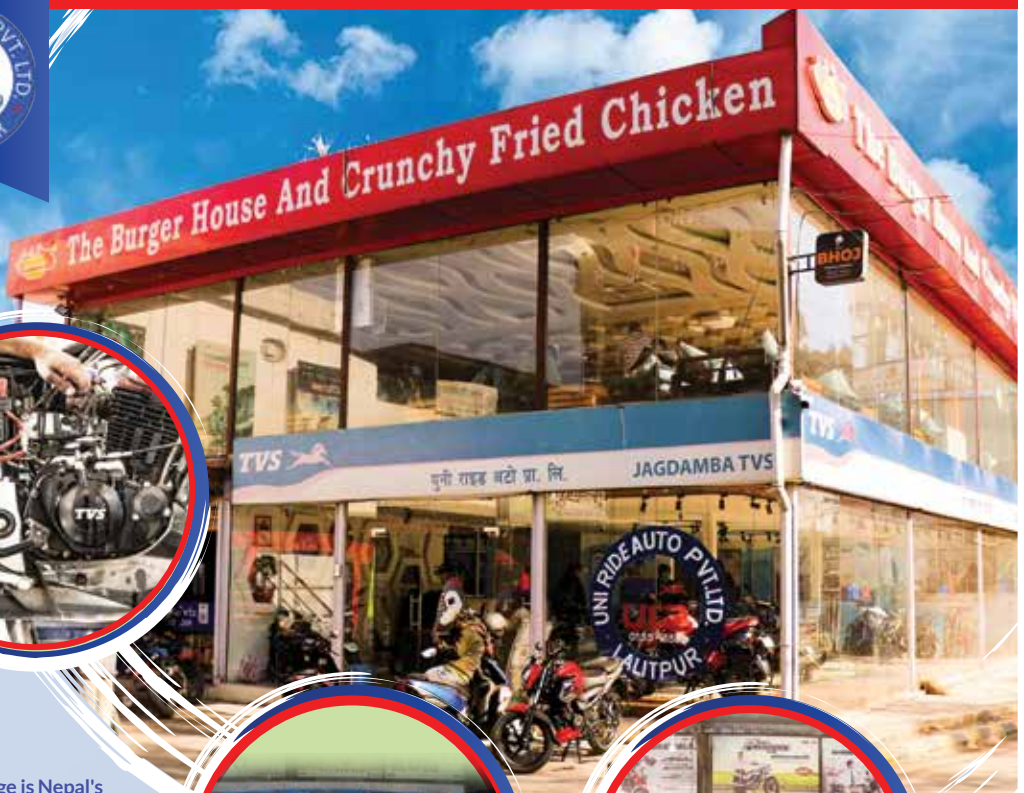
and concerns are addressed within the College.

Academic counselor

An experienced and qualified Ms. Simon Khatri is an academic counselor to facilitate students' academic and personal growth, help them make informed decisions, and provide a supportive

framework for their educational journey, ultimately leading to greater success, satisfaction, and fulfillment in their lives.

“Emotional wellbeing is just as important to us as Breathing is!” - Better LYF



"United College is Nepal's one of the best colleges in IT and Management education."

□ Nirmal Sigdel

President, United Alumni Association ☎ 9851116330



TVS 

UNI RIDE AUTO PVT. LTD.

MAHALASMISTHAN, LALITPUR

SALES / SERVICE / SPARES

- PRO-MECHANIC : 15+ YEARS EXPERIENCED HEAD MECHANIC
- EASILY ACCESSIBLE SHOWROOM (LOCATED ON RING-ROAD)
- FRIENDLY STAFF FOR YOUR QUERIES
- WELL MANAGED REST AREA FOR CUSTOMERS
- CUSTOMER CARE TIMELY REMINDS FOR SERVICING
- MANY GIFT HAMPERS AND DISCOUNT OFFERS OFFERED BY SHOWROOM
- AWARDED BEST EMERGING DEALER 2020 BY JAGADAMBA MOTORS
- AWARDED BEST FOCUS DEALER AWARD 2021 BY JAGADAMBA MOTORS
- AWARDED LEADING ENTREPRENEUR IN AUTOMOTIVE INDUSTRY 2021 BY SEASON MEDIA

SALES

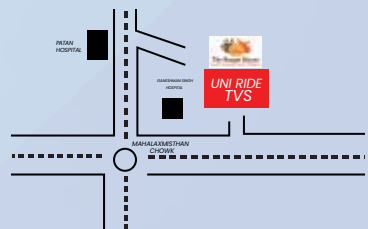
01-5545589, 9801800810, 9801800817,
9801800819, 9801142486

SERVICE

01-5522191, 9801800816,
9801800833

SPARES

01-5522191, 9801800816, 9801800818



/UNIRIDETVS



/UNIRIDETVS



@UNIRIDETVSMahalaxmishthan



UNIRIDETVS@GMAIL.COM

SECTION 7



Student Clubs

United College (UC) offers student-led clubs for students to explore their interests and develop their soft skills. Being a part of a student club gives students an opportunity to use the lessons and skills they have learnt in class and apply it in real life. Students will gain leadership skills, learn how to communicate and work with diverse groups of people. UC has the following student related clubs:

- ▶ Students' Quality Circle
- ▶ Entrepreneurs' Club
- ▶ Management Club
- ▶ Sport Club
- ▶ Cultural Club
- ▶ Digital Media Club
- ▶ Publication Club
- ▶ IT Club
- ▶ United Leo Club of Kathmandu Sadbhavana
- ▶ UC Toastmasters Club

Students' Quality Circle

Background

The most crucial enrollment choice criteria impacting parents and students is educational quality. A Student's Quality Circle (SQC) is a gathering of students who gather frequently to improve teaching and learning qualities. They first formed a committee called the Student Quality Circle. Candid interactions are fostered with a reciprocal participatory relationship, and problems are solved as a result.

Students and teachers have reasonable aspirations, which creates a pleasant educational atmosphere. The SQC promotes a student-centered culture in which students are engaged and motivated to be actively engaged in overall teaching. The SQC's inaugural mottos are "Let us join hands" and "Together We Can."

Its main purpose is to introduce SQC as a useful method for encouraging student engagement in classroom teaching, learning, and research. Then, foster a student-centered atmosphere with justice, student engagement, improved problem-solving abilities, and involvement in the quality initiative, so strengthening the employability skills of the students.



SQC

United College (UC) has the "Students' Quality Circle (SQC)" that serves as a platform for students to become active agents of change, promoting a positive learning environment, and preparing them for responsible roles in the future.

Purpose

The aim of SQC is to improve the overall education experience and foster personal development among students. Some specific purposes of SQC include:

- to provide platform to express students' opinions, ideas, and concerns related to their education.

STUDENTS' QUALITY CIRCLE



Committee of 15 Members: Selection Criteria

1	<i>President:</i> Shreedip Shah	BBM 5th Semester		
2	<i>Vice-President:</i> Rozan Dangol	BCA 4th Semester		
3	<i>Secretary:</i> Nita Manandhar	BBM 5th Semester		
4	<i>Vice-secretary</i>	BBM 5th and 6th Semester	BBS 3rd Year	BCA 5th & 6th Semester
5	<i>Treasurer:</i> Ursala Dangol	BBM 4th Semester		
6	<i>Vice-treasurer</i>	BBM 5th and 6th Semester	BBS 3rd Year	BCA 5th & 6th Semester
7	<i>Member:</i> Roshil Pradhan	BBM 3rd Semester		
8	<i>Member:</i> Allen Maharjan	BCA 3rd Semester		
9	<i>Member:</i> Simran Lamichane	BBM 2nd Semester		
10	<i>Member from</i>	BBM 1st and 2nd Semester	BBS1st Year	BCA 1st & 2nd Semester
11	<i>Member from</i>	BBM 1st and 2nd Semester	BBS 1st Year	BCA 1st & 2nd Semester
12	<i>Member from</i>	BBM 1st and 2nd Semester	BBS 1st Year	BCA 1st & 2nd Semester
13	<i>Member from</i>	BBM 1st and 2nd Semester	BBS 1st Year	BCA 1st & 2nd Semester
14	<i>Member from</i>	BBM 1st and 2nd Semester	BBS 1st Year	BCA 1st & 2nd Semester
15	<i>Member from</i>	BBM 1st and 2nd Semester	BBS 1st Year	BCA 1st & 2nd Semester

■ to enhance the quality of education and the overall learning experience.

■ to promote problem-solving skills and critical thinking among students.

■ to encourage collaboration and teamwork among students.

■ to have the opportunity to take on leadership roles within their teams.

Implementation

SQC facilitates brainstorming session, train students in problem-solving methodologies, teamwork, leadership, communication, and data analysis.

Entrepreneurs' Club

Background

Student entrepreneurs are young individuals who pitch innovative ideas, establish and run their own ventures while still pursuing their education. These students display a unique blend of entrepreneurial spirit, creativity, and determination to turn their ideas into viable and profitable enterprises.

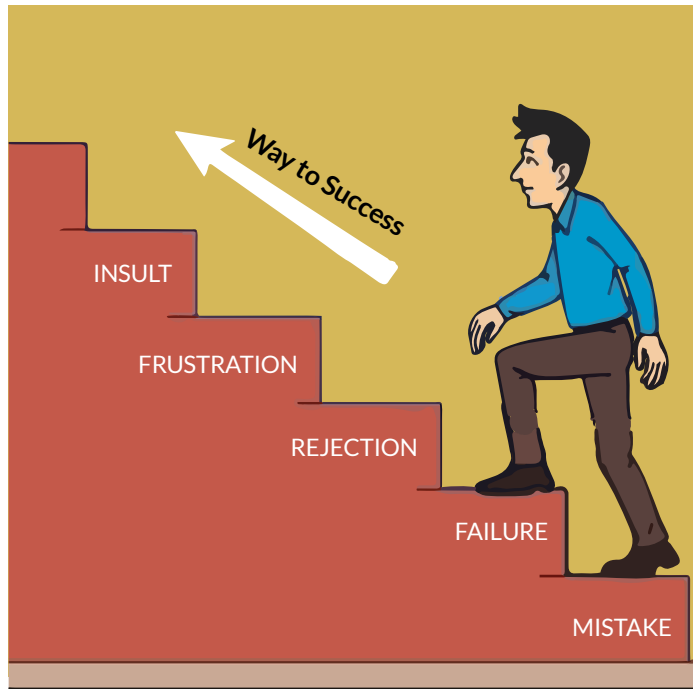
EC

United College (UC) has "Entrepreneurs' Club (EC)" that focuses on promoting entrepreneurship and supporting students interested in starting their own ventures or businesses. This club provides a platform for students to explore, learn, and develop their entrepreneurial skills and ideas in a supportive and collaborative environment.

Purpose

The aim of EC is to foster a culture of entrepreneurship and innovation among students and encourage them to pursue their entrepreneurial aspirations. Some specific purposes of EC include:

- to facilitate networking opportunities among student entrepreneurs, aspiring entrepreneurs, and other members of the entrepreneurial community.



- to organize workshop and training sessions to provide members with valuable knowledge and skills related to entrepreneurship.

- hosting idea pitch competitions where students can showcase their business ideas.

Implementation

EC facilitates networking opportunities, organizes workshop and training, organizes college fests, hosts idea pitch competitions, and other activities.

S/N	Name	Designation
1	Sijal Shrestha	President
2	Samriddhi Shakya	Vice-president
3	Prekshya Maharjan	Secretary
4	Ritisha Shahi	Treasurer
5	Yusuf Shrestha	Member
6	Ujean Khadki	Member
7	Animon Rapacha	Member

Management Club

Background

Management club is an association that focuses on promoting knowledge and skills related to management principles, practices, and leadership development. This club is designed to help students interested in business and management fields in order to enhance their understanding of management concepts, gain practical experience, and build a strong professional network.

MC

United College (UC) has "Management Club (MC)" that creates an environment where students learn, grow, and prepare for successful careers in the business and management field. It provides students with valuable opportunities to enhance their understanding of management principles, develop essential skills, and prepare for successful careers in the business world.

Purpose

The aim of UMC is to enrich students' academic journey by complementing classroom learning with practical experiences, networking opportunities, and professional development resources. Some specific purposes of UMC include:

- to organize workshops where students can learn about various management topics such as planning,



organizing, leading, motivating, controlling, etc.

- to invite guest speakers from the corporate world to share their insights and experiences with students.
- to host management related case competitions.

Implementation

UMC serves as a platform for students to participate in management related workshops, experience sharing with industrial experts, participate in management related case competition, and leadership opportunities.

S/N	Name	Designation	Year/Semester
1	Pradesh Shrestha	President	BBS 4th Y
2	Ritika Shakya	Vice-president	BBM 7th Sem
3	Shivika Shrestha	Secretary	BBM 2nd Sem
4	Swostika Roka	Treasurer	BBS 4th Y
5	Teesha Shakya	Member	BBM 5th Sem
6	Sumina Maharjan	Member	BBM 5th Sem
7	Subrina Bajracharya	Member	BBM 5th Sem
8	Paloma Chitrakar	Member	BBM 2nd Sem
9	Nilima Bajracharya	Member	BBM 7th Sem
10	Koshis Thapa	Member	BBM 7th Sem
11	Lasta Bajracharya	Member	BBM 7th Sem
12	Asmita Suryabanshi	Member	BBM 7th Sem
13	Priyanka Joshi	Member	BBM 7th Sem

Sports Club

Background

Student sport club is an association on a college that focuses on promoting sports and physical activities among students. This club provides opportunities for students to engage in sports, fitness, and recreational activities outside of the regular academic pursuits.

SC

United College (UC) has "Sports Club (SC)" that offers a variety of sports and fitness activities for students to participate in. This club is established not only contribute to students' physical well-being but also foster important life skills such as teamwork, leadership, time management, and self-discipline.

Purpose

The aim of SC is to organize intramural league and tournaments where students can compete against each other in a friendly and competitive environment. Some specific purposes of SC include:

- to promote a healthy and active lifestyle.
- to serve as a stress-reliever for students, helping them in managing academic pressures, and promoting positive mental health.



- to help students in developing strong communication, collaboration, and leadership skills.

Implementation

SC facilitates to provide a platform for students to engage in sports, fitness activities, and recreational pursuits beyond their academic studies.

S/N	Name	Designation	Year/Semester
1	Saroj Thing Lama	President	BBS 4th Y
2	Lasta Bajracharya	Vice-president	BBM 7th
3	Sahaj Koirala	Secretary	BCA 2nd Sem
4	Luza Bajracharya	Treasurer	BCA 2nd Sem
5	Kushma Shrestha	Member	BBM 2nd Sem
6	Alisha KC	Member	BBM 5th Sem
7	Smriti Rai	Member	BBM 2nd Sem
8	Roshil Pradhan	Member	BBM 3rd Sem
9	Karishma Tamang	Member	BBM 3rd Sem
10	Refina Maharjan	Member	BBM 3rd Sem
11	Sumen Shrestha	Member	BBM 3rd Sem
12	Sindhuja Shrestha	Member	BBM 3rd Sem
13	Soniya Tandukar	Member	BBM 3rd Sem

"Wicked people never have time for reading. It's one of the reasons for their wickedness." - Lemony Snicket

Cultural Club

Background

Cultural club is an association that focuses on promoting and celebrating cultural diversity and heritage among students. It is to foster cultural awareness, appreciation, and understanding while promoting unity, and a sense of belonging within the college community.

CC

United College (UC) has "Cultural Club (CC)" that focuses on enriching the college experience by celebrating diversity, building cultural bridges, and creating sense of unity among students. It helps to encourage students to embrace the richness of different cultures, and foster an inclusive and harmonious college community.

Purpose

The aim of CC is to create a supportive and inclusive environment where students from different cultural backgrounds can come together, share their traditions, and learn from one another. Some specific purposes of CC include:

- to foster an understanding and appreciation of different cultures and backgrounds.
- to host a variety of events and celebrations



such as music and dance performances, food tastings, cultural dress shows, film screenings, all showcasing the traditions and customs of different cultures.

- to conduct workshops that delve deeper into specific cultural aspects such as

language, art, history, cuisine, and social norms.

Implementation

CC facilitates a variety of events and celebrations related to cultures, and conducts workshop that delve deeper into specific cultural aspects.

S/N	Name	Designation	Year/Semester
1	Sangya Rai	President	BBM 3rd Sem
2	Yunisha Shrestha	Vice-president	BBM 5th Sem
3	Nikita Isam Limbu	Secretary	BBS 2nd Y
4	Susma Dura	Treasurer	BBM 5th Sem
5	Leeja Maharjan	Member	BBS 2nd Y
6	Soni Khadgi	Member	BBM 5th Sem
7	Anjela Bajracharya	Member	BBS 2nd Y
8	Rojina Bajracharya	Member	BBS 3rd Y
9	Smriti Maharjan	Member	BBS 3rd Y
10	Ritika Tamrakar	Member	BBS 3rd Y
11	Bandana Dahal	Member	BBS 3rd Y
12	Ira Limbu	Member	BBS 3rd Y
13	Isha Karki	Member	BBS 3rd Y

Digital Media Club

Background

Digital media club is an association on college that focuses on creating and exploring various forms of digital media content. This club provides students with opportunities to learn, collaborate, and experiment with digital media technologies.

DMC

United College (UC) has "Digital Media Club (DMC)" that serves as a hub for creative expression, learning, and skill development in the field of digital media. This club enriches the college experience by providing members with hands-on experience in multimedia content creation and preparing them for a digital world where communication and story telling through various media forms are essential skills.

Purpose

The aim of DMC is to empower students with the skills and knowledge needed to navigate the digital landscape effectively. Some specific purposes of DMC include:

- to develop members' skills in various digital media tools and techniques.
- to encourage creative expression through digital media.



- to provide hands-on experience in creating digital media content.
- to provide networking opportunities with fellow students, faculty, alumni, and professionals in the digital media industry.

Implementation

DMC serves as a platform for members to develop and enhance their digital media skills. Through workshops, tutorials, and hands-on projects, students gain proficiency in various media tools, software, and techniques.

S/N	Name	Designation	Year/Semester
1	Madir Dahal	President	BCA 8th Sem
2	Lasta Bajracharya	Vice-president	BBM 5th Sem
3	Sadikshya KC	Secretary	BCA 2nd Sem
4	Anup Dango	Treasurer	BCA 8th Sem
5	Kritika Maharjan	Member	BCA 2nd Sem
6	Upasana Barahi	Member	BCA 2nd Sem
7	Samrat Dhakal	Member	BCA 8th Sem

"Nobody can make you happy until you are happy with yourself first." - lifehayat.com

Publication Club

Background

Publication club is a student association dedicated to the creation, publication, and promotion of written works, including but not limited to literary pieces, articles, essays, poems, short stories, and artwork. Joining a college publication club can be a fulfilling experience for students passionate about writing, editing, and publishing.

PC

United College (UC) has the "Publication Club (PC)" that focuses to provide a platform for students to express their creativity, showcase their writing talents, and engage with broader college community through their published works. The club offers opportunities to grow as writers, connect with like-minded individuals, and contribute to the vibrant literary community on college.

Purpose

The aim of PC is to nurture a vibrant creative community, provide a platform for student expression, and contribute to the overall cultural and intellectual growth of the college community. Some specific purposes of PC include:

- to explore students' creativity and express themselves through various



forms of writing, including poems, short stories, essays, articles, artworks, etc.

- to showcase students' literary and artistic works.
- to help students to improve their writing skills

and learn from constructive criticism.

Implementation

PC facilitates to explore students' creativity, showcase their literary and artistic works, and helps them to improve their writing skills.

S/N	Name	Designation
1	Suvekshya Basnyat	President
2	Nikita Maharjan	Vice-President
3	Dikshya Basnet	Secretary
4	Sujata Shrestha	Treasurer
5	Purinika Prajapati	Member
6	Kristina Maharjan	Member
7	Saahin Maharjan	Member
8	Animon Rapacha	Member
9	Yusuf Shrestha	Member
10	Sayal M. Kayastha	Member
11	Jasmati Gurung	Member
12	Anuj Poudel	Member
13	Khansa Banu	Member

IT Club

Background

Information Technology (IT) club is a student-run organization dedicated to fostering interest in information technology and providing a platform for students to learn, collaborate, and engage in various IT-related activities. Joining an IT club in college can be a fantastic way to deepen knowledge in the field, connected with peers and professionals, and prepare for a successful career in the ever-evolving world of technology.

ITC

United College (UC) has "IT Club (ITC)" that provides a platform for students interested in technology and related fields to come together, learn, collaborate, and engage in various activities. It is a space for students to immerse themselves in the world of technology, prepare for their future careers, and connect with a community of fellow enthusiasts.

Purpose

The aim of ITC is to provide a dynamic and supportive environment where students can explore their passion for technology and prepare for successful careers in the IT field. Some specific purposes of ITC include:



- to offer students the opportunity to develop technical skills in areas such as programming, software development, data analysis, web design, cyber security, and more through workshops, coding competitions, and hand-on projects.

- to allow students to connect with peers who share similar interests.

- to enable students to apply theoretical knowledge in practical scenarios by undertaking projects that involve developing software

applications, websites, mobile apps, and other tech-related projects.

- to provide students with exposure to the professional world through guest speakers, alumni interactions, and field trips.

Implementation

ITC serves as a platform for students to create a well-rounded educational experience that combines technical learning, skills development, industry insights, and personal growth.

S/N	Name	Designation	Program
1	Madir Dahal	President	BCA 7th & 8th
2	Saahin Maharjan	Vice-president	BBM 7th & 8th
3	Sadikshya KC	Secretary	BCA 5th & 6th
4	Anup Dangol	Treasurer	BCA 3rd & 4th
5	Kritika Maharjan	Member	BCA 1st & 2nd
6	Kritika Shahi	Member	BCA 1st & 2nd
7	Upasana Barahi Magar	Member	BCA 1st & 2nd

Leo Club of Kathmandu Sadbhavana

Background

The Leo Club of Kathmandu Sadhbhavana and United College have forged a collaborative partnership to work together towards community development, youth empowerment, and social impact. Both organizations share a common vision of creating positive change and fostering a culture of service and leadership among young individuals.

Areas of Collaboration

Areas of collaboration between Leo club and United College are:

■ Social outreach programs

The Leo club and United College collaborate to organize various social outreach programs aimed at addressing community needs. These initiatives include health camps, educational workshops, and awareness campaigns on environmental sustainability and social issues.

■ Community service projects

Both organizations jointly plan and execute community service projects that cater to underprivileged communities in the vicinity of the college and beyond. These projects focus on providing support in areas like education, healthcare, and sanitation.



■ Leadership and skill development

The collaboration emphasizes leadership development and skill-building among college students. The Leo Club conducts workshops and seminars on leadership, communication, and project management for the students of United College.

■ Environmental initiatives

Both organizations jointly promote environmental

awareness through tree plantation drives, clean-up campaigns, and seminars on climate change. They aim to foster a sense of responsibility towards nature and sustainability.

■ Fundraising events

The Leo Club and United College collaborate on organizing fundraising events to support our community service projects. These events help generate funds to carry out our initiatives effectively.





Membership Chairperson:
Suprina Bista

Service Director:
Nilima Bajracharya

a) Diabetes: Soni Khadgi

b) Child Cancer: Subrina
Bajracharya

c) Environment: Dikshya
Basnet

d) Vision: Rayan Shrestha

e) Hunger: Sonal Shrestha

Social Media Handler: Riya
Magar & Suvekshya Basnyat

Marketing & Communication:
Nikita Maharjan

Leo Temer: Rojesh Shrestha

Members

- Susma Dura
- Sichu Deshar
- Teesha Shakya
- Yunisha Shrestha
- Sujata Shrestha
- Rajib Maharjan
- Nitesh Roy
- Nirjala Maharjan
- Pratysha Ghimire
- Shivika Shrestha
- Reshma Mali

**“A Mistake that
makes you humble
is better than
an achievement
that makes you
arrogant.”**

Conclusion

The collaboration between the Leo Club of Kathmandu Sadhbhavana and United College exemplifies the power of teamwork and youth-driven initiatives. Through our joint efforts, we are making a meaningful impact on the lives of individuals and communities in need. By combining our resources, skills, and passion for service, we continue to inspire positive change and foster a sense of social responsibility among young minds. Our partnership will serve as a shining example of how collective action can bring about transformative results for the betterment of society.

United College's Leo Officials BBM 7th Semester

President: Saahin Maharjan

Vice President:
Jasmati Gurung

Secretary:
Lasta Bajracharya

Treasurer:
Priyanka Joshi

Joint Secretary:
Aparna Timlasina

Joint Treasurer:
Samir Man Shrestha

Club Director:
Asmita Suryabanshi

UC Toastmasters Club

Background

Toastmasters International (TI) is a US-headquartered non-profit educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership. It has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

Moto

The motto of Toastmasters is "Where Leaders are Made" and our club helps us be exactly that – to conquer our own fears and improve ourselves.

History

Toastmasters International was founded by Ralph C. Smedley on October 22, 1924 at California. It was established with the aim of improving the communication skills of the young men under his/her in charge. The first international chapter was established in Vancouver, Canada in 1932. The organization began admitting women in 1973.

Current Status

Today, Toastmasters International is headquartered in Englewood, Colorado. Its membership is approximately 2,80,000 in more than 14,700 clubs in 144 countries. Since 1924, Toastmasters has helped build confidence in millions from around the world.





Why to join Toastmasters?

There are various benefits of joining Toastmasters International such as:

- Improve public speaking skills
- Opportunity to polish leadership skills
- Unlimited personal growth
- Regular and constructive feedback from peers
- Excellent network opportunity

United College Toastmasters International

United College Toastmasters International (UCTI Club) was chartered on the 28th of June 2022 having its Club # CB- 28675455 with 20 new undergraduate members. UCTI Club helps students from diverse backgrounds to become more confident speakers, communicators, and leaders.

Toastmasters International without charging any penny from the College side but has paid its Charter Fees for our students' need. Apart from regular graduate courses, UCTI members benefit from this Club training by:

- Improving their public speaking skills
- Building leadership skills
- Maximizing their potential
- Enjoying unlimited personal growth
- Working on network in a small and supportive environment
- Practicing writing speeches and presenting in a group setting
- Gaining a competitive advantage in the workplace
- Building self-confidence and self-awareness

UCTI Committee

UCTI Committee has following members responsible for organizing and managing events,

meetings, and the activities within a Toastmaster club or chapter. The committee works together to create a supportive environment where members can improve their communication and leadership skills.

Name	Designation
TM Snadhya Rai	President
TM Animon Rapacha	VP Education
TM Alisha Khatri	VP Membership
TM Aaditya Gadal	VP Public Relations
TM Shreedip Shah	Secretary
TM Sayal M. Kayastha	Treasurer
TM Riya Magar	Sergeant-at-Arms

Club's achievements

Animon Rapacha, BBM 6th Semester, joined the UC Toastmasters Club in June 2023. Her journey with the Club started in a very fast pace and by the end of 2023, she completed her 2nd level with the following achievements:

16. First Place Speech Contest
(Area Level International
Speech Contest 2023-24
(Area 04, Division C, District
41, January 20, 2024)

15. Best Role Player (United
College Toastmasters Club,
January 5, 2024)

**14. Toastmasters Level 2 Strategic
Relationships**, completed in
December 25, 2023

13. First Place Speech Contest
(Club Level Contest 2023-24
United College Toastmasters
Club, December 1, 2023)

12. Better Speaker (Lead Box
Toastmasters Club, October
11, 2023)

**11. Toastmasters Level 1 Strategic
Relationships**, completed in
September 23, 2023

10. Better Evaluator Award
(NMS Toastmasters Club,
September 17, 2023)

09. Most Favorite Speaker
(Logpoint Toastmasters Club,
September 8, 2023)

08. Better Featured Speaker
(ACE Toastmasters Club,
September 3, 2023)

07. Better Featured Speaker
(United College Toastmasters
Club, August 18, 2023)

06. Better Table Topic Speaker
(Ace Toastmasters Club,
August 6, 2023)

05. Better Table Topic Speaker
(Presidential Toastmasters



Club, August 5, 2023)

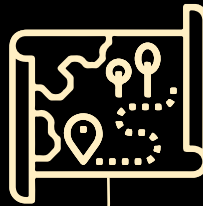
04. Better Table Topic Speaker
(Northmandu Toastmasters
Club, August 5, 2023)

03. Better Table Topic Speaker
(AIN Toastmasters Club, July
28, 2023)

02. Better Featured Speaker
(United College Toastmasters
Club, July 28, 2023)

01. Better Featured Speaker
(United College Toastmasters
Club, June 30, 2023)

SECTION 8



Academic Excursions

United College offers retreats to provide students with opportunities for personal development, teambuilding, relaxation, and reflection outside of their regular academic environments. These retreats are organized during the designated periods (weekend or end of semester) in natural settings, incorporating outdoor activities such as hiking, college tour, picnic, survey, industrial visits to encourage physical activity and a connection with nature. College retreats offer a chance for students to step away from their daily routines, reflect on their personal and academic journeys, and develop valuable life skills. Such activities can be memorable experiences that foster personal growth and lasting friendship. Some retreat programs organized by United College are:

- ▶ Presentation on Banking and Entrepreneurship at Balthali
- ▶ Exploring the Realities of Bandipur
- ▶ Industrial Visit at Banepa

Presentation on Banking and Entrepreneurship at Balthali

Dedication, innovation, and knowledge converged at United College as students from the Bachelor's of Business Management (BBM) program's 5th Semester stepped into the limelight with a captivating presentation titled "Banking and Entrepreneurship." This dynamic event, held on 6th of Shrawan 2080 at Balthali Village Resort, Panauti-11, Kabhrepalanchowk witnessed the convergence of academia, industry expertise, and a passion for learning, as participants showcased their skills, insights, and business acumen.

The presentation was graced by a distinguished panel of judges, Mr Sanjeev Ghimire,

"It's not my fault. I warned you not to leave me in the bookshop without adequate supervision."

Readers' Club

Chief Operating Officer of Beta Analytics, and Mr Roshan Aryal, Agriculture Head at Sanima Bank. Their esteemed presence and expertise brought invaluable insights to the event, providing students with a real-world perspective on the topics at hand.

The presentation served as a platform to achieve multiple

objectives, emphasizing the holistic growth and development of the students:

■ Communication skills enhancement

Through engaging presentations, students had the opportunity to enhance their communication skills, articulating complex ideas with clarity and confidence.



■ Confidence boost

Public speaking and presentation delivery fostered a sense of self-assuredness, a skill essential for future professional engagements.

■ In-depth subject understanding

Thematic presentations on banking and entrepreneurship allowed participants to delve into their chosen subjects, fostering a deeper comprehension and knowledge base.

■ Knowledge sharing and collaboration

The event facilitated the exchange of knowledge not only among peers but also with esteemed judges and faculty members, creating an environment of collaborative learning.

A Glimpse into the Presentation

The day commenced with a series of insightful seminars, each focused on diverse aspects of banking and entrepreneurship. Students exhibited their prowess on topics such as banking evaluation, KYC for AML and CFT, remittance vs. Hundi, loan analysis, and types of bank accounts. The presentations were a testament to the students' grasp of these complex subjects and their ability to communicate effectively.





The heart of the event lay in the vibrant business plan presentations, where groups of students showcased their entrepreneurial vision. Three distinct business sectors took the spotlight: “Theki” (Lassi) business plan, event management, and digital marketing. These presentations demonstrated a fusion of creativity, strategic thinking, and practical application of business concepts.

Participants and Winners

The presentation competition, entitled “Presentation on Banking and Entrepreneurship,” saw the enthusiastic participation of 41 students from the BBM 5th Semester. Among them, 18 students have specialized in Entrepreneurship and Enterprise Development (EED), while 23 students have focused on Bank Operations

and Cooperative Management (BNK).

The awarded team crafted an exceptional business plan for ‘Digital Marketing’ from EED group and ‘Remittance versus Hundi’ from BNK group. The esteemed panel of judges, Mr. Sanjeev Ghimire and Mr. Roshan Aryal, acknowledged this group’s compelling, innovative, and feasible approach.

Exploring the Realities of Bandipur

BCA and BBM first semester students from United College (UC) recently embarked on a thrilling outreach program to Bandipur on April 20th, 2023. The goal of this field trip was to conduct research as part of their Sociology course, chapter "Social Science and Research Methods". Their research aimed to delve into the challenges faced by the locals in areas such as working women, the impact of COVID-19 on local businesses, and agricultural issues. The students were eager to immerse themselves in the vibrant culture of Bandipur and gain valuable insights into the social issues the locals faced.

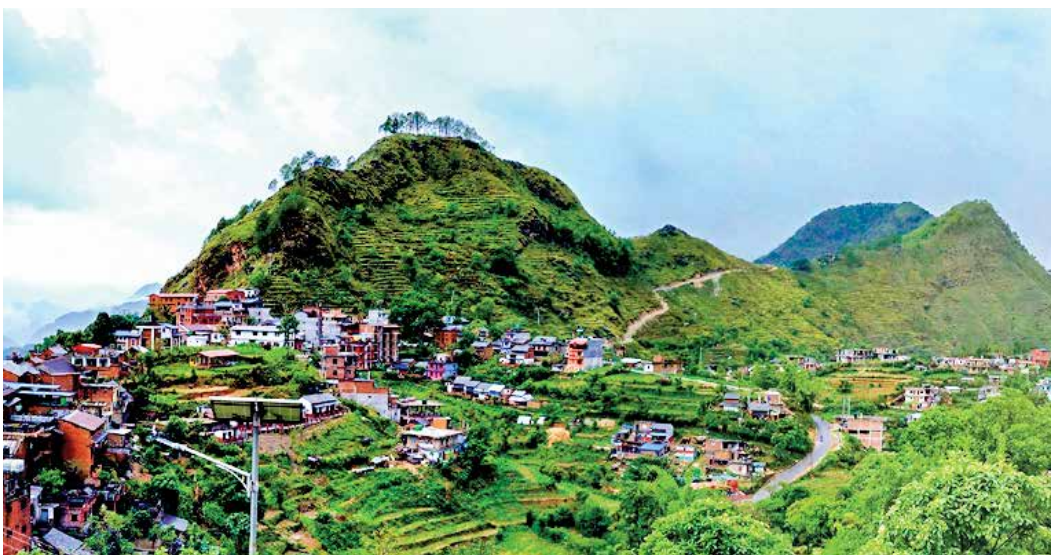
The students were divided into groups of five and surveyed more than



100 locals. the students discovered that many local women faced challenges due to their husbands working overseas. Additionally, COVID-19 had affected local businesses, causing extreme financial difficulties, but things were now starting to improve.

They also contributed to the cleanliness of Bandipur

by distributing 15 dustbins to the Bandipur Gaupalika. The students left a positive impact on the community by contributing to the cleanliness of the village and making it a better place to live. This outreach program was a fun-filled and educational experience that gave the students an opportunity to learn about the world beyond the classrooms.



Industrial Visit at Banepa

College (UC)'s students of BBS second year, BBM 4th semester visited Chandika Print Pack and Radha Krishna Biscuit Enterprises at Banepa. The visit was planned and managed by United Alumni to get more connected with the alumni and their businesses.

Academic counselor from Bachelor's Wing Ms. Simon Khatri, Faculty of Production Mr. Ram Khadka, Alumni representative Mr. Rishav Nayak, UC's Principal Dr. Lal Rapacha, Director of UCEII Dr. Deependra Shah

from UCEII and Discipline Counselor Mr. Nil Maharjan accompanied students for their visit.

Chandika Print Pack is a distinguished plastic manufacturer and printer. Established in 2017AD, they offer a variety of plastic products and services. They have an extensive experience in the plastic packaging industry and offer their products and services nationwide. Chandika Print Pack has a prestigious position in the market by serving its



clients up to a significant level of satisfaction. Most of the product packaging we see in the market is printed by Chandika Print Pack. The packets of products like toilet papers, wrappers for every water bottle of Nepal, sanitary napkins,



Chandika Print Pack, Banepa



bread, jar neck seal, cookies tray, confectionery twist wrap, chips, biscuits, snacks, vacuum pouches, lid seal rolls, detergent pouches, ice cream/ confectionery packaging, noodles, and many more are made by them. As plastics are non-biodegradable, all the excess products and wastes are reused or recycled in an ingenious way.

Radha Krishna Biscuit

Enterprises is located inside the same area as the print pack factory. Students had the golden opportunity to see how biscuits were produced. Radha Krishna Biscuit Enterprises had 25-30 brand biscuit products launched



and 15-20 items are regularly manufactured. The cleanliness of the factory was very well maintained. They produce biscuits that are affordable to every group of people.

The students along with the staff got to learn a lot about the factory, the production process, and plants and machineries.

SECTION 9



Student Spotlights

United College (UC) is pleased to announce its students' remarkable academic achievements and congratulates them for inspiring others to strive for greatness and to believe in the power of hard work and determination. This outstanding outcome reflects the institution's commitment to providing quality education and a supportive environment that fosters dedication and academic excellence. UC remains committed to providing an environment that nurtures academic excellence and personal growth of all our students.

This incredible achievement highlights the commitment of our students and the relentless efforts of our faculty members who have played a vital role in shaping their academic journey. Consequently, UC would like to extend warmest congratulations to the following students, who have not only excelled in their studies but have also set a pioneering example for their peers and the entire college community.

- | | |
|-----------------------|--|
| ▶ Alysha Shah | TU Board Exam Second Topper BBS – 2nd Year |
| ▶ Aarati Maharjan | TU Board Exam Third Topper BBS – 2nd Year |
| ▶ Utkarsh Shrestha | TU Board Exam Topper/BBM/Second Semester-2019 |
| ▶ Rahul Shakya | TU Board Exam Topper/BCA/First and Third Semester-2019 |
| ▶ Roshani Bajracharya | TU Board Exam Topper/MBS/First Semester-2021 |
| ▶ Rabins Bhandari | TU Board Exam Topper BBS First Year |
| ▶ Rabiska Rimal | TU Board Exam Topper/BCA/First Semester 2020 |
| ▶ Salma Maharjan | TU Board Exam Topper BBS Second Year |
| ▶ Arbina Shrestha | TU First Class First, BBS (2061-2064) Gold Medalist |



“ Making the decision to be a Unitedian in my Bachelor of Business Studies (BBS) program is the most important decision of my life. UC is an excellent center for quality education. In my journey of study in the UC, my chances of career opportunity has increased and also taught me how to face the real world challenges. ”

Alysha Shah

TU Board Exam Second Topper, BBS, 2nd Year, 2016

“

I would like to express my heartfelt gratitude towards the United Family for providing me invaluable guidance and support. Joining UC after my intermediate level has been a right decision in my life and I cherish the moments I spent here, I would like to thank the college for all the support and love towards me. ”



Aarati Maharjan

TU Board Exam Third Topper, BBS, 2nd Year, 2015

“



Studying at United College (UC) is a privilege. Teachers and staff overall are very supportive and encouraging. Special thanks to all the teachers for providing such a good education and also my friends for creating such a competitive environment for higher studies. ”

Utkarsh Shrestah

TU Board Exam Topper, BBM, 2nd Semester, 2019



“

As a Unitedian, I would like to thank United College (UC) for helping my grooming. I am really enjoying my Bachelor's coaching strategy and constructive environment. I have been part of UC since 2017 but till now I have no any complaints at the college premises. For me achieving goal is always what electrifies my mind. So, what all you need to do is to believe in UC and yourself. ”

Rahul Shakya

TU Board Exam Topper, BCA, 1st and 3rd Semester, 2019

“

The process of learning should never be stopped. The loveliest aspect of learning is that it cannot be taken away from you. What lesson I've learned from United College is that "You must be the change you wish to see in the world." United College (UC) has excellent in terms of quality education and environment. Choosing UC for BBS and MBS has proven to be the best decision of my studying life. ”



Roshani Bajracharya

TU Board Exam Topper, MBS, 1st Semester, 2021

“

I was convinced that I had to proceed my career in management of business world. So, I was determined to choose management stream and I joined United College (UC) with a highly effective administration and team of experienced teachers who are ready to help and make students learn new ideas. UC has always lived up to its expectation, name and fame. UC for any level is the right place for learners who are aspiring to achieve good knowledge, skills and better future as well. I am glad to be a part of United College. ”



Rabins Bhandari

BBS first year TU Exam Topper, 2019



“As a Unitedian, I believe “hard-work overpowers luck.” Where I stand today is just a result of my immense hard-work’s blessing. My success has encouraged me to do more hard-work in the future. My message for my juniors is that “Be strong and work-hard. You never know who you might be inspiring.” ”

Rabiska Rimal

TU Board Exam Topper/BCA/First Semester, 2020

“I feel very proud to express my views towards United College (UC). The combination of experienced teachers and quality education has established UC as one of the best educational institution in Nepal having its own physical infrastructure, as well as e-library and sound teaching-learning environment. ”



Salma Maharjan

Topper BBS second year TU Exam, 2016



“It has been a pleasing experience to study at United College (UC). The success that I got has become possible with the blend of my hard work, dedication, determination and most importantly the motivation, inspiration and the congenial academic environment that I could get at this College. The teaching Faculty are the greatest assent of UC and it’s a privilege to study under their guidance. I really feel honoured that I could make United family proud. ”

Arbina Shrestha

First Class First, BBS (2061-2064) *Chhatra Bahadur*
Gold Medalist

Source: BBS & BA Prospectus p. 3



Arbinda in TU's 34th Convocation Ceremony



Arbinda receiving *Chhatra Bahadur Gold Medal*, honour, and certificate on 34th convocation of Tribhuvan University, September 16, 2009

Source: Arbinda's album

SECTION 10



United's Graduates Alumni



United College (UC) has its own United's Graduate Alumni (UGA). Alumni refers to the former students who have completed their Bachelor, Master, or both levels of programs from the United College. These former students are an essential part of the college and they maintain a lifelong connection with their alma mater. The purpose of Alumni is to maintain the connection between the College and its graduates to create a strong and supportive community that benefits both the College and its former students. Information of United Alumni is presented on the following topics:

- ▶ United Alumni
- ▶ Advice to Juniors
- ▶ Tracer Study of UC Graduates

United's Graduate Alumni

Who are we?

United College (UC) has a community of its former students who have completed their Bachelor and Master level program from this College and have moved on to various stages of their careers and lives. This community is called "United's Graduate Alumni (UGA)." So far, there are 2,000+ (BBS, BA, BBM, BCA & MBS) and 20,000+ (+2 Science, Management, Humanities & Law) alumni dispersed across the world in every professional field. In essence, the main purpose of this alumni is to create a dynamic and supportive network of graduates who contribute to the success of the College while benefiting from ongoing connections, learning opportunities, and shared experiences.



strong and active network of bachelor and master level graduates who can contribute to the growth and success of the college while benefiting from the ongoing relationships and opportunities the association provides.

Specific Objectives

- to create a strong sense of belonging and community among students.
- to provide a platform for alumni to network with each other, share experiences, and establish professional

Vision

- to create a common platform where all our alumni can come together again, share experiences, ideas and grow.

Mission

- to bring United's Graduate Alumni together and build a strong network among them to support each other.

Objectives

The general objective of the United's Graduate Alumni (UGA) is to create a



connections that lead to career advancements, partnerships, and collaborations.

- to offer programs and resources that contribute to the professional growth of their members.

- to organize educational events and seminars that allow graduates to continue learning beyond their college years.

- to facilitate mentorship relationship between experienced alumni and current students or recent graduates.

- to celebrate the achievements of their graduates by recognizing outstanding accomplishments in various fields.

- to organize community service and volunteer opportunities, encouraging graduates to give back to their local communities and contribute to social causes.



Ad hoc Committee

UGA has the following committee members:

S/N	Name	Designation
1	Ritiz Joshi	President
2	Sworna Bajracharya	Vice-president
3	Avlok Man Shakya	Secretary
4	Bishal Bisural	Treasurer
5	Suruchi Shrestha	Member
6	Bimisha Thapa Magar	Member
7	Arbina Shrestha	Member



Advice to Juniors

by **Arbina Shrestha & Rojina Ranjitkar**

Dearest Junior Unitedians,

As you embark on your college life, I, as your senior, want to share my insights and wisdom gained from my own journeys. I have walked the path you are about to tread, and I understand that mix of excitements and uncertainties that come with this phase. I share some of my insights and advices with you as you navigate through this transformative phase of one's life.

Arbina Shrestha

BBS (2061-2064) & MBS (2010-2012) Graduate

As a Career-oriented, self-disciplined and aspiring person, I visualize myself today when I joined United with a faith that I would get the lifelong learning experiences and feel overwhelmed and proud to share my experiences and moments of pride with you all.

United as a Legacy

I believe creating history is one of the phenomenal facets of one's life. With 21 years of establishment, a long journey of more than two decades along with shaping millions of careers, United College

(UC) is stand out as "a legacy of discipline and academic culture." The College has been successful to prove its vision of "Education Service Mankind". Righteously, UC has explored every possibility to bring out the best to the students as a result of which, it could earn gems in the first year of the establishment itself. These gems are shining at every corner of the world as LUMINARY with successful careers as entrepreneurs, bankers, professors, professionals and so on.

Envisioning the needs of the revolutionized world; where technology is advancing at unprecedented pace and shaping the future where people need ingenious ideas to further contribute to the world, research-based learning, active learning, project-based learning, experiential learning etc. are major learning techniques adapted by the College for the students to encourage and develop their innovative skill, confidence, critical thinking to thrive in their career as I am thriving today.

Ethical Implication of Discipline

UC is the College acknowledged for discipline

having specific rules and regulations and rigorous Code of Conduct (CoC) which provide the healthy and supportive environment and is focused on high academic standards for character development with self-discipline, responsibility and perseverance among the students. United has been a milestone in hundreds and millions of students' life through enforcing discipline; impacting on their career development, achievement in all aspects of life, including school, work, relationships, personal development and professional success. This College has definitely been a stepping stone to a successful career and further to aspiring students.

Achievement and Recognitions

My journey at UC has been a "rewarding experience". So will be yours as well. During my College life, there were several moments that I cherish as moments of pride, diligent efforts and the great achievement.

These achievements have created meaning to my life and even reflect my values and goals. Recollecting the past memories, makes me feel proud to remember the achievements during my College life. Faith of professors, their encouraging advices, recognition from them are my remarkable achievement that has guided me over the years.

Honoured with NBL Chatra Bahadur Gold Medal for securing first position first in Bachelor's Degree of Business Studies, felicitated by the then Prime Minister Madhav Kumar Nepal. Likewise, the awarding of Tamrapatra 'inscribed copper shield' from UC as a felicitation towards the achievement during my college life. Besides, the achievements of my life are not just about what I have accomplished presently, but also the achievement as the person I have become along the way. My success is testament to the power of Perseverance and Determination and offering as a gratitude to all the mentors who have guided me throughout my career. For this reason, I thank UC from heart within.

Roles of UC and Professors

UC is definitely a stepping stone to a successful career. The knowledge, skills, and experience and the fundamentals one needs to

succeed are basically provided at the College. Everyone should focus on achieving a degree or certification first that can give one a competitive edge over others. One will also develop critical thinking, problem-solving, and communication skills that are essential for success in any career, e. g., United College Toastmasters Club (UCTC) is one of them. The foremost aspect for the student life is to be regular to College to attend all of the valuable lectures by professors.

Be consistent in whatever activity you are involved in with determination for achieving success. External forces are futile until you have self-realization to accept and achieve the target. As a matter of fact, these all characters inbuilt in yourself will be tested in the real world. Believe in yourself, surround yourself with the proactive people who believe in you. In this way, every challenge in one's career can transform into opportunities. I am sure you can win as I have won in my life.

Rojina Ranjitkar

Life is forever growing and changing for the better, looking back I don't have

The Laws of Detachment says,

"Allow other to be who they are. Allow yourself to be who you are. Don't force situations. Solutions will emerge. Uncertainty is reality—embrace it."

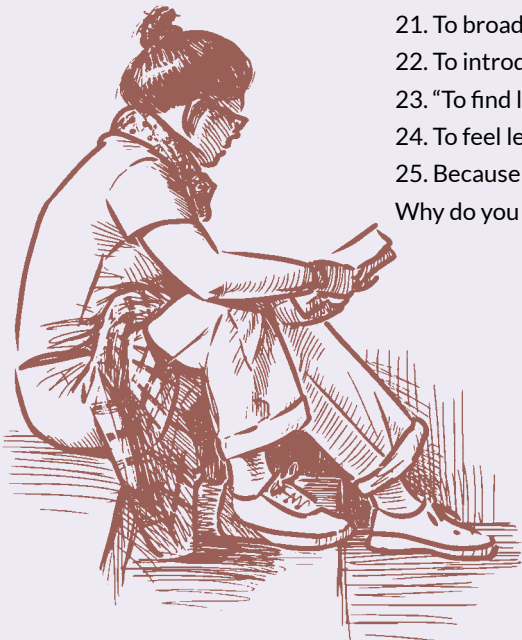
- SUE FITZMAURI-CE

much regrets of my younger days, I had best of life, good friends with whom I am still having strong relationship and so many good memories but yes, they are things I could have done better Best Advice I would have given to myself first mostly will be my financing. I had some of the impulses decision in investment without thinking and calculating for the future. If I had taken suggestions from expertise, my hard money could have been invested in profitable area instead of facing all the losses today.

Another advise would be body shaming - what other people will say, how will I look, why I have such a complexion, so on and on. But what I learn today no matter what everyone has their individuality; it is us how we carry ourself with self-confident makes all the differences.

25 Reasons to Read

1. To escape
 2. To time travel
 3. To exercise my imagination
 4. To walk in someone else's shoes
 5. To learn something new
 6. To get out of my head and into someone else's
 7. To learn a new word or remember an old one
 8. To laugh
 9. To quiet the mind
 10. To dream awake
 11. To find just the right words to say how you feel
 12. To discover the world without leaving home
 13. To not stare at a screen for 30 freaking minutes
 14. To bring back memories
 15. To meet new people without having to actually get dressed
 16. To get inspired and motivated
 17. For the wonder and delight it brings to children
 18. Because no one understands me quite like Jane Austen
 19. So I can point out all the things they got wrong in the movie
 20. To hear my own story in someone else's words
 21. To broaden my horizons and get a new perspective
 22. To introduce my children to magic
 23. "To find life, in all its possibilities." —Claire Messud
 24. To feel less alone
 25. Because you never meet men like Mr. Darcy at the bar.
- Why do you love to read?



10 lessons from *The Art of Public Speaking* by Dale Carnegie

1 Become interested in other people. The most important thing to remember when speaking to an audience is that you are not the most important person in the room. Your audience is, and you need to focus on their needs and interests.

2 Smile. Smiling makes you look confident and approachable, and it also helps to put your audience at ease.

3 Be enthusiastic. Enthusiasm is contagious, and it will make your audience more likely to be interested in what you have to say.

4 Speak clearly and slowly. Don't mumble or speak too quickly, or your audience will have trouble understanding you.

5 Use simple language. Avoid using jargon or technical terms that your audience may not understand.

6 Tell stories. Stories are a great way to engage your audience and make your points more memorable.

7 Ask questions. Asking questions is a great way to get your audience involved and to get feedback on your presentation.

8 Vary your tone of voice. Don't drone on in a monotone voice. Use different tones to emphasize different points and to keep your audience engaged.

9 Use gestures and facial expressions. Gestures and facial expressions can help to emphasize your points and to make your presentation more lively.

10 Practice, practice, practice. The more you practice, the more confident you will become, and the better your presentation will be.

These are just a few of the many lessons that can be learned from *The Art of Public Speaking*. If you follow these tips, you will be well on your way to becoming a more confident and effective public speaker.



PSYCHOLOGY: SCIENTIFIC FACTS

Socratic Dialogue on Psychology Scientific Fact



Socrates: 'Before you speak, ask yourself these 3 questions'

Socrates (469 – 399 BC), the great Greek philosopher, was once stopped by an acquaintance as he passed through the markets.

"I've something important to tell you," he said.
"It's about your friend."

"That's very kind of you," Socrates said. "But, don't tell me just yet. I run all information through the Three Filters Test to ascertain if I want to know it."

The man looked somewhat puzzled as Socrates continued, "First is the filter of truth. Whatever you want to tell me, have you seen or witnessed it first-hand?"

"Umm...I actually heard it from someone," the man said, "and, it is from a trusted source."

"Alright. But that does not pass my first test," Socrates added, "since you don't know whether it's true."

"Second is the filter of goodness. Is that a good statement you want to make about my friend?"

"Not really. That's the reason I wanted—"

Socrates interjected, "So, you want to tell me something bad about someone but don't know if it's true."

"The last is the filter of utility." He continued, "Your statement about my friend, is that gonna be useful to me?"

"Not really as such. I just wanted to share"

"Well, if the information is not necessarily true, it is not good, and, it is of no use," Socrates concluded, "please, I don't want to know about it."

Words and Action of Wisdom

Anonymous

- 1 Don't call someone more than twice continuously. If they don't pick up your call, presume they have something important to attend to;
- 2 Return money that you have borrowed even before the person that borrowed you remember or ask for it. It shows your integrity and character. Same goes with umbrellas, pens and lunch boxes.
- 3 Never order the expensive dish on the menu when someone is giving you a lunch/dinner.
- 4 Don't ask awkward questions like 'Oh so you aren't married yet?' Or 'Don't you have kids?' or 'Why didn't you buy a house?' Or why don't you buy a car? For God's sake it isn't your problem;
- 5 Always open the door for the person coming behind you. It doesn't matter if it is a guy or a girl, senior or junior. You don't grow small by treating someone well in public;
- 6 If you take a taxi with a friend and he/she pays now, try paying next time;
- 7 Respect different shades of opinions. Remember what's 6 to you will appear 9 to someone facing you. Besides, second opinion is good for an alternative;
- 8 Never interrupt people talking. Allow them to pour it out. As they say, hear them all and filter them all;
- 9 If you tease someone, and they don't seem to enjoy it, stop it and never do it again. It encourages one to do more and it shows how appreciative you're;
- 10 Say "thank you" when someone is helping you.
- 11 Praise publicly. Criticize privately;
- 12 There's almost never a reason to comment on someone's weight. Just say, "You look fantastic." If they want to talk about losing weight, they will;
- 13 When someone shows you a photo on their phone, don't swipe left or right. You never know what's next;
- 14 If a colleague tells you they have a doctors' appointment, don't ask what it's for, just say "I hope you're okay". Don't put them in the uncomfortable position of having to tell you their personal illness. If they want you to know, they'll do so without your inquisitiveness;
- 15 Treat the cleaner with the same respect as the CEO. Nobody is impressed at how rude you can treat someone below you but people will notice if you treat them with respect;
- 16 If a person is speaking directly to you, staring at your phone is rude;
- 17 Never give advice until you're asked;
- 18 When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary;
- 19 Mind your business unless anything involves you directly - just stay out of it;
- 20 Remove your sunglasses if you are talking to anyone in the street. It is a sign of respect. Moreso, eye contact is as important as your speech; and
- 21 Never talk about your riches in the midst of the poor. Similarly, don't talk about your children in the midst of the barren.

Tracer Study of UC Graduates

Research Management Cell

Background

United College (UC) was established in 2059 B.S. (2002 A.D.) as higher education wing of the triumphant United Academy at Kumariapati, Lalitpur, Nepal. It offers courses in Business Studies, IT and Humanities through a scientific and disciplined approach. The college affiliated with Tribhuvan University runs BBS, BBM, BCA, and MBS in an unrivalled environment.

The College strives to equip students with the latest insight into the competitive world by making them more sensitive, sensible, and responsible. United College is keen to have the information about the graduated students and UGC inspired the College to conduct tracer study. In this context, the College has started to conduct tracer study for the graduated students in order to obtain the information about personal information, employment status, and overall satisfaction with the program offer by United College.

Purpose

Tracer studies aims to provide insights into the effectiveness of educational programs by evaluating their impact on graduates' professional and personal development.

Methodology

This tracer study was conducted by Research Committee Cell of United College. Students who have successfully completed Bachelor and Master level program from United College were respondents of this study. KoboToolbox was used to gather relevant information about graduate respondents' personal information, current employment status, further study status, and overall satisfaction with the program offer by United College. Questionnaire was developed by considering both closed ended question (multiple choice and Likert scale) and open-ended questions to gather qualitative insights. The link of KoboToolbox survey form was sent to their respective email in order to get the information about their personal and professional information. Responses of total 68 graduates are included in the results.

Results

■ 77% were female and 23% were male respondents.

■ 46% of BBS graduate respondents were employed, 46% were unemployed, and 8% were self-employed.

■ Overall, 83% graduate respondents were working in private organization and 17% in public organization where no one was working in NGO or INGOs.

■ 54% respondents confirmed that the level of quality education delivered by United College (UC) was excellent, 31% indicated as good, and 15% indicated as an average.

■ 31% graduate respondents considered there was a good relevance of the program to their professional development. Similarly, 54% reported as an average relevance and 15% perceived weak relevance of program to their professional development.

■ 12% graduate respondents considered excellent level of program and institutional support i.e. work placement/ attachment/internship, etc. Similarly, 24% respondents mentioned as good level of program and institutional

support to their professional and personal development. However, 38% respondents and 30% graduate respondents found program and institutional support poor or weak and very weak respectively to their personal and professional development.

- 8% graduate respondents found the program was excellent to obtain problem solving ability. Similarly, 31% perceived as good and 53% respondents considered the program was average to obtain problem solving ability. In contrast, 8% respondents confirmed that the program was weak to obtain problem solving ability.

- 46% graduate respondents perceived that UC had excellent teaching/learning environment. Similarly, 31% considered as good and 23% rated as average teaching/learning environment.

- 31% graduate respondents considered that there was an excellent relationship between teacher and students at UC. Similarly, 23% rated as good and 38% considered as average. However, 8% respondents reported that there was a poor relationship between teacher and students at College.

- 24% graduate respondents revealed that the college had excellent library facilities. Similarly, 38% followed by

38% respondents rated library facilities as good and average respectively.

- 16% graduate respondents considered that the college has excellent laboratory. Similarly, 38% followed by 30% respondents revealed the laboratory was good and average respectively. However, 8% followed by 8% respondents considered the laboratory was poor and very poor respectively.

- 46% graduate respondents revealed that the college had good condition of canteen/urinals. Likewise, 46% respondents rated as average. However, 5% followed by 30% respondents perceived canteen/urinals available at college was poor and very poor respectively.

- 38% BBS graduate respondents perceived that the college had good facilities of sports. Similarly, 24% rated that average level of sports facilities were available. On the contrary, 38% respondents revealed that college need to focus more on improving sport facilities.

- 30.5% graduate respondents revealed that the college was good at providing extracurricular activities. Correspondingly, 30.5% respondents rated as average in terms of providing extracurricular activities. However, 22.5% followed by 16.5% respondents

complained (rated weak and very weak) about the extra-curricular activities provided by the College.

Recommendations

Based on findings, this study recommends:

- Institutional support with regard to work placement/attachment/internship, etc. should be increased.
- College should improve its teaching/learning environment.
- College should improve its canteen/Urinal areas.
- College should focus on sport facilities.
- College should organize more extracurricular activities.

SECTION 11



News and Events

Frequently, United College (UC) has full of news and announcements on academicians related to the college. It is believed that news and events section plays a vital role in effectively communicating college-related information, promoting a positive image, engaging the College community, and fostering a sense of pride and involvement among students, faculty, staff, alumni, and the public. The primary purpose is to keep students, faculty, staff, alumni, and the broader community informed about the latest happenings and development within the College. This section covers the following three latest happenings and developments in the UC.

- ▶ Official inauguration ceremony of UCEII
- ▶ MoU between United College and Idea Studio Nepal
- ▶ MoU between UC and TechAxis

Official Inauguration Ceremony of UCEII



On the 18th of August 2022, United Academy Group added yet another indispensable component to its establishment by officially inaugurating UCEII - United Center for Entrepreneurship, Innovation and Incubation. UCEII is established to build a national-leading innovation think-tank and research platform to explore innovation and advanced business practices, to motivate students to start their own business venture instead of queuing in the job market, to catalyze and promote startups, to guide and assist in identifying platforms for commercialization.



After a continuous delivery of academic service for 25 years with successful results, United College has now become one of the top-reputed colleges in Nepal. "Since its establishment in 1997, United Academy has been able to create proficient individuals with more than 20,000 alumni. We are confident that with our worldwide network,



distinguished resources and comprehensive knowledge and expertise of more than two decades, we will be able to create successful entrepreneurs through the establishment of our business



List of invitees during official inauguration of UCEII:

1	Dr. Tshering Lama	Executive Chairperson	Idea Studio Nepal
2	Dr. Mahabir Pun	Chairperson	National Innovation Center
3	Aasharam Tandukar	Managing Director	Yoso International Pvt. Ltd.
4	Amit Agrawal	Co-founder & Director	Khalti
5	Bibhusan Bista	CEO	YoungInnovations Pvt. Ltd.
6	Cheteze Tamang	Director	ACT 360
7	Karvika Thapa	Founder & CEO	Kimbu Tech
8	Nagma Shrestha	National Director	Miss Universe Nepal

incubation center at UCEII” said, Dr. Kabi Raj Bantawa, Academic Advisor, United Academy Group.

The event was witnessed by many reputed entrepreneurs, innovators and industrials like Dr. Tshering Lama, Dr. Mahabir Pun, Aasharam Tandukar, Bibhusan Bista, Cheteze Tamang, Karvika Thapa, Nagma Shrestha, Shanti Rai, Suden Shrestha, and Babita Gurung.

To kick-off the event, Dr. Lal Rapacha, Principal, United College welcomed the esteemed guests and audience by speaking a few words on the importance of entrepreneurship and the long-term vision of



UCEII. Then Dr. Mahabir Pun, Chairperson, National Innovation Center, Nepal encouraged students by speaking on the importance of them embarking on their own entrepreneurial journey while at College and also gave a few suggestions to the students in the context of entrepreneurship and innovation.

The Chief Guest of the event, Dr. Tshering Lama, Executive Chairperson of Idea Studio Nepal, addressed the current scenario of incubation in

Nepal and the key role of incubation centers in startups. “There are challenges in Nepal and in challenging scenarios, there are opportunities as well. Incubation Centers like UCEII provide students with the right platform to look for solutions for these challenges” said Dr. Tshering Lama.

The keynote speeches concluded after Ms. Nagma Shrestha, Miss Universe Nepal 2017, National Director of Miss Universe Nepal and alumni of United Academy spoke on her own entrepreneurial journey of Miss Universe Franchise



in Nepal and how United Academy has played a key role in shaping her personality and her overall career. "I practice the 4 Ps - Patience, Perseverance, Persistence and Passion and I encourage

today's entrepreneurs to do the same" Nagma Shrestha said.

Overall, it was an impactful event that concluded with a powerful speech by Dr.

Kabi Raj Bantawa who spoke on the importance of entrepreneurship and business innovation for building a prosperous Nepal.

Benefits of Incubation Centre for the UC Students

The Incubation Centre at UCEI will have the following benefits:

- To forge a strong collaboration between the university and industry and to find solutions to technological problems locally. This will benefit faculty and students by usefully utilizing their full intellectual potential.
- Local and International Employment opportunities for students (during study and upon graduation) and for Faculty.
- Appreciable incentives for faculty from the revenue earned through commercialization of R&D.
- Encouragement to faculty to obtain patents for their work.
- Attraction and retention from amongst the best as faculty and researchers.
- Future development of Incubation Center to a Technology Park.
- In the long run the presence of major international companies will help keep the university abreast of the latest technological trends and developments.
- Channeling new global technologies and practices into Nepal. The faculty will learn to take their products to maturity and will attain potential to absorb Technology Transfer.
- Close links and collaborative efforts between the technology park businesses and tenants and the UC faculty, researchers and students leading to joint research projects.
- Work experience programs for undergrads (part- and full-time jobs for university students) and custom-designed education programs for tenants and the industry.
- Advice from tenants (companies) on course design and adjunct appointments of industry experts to teach and research at the university.
- To develop the high technology value added products in Nepal and to get related socio-economic benefits including import substitution.
- To promote small tech-specific businesses and start-ups through an Incubator program (including Ex-students benefit).
- Commercialization of university research.
- To attract significant technology driven local and foreign investment in the Incubation Center and technology park in the long run, providing a strong point of presence for major national and international companies and enterprises.
- Sharing of UC and UA equipment and laboratories at some profit.

MoU between United College and Idea Studio Nepal

In a significant development that promises to foster innovation and entrepreneurial spirit, United College and Idea Studio Nepal have entered into a Memorandum of Understanding (MoU). The partnership, signed on the 23rd of November 2022 by Dr. Tshering Lama, Executive Chairperson of Idea Studio Nepal and Dipa Chamling, Deputy Director of United College, marks the beginning of a collaborative journey that seeks to empower students and budding entrepreneurs with cutting-edge resources and support.



This MoU has been developed and finalized in a spirit of cooperation and assistance to promote entrepreneurship among students at United College through the introduction of the Idea Studio Model, a 7-day entrepreneurship course to the students and the faculty. The aim is to draw relevancy in the 21st century and nurture students who are nationally capable and whose talent is globally sellable.

Idea Studio is a platform to turn promising ideas into solutions and ultimately ignite social change by enabling youth potentials in favour of

entrepreneurship through innovation. ISN provides encouragement, resources, space, exposure, learning, networking, and investment opportunities for socially conscious business ideas: from the inception to the launch of the venture. It enables potential entrepreneurs with innovative business ideas addressing social-economic environmental issues faced by local communities across the country. The Idea Studio Nepal's approach is based on core values promoting social innovation, to ignite investments, for social justice, through knowledge

creation, and eventually restoring human dignity. Idea Studio Nepal works in close partnership with the government, academia, public and private sector, commercial banks, development partners, media houses, trade and industry organizations and many other institutions to foster the entrepreneurial ecosystem in Nepal. The partners work together on the principle of the multi-stakeholder approach to create an enabling environment to build a vibrant entrepreneurial ecosystem.

UC and TechAxis Forge Dynamic Partnership to Shape the Future of IT Education



In a landmark move aimed at revolutionizing the world of IT education, UC has joined forces with TechAxis, a renowned leader in IT training and consultancy services. This strategic alliance, solidified by the signing of a Memorandum of Understanding (MoU) on August 13, 2023, marks an exciting milestone for both institutions. The collaboration is set to redefine the educational landscape and propel students towards unparalleled success in the ever-evolving realm of information technology.

Under the visionary leadership of Nara Hang Rai, Dripa Chamling, and Dr. Kabi Raj Bantawa the founders/ Directors of United Academy group, and Adarsh Pokharel, the CEO of TechAxis, this partnership promises to bridge the gap between academic excellence and practical industry expertise. With a shared commitment to empowering students with cutting-edge skills and knowledge, United College and TechAxis are poised to create a new era of IT education for BCA graduates.

TechAxis is a company specialized in IT Training in multiple advanced domains like Software Development, Quality Assurance, Data Science, Machine Learning and Artificial Intelligence, Digital Marketing, Accounting Packages, etc. along with Software Development.

TechAxis and United College have decided to work together as partner in order to deliberate professional IT related programs for the students of United College. At the heart of this

transformative partnership lie several key initiatives that promise to shape the future of IT education:



■ **Professional IT training:**

TechAxis will introduce a meticulously designed array of specialized IT training courses, seamlessly integrated into the core academic curriculum. This innovative approach seeks to provide United College students with hands-on skills across a wide spectrum of IT domains, ensuring a deep and comprehensive understanding of the latest industry trends.

■ **Immersive workshops:**

UC students will have the unique opportunity to engage in immersive one or two-day workshops, meticulously curated by TechAxis. These workshops will offer a hands-on exploration of various IT disciplines, allowing students to apply their academic knowledge in real-world scenarios and fostering a well-rounded skill set.

■ **Expert-driven guest lectures:** UC students will gain invaluable insights into the dynamic world

of IT through a series of engaging guest lectures led by distinguished experts in the field. These sessions will delve into cutting-edge trends, transformative technologies, and the pressing challenges that define the IT landscape.

■ **Mentored project supervision:**

TechAxis will provide expert guidance and mentorship to students working on fourth, sixth, and eighth-semester projects. This hands-on approach will help bridge the gap between theoretical concepts and practical applications, nurturing a generation of problem solvers and innovators.

■ **Facilitated internships and career placements:**

UC students who qualify will receive comprehensive support from TechAxis in securing coveted internships and navigating the complex world of job placements.

From crafting exceptional CVs to mastering the art of interviews, students will be well-equipped to thrive in the competitive IT job markets.

This innovative collaboration between UC and TechAxis is more than a partnership; it's a commitment to transforming the way we educate future IT professionals. With a multifaceted approach encompassing training, workshops, guest lectures, project mentorship, and career guidance, students can expect a holistic and immersive learning experience that will propel them towards success.

As the academic calendar unfolds, the integration of these groundbreaking initiatives promises to equip the UC students with skills, knowledge, and confidence to excel in the dynamic and ever-evolving world of information technology. The partnership between UC and TechAxis is a testament to their shared vision of empowering the next generation of IT leaders with BCA Degree, and the journey has just begun. Stay tuned for updates and insights as we embark on this exciting educational adventure together.

“With a shared commitment to empowering students with cutting-edge skills and knowledge, United College and TechAxis are poised to create a new era of IT education for BCA graduates.”

SECTION 12



Interviews with Experts



This section's main objective is to make our readers' understanding very clear about selected areas of knowledge. In this historical first issue, UC is able to link with Dr. R. N. Thakur—an expert of Information Technology (IT) and Dr. M. P. Yadav—an expert of rainwater harvesting. Both of these areas of knowledge today have highly impacted human lives on our planet. Dr. Thakur and Dr. Yadav in our interview have clearly spoken their futuristic ideas about their areas of knowledge.

- ▶ IT Expert
- ▶ Rainwater Harvest Expert

Exploring the Frontier of Technology:

An interview with an IT expert

Dr. Thakur is an accomplished IT researcher and Academician whose unwavering dedication to the exploration of cutting-edge technology has reshaped our understanding of the digital world. He has demonstrated a keen interest in technology from an early age, foreshadowing his future career path. Fueling the quest for deeper knowledge, Dr. Thakur has earned the Ph.D. degree in IT. He has published papers in various national and international journals. His research interests include Programming, Software Engineering, Data Science, etc. Beyond research, Dr. Thakur is deeply committed to nurturing the next generation of IT researchers. Consequently, he is currently working as an associate professor and research head at the Presidential Business School (Westcliff University), Kathmandu, Nepal. He mentors numerous graduate students, inspiring them to push boundaries and think beyond convention.

With a vision of IT as a catalyst for positive change, Dr. Thakur continues to contribute to the IT realm,



Dr. R N Thakur

IT expert and Academician

leaving an indelible impact on research, education, and the transformative power of knowledge.

What inspired you to pursue a career in IT, and how did your journey in the industry begin?

I've always been fascinated by technology from a young age. I tinkered with computers during my school years, and this passion led me to pursue M. Sc. in Information Technology in 2004, India, and come back to Kathmandu. My professional career started in 2005 as Faculty/Centre Head at NIIT Kathmandu Centre, and I also worked as a senior

software analyst for different companies. That's where I laid the foundation for my IT career.

What are your areas of expertise within IT, and which technologies or programming languages are you most proficient in?

I have programming, data science, software engineering, and research expertise. I am proficient in the C, C++, Java, .NET, and Python programming languages.

How do you stay updated with the latest developments and trends in the fast-changing IT landscape?

As an IT professional, staying updated with the latest developments and trends in the fast-changing IT landscape is crucial to remaining relevant and effective in my field. I employ several strategies to keep myself informed:

- Continuous Learning
- Professional Networking
- Social Media
- Online Learning
- Journals and magazines

Can you share a challenging IT project you worked on and how you successfully overcame obstacles during its implementation?

Throughout my career, I have contributed to numerous significant initiatives. For me, the most important thing when starting one is establishing the goals upfront before developing a strategy with checkpoints. I also like to tackle the most challenging aspects of the projects first, so that if there are any major problems, I'll still have plenty of time to finish before the deadline. To simplify knowing where to begin, I frequently divide big jobs into smaller components. For a significant project to be successful, careful planning is essential.

In your opinion, what are the most critical skills for an IT expert to possess in today's digital world?

IT professionals require a broad range of vital skills to be current and productive in their professions in today's quickly changing digital world. The following are some of the most important abilities for an IT professional:

- Communication Skills
- Problem Solving
- Technical Proficiency
- Cybersecurity Awareness
- Adaptability and continuous learning

“With a vision of IT as a catalyst for positive change, Dr. Thakur continues to contribute to the IT realm, leaving an indelible impact on research, education, and the transformative power of knowledge.”

Remember that the IT industry is large and that some professions may need additional specialized training. But having these fundamental abilities can help IT professionals succeed in the modern digital world.

What are some of the common misconceptions about IT that you often come across, and how do you address them?

As per my professional experience, I can list a few widespread myths about IT that users frequently face. Here are a couple of them, along with solutions:

- IT is just about coding.
- IT is just about mending computers and printers.
- IT experts are tech whizzes.
- IT is not necessary; anyone can do it.
- IT has solutions for all business issues.

Can you discuss the positive impact on a project or business outcome?

Throughout my career, I have contributed to numerous

significant initiatives. For me, the most important thing when starting one is establishing the goals upfront before developing a strategy with checkpoints. I also like to tackle the most challenging aspects of the projects first, so that if there are any major problems, I'll still have plenty of time to finish before the deadline. To simplify knowing where to begin, I frequently divide big jobs into smaller components. For a significant project to be successful, careful planning is essential.

How do you handle the pressure and stress that may arise in critical IT situations or during tight project deadlines?

IT employees must manage pressure and stress to sustain productivity, have a good impact on projects and business outcomes, and stay on top of pressing IT deadlines.

Based on my experience, following are some successful pressure and stress management techniques:

- Time management
- Manage expectations
- Maintain communication
- Learn from past experience.
- Stay calm and focused.

In terms of showcasing the positive impact of your IT expertise on a project or business outcome, consider the following:

- Team collaborations
- Create case studies.
- Highlight successful projects.
- Provide testimonials and feedback.
- Quantify results

Remember that managing pressure and demonstrating the value of your IT skills are frequently interrelated. Your reputation as a knowledgeable and valuable IT professional will grow if you show that you can perform well under pressure and provide beneficial results.

What do you enjoy most about IT, and what keeps you motivated in this profession?

I had a great time working with my coworkers. I felt inspired to go to work every day because of the welcoming environment. Despite the fact that our booking software wasn't always dependable, I

“Your reputation as a knowledgeable and valuable IT professional will grow if you show that you can perform well under pressure and provide beneficial results.”

processed client bills using it. After some practice, I was able to make notes in another application so that I could subsequently copy and paste them when I needed to plan ahead for certain situations. This allowed me to continue working and demonstrated to management that nothing could stop me from meeting deadlines.

Try to keep it brief while still communicating what drives you most. Stay upbeat. Avoid framing your responses with unfavorable examples about you or others. Describe your hobbies and how they have benefited your ability to perform well in all of your professions.

What advice would you give to aspiring IT professionals looking to build successful careers in the field?

In your pursuit of excellence, never stop being passionate,

inquisitive, or persistent. In the rapidly changing world of technology, embrace new opportunities and challenges while continuing to learn and develop.

The following tips should be kept in mind by aspiring IT professionals who want to pursue a successful career in the industry:

- Continues Learning
- Build professional networks.
- Know your goal
- Balance Work and life
- Learn the latest technologies.

Rainwater Harvesting in Nepal:

A Pathway to Sustainable Water Management

Dr. Maheshwar Prasad Yadav, PhD is Head of Department, Planning, Monitoring, and Reporting Department, Nepal Water for Health (NEWAH) headquartered in Kathmandu, Nepal. With regard to educational background, he is a PhD holder in management and has published over 21 peer-reviewed research articles in journals of national and international repute in Nepal, India, and UK. Similarly, he has over 19 years of experience in I/NGOs including the United Nations (UN), out of which over 12 years of experience in the WASH sector at the senior level. Currently, he is leading the planning, monitoring, and reporting department at Nepal Water for Health (NEWAH). NEWAH is one of the country's leading NGOs in the water supply, sanitation, and hygiene promotion (WASH) sector. Established in 1992, NEWAH is dedicated to helping poor, underserved communities obtain access to WASH facilities irrespective of gender, caste, class, and belief. Its vision is that of a prosperous and harmonious Nepal where every citizen can realize their right to safe drinking water, basic



Dr. Maheshwar Prasad Yadav

Head of Department,
Planning, Monitoring, and
reporting
Nepal Water for Health
(NEWAH)

hygiene, and sanitation. In the past 31 years, it has served about 2.2 million people which is about 8 percent of the country's population through 2,670 projects by July 2023 ranging from safe and affordable drinking water supply to community-led total sanitation (CLTS), health, and nutrition, menstrual hygiene management, 3R (recharge, retention, and re-use of groundwater and rainwater harvesting), climate change adaptation, and disaster response and rehabilitation.

What is the current status of drinking water services in Nepal?

In the context of Nepal, there is only 16 percent of the population has access to safely managed drinking water services and 91 percent of the population has basic drinking water services. In this connection, there are different sources of water such as groundwater, surface water, and rainwater that have been used to meet the water demand of the people in the country.

What is the current state of water resources availability in Nepal? How can rainwater harvesting help address water scarcity in the country?

The lack of irrigation and drinking water scarcity due to the recent drought from July to August 2023 in Madhesh, the southern part of the country from east to west is an example of water challenges in the country. Due to the extreme shortage of drinking water in Madhesh, it has been analyzed that the construction of roads and other structures around the Chure or Siwalik

Range and the extracting materials such as sand, stones, gravel, etc. from the rivers without considering the environmental impact. Similarly, due to the environmental impact caused by the unplanned construction of roads by dozers toward the mountains, attention should be paid to minimizing disasters like floods and landslides. Therefore, when constructing a structure that will have a long-term impact while conserving water for future generations, a decision should be taken to build such a structure or not only after a thorough analysis of its environmental, financial, and social impacts. If this is not done, it is certain that there will not be a conducive enabling environment for future generations.

In addition, the availability of water sources is decreasing day by day and rainwater is one of the most prominent

sources where it falls. Most of the Nepali people are using springs, streams, and groundwater where it is available but some of the community people are residing on hilltops or on high land and there is less chance of surface water sources. So, in those communities, rainwater harvesting is the only opportunity for drinking water.

In this connection, the consequences of the global climate crisis are somehow linked to water. Climate change is increasing variability in the water cycle, reducing the predictability of water availability, affecting water quality, and threatening sustainable development. The increasing water demand simultaneously increases the need for energy-intensive activities such as water pumping, transportation, and treatment. Climate change is affecting the sustainability

of drinking water services. Meeting increasing water stress and future water demands means making difficult decisions about how to allocate water resources amid competing water uses. In this connection, rainwater harvesting would be an important source of water for climate adaptation across the country.

Can you explain what rainwater harvesting is and its significance in water conservation?

Rainwater harvesting is a process of catching water from rainfall. It is the collection, purification, and storage of rainwater from paved and unpaved rooftops before it is runoff. As this technique is cost-effective, more and more people are harvesting rainwater to meet their needs.

Its primary purpose is to provide water to drink. During downpours, rain seeps into the ground to become a part of the rivers and lakes which is called groundwater. Without rainwater constantly replenishing our groundwater sources, water would be scarcer than it is right now. In addition, rainwater harvesting has more advantages to the environment than we may think. Apart from aiding in nature's cycle, it will be reducing flooding by runoff water, saving on energy, protecting the environment by reducing carbon emissions



as well as growing healthy plants.

Can you provide a general overview of the rainwater harvesting procedure, from collection to storage and usage?

A rainwater harvesting system comprises various components- catchment, transporting rainwater through pipes or drains, a first flush, filtration, and storage in tanks for reuse or recharge. The catchment is the area on which rain falls directly. It is the area that contributes water to the rainwater harvesting system such as rooftops, sloppy roofs, courtyards, and paved and unpaved areas are catchment areas. Transportation pipes transport rainwater from the catchment to the storage system. They include down water pipes and drains. The first flush is a device to flush off the first shower of rain. It is important to flush off this water as it contains all contaminants and bacteria from the catchment and atmosphere. Filtering rainwater is important before its storage and usage to make the water fit for potable use. The tank that stores rainwater after its purification is called a storage tank.

How do you ensure the quality of harvested rainwater? What types of filtration and treatment methods are typically employed?

The proper operation and maintenance of rainwater harvesting systems protect



water quality in several ways. Regular inspection and cleaning of catchments, gutters, filters, and tanks reduce the likelihood of contamination. It would ensure that water from other sources should not be mixed with that in the tank. Rainwater is one of the purest forms of water. It is a high-quality soft water,

so it requires less amount of detergent and soap for washing clothes and body. It can be used for multiple purposes such as drinking, watering plants, toilets, and laundry. However, while collecting and storing, rainwater gets contaminated. So, to ensure the quality of rainwater, a properly designed and operated rainwater



harvesting system is required. Moreover, the filtration system by using gutter screens, in-tank filters, sand filters, and cartridge filters to make the water fit for drinking purposes.

What are the key cost components involved in setting up a rainwater harvesting system?

The cost associated with catchments, transportation pipes, a first flush, filtration, and storage tank involved in setting up a rainwater harvesting system. The cost per system varies from place to place based on the size of the rainwater harvesting system designed as per the number of people who would be using the respective rainwater system.

What do you see as the future potential and opportunities for rainwater harvesting in Nepal?

Rainwater harvesting is an important source of drinking water everywhere from urban areas to very remote areas in the country. The water scarcity in city areas can be solved by installing rainwater harvesting systems and constructing recharge pits at the household level. It will increase the availability of drinking water as well as increase the groundwater level leading to an increase of water in the well. In addition, rainwater harvesting can also be an important source of water in the Tarai/Madhesh,



the plain areas of Nepal for recharging groundwater by construction of ponds and/or recharge pits. That's why it will be used to a larger extent in the future to meet the growing demand for water.

Can you share examples of successful rainwater harvesting systems that have been integrated into buildings or infrastructure in Nepal?

We have implemented rainwater harvesting in different parts of the country for the rural community people and schools to meet their needs. Most specifically, it was implemented in the Gorkha, Baglung, and Sindhuli districts of Nepal. Rainwater harvesting can be integrated into appropriate buildings across the country. Most recently a 'pumpkin-shaped rainwater harvesting system and recharge system' was built at NEWAH headquarters in Kathmandu as a model system that can be implemented in urban and rural areas to meet the water demand of people as an alternative source of water.

What challenges have you encountered while working on rainwater harvesting projects in Nepal, and how have you overcome them?

Despite the number of benefits of rainwater harvesting, there are a few challenges faced during the implementation of the system as the water from the

rainwater harvesting system may not be sufficient for all domestic uses throughout the year. A combination of the rainwater harvesting system with other sources of water such as groundwater and/or surface water would be a way to cope with this challenge. In some cases, people may not use it for drinking purposes assuming it is not pure as needed. An awareness program having a practical session would increase their confidence to use it in the rural areas of Nepal. It may be a limited supply due to the uncertainty of rainfall. It is not suitable for regions where there is a scarcity of rainfall throughout the year. The rainfall pattern has been changing over the year due to climate change leading to challenges to meet the water demand of the people. To cope with these challenges, a combination of rainwater harvesting with other sources would be a way to meet the water demand of the people of the respective community.

How do you educate and raise awareness about rainwater harvesting among the public, policymakers, and development actors in Nepal?

An awareness program to users on the operation and maintenance of the rainwater harvesting system has been conducted during the implementation to capacitate them. Likewise, coordination meetings and workshops



have been conducted with three tiers of government and development actors for awareness, policy lobbying, and advocacy related to rainwater harvesting in Nepal. Besides the awareness campaign, it has been conducted through action research leading to the publishing of articles in journals, newspapers, and online media to sensitize the actors in the sector.

Lastly, are there any words you would like to add to which aforementioned questions have not been included?

Access to water services is the foundation of a healthy and dignified life for people. Hence, providing water services through rainwater harvesting is a pathway to the sustainable water management of the nation leading to achieving SDGs. Thank you very much for providing an opportunity to talk on very important topics in the context of developing countries like Nepal.

SECTION 13



Pictographic History

United College (UC) annually organizes its Welcome and Farewell programme for its newly enrolled and passed out graduates at The Soaltee Hotel, Kalimati, Kathmandu. As a matter of UC's academic culture, the senior pass-out graduates' welcome to their newly enrolled junior undergraduate students at the college; whereas the newly enrolled undergraduate students bid farewell to their senior pass out graduates. The programme for this year was excellently anchored by Kiran Paudel, Aparna Timalsina, Animon Rapacha, Rabiska Rimal, Shivani Adhikari, Suvekshya Basnyat, Nikita Maharjan, and Utkarsha Shrestha. Some pictographic photographs in this section depict glimpses of UC's 2023 Welcome and Farewell programme to be remembered forever.

- ▶ Welcome and Farewell Programme 2023
- ▶ Governing Body
- ▶ Introductory Note

Welcome and Farewell Programme 2023















































Governing Body

CHIEF EXECUTIVE BODY



Dripa Chamling
Founder Chairman



Nara Hang Rai
Founder Director



Dr. Kabi Raj Bantawa
Academic Director

ACADEMIC EXECUTIVE MEMBERS



Dr. Lal Rapacha, Post-PhD
Principal



Basant Nepali, MA
Academic Head/Spokesperson



Mahesh Aryal, MBS, LLB
Graduate Program Director



Dr. Binod Lingden Subba, PhD, IB
Research Co-ordinator



Narsing Kumar Rai, MSc
Co-ordinator, Science



Shyam Kumar Mishra, MSc
Co-ordinator, Science



Richa Pokharel, MBA Finance
Academic Counsellor



Kabita Khadgi, MA English
Exam Secretary



Sudal Lohorung Rai, BSc Geology
CCA & ECA Co-ordinator

A brief note on

Editor-in-Chief

Dr. Lal Rapacha has earned his Ph.D. from Jawaharlal Nehru University in his own Kiranti-Köits mother tongue's grammar. He carried out his post-doctoral research on Asian Studies, Languages, and Cultures at the University of Leipzig as a Humboldt Fellow in Germany with specific research topic on 'Kiranti-Bayung Grammar, Texts and Lexicon' (one of the endangered indigenous Kiranti languages of Province 1, East Nepal from February 2008 to June 2010. He has published Eighteen books to his credit and his recent eighteenth publication is on *Kiranti-Köits Grammar, Texts and Lexicon* (2022) published by LINCOM EUROPA Academic Publications. Also, he has published Thirty-six research articles, edited Ten journals, and Forty-Five books.

Copy Editor(s)

Dr. Binod Lingden Subba has earned his Ph. D. in International Business. He is a lead researcher and author of several management text books of Bachelor and Master levels. Besides lectureship and counselling, he is an entrepreneur also.





GPO Box: 8975 EPC 1195, Lalitpur, Nepal

Tel: (977 1) **5437939, 5438938, 5433192, 5408673**

Fax: (977 1) 5537587

E-mail: ucollege@united.edu.np

Web: college.united.edu.np



Facebook

[Facebook.com/unitedcollege.edu.np](https://www.facebook.com/unitedcollege.edu.np)



YouTube

[youtube.com/unitedcollege](https://www.youtube.com/unitedcollege)



Instagram

[instagram.com/unitedcollegenepal](https://www.instagram.com/unitedcollegenepal)