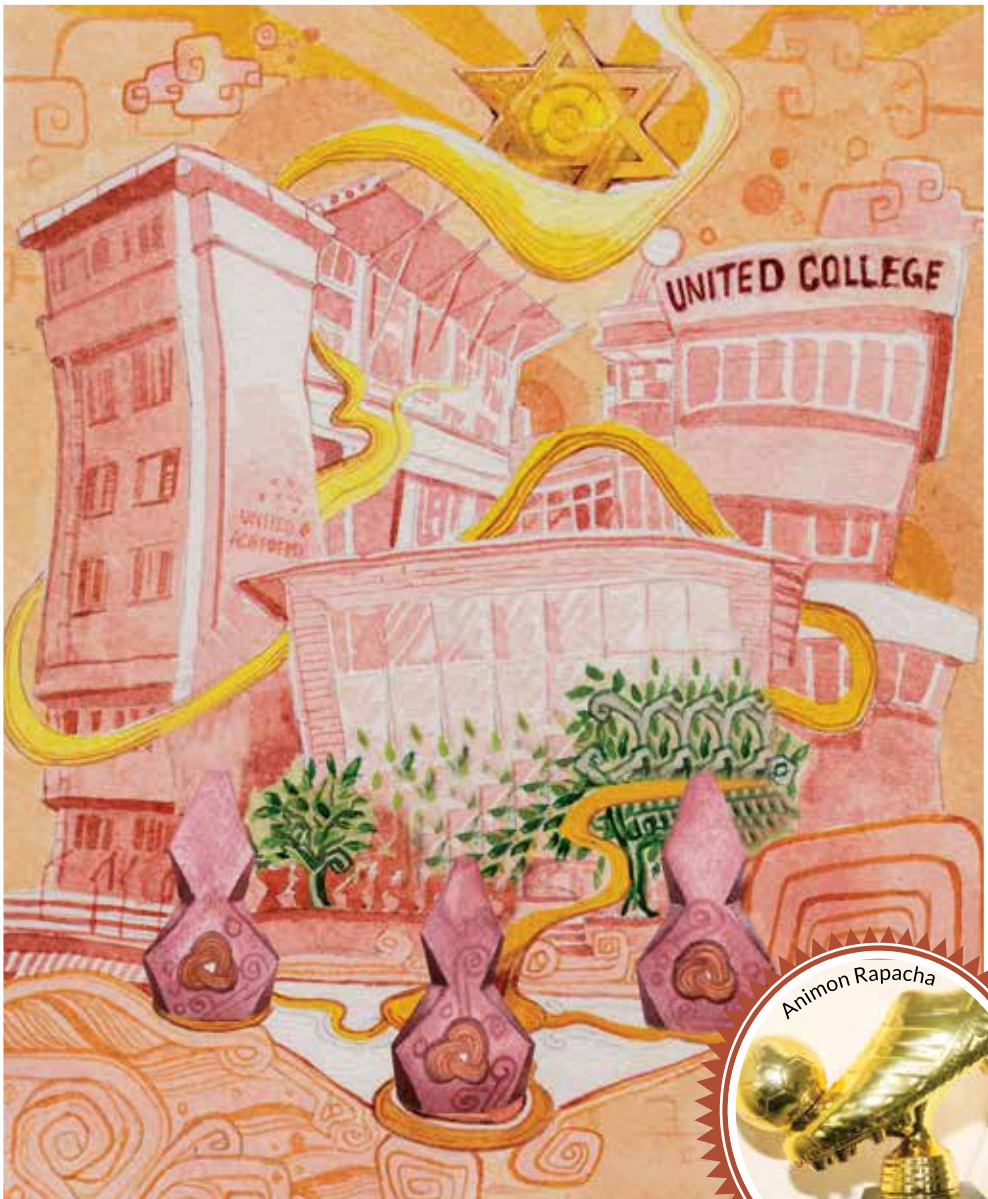


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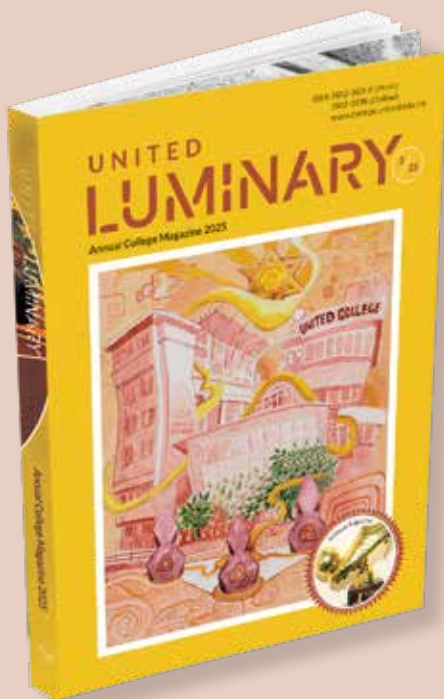
3/23

Annual College Magazine 2025



Animon Rapacha





***United Luminary* # 3, 2025**
United College's Annual
Magazine

Includes Students' and Faculty's writings related to:

Feature articles, internship reports, creative essays, field reports, paintings including artwork and illustrations, poems, info-graphics, book reviews, opinion pieces, business ideas pitching, technological innovations, spotlight, adventure, travelogue, nature nurture series, college events and news etc.

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UNITED LUMINARY

Annual College Magazine 2025

United College

UNITED LUMINARY

ISSUE # 3 Year 2025

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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 College proudly presents the 3rd edition of *United Luminary* #3, a reflection of the ideas, energy, and creativity that define its students. This magazine is more than a collection of writings — it's a glimpse into the hearts and minds of young people who dream big, think deeply, and take action to create change.

At a time when many young Nepalese look abroad for opportunities, this edition reminds us that hope and talent continue to thrive right here at home. The voices in these pages show us that with determination, innovation, and purpose, the youth of Nepal are capable of building a brighter future from within their own communities.

This year's issue celebrates a wide range of achievements and events that shaped the United experience. From the 'Creative Corner' and bold 'Business Ideas Pitching' to the excitement of 'Sports Week 2024–2025' and the thrilling 'Futsal Championship', where our very own player claimed the Golden Boot & Ball, each activity highlights the passion and teamwork of our students.

Our academic journey also reached new heights with the 'Workshop on Peer-Reviewed Research Article Writing' at Himalaya Drishya Resort, Dhulikhel, guided by Dr. Binod Lingden with United College Administration. The workshop, along with the 'Research Article Writing Guidelines', continues to help both undergraduate and graduate students along with faculty members develop strong academic and research skills.

Adding to this year's vibrant journey, 'Creative Week' gave students a space to express their imagination, while the 'United Job Fair' opened doors for career opportunities. The adventurous 'Mardi Himal Trek' tested our students' endurance and teamwork, and our student-centric programs encouraged leadership, collaboration, and self-growth.

“This magazine is more than a collection of writings — it's a glimpse into the hearts and minds of young people who dream big, think deeply, and take action to create change.”

We've also featured a glimpse into our students' internship reports at well-known organizations, including Everest Bank, Nabil Bank, Rastriya Banijya Bank, Skilltootr, Mishisa Cosmetics, UAG's United School, and with Public Speaker Mannsi Agrawal. These experiences have helped them gain practical skills and real-world confidence — an important step from classroom learning to professional growth.

This edition also features 'Words of Inspiration' by Dr. Lal Rapacha, Campus Chief, sharing valuable insights for students and educators alike, and "Memories of Unitedian Graduates" by Aparna Timalisina, a heartfelt reflection on the beautiful journey of being part of the United family.

Every story, poem, article, and idea in *United Luminary* # 3 carries the voice of a dreamer, a thinker, and a doer. Together, they paint a picture of what it truly means to be a Unitedian — passionate, curious, and full of purposes.

As you go through these pages, we invite you to celebrate the courage, creativity, and compassion of our students. May this third edition of *United Luminary* # 3 (2025) continue to inspire hope, confidence, and pride in the next generation of Nepalese youth.

Animon Rapacha, BBM Graduate
2020-2024, (2nd Batch)
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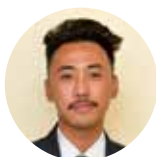
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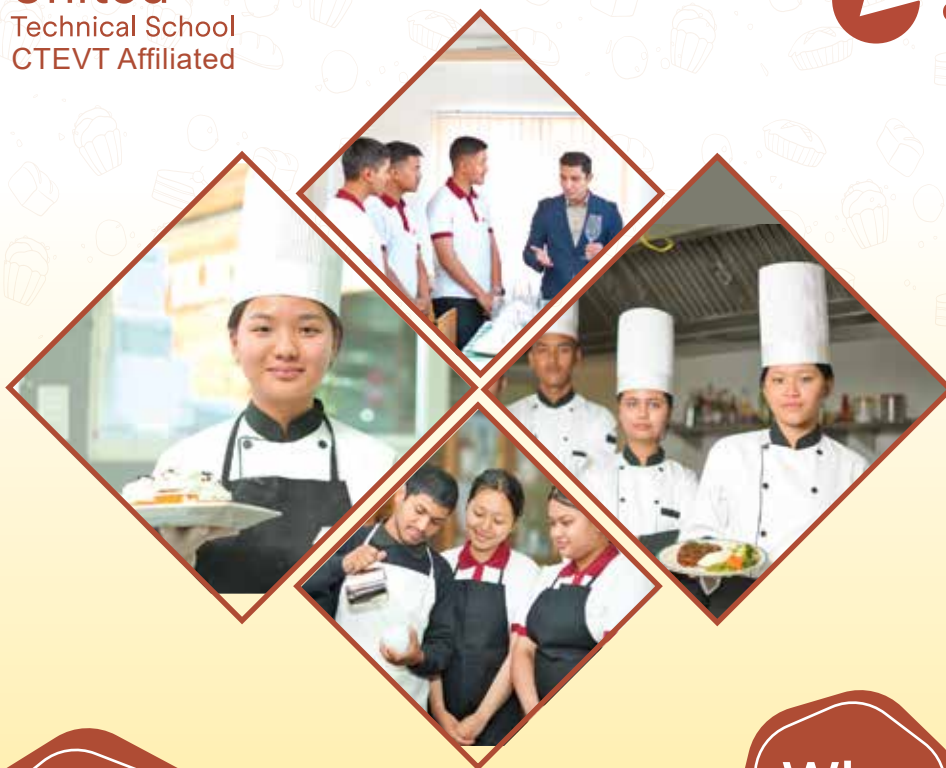
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Message from the Dean, Humanities and Social Sciences



I extend my congratulations on the publication of this year's *United Luminary* # 3 with a great intellectual delight. As an annual compendium of your collective voice, this magazine serves as a

vital chronicle of an academic community alive with ideas, reflection, and creativity.

The very essence of the Humanities and Social Sciences is to explore the human condition—to understand our societies, our cultures, our histories, and the very frameworks of our thought. In browsing the contents of this magazine, I see this exploration rendered vibrant and immediate. 'The Creative Corner' is not merely a supplement but the very heart of this publication, showcasing the expressive soul of your student body. The analyses within 'News & Events' and 'College Highlights' demonstrate a keen sociological awareness of your own institutional ecosystem.

I am particularly pleased to see the inclusion of 'Business Idea Pitching' and 'Graduates' Internship Reports'. These sections illustrate a crucial synthesis—the application of human-centric understanding to the practical world. A successful enterprise, after all, is not just a financial model; it is a social entity. It requires an understanding of human needs, ethical considerations, and cultural contexts—the very bedrock of a Humanities & Social Sciences education. The reflections found in these internship reports are a form of contemporary ethnography, providing raw, insightful data

on the transition from academic theory to professional practice.

The profiles in 'Student Spotlight' and the celebratory focus on 'Graduation 2025' remind us that education's ultimate product is not a degree, but a developed individual. These sections honor the personal journeys, the critical thinkers, and the future citizens who will shape our society with empathy and insight. The activities of your Student Clubs further reflect this, fostering a sense of community, dialogue, and collaborative spirit that is essential for a holistic education.

United Luminary # 3 stands as a powerful testament to the fact that education transcends disciplinary boundaries. It is in the fusion of creative expression, critical analysis, and practical engagement that truly enlightened minds are forged.

I extend my deepest appreciation to the students whose voices and work fill these pages, to the faculty who have nurtured this intellectual curiosity, and to the administrators who have facilitated this important platform. You have collectively created a document that is both a record of a year's journey and a beacon for the future.

May *United Luminary* continue to shine brightly, illuminating the path of knowledge and inspiring all who turn its pages.

With best wishes,
Professor Dr. Dubinanda Dhakal
 Dean, Faculty of Humanities & Social Sciences
 Tribhuvan University

Message from the Dean, Management



It is with immense pleasure and a profound sense of pride that I extend my warmest greetings on the publication of *United Luminary* # 3, the Annual College Magazine of United

College. This publication is far more than a mere compilation of articles; it is a vibrant tapestry woven from the intellectual curiosity, creative spirit, and collective achievements of the entire United College community.

The name 'Luminary' is aptly chosen. A luminary is a source of light, one who inspires or influences others. In these pages, we see the glowing embers of future leaders, innovators, and thinkers. The diverse sections of this magazine—from the strategic insights in Business Idea Pitching to the expressive freedom of the 'Creative Corner'—brilliantly capture the multifaceted development that a modern management education must foster. It is this blend of analytical rigor and creative thinking that will define the business leaders of tomorrow.

I am particularly impressed by the comprehensive nature of this edition. The 'College Highlight' and 'News & Events' sections stand as a testament to a year of dynamic engagement and academic vigor. The spotlight on 'Student Clubs' demonstrates the importance of collaborative learning and leadership beyond the classroom. Furthermore, the inclusion of 'Graduates' Internship Reports' provides an invaluable bridge between

theoretical knowledge and its practical application, offering a realistic glimpse into the professional world for both current and prospective students.

As we turn our attention to 'Graduation 2025' and the 'Student Spotlight', we are reminded of the ultimate purpose of our endeavors: to nurture capable and ethical individuals ready to contribute meaningfully to society. To the graduating class, your journey at United College has equipped you with the tools to not only navigate the complexities of the global market but to illuminate the path for others.

I commend the students for their insightful contributions, the teachers for their unwavering guidance, and the administrators for their steadfast support in bringing this project to fruition. *United Luminary* # 3 is a shining example of what can be achieved when an academic community unites with a shared vision for excellence.

My heartfelt congratulations to everyone involved. May this publication continue to be a beacon of inspiration, a record of achievement, and a cherished tradition at United College for years to come.

With best wishes,
Professor Dr. Mahananda Chalise
Dean, Faculty of Management
Tribhuvan University

Message from the Academic Director

Dear Esteemed Readers,

It brings me great pleasure to introduce the second edition of the *United Luminary-3* (2024), a testament to the dynamic spirit of United College (UC). This publication reflects the rich history, diverse academic programs, robust infrastructure, and notable achievements of our distinguished alumni.

In this edition, we celebrate our students' remarkable leadership and initiative. They have made impressive strides by launching a new academic journal featuring their research papers, showcasing their commitment to academic excellence. Moreover, our students have taken on leadership roles in establishing and managing various clubs, including the Toastmasters Club and the Nature Nurture Program. These clubs not only build a strong sense of community linkage but also enhance skills in public speaking, teamwork, and organization, equipping our students to become confident leaders. Their proactive efforts embody the spirit of United College and the United Academy Group (UAG), and I am immensely proud of their achievements.

In addition to nurturing future leaders and entrepreneurs, UAG is dedicated to developing Information Technology (IT) scholars. Now in its second year, the United Centre for Entrepreneurship, Innovation, and Incubation (UCEII) continues to support our students on their entrepreneurial paths. Through UCEII, students are launching innovative ventures, demonstrating creativity, and assuming leadership roles that resonate across the nation. Collaborations with prestigious institutions like Idea Studio Nepal and Our Lady of Fatima University, Philippines underscore

our commitment to fostering entrepreneurship among students with pioneering business ideas nationally and internationally.



The exceptional accomplishments of United Alumni serve as a powerful testament to UAG's enduring values, leaving a lasting and profound impact wherever they go. I extend my deepest gratitude to the dedicated editorial team and our esteemed Faculties, under the guidance of Campus Chief Dr. Lal Rapacha. Their unwavering dedication, hard work, and time investment have not only shaped this second annual magazine but will continue to inspire for years to come.

I sincerely thank our esteemed alumni and current students embarking on this journey. Your passion and dedication breathe life into the inspiration and achievements shared within these pages. Your unwavering commitment drives this remarkable journey, and at UC, we take pride in providing the nurturing environment that fuels your accomplishments and hones your potential.

At UAG, we pledge to continually nurture this platform, a commitment upheld for 23 years, with steadfast dedication to empowering you with knowledge and opportunities. Your success is not only your triumph but also ours. We eagerly look forward to witnessing the ongoing impact of your efforts around the world.

Best wishes,
Dr. Kabiraj Bantawa

Message from the Deputy-Director

It is a great honour to be writing my message to the third Volume/Issue of *United Luminary* (2025). In its third Volume, *Luminary* has transformed the research writing all over Bachelor's and Master's graduates - especially among BBS students whose presence in the first edition was meagre.

I have been privileged to work with Dr. Lal Rapacha—who is swiveling in a chair as Campus Chief, successfully submitting a Self Study Report (SSR) to University Grants Commission taking United College one step towards getting Quality Assurance and Accreditation (QAA). I would furthermore like to thank Mahesh Aryal Chhetri for transitioning into the role of Program Head in such a short period of time, taking United College in a sustainable new direction.

I would like to express “a big thank you” to the editors, contributors, publisher, collaborators and art designer who have made the third edition of *Luminary* possible. We have been fortunate to have accomplished a lot in the past years—successful unveiling of the First *United Luminary* (2023), successful collaboration with Alpine Knowledge Management (AKM) Private Limited, the MoU between United College and Our Lady of Fatima University, Philippines.

This volume, which features numerous internship reports, quietly celebrates the impending launch of the first-ever *United Journal of Interdisciplinary Studies* (UJIS), a peer-reviewed publication in the twenty-three year's history of United College. Additionally, this volume's Section 2 is devoted to the 'Business Idea Pitching' in which three awarded ideators' ideas have been presented to our voracious readers, who will be ignited to create and work with such mind-blowing ideas for entrepreneurial growth.



We can see active progress on various clubs formed—organizing of Nature Nurture monthly program has been a commendable hiking activity jointly organized by 'Cultural Club', and the 'Publication Club' are actively working to successfully launch *Luminary* and *UJIS*.

A big congratulations to all the members of Toastmasters International for being recognized nationally with futsal championship with Golden Boot & Ball. Similarly, TM Animon Rapacha has been awarded Speech Contest (2nd Place, Division A, Table Topic Contest, 22nd March 2025) and Speech Contest (3rd Place, Division A, International Speech Contest, 22nd March 2025). Congrats!

Last and this year, we finished upgrading the infrastructure of United College, added classrooms, teachers' rooms, and moving the library with advanced research facilities our students into the main college building. The previous one-storey classroom buildings were also upgraded.

Once again, thank you to everyone who helped make the third volume of the *United Luminary* bigger and better.

Dipa Chamling
Deputy Director
United Academy Group

Message from the Campus Chief

Like last year, I congratulate to those hardworking team members of *United Luminary* (UL), who have contributed feature and creative articles for making this Issue # 3 possible. In United College's 23 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 # 3, 2025 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.

Luminary 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 a detailed internship reports, business ideas peaching and even creative writings. As a result, this Issue 3 in its Section 2 includes 'Business Ideas Pitching' of our students who are prospective entrepreneurs of tomorrow. Similarly, in Section 8, their learning experience in internship reports is a testimonial of our students' preparedness for their future career.



Besides, *Luminary* is a platform to showcase of our related co-scholastic area activities taking place inside the college, in society, and in the world academia.

Relevant news, major events, and development have been documented in this Issue since such activities are crucial efforts in a student's life. For instance, UC Toastmasters Club has exceptionally progressed by achieving Leaders Centurian Award, (District 41 | 2024-2025) and Steller September Achiever Award (Area 2, District 41).

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

As promised in Issue # 1, we continue to bring forth myriads of 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.

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



SECTION 1



College Highlights

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.

1. Historical Background
2. Programs
3. Sports
4. Academic Excursions
5. United Talent Hunt
6. Student Clubs
7. Facilities
8. United's Graduate Alumni

College Highlights



Historical Background

United College (UC) was established in 2059 B.S. Asar 18 (2002 July 2) as the higher education wing of the triumphant United Academy Group (UAG) and is centrally located at Kumaripati, Lalitpur. The College is established to offer courses in Business Studies (Management Science, IT (Information Technology with Computer Applications) 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), 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.



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 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.

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) UAG.

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.

Such student-related clubs are:

1. Student Quality Circle (SQC)
2. Events Management Club
3. Sports Club
4. Cultural Club



5. Publication Club
6. IT Club
7. Leo Club of Kathmandu Sadbhawana
8. Toastmasters Club
9. Extension-Outreach Club
10. Debate 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
8. United Coffee Club 2
9. International Standard Sports Plaza

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 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 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 1,000+ 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



Business Idea Pitching

A compelling business idea pitch is fundamentally important because it is the critical bridge between a visionary concept and its tangible realization. It serves not merely to present an idea, but to sell it—securing essential funding, attracting key talent, and forging strategic partnerships. Beyond fundraising, the discipline of pitching forces entrepreneurs to refine their value proposition, validate their market, and articulate their vision with clarity and passion, transforming an abstract thought into a credible and investable opportunity. Ultimately, a successful pitch is the catalyst that converts potential into action.

1. NayaStraws PVT. LTD
Shreepdip Shah & Shubham Kharel
2. Giga Genius Studio
Animon Rapacha, Sandhya Rai & Lasata Tamrakar
3. Ari Beauty Point & Training Center
Grishma Shakya

Program's Outline



United Center for Entrepreneurship, Innovation and Incubation (UCEII) has successfully organized United Ignite - a business idea pitching competition for the first time. The program completed in five phases.

Program Details

The program had been conducted in five phases.

Phase 1

Submission of concept paper and presentation – Nineteen concept papers had been received on 4th of Shrawn, 2081

Phase 2

Business Plan preparation orientation had been given to

all the 57 participants on 6th of Shrawn. Three supervisors such as Dr. Binod Lingden, Mr. Ganesh Joshi and Ms. Rojina Ranjitkar had been assigned to the participants for preparing the business plans.

Phase 3

Nineteen business plans had been collected on 20th of Shrawn and only following 16 business plans had been shortlisted on the 22nd of Shrawn for the preliminary presentation.

Phase 4

Preliminary presentation of the following shortlisted Business Plan had been conducted on 25th Shrawn,

2081 and the following 9 business plans had been selected for the finale.

Finalist Business Plan Projects 2024

i. Business Project

Pwakh Bathroom
(Nilusha Bantawa, Pragya Raj Bhandari & Karishma Tamang)

ii. Business Project

Giga Genius
(Animon Rapacha, Sandhya Rai & Lasata Tamrakar)

iii. Business Project

Nepali Kala (Sayan Karki, Krish Napit and Bijaya Katuwal)

iv. Business Project

G – Waste (Roshil Pradhan, Sangya Rai & Asmita Gurung)

v. Business Project

Quick Feast (Bishes Karanjit, Sampurna Bista & Nitu Singh)

vi. Business Project

Ari Beauty Piont and Training Centre
(Grishma Shakya)

vii. Business Project

La Casa (Rakshya Chamling, Rasuka Shrestha & Sindhuja Shrestha)

viii. Business Project

Naya Straws (Subham Kharel & Shreedip Shah)

ix. Business Project

Mischief Land (Riya Khatiwada, Palistha Maharjan & Refina Maharjan)

Group A	Group B	Group C
1. Crowd Lift	1. Ari Beauty Point Grishma Shakya	1. GIGA Genius Studio Animon Rapacha, Sandhya Rai & Lasata Tamrakar
2. G-Waste Roshil Pradhan, Sangya Rai & Asmita Gurung	2. Accident Alert System Sumen Shrestha, Anuj Poudel and Thapa Bhupendra Suraj	2. Nepalikala Sayana Karki, Krish Napit and Bijaya Katuwal
3. NayaStraws Subham Kharel & Shreedip Shah	3. Dimentics Samriddhi Shakya, Sandhya Maharjan and Prekchya Maharjan	3. Quick Feasts Nitu Sing, Sampurna Bista and Bishes Karanjit
4. URS Events	4. Tink Glow Candle Sandeshi Moktan, Alisha Bantawa and Alisha Khatri	4. KTM Sprouts
5. LA CASA Rakshya Chamling, Rasuka Shrestha & Sindhuja Shrestha	5. Pwakh Bathroom Nilusha Bantawa, Pragya Raj Bhandari & Karishma Tamang	5. Mischief Land Riya Khatiwada, Palistha Maharjan and Fefina Maharjan
		6. Charm Craft Urshala Dangol, Pratigya Dangol, Shalu Tamrakar and Soniya Tandukar

Phase 5

The Final Presentation of United Ignite had been conducted on 32nd of Shrawan 2081 in the presence of BoDs; Dripa Chamling (Founder Chairperson of UAG) and Nara Hang Rai (Founder

Director of UAG), bachelor students, +2 Management Students, almost 10 guests, UC Faculties, admin team and 3 distinguished judges; Dr. Tshering Lama (Chairman and Co-founder of Idea Studio Nepal), Mr. Aasish Thakur

(Chairman of Glocal Pvt. Ltd.) and Samrat Shrestha (Business Idea Developer).

The judges have provided the following results:

1st Position: Nayastraws (Subham Kharel & Shreedip Shah)

2nd Position: Giga Genius (Sandhya Rai, Animon Rapacha & Lasata Tamrakar)

3rd Position: Ari Beauty Point and Training Centre (Grishma Shakya)

Prizes

1st Prize – 15,000/- Cash and Certificate

2nd prize – 10,000/- Cash and Certificate

3rd Prize – 5,000/- Cash and Certificate



NAYASTRAWS PVT. LTD



Shubham Kharel
BBS, 3rd Year



Shreedip Shah
BBM, 8th Semester

Executive Summary

NayaStraws Nepal Pvt. Ltd. is dedicated to producing environmentally sustainable alternatives to plastic straws, starting with high-quality wheat straws. Our mission is to reduce plastic waste and promote eco-friendly consumption habits in Nepal. NayaStraws Nepal is a private limited company which is established under the Company Act 2063. We target restaurants, cafes, hotels, resorts, cinemas, event planners, retail stores, and individual consumers who are environmentally conscious. Our wheat straws are 100% biodegradable, compostable, and locally produced, supporting local agriculture and minimizing carbon footprints. Financial projections indicate strong growth of the company. Our

FIRST PLACE
NPR 15,000/-
CASH PRIZE

vision is to become the leading provider of sustainable, eco-friendly straws and other biodegradable products in Nepal, with a mission to promote environmentally responsible consumption. Future expansion plans include introducing a range of wheat straw plastic products such as plates, cutlery, bottles, pens, and notebooks. NayaStraws Nepal is poised to capitalize on the growing demand for sustainable products, making a significant positive impact on the environment and the economy.

1. Business Description

Mission

Our mission is to contribute to a sustainable and eco-friendly environment by providing a viable alternative to plastic straws through the manufacturing of high-

“Our mission is to reduce plastic waste and promote eco-friendly consumption habits in Nepal.”



quality, biodegradable wheat straws. We aim to reduce plastic waste and promote environmental consciousness in Nepal.

Vision

We envision a cleaner and greener Nepal where single-use plastics are replaced by sustainable and biodegradable alternatives, contributing to the global effort in combating plastic pollution. We strive to be a leader in eco-friendly product manufacturing in the region.

Objectives

a. Product Quality & Innovation

- to develop and produce high-quality wheat straws that meet the needs of consumers and businesses alike.

b. Market Penetration

- to achieve significant market share in the Nepali straw market within the first three years.

c. Environmental Impact

-to reduce plastic waste by replacing at least 50% of plastic straws used in Nepal with wheat straws within five years.

d. Community Engagement:

- to Raise awareness about the benefits of biodegradable products through community outreach and educational campaigns.

e. Sustainable Growth

- to ensure the business grows sustainably by

balancing economic, social, and environmental responsibilities.

2. Business Operations

What This Business Does

This business focuses on the production of straws made from wheat, which are biodegradable and environmentally friendly. These straws provide a sustainable alternative to plastic straws, which are a major source of pollution. The production process involves collecting wheat stems, processing them into straw form, and ensuring they meet quality and safety standards before distribution.

Target Customers

Our primary target customers are:

- a. Restaurants and Cafes
- b. Hotels and Resorts
- c. Retail Stores
- d. Event Planners
- e. Individual Consumers
- f. Cinemas

Meeting Customer Needs

a. Product Quality

We ensure our wheat straws are durable, safe for use, and aesthetically pleasing. Regular quality checks and improvements based on customer feedback will help maintain high standards.

b. Affordability

By optimizing our production process and sourcing materials locally, we aim to keep our prices competitive while ensuring fair compensation for all stakeholders.

c. Availability

We plan to do direct sales to ensure our products are readily available in the market.

d. Awareness Campaigns

Educating customers about the benefits of wheat straws over plastic straws through marketing campaigns, social



media, and community outreach programs.

e. Customer Service

Providing excellent customer service to handle inquiries, feedback, and any issues promptly and effectively.

Implementation Strategy

a. Production Setup

Establish a production facility with the necessary equipment and skilled workforce to produce high-quality wheat straws.

b. Partnerships

Form partnerships with local farmers for a consistent supply of wheat stems and with distribution channels for wide market reach in the future.

c. Marketing

Develop a comprehensive marketing strategy, including online and offline campaigns, collaborations with eco-friendly brands, and participation in trade shows and community events.

d. Sustainability Practices

Implement eco-friendly practices in our production process, such as using renewable energy sources and recycling waste materials.

e. Continuous Improvement

Regularly evaluate and improve our products and processes based on customer feedback and market trends to ensure we stay ahead of the competition.

3. Market Analysis

Industry Overview

The global push towards sustainable practices has driven significant growth in the biodegradable products market. In Nepal, the movement to reduce plastic waste is gaining momentum, with increasing support from both government initiatives and consumer behavior. The demand for eco-friendly alternatives to plastic products is on the rise, creating a favorable environment for our wheat straws.

Target Market

a. Restaurants and Cafes

• Demographics

Primarily urban areas with a higher concentration of environmentally conscious customers.

• Behavior

Seeking sustainable options to appeal to eco-friendly diners and enhance brand image.

b. Hotels and Resorts

• Demographics

High-end establishments with a focus on sustainability.

• Behavior

Integrating green practices into their services to attract eco-conscious travelers.

c. Retail Stores

• Demographics

Stores in urban and semi-urban areas.

• Behavior

Stocking sustainable products to meet the growing demand from conscious consumers.

d. Event Planners

• Demographics

Planners organizing corporate, social, and cultural events.

• Behavior

Looking for eco-friendly products to reduce the environmental impact of events.

e. Individual Consumers

• Demographics

Middle to upper-income groups, primarily in urban areas.

• Behavior

Prioritizing sustainability in their purchases for eco-friendly products.

f. Cinema hall

• Demographics

Cinema's food and beverage, moviegoers aware of environmental issues and prefer sustainable options.

• Behavior

Prioritizing eco-friendly products for beverage

g. Hospital cafeteria, school and colleges cafeteria

• Demographics

Institutional cafeterias in hospitals, schools, and colleges, particularly in urban and suburban areas.

- **Behavior**

Implementing sustainable dining solutions to promote a healthy and eco-friendly environment for students, staff, and visitors. Prioritizing products that reduce plastic waste and align with institutional sustainability goals.

Market Trends

a. Sustainability Focus

Increasing awareness about environmental issues is driving demand for biodegradable products.

b. Government Policies

Initiatives to ban single-use plastics are creating opportunities for alternatives like wheat straws.

c. Consumer Behavior

Growing preference for eco-friendly products among younger demographics and urban dwellers.

d. Corporate Responsibility

Businesses are adopting sustainable practices, increasing demand for green products.

Competitive Landscape

a. Local Manufacturers

Some producers of biodegradable straws exist such as Lek Lek, but the market is still underdeveloped.

b. Imported Alternatives

Imported paper and bamboo straws are available but often at higher prices due to import costs.

c. Plastic Straw Manufacturers

Traditional plastic straw producers remain, but face increasing regulatory pressure and declining demand.

Opportunities

a. Growing Market Demand

Rising consumer and business demand for sustainable alternatives presents a significant opportunity.

b. Government Support

Favorable policies and potential subsidies for eco-friendly businesses.

c. Market Differentiation

Limited competition from other biodegradable straw manufacturers in Nepal.

d. Education and Awareness

Opportunities to educate consumers and businesses on the benefits of wheat straws.

Threats

a. Price Sensitivity

Higher production costs could make pricing competitive against cheap plastic straws.

b. Market Acceptance

Overcoming consumer skepticism and habits around using new types of straws.

c. Supply Chain Issues

Ensuring a consistent and quality supply of raw materials (wheat stems).

d. Regulatory Changes

Potential shifts in government policies affecting the

production and sale of biodegradable products.

4. Demand Assessment

The demand for biodegradable products, including straws, is steadily increasing in Nepal.

Factors such as growing environmental awareness, government initiatives against plastic use, and the willingness of businesses to adopt sustainable practices contribute to this demand. Our wheat straws cater to both individual consumers and businesses seeking eco-friendly alternatives, validating the viability of our business idea.

The market analysis indicates a promising opportunity for wheat straws in Nepal. By tapping into the growing demand for sustainable products and leveraging supportive trends and policies, our business can successfully position itself as a leader in eco-friendly straw manufacturing. Identifying potential threats and implementing strategies to mitigate them will be crucial in ensuring the long-term success and sustainability of our venture.

5. Organization and Management

Organizational Structure

The initial organizational structure for our small-scale wheat straw manufacturing business will be lean and focused on efficiency. The core management team will

include the co-founders and essential operational roles. As the business grows, we will expand the team as needed.

6. Management Team

a. Shreedip Shah, Co-Founder and CEO

Responsibilities

- Business strategy and vision.
- Daily operations and ensuring alignment with business goals.
- Building partnerships and securing funding.
- Marketing and public relations.

Experience

- Experience in public speaking and event organization.
- Leadership and communication skills.

b. Subham Kharel, Co-Founder and COO

Responsibilities

- Managing production and supply chain operations.
- Ensuring quality control and product standards.
- Coordinating with suppliers and distributors.
- Overseeing logistics and inventory management.

Experience

- Background in operations and supply chain management.
- Experience in managing teams and optimizing processes.

Marketing and Sales Manager

Responsibilities

- Developing and implementing marketing strategies.
- Managing social media and online presence.
- Building relationships with key clients and partners.
- Conducting market research to identify opportunities.

Experience

- Background in marketing and sales.
- Strong communication and interpersonal skills.

Financial Officer

Responsibilities

- Managing the business's finances, including budgeting and accounting.
- Preparing financial reports and analyses.
- Ensuring compliance with financial regulations.
- Assisting in securing funding and managing investments.

Experience

- Experience in finance and accounting.
- Strong analytical and organizational skills.

Advisory Board

To support and guide the business, an advisory board comprising experts in relevant fields will be established. Potential members might include:

1. Business Consultant

Responsibilities:

- Providing strategic business advice.
- Assisting in business planning and growth strategies.

2. Legal Advisor

Responsibilities:

- Ensuring compliance with local laws and regulations.
- Advising on contracts, intellectual property, and other legal matters.

The business will start with a focused and dynamic management team led by Shreedip Shah and Subham Kharel, with key additional roles to support marketing and finance. The advisory board will provide strategic guidance and ensure the business adheres to sustainable and legal standards, positioning it for successful growth in the biodegradable straw market in Nepal.

7. Product or Service

Current Product

Wheat Straws

a. Product Features

- Material
Made from 100% natural wheat stems.

Length

Typically, between 18-20 cm, customizable for different uses.

Diameter

Available in various sizes to accommodate different beverages.

Biodegradable

Fully compostable and environmentally friendly.

Durability

Resistant to becoming soggy, suitable for hot and cold drinks.

Appearance

Smooth, natural finish, enhancing the drink's presentation.

Packaging

Eco-friendly packaging made from recyclable or biodegradable materials.

b. Product Benefits**Eco-Friendly**

Helps reduce plastic waste and environmental impact.

Healthier Alternative

Free from harmful chemicals found in plastic straws.

Sustainable

Utilizes renewable resources, supporting local farmers.

Versatile

Suitable for a wide range of beverages.

Unique Selling Point

Provides a rustic, natural aesthetic.

c. Pricing

- Individual Packs

Pack of 50: NPR 203/-

Pack of 100: NPR 405/-

- Bulk Orders

1,000 straws: NPR 3645/-

5,000 straws: NPR 17213/-

- Customized Orders: Prices vary based on specifications and order size.

Future Product Line**Expansion****Wheat Straw Plastic Plates****Features**

Durable, biodegradable plates made from wheat straw fibers.

Benefits

Provides an eco-friendly alternative to disposable plastic plates, ideal for both casual and formal dining settings.

Pricing

Competitive with other biodegradable plate options, offering affordability without compromising on quality.

Wheat Straw Plastic Cutlery**Features**

Biodegradable forks, knives, and spoons made from wheat straw plastic.

Benefits

Complements wheat straws to offer a complete sustainable dining experience, suitable for various events and daily use.

Pricing

Priced competitively with other eco-friendly cutlery options to encourage widespread adoption.

Wheat Straw Plastic Bottles**Features**

Reusable and biodegradable water bottles made from wheat straw plastic.

Benefits

Provides an eco-friendly solution to single-use plastic bottles, promoting sustainable hydration options.

Pricing

Affordable pricing to make eco-friendly choices accessible to a broad audience.

Wheat Straw Plastic**Notebooks****Features**

Notebooks with covers made from wheat straw plastic, available in various sizes.

Benefits

Offers a sustainable alternative to traditional plastic-covered notebooks, suitable for students and professionals.

Pricing

Competitively priced to ensure accessibility while supporting sustainability goals.

Wheat Straw Plastic Pens**Features**

Biodegradable pens made from wheat straw plastic, available in different colors and styles.

Benefits

Reduces plastic waste by providing an eco-friendly option for everyday writing needs.

Pricing

Affordable pricing to promote the use of sustainable writing instruments.

Meeting Target Market Needs

a. Restaurants and Cafes Needs

Eco-friendly alternatives to enhance brand image and appeal to environmentally conscious customers.

Our Solution

Durable, high-quality wheat straws and future cutlery products.

b. Hotels and Resorts Needs

Sustainable practices to attract eco-conscious travelers.

Our Solution

Wheat straws and future products that align with green initiatives.

c. Retail Stores Needs

Stocking sustainable products to meet consumer demand.

Our Solution

Natural, biodegradable products that attract environmentally aware customers.

d. Event Planners Needs

Eco-friendly products to reduce event environmental impact.

Our Solution

Wheat straws and future

cutlery, paper, and cloth bags for sustainable event planning.

e. Individual Consumers Needs

Eco-friendly, health-conscious alternatives for daily use.

Our Solution

Convenient packs of wheat straws and future reusable bags for home use.

Differentiation from Competitors

a. Natural and Sustainable Material

Our products are made from 100% natural and renewable resources, offering a truly eco-friendly alternative.

b. Local Sourcing and Production

We support the local economy and reduce the carbon footprint by sourcing raw materials locally.

c. Quality and Durability

Our products are carefully crafted for strength and longevity, outperforming other biodegradable options.

d. Customizability

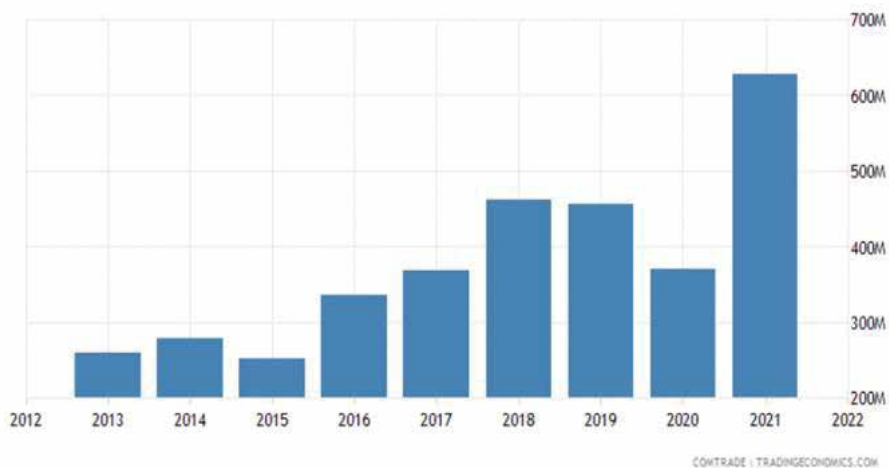
We offer customized lengths, diameters, and product options to meet specific needs.

e. Aesthetic Appeal

The natural look and smooth finish of our products provide a unique, rustic aesthetic that enhances the user experience.

Our wheat straws provide an eco-friendly, sustainable, and durable alternative to plastic straws. We plan to expand our product line with other eco-friendly items like biodegradable cutlery, paper bags, and reusable cloth bags. By meeting the specific needs of our target market and offering unique, high-quality products, we differentiate ourselves from competitors and position our business as





In 2021, plastic products worth USD 630 million was imported to Nepal out of which USD 385 m from India

a leader in the sustainable product market in Nepal. Our competitive pricing, local sourcing, and commitment to quality ensure that our offerings not only meet but exceed customer expectations.

Marketing and Sales Strategy

Target Market Segments

a. Restaurants and Cafes

Location

Urban and semi-urban areas.

Demographics

Eco-conscious owners and patrons.

Needs

Sustainable alternatives to plastic straws to enhance brand image.

b. Hotels and Resorts

Location

Tourist destinations and urban centers.

Demographics

High-end, eco-conscious clientele.

Needs

Integration of sustainable practices to attract environmentally aware travelers.

c. Retail Stores

Location

Urban and semi-urban areas.

Demographics

Consumers looking for eco-friendly products.

Needs

Stocking sustainable products to meet growing consumer demand.

d. Event Planners

Location

Nationwide.

Demographics

Corporate and social event organizers.

Needs

Eco-friendly products to reduce the environmental impact of events.

e. Individual Consumers'

Location

Urban and semi-urban areas.

Demographics

Middle to upper-income individuals.

Needs

Daily use of eco-friendly and health-conscious alternatives.

Positioning and Branding

Brand Positioning

A leader in providing high-quality, eco-friendly wheat straws and sustainable products in Nepal.

Brand Message

"Sustainable Sips, Better Future."

Brand Values

Environmental sustainability, quality, and local support.

Pricing Strategy**Competitive Pricing**

Ensure affordability while maintaining quality.

Volume Discounts

Offer discounts for bulk orders to attract restaurants, cafes, and event planners.

Custom Orders

Provide custom length and diameter options at competitive prices.

Promotional Tactics**a. Social Media Marketing****Platforms**

Facebook, Instagram, and LinkedIn.

Strategy

Share engaging content about the environmental benefits of our products, customer testimonials, and behind-the-scenes looks at the production process.

b. Influencer Partnerships

Collaborate with eco-friendly

influencers and bloggers to promote our products and reach a broader audience.

c. Direct Sales**Restaurant and Cafe Visits**

Personally visit potential clients to demonstrate the product and discuss benefits.

Hotel and Resort Meetings

Arrange meetings with hotel managers to showcase our products and their alignment with sustainable practices.

Cinemas

Partnership with cinemas' food/beverage supply for eco-friendly yet affordable straws.

d. Eco-Friendly Events and**Trade Shows**

Participate in events and trade shows focused on sustainability to showcase our products and network with potential customers.

e. Customer Referral**Program**

Offer incentives for customers who refer our products to others, creating a network of eco-conscious advocates.

f. Online Store

Launch an online store to cater to individual consumers and small businesses, providing easy access to our products.

Distribution Channels**Direct Sales Channel****Business-to-Business (B2B)**

Directly sell to restaurants, cafes, hotels, and event planners.

Business-to-Consumer (B2C)

Sell directly to individual consumers through an online store and at eco-friendly events.

Our marketing and sales strategy focuses on leveraging direct channels to acquire and retain customers, targeting specific market segments that value sustainability. Through competitive pricing, effective branding, and promotional tactics such as social media marketing, influencer partnerships, and direct sales, we aim to position our wheat straws and future sustainable products as the go-to eco-friendly alternatives in Nepal.

Suggested Product Prices

Product	Cost per Unit (NPR)	Price with 30% Margin (NPR)	Price with 50% Margin (NPR)
Wheat Straw Plastic Straw	3.10	4.05	4.65
Wheat Straw Plastic Plates	20	26.00	30.00
Wheat Straw Plastic Cutlery (Set of 3)	15	21.00	22.50
Wheat Straw Plastic Bottles	50	68.00	75.00
Wheat Straw Plastic Notebooks	80	104.00	120.00
Wheat Straw Plastic Pens	10	15.00	16.00

Our sales forecast projects significant growth, driven by increasing demand for sustainable products and our commitment to quality and customer satisfaction.

Determination of Price

Fixed Costs

1. Machinery: NPR 400,000

Boiler

Dehydrator

UV Sterilizer

2. Operating Costs

Rent: NPR 20,000 yearly

Electricity: NPR 10,000 monthly x 12 months = NPR 120,000 yearly

Salary

Production of 1,000 straws per day

Salary: NPR 1 per straw

Monthly Salary Cost: 1,000 straws x NPR 1 x 30 days = NPR 30,000 x 12 months = NPR 360,000 yearly

Raw Materials: NPR 0.2 per straw

Monthly Raw Material Cost: 1,000 straws x NPR 0.2 x 30 days = NPR 6,000

Annual Raw Material Cost: NPR 6,000 x 12 months = NPR 72,000

Transportation: NPR 0.1 per straw

Monthly Transportation

Cost: 1,000 straws x NPR 0.1 x 30 days = NPR 3,000

Annual Transportation Cost: NPR 3,000 x 12 months = NPR 36,000

Miscellaneous Costs: NPR 40,000 (assumed)

Total Annual Operating Costs

Rent: NPR 20,000



Future Products of NAYASTRAWS PVT. LTD.

Electricity: NPR 120,000

Salary: NPR 360,000

Raw Materials: NPR 72,000

Transportation: NPR 36,000

Miscellaneous Costs:

NPR 40,000

Total Annual Operating

Costs: NPR 20,000 + NPR 120,000 + NPR 360,000 + NPR 72,000 + NPR 36,000 + NPR 40,000 = NPR 648,000

Total Costs

Total Fixed Costs: NPR 400,000 (Machinery)

Total Annual Operating Costs: NPR 648,000

Total Annual Costs: NPR 400,000 + NPR 648,000 = NPR 1,048,000

Daily Production Capacity

Daily Production:

1,000 straws

Monthly Production: 1,000 straws x 30 days = 30,000 straws

Annual Production: 30,000 straws x 12 months = 360,000 straws

Cost Per Straw

Salary Cost per Straw: NPR 1

Raw Material Cost per Straw: NPR 0.2

Transportation Cost per Straw: NPR 0.1

Operating Cost per Straw

Annual Operating Costs: NPR 648,000

Annual Production:

360,000 straws

Operating Cost per Straw: NPR 648,000 / 360,000 straws = NPR 1.80 (approximately)

Total Cost per Straw

Salary: NPR 1

Raw Material: NPR 0.2

Transportation: NPR 0.1

Operating Cost: NPR 1.80

Total Cost per Straw: NPR 3.10 (approximately)

Pricing Calculation

1. 30% Profit Margin

Selling Price per Straw

Selling Price = NPR 3.10

× (1 + 0.30) = NPR

10 × 1.30 = NPR 4.03

(approximately NPR 4.05)

2. 50% Profit Margin

Selling Price per Straw

Selling Price = NPR $3.10 \times (1+0.50)$ = NPR 3.10×1.50
= NPR 4.65

Funding Request

Current Financial Situation

Startup Costs: Fully covered by internal resources.

Operating Expenses: Managed through initial revenue and internal funding.

Revenue Projections for NayaStraws

1. Year 1

Revenue

Daily Production: 1,000 straws

Monthly Production: 1,000 straws x 30 days = 30,000 straws

Annual Production: 30,000 straws x 12 months = 360,000 straws

Selling Price per Straw: NPR 4.05

Total Revenue: 360,000 straws x NPR 4.05 = NPR 1,458,000

- Operating Expenses

Fixed Costs: NPR 400,000

Annual Operating Costs: NPR 648,000

Total Expenses: NPR 400,000 + NPR 648,000 = NPR 1,048,000

- Net Profit

Net Profit: NPR 1,458,000 - NPR 1,048,000 = NPR 410,000

2. Year 2

Revenue

Increase in Production: 50% increase in production due to market expansion

Annual Production: 360,000 straws x 1.5 = 540,000 straws

Total Revenue: 540,000 straws x NPR 4.05 = NPR 2,187,000

Operating Expenses

Fixed Costs: No additional fixed costs assumed

Annual Operating Costs: Increased by 30% due to higher production and operational scaling

Annual Operating Costs: NPR 648,000 x 1.3 = NPR 842,400

Total Expenses: NPR 1,048,000 + (NPR 842,400 - NPR 648,000) = NPR 1,242,400

Net Profit

Net Profit: NPR 2,187,000 - NPR 1,242,400 = NPR 944,600

3. Year 3

Revenue

Further Increase in Production: 50% increase from Year 2

Annual Production: 540,000 straws x 1.5 = 810,000 straws

Total Revenue: 810,000 straws x NPR 4.05 = NPR 3,279,000

Operating Expenses

Fixed Costs: No additional fixed costs assumed

Annual Operating Costs: Increased by another 30% due to higher production and operational scaling

Annual Operating Costs: NPR 842,400 x 1.3 = NPR 1,095,120

Total Expenses: NPR 1,242,400 + (NPR 1,095,120 - NPR 842,400) = NPR 1,495,120

Net Profit

Net Profit: NPR 3,279,000 - NPR 1,495,120 = NPR 1,783,880

Use of Internal Funds

- Raw Material Procurement
- Ensuring a consistent supply of high-quality wheat stems.
- Production Equipment
- Investing in machinery for cleaning, cutting, drying, and polishing straws.
- Packaging and Distribution
- Developing eco-friendly packaging solutions and efficient distribution channels.
- Marketing and Sales
- Implementing marketing campaigns and expanding direct sales efforts.

- Product Development
- Researching and developing additional sustainable products like eco-friendly cutlery and reusable bags.

Return on Investment (RoI)
Internal RoI

Achieved through reinvesting profits into business growth, expanding product lines, and enhancing production capabilities.

The following appendices provide additional context and support for the main body of the business plan, ensuring a comprehensive understanding of the business model, market potential, and operational strategies.

Appendices
Appendix A: Resumes of Team Members

Shreedip Shah
Role: CEO & Co-Founder

- Experience**
- Extensive background in sustainable business practices and environmental science.
 - Experience in public speaking and event organization.
 - Leadership and communication skills.

- Skills**
- Project Management
 - Business Development
 - Marketing Strategy
 - Public Speaking

Subham Kharel
Role: COO & Co-Founder

- Experience**
- Experienced in operations management and supply chain logistics.
 - Holds a Bachelor's degree in Business Studies from Tribhuvan University.
 - Background in operations and supply chain management.
 - Experience in managing teams and optimizing processes.

- Skills**
- Operations Management
 - Supply Chain Optimization
 - Cost Management
 - Quality Control

Appendix B:
Market Research Data

- Market Trends**
- Increasing consumer demand for sustainable and eco-friendly products.
 - Government regulations banning single-use plastics in several regions of Nepal.
 - Rising awareness about the environmental impact of plastic waste.

- Customer Demographics**
- Primary demographic: urban and suburban residents aged 18-45, who are environmentally conscious.
 - Secondary demographic: businesses (cinemas, restaurants, cafes) seeking to enhance their eco-friendly image.

- Competitive Landscape**
- Few direct competitors in the Nepali market for wheat straws.
 - Potential competitors include manufacturers of other biodegradable straws (e.g., paper straws, bamboo straws).

Appendix C: Product Samples
Wheat Straws

- Description: Biodegradable straws made from wheat stalks.
- Features: Durable, compostable, and suitable for both hot and cold beverages.
- Benefits: Reduces plastic waste, environmentally friendly, and supports local agriculture.

Appendix D: Legal Documents
Business Registration:
Company Name: NayaStraws Pvt. Ltd.

Registration Number
123456789

Date of Incorporation: 2024

- Compliance Certificates**
- Certificate of Environmental Compliance from the Ministry of Environment, Government of Nepal.
 - Food Safety Certification from the Department of Food Technology and Quality Control, Government of Nepal.

Giga Genius Studio



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Executive Summary

Giga Genius is an innovative educational studio based in Nepal, dedicated to transforming the learning experience for children aged 3 to 12. Our studio offers a diverse range of engaging and interactive workshops designed to foster creativity, critical thinking, and a love for learning in a fun, supportive environment. Giga Genius is more than just an educational studio; it is a catalyst for change in Nepal's learning environment.

At Giga Genius Educational Studio, our core values underpin everything we do and are integral to our mission of transforming the educational experience for young learners. We are committed to innovation, continually embracing cutting-edge teaching methodologies and technologies to enhance and enrich the learning process. Our focus on creativity encourages students to think outside the box and develop strong problem-solving skills, essential for their future success. We prioritize inclusivity, fostering a diverse and supportive community where every child feels valued and accepted,

ensuring a sense of belonging for all students. Our approach to holistic development addresses not only the intellectual growth of each child but also their emotional, social, and physical well-being, providing a well-rounded education. Finally, we strive for excellence in all aspects of our work, continuously seeking to improve our practices and uphold the highest standards. By living these values every day, we aim to create a nurturing and dynamic learning environment that empowers children to reach their full potential.

SECOND PLACE
NPR 15,000/-
CASH PRIZE

1. Business Description

Mission

Our mission is to revolutionize early childhood education in Nepal by providing high-quality, hands-on learning experiences that cater to the unique needs and interests of young learners. Through our workshops, we aim to enhance cognitive development, promote problem-solving skills, and inspire a lifelong passion for discovery.

Vision

To be a leading educational studio that redefines childhood education through innovation, creativity, and a personalized learning approach.

Program Highlights

- **Age-Appropriate Training and Workshops:** Tailored to different developmental stages, our training and workshops are designed to be both educational and entertaining, ensuring that children remain motivated and engaged.
- **Diverse Offerings:** We provide a wide array of training and workshops such as pottery, gymnastics, gardening, public speaking, language development and phonetics, knitting and crocheting, creative writing, cooking and baking, painting etc.
- **Innovative Approach:** Utilizing cutting-edge educational techniques and materials, Giga Genius integrates play-based learning with structured educational content, making learning a joyful and impactful experience.
- **Expert Facilitators:** Our team comprises experienced educators and child development specialists who are passionate about fostering a positive and stimulating learning environment.

Market Opportunity

Nepal's education sector is evolving, with increasing recognition of the need for modern and effective learning methods. Giga Genius is uniquely positioned to meet this demand by offering a fresh approach that aligns

with global educational trends while addressing local needs.

Impact

By blending education with enjoyment, Giga Genius not only enhances academic skills but also supports emotional and social development. Our training and workshops are designed to build confidence, encourage collaboration, and stimulate curiosity, preparing children for future academic and personal success.

Future Outlook

As we continue to expand our training workshop offerings and refine our approach, Giga Genius aims to become a leading name in educational innovation in Nepal. Our goal is to reach more children and families, contributing to the broader educational landscape and setting new standards for early childhood learning in the region through reflecting Nepalese tradition and culture i.e. infrastructure set up of Newari architecture or village lifestyle, teaching the students to cook authentic

Nepalese dishes such as dhedo, daal bhat etc in a local kitchen setup.

2. Market Analysis

Target Market

1. Children (Participants)

Age Groups

Young children: 3-5 years old

Early primary school: 6-8 years old

Upper primary school: 9-12 years old

Adolescents: 13-15 years old (for specialized workshops)

2. Schools and Educational Institutions

Types

- Preschools and Kindergartens
- Elementary and Middle Schools
- After-school programs and summer camps

Needs

- Enrichment programs for students.
- Training programs to provide hands-on learning



experiences that cater to the unique needs and interests of young learners.

- Workshops to complement the school curriculum or provide extracurricular activities.

Special Interest Groups Types

- Hobby clubs (e.g., art and craft clubs, reading and writing clubs, cooking club etc)
- Sports teams

Needs

- Specialized workshops that align with their specific interests or cultural backgrounds.

Competitive Landscape Other Kid's Training and Workshop Studios

Offerings: Similar workshops focusing on arts, crafts, or other creative activities.

Strengths: Established reputation, specialized programs, and potentially larger facilities.

Weaknesses: May have a more rigid structure or less personalized service. Example: Grooming Tales (Public speaking, Gymnastics, Creative writing etc), Yoma Nepal (Music and Art), Bhada Kuti (pottery, crafts, DIY), Circus Kathmandu (Aerobics)

Offerings: Workshops, classes, and events often at lower costs or free.

Strengths: Lower costs, strong community ties, and established locations.

Weaknesses: May lack specialized or high-quality programming.

3. Marketing Strategies for Each Segment

Parents and Caregivers:

Digital advertising: Social media platforms, parenting blogs, and forums.

Local marketing: Flyers in community centers, schools, and pediatric offices.

Referral programs and testimonials.

Children (Participants):

- Engaging and age-appropriate advertising: Fun visuals and interactive content.
- In-studio events or open houses to attract and retain interest.

Schools and Educational Institutions:

Direct outreach:

Presentations, partnerships, and discounts for bulk bookings.

Custom workshops tailored to school curricula.

Special Interest Groups:

Targeted workshops:

Custom-tailored programs that align with their specific interests.

Collaboration on events and programs that cater to niche markets.

4. SWOT Analysis

Strengths

1. Engaging and Fun

Environment: The studio creates a dynamic and enjoyable space that attracts both kids and parents.

2. Creativity and Learning:

Offers creative and educational activities that enhance children's skills and learning experiences.

3. Experienced Staff: Skilled instructors or facilitators who understand child development and can effectively engage kids.

4. Community Engagement:

Ability to build strong local connections through trainings, workshops, events, and partnerships with schools or community organizations.

5. Diverse Offerings: Variety of training and workshops (arts, crafts, cooking etc.) catering to different interests and age groups.

Weaknesses

1. High Operating Costs:

Expenses for maintaining the studio, purchasing materials, and hiring staff can be significant.

2. Limited Market Reach: May only attract families within a certain geographic area, limiting growth potential.



3. Seasonal Variability:

Business might experience fluctuations in attendance based on school schedules and holidays.

4. Dependence on Local

Marketing: Heavy reliance on local advertising and word-of-mouth for attracting new customers.

Opportunities

1. Expansion of Offerings:

Introducing new types of training workshops or programs, such as online classes or weekend camps, to attract a broader audience.

2. Partnerships and

Collaborations: Collaborating with schools, daycare centers, or community organizations to offer exclusive programs or events.

3. Digital Presence:

Enhancing online marketing efforts and building a robust digital presence to reach more families and increase visibility.

4. Franchising or Multiple

Locations: Expanding to other locations or franchising the business model to reach a wider audience.

Threats

1. Economic Downturn:

Economic challenges might lead families to cut discretionary spending, including extracurricular activities.

2. Competition: Other similar workshops or entertainment options may offer competing services, potentially drawing away clients.

3. Changing Trends: Rapid changes in children's interests and trends may require constant adaptation of workshop content.

4. Regulatory Changes:

New regulations related to child care, safety standards, or business operations could impact the studio's operations.

5. Health and Safety

Concerns: Ongoing or future health crises (like pandemics) could disrupt operations and affect attendance.

5. Organization and Management

Executive Team

Executive Director

Sandhya Rai

Responsibilities: Overall leadership and strategic planning, overseeing the entire operation of the studio, representing the studio to external stakeholders, and ensuring alignment with the studio's mission and goals.

Reports to: Board of Directors (if applicable)

Chief Operating Officer (COO)

Lasata Tamrakar

Responsibilities: Managing daily operations, including staffing, scheduling, and resource allocation. Ensures smooth execution of training and workshops and overall efficiency.

Reports to: Executive Director

Chief Creative Officer (CCO)

Animon Rapacha

Responsibilities: Overseeing the development and implementation of training and workshop content, ensuring

creative and educational quality, and coordinating with workshop instructors.

Reports to: Executive Director

Departments

A. Workshop Programming and Content: Animon Rapacha

- Head of Workshop Design

Responsibilities: Developing and curating training and workshop content, designing new workshop themes, and ensuring alignment with educational standards.

Reports to: Chief Creative Officer

- Workshop Coordinators

Responsibilities: Assisting in the implementation of training and workshop content, scheduling workshops, and supporting workshop leaders in preparation.

B. Operations and

Administration: Lasata Tamrakar

- Head of Operations

Responsibilities: Overseeing daily studio operations,

managing staff schedules, handling logistics, and ensuring a safe and functional environment for children.

- **Reports to:** Chief Operating Officer

- Administrative Assistants

Responsibilities: Handling customer service, managing registrations and payments, maintaining records, and supporting daily administrative tasks.

C. Marketing and Outreach:

Sandhya Rai

- Head of Marketing and Communications

Responsibilities: Developing marketing strategies, promoting training and workshops, managing social media, and coordinating community outreach efforts.

Reports to: Chief Operating Officer

- Marketing Coordinators

Responsibilities: Implementing marketing campaigns, creating promotional materials, and engaging with the community.

Responsibilities: Conducting workshops, engaging with children, and providing feedback to the Head of Workshop Design.

Reports to: Chief Creative Officer

- Assistant Workshop Instructors

Responsibilities: Assisting lead instructors during workshops, supporting children, and ensuring workshop materials are prepared.

Support Staff

- Custodians

Responsibilities: Maintaining cleanliness and safety of the studio environment.

- Technical Support Staff

Responsibilities: Managing any technical needs related to training and workshops (e.g. sound system).

Workshop/ Training (Monthly)

15 hours (3 hours per week)

Art Exploration Package

Age Group: 4-8 years

Duration: 15 hours

Includes:

- Painting, drawing, and crafting sessions
- Use of various art supplies (paints, markers, paper, clay)
- Guided instruction and free exploration time
- Take-home art project

Workshop Instructors

Outsourced Instructors	In-House Instructors
Painting Instructor	Cooking and baking instructor
Swimming Instructor	Gardening instructor
Pottery Instructor	Public speaking instructor
IT Instructor	Language and phonetics instructor
Knitting and crocheting Instructor	Creative writing instructor

Creative Writing & Storytelling Package

Age Group: 8-12 years

Duration: 15 hours

Includes:

- Creative writing exercises and storytelling games
- Group activities to develop plots and characters
- Personalized storybooks created by the children
- Reading and sharing time

Little Sculptors Package

Age Group: 4-7 years

Duration: 15 hours

Includes:

- Basic pottery techniques (pinch pots, simple shapes)
- Hands-on experience with clay
- Guided project to create a small piece (e.g., a cup or ornament)
- Painting session
- Take-home pottery piece

Young Botanist Package

Age Group: 4-12 years

Duration: 15 hours

Includes:

- Introduction to basic gardening concepts (planting, watering, soil)
- Hands-on planting of easy-to-grow seeds or seedlings (e.g., sunflowers, herbs)
- Craft activities (decorating plant pots)
- Learning about different plant types and their needs
- Take-home planted pot

Tiny Tumblers Package

Age Group: 4-6 years

Duration : 15 hour

Includes:

- Introduction to basic gymnastics skills (rolling, jumping, balance)
- Fun, age-appropriate exercises and games
- Mini obstacle courses
- Safety practices and basic stretches
- Certificate of achievement

Rising Stars Package

Age Group: 7-10 years

Duration: 15 hours

Includes:

- Skill development in floor exercises, balance beam, and vault
- Introduction to basic routines and techniques
- Group drills and games to build strength and flexibility
- Performance showcase at the end of the session
- Gymnastics badge

Gavel Club Packages (Public Speaking & Debate)

Junior Speakers Package

Age Group: 7-13 years

Duration: Yearly

Includes:

- Introduction to basic public speaking and storytelling
- Fun speech activities and impromptu speaking games
- Tips on body language and voice modulation
- Group presentation and feedback
- Certificate of participation

Young Orators Package

Age Group: 11-14 years

Duration: Yearly

Includes:

- Structured speech preparation and delivery techniques
- Introduction to debate formats and public speaking strategies
- Practice sessions with peer feedback
- Individual and group presentations

Culinary Training for Kids:

Little Chefs Cooking Class

Target Audience

S.N.	Cooking menu
1	Mo:mo
2	Daal Bhaat
3	Dhido
4	Sel Roti
5	Teel ko laddoo

- Age Group: 7-14 years old
- Skill Level: Beginner to Intermediate
- Duration: 15 hours (3 hours per day, 5 recipes)
- Introduction & Safety Briefing: 15 minutes
- Cooking Session: 2 hours
- Tasting & Sharing: 45 minutes

6. Marketing and Sales Strategy

Branding

Brand Name & Tagline

- Brand Name: Giga Genius
- Tagline: "Unleash Your Inner Genius"

Positioning

Market Positioning

- Unique Selling Proposition (USP)

Innovative Curriculum:

Our curriculum is designed to inspire curiosity and a love for learning. We blend traditional subjects with modern educational practices, including project-based learning in a infrastructure setting which reflects village life and traditional architecture to connect the cultural roots of the younger generation to Nepali history, culture and tradition.

Target Audience

Age group- Toddlers (2-4 years)

Preschoolers (4-6 years)

Early elementary (6-12 years)

Promotional Tactics

Online Marketing

- Social media

Use platforms like Facebook, Instagram, to share engaging content, including videos of past workshops, behind-the-scenes looks, and testimonials. Run targeted ads to reach parents in your area.

- Website

Maintain an informative and user-friendly website with details on workshop schedules, pricing, and registration. Include testimonials and a blog with relevant content.

Offline Marketing

Community Engagement

Partner with local schools, libraries, and community centers to promote your workshops. Offer free demonstrations or mini-workshops as a teaser.

Flyers and Posters: Distribute visually appealing flyers and posters in places frequented by parents, such as schools, pediatrician offices, and family-friendly venues.

Public Relations

Press Releases: Share news about significant milestones, unique events, or partnerships with local media.

Influencer Partnerships:

Collaborate with local influencers or bloggers who focus on parenting or education to review and promote your workshops.

Pricing strategy

Month-Long Training

Programs: These are regular, ongoing classes that typically meet once or multiple times a week.

Day Workshops: These are single-session or short-term events focused on specific activities or themes.

Pricing Models

Month-Long Training Programs

Standard Rate: NPR. 8000-NRS. 10,000 for monthly enrollment.

Package Discounts: 10% discount for quarterly packages.

Sibling Discounts: discounts for families enrolling multiple children.

Day Workshops

Per Workshop Pricing: NRS 2000 for each workshop. This can vary based on the duration and materials required.

Workshop Series Discount: discount for signing up for a series of related workshops.

Group Rates: discounts for group bookings, such as birthday parties or school groups.

Promotional Discounts

Early Bird Specials: discounts for early registration.

Referral Programs:

Incentivize current customers to refer new families with discounts or free classes.

Trial Offers: Offer discounted or free trial classes to attract new students.

Payment Options

Online Payment Systems: Provision for parents to pay online through various methods.



Feedback & Adjustment

- Regularly Collect Feedback Use surveys or direct feedback to understand parents' perceptions of value and adjust pricing or offerings as needed.

Workshop Themes & Branding Extensions

Giga Genius Academy:

Themed training and workshops such as “Mini Scientists,” “Young Artists,” “Culinary Kids,” and “Junior Engineers.”

Giga Genius Clubs: After-school clubs focusing on specific interests, providing a consistent, ongoing learning experience.

Seasonal Camps: Special programs during school holidays, like “Summer Science Camp” or “Winter Wonderland Crafts.”

Color Palette

Primary Colors: Bright and

engaging, such as electric blue, sunshine yellow, and vibrant red. These colors evoke excitement and creativity.

Key Messaging For Parents

- “Empower your child to explore new horizons and discover their unique talents with our diverse range of training and workshops.”
- “Safe, nurturing, and educational environment designed to inspire creativity and critical thinking.”

For Kids

- “Unleash your imagination and become a Giga Genius!”
- “Learn, create, and have fun with exciting activities and new friends.”

Visual & Marketing Materials

Website

Bright, engaging design with

easy navigation. Include sections for workshop descriptions, schedules, instructor bios, and testimonials. Ensure mobile-friendliness.

Flyers & Brochures

Colorful, with engaging visuals and concise information about upcoming workshops and events. Include call-to-action for registration.

Social Media

Use platforms like Instagram, Facebook, and YouTube to showcase workshop highlights, creative projects, and student testimonials. Use hashtags like #GigaGenius and #UnleashYourGenius.

Merchandise

Branded items like t-shirts, aprons, notebooks, mascots and badges. These can be used as rewards or sold as merchandise.

7. Funding Plan

Assumptions

- **Initial Investment:** NRs. 25 lakhs
- **Revenue Growth Rate:** 20% annually (conservative estimate, can adjust based on market research)
- **Operating Expense Growth Rate:** 15% annually (to account for inflation and business expansion)
- **Initial Monthly Revenue:** NPR 6 lakhs (based on previous projections)
- **Initial Monthly Expenses:** NPR 2.3 lakhs

Annual Financial Projection Year 1

- **Annual Revenue:** NPR 600 thousand * 12 months = NPR 702 thousand
- **Annual Operating Expenses:** NPR 2.3 lakhs * 12 months = NRs. 27.6 lakhs
- **Annual Profit:** NPR 72 lakhs - NRs. 27.6 lakhs = NPR 44.4 lakhs

Year 2

Revenue Growth: 20%

Annual Revenue: NPR 72 lakhs * 1.2 = NPR 86.4 lakhs

Expense Growth: 15%

Annual Operating Expenses: NPR 27.6 lakhs * 1.15 = NPR 31.74 lakhs

Annual Profit: NPR 86.4 lakhs - NPR 31.74 lakhs = NPR 54.66 lakhs

Year 3

Revenue Growth: 20%

Annual Revenue: NPR 86.4 lakhs * 1.2 = NPR 1.0368 crore (10.368 million)

Expense Growth: 15%

Annual Operating Expenses: NPR 31.74 lakhs * 1.15 = NPR 36.501 lakhs

Annual Profit: NPR 1.0368 crore - NPR 36.501 lakhs = NPR 70.179 lakhs

Year 4

Revenue Growth: 20%

Annual Revenue: NRs. 1.0368 crore * 1.2 = NRs. 1.24416 crore (12.4416 million)

Expense Growth: 15%

Annual Operating Expenses: NRs. 36.501 lakhs * 1.15 = NRs. 41.976 lakhs

Annual Profit: NRs. 1.24416 crore - NRs. 41.976 lakhs = NRs. 82.44 lakhs

Year 5

Revenue Growth: 20%

Annual Revenue: NRs. 1.24416 crore * 1.2 = NRs. 1.492992 crore (14.92992 million)

Expense Growth: 15%

Annual Operating Expenses: NRs. 41.976 lakhs * 1.15 = NRs. 48.2724 lakhs

Annual Profit: NRs. 1.492992 crore - NRs. 48.2724 lakhs = NRs. 1.0107196 crore (10.107196 million)

Cumulative Financial Summary

Total Revenue (5 years): NPR 5.941952 crore

Total Operating Expenses (5 years): NPR 1.8608094 crore

Total Profit (5 years): NPR 4.0811426 crore

8. Financial Projection Initial Setup Costs

Rent (Deposit + Advance): NPR 5 lakhs

Renovations & Interiors: NPR 3 lakhs

Equipment & Furniture: NPR 4 lakhs

Initial Marketing & Promotions: NPR 2 lakhs

Licenses & Permits: NPR 1 lakh

Total Initial Setup Costs: NPR 15 lakhs

8.2. Operating Expenses (Monthly)

Rent: NPR 1 lakh

Salaries & Wages: NPR 1 lakh

Utilities: NPR 10,000

Supplies & Materials: NPR 20,000

Maintenance: NPR 10,000

Marketing & Advertising: NPR 30,000

Miscellaneous: NPR 10,000

Total Monthly Operating Expenses: NPR 2.8 lakhs

Revenue Projections (Monthly)

Assuming the studio offers various workshops and classes:
Average Workshop Fee: NPR 8,000

Number of Participants per Month: 75

Total Monthly Revenue: NPR 6 lakhs



Profit and Loss Statement (Monthly)

Revenue: NPR 6 lakhs

Operating Expenses: NPR 2.8 lakhs

Monthly Profit: NRs. 6 lakhs - NPR 2.8 lakhs = NPR 3.2 lakhs

Break-even Analysis

To find the break-even point:

Total Initial Setup Costs: NPR 15 lakhs

Monthly Profit: NPR 3.2 lakhs

Break-even Point: Initial Setup Costs/Monthly Profit = NPR 15 lakhs/NPR 3.2 lakhs ≈ 4.7 months

Use of Funds

The requested funding of NPR 10 lakhs will be allocated as follows:

- **Facility Expansion and Renovation:** NPR 3 lakhs
Expanding the studio space to accommodate more students and enhance the learning environment
- **Equipment and Supplies:** NPR 2 lakhs
Purchasing new equipment and materials for workshops, including art supplies, educational tools, and safety equipment
- **Marketing and Outreach:** NPR 2 lakhs
Increasing our marketing efforts to attract more students, including digital marketing, local advertisements, and partnerships with schools
- **Staff Training and Development:** NPR 1 lakh
Investing in the professional development of our staff

to ensure high-quality teaching and a safe, nurturing environment for children.

- **Contingency Fund:** NPR 2 lakhs

To cover any unexpected expenses and ensure smooth operations during the expansion phase

Expected Outcomes

With the funding, we expect to achieve the following:

- **Increased Capacity:**
Doubling our student capacity from 75 to 150 students per month.
- **Enhanced Learning Experience:** Providing a more diverse range of workshops and better-quality materials.
- **Increased Revenue:**
Projected revenue increase to NRs. 12 lakhs per month, based on increased student enrollment and expanded offerings.
- **Community Impact:**
Greater engagement with the local community, providing educational and creative opportunities for children.

Return on Investment

Investors can expect a [Specific Type of Return, e.g., Equity Share, Interest Rate] with a projected return on investment (RoI) of [X]% within [Y] years. The break-even point is expected to be reached within [Z] months after receiving the funding.

Ari Beauty Point & Training Center



Grishma Shakya
Co-founder, Ari Beauty
Point & Training Center

Executive Summary

Investing in beauty education paves the way for a future where every individual thrives and shines. To bring beauty to life through knowledge and empowerment, I am pleased to propose my business idea: Ari Beauty Point & Training Center. It is a full-fledged educational institution offering a comprehensive range of practical courses designed to inspire, inform, and develop skills in cosmetology, beauty, hair, and makeup. With three years of success, Ari has successfully established branches at Kumaripati and Lagankhel. We aim to provide top-tier education and hands-on training to aspiring beauty professionals. Our goal is to expand our beauty course offerings, open additional branches, establish thoughtful beauty academy and become a leading name in beauty education in Nepal.

Our next branch destination would be Kathmandu, further expanding our reach and impact in the beauty education sector.

Its target markets are: aspiring cosmetologists, estheticians, makeup artists, skin professionals, beauty pageants participants, young-women, semi-skilled women. Our unique position as Nepal's leading beauty education provider allows us to be Exclusive Educational Institution, experienced founders and educators and allows us to offer comprehensive and practical curriculum, high-quality beauty services, empowerment and skill development, strategic location and expansion plans, community engagement and networking, supporting learning environment. Based on our market research and financial analysis, we project steady revenue growth with a break-even point within the first two years of operation. By the third year, we anticipate reaching a significant milestone in profitability, driven by the increasing demand for our unique combination of services and training programs.

THIRD PLACE
NPR 5,000/-
CASH PRIZE

1. Business Description

Business Name and Location

Ari Beauty Point & Training Center, with branches at Kumaripati and Lagankhel.

Business Overview

Offering beauty services such as hair styling, makeup, skincare treatment, nail services and full cosmetology along with training programs for aspiring beauty professionals.

Business History

Founded three years ago by founder of Ari Ashma Shakya, who bring extensive experience in beauty and education.

Management Team: Founder Ashma Shakya, Co-founder Grishma Shakya and a team of experienced beauty professionals and educators. Legal Structure: Sole proprietorship.

Mission

Empowering the beauty industry with skilled professionals through innovative and practical education

Vision

To be the leading beauty education and service provider in Nepal, recognized for our commitment to excellence, innovation, and empowerment

Objectives

- Short term Objectives
 - to establish a strong presence in the local market, attract the batch of students, and provide high- quality beauty services.
- Long Term Objectives
 - to expand our course offerings to include advanced and specialized beauty techniques.
 - to open additional branches with the next target being Kathmandu.
 - to establish beauty schooling & Academy & Become a leading name in beauty education in Nepal.

What We Do

Ari Beauty Point & Training Center offers a unique blend of beauty services and educational programs designed to meet the highest industry standards. Our offerings include:

1. Beauty Services

- Hair styling and treatments
- Professional makeup services
- Skincare treatments
- Nail services
- Customized beauty packages for special events

2. Educational Programs

- Comprehensive courses in cosmetology
- Hair styling and cutting techniques
- Advanced makeup artistry
- Skincare and esthetics
- Nail technology
- Workshops and seminars on the latest beauty trends and techniques

Target Customers

Our target customers include:

Aspiring Beauty Professionals

Individuals seeking to start or advance their careers in the beauty industry, including cosmetologists, estheticians, makeup artists, and hair stylists.

Popular Faces and Fashion Designers

High-profile clients and fashion industry professionals looking for expert beauty services.

Beauty Pageant Participants

Contestants needing specialized beauty treatments and training.

Women

Women seeking to enhance their skills and confidence through beauty education and services.

How We Plan to Meet their Needs

a.High-Quality Education

Our courses are designed to be practical and hands-on, ensuring students gain the skills and confidence needed to excel in the beauty industry. We use the latest techniques and industry standards in our training programs.

b. Experienced Instructors

Our team of seasoned beauty professionals and educators provide personalized attention and mentorship to each student, fostering a supportive learning environment.

c. Comprehensive Services

We offer a wide range of beauty services, ensuring clients receive the best treatments tailored to their needs. Our professional staff uses high-quality products and the latest techniques to deliver exceptional results.



d. State-of-the-Art Facilities

Our branches in Kumaripati and Lagankhel are equipped with modern facilities and advanced beauty equipment, providing an ideal environment for both training and services.

e. Community Engagement

We actively participate in beauty pageants, runway shows, fashion shows, seminars, and government-affiliated empowerment beauty training programs. These activities provide our students with valuable exposure and networking opportunities.

f. Continuous Improvement

We regularly update our courses and services based on industry trends and feedback, ensuring we remain at the forefront of beauty education and services in Nepal.

By combining top-quality education with professional beauty services, Ari Beauty Point & Training Center is committed to empowering individuals and setting new standards in the beauty industry.

2. Market Research for Ari Beauty Point & Training Center

a. Industry Analysis

The beauty and cosmetology industry in Nepal is growing rapidly, driven by increasing consumer interest in personal grooming, aesthetic

treatments, and professional beauty services. This growth is fueled by a rising middle class, greater disposable income, and heightened awareness of global beauty trends through social media and digital platforms.

Market Trends

Rising Demand for Professional Training: There is a growing interest among young individuals to pursue careers in the beauty industry, leading to increased demand for professional training programs.

Shift Towards Natural and Organic Products:

Consumers are increasingly seeking beauty products and treatments that use natural, organic, and eco-friendly ingredients.

Influence of Social Media:

Platforms like Instagram and YouTube are heavily influencing beauty trends, with tutorials and product reviews driving consumer preferences.

Technological Advancements

The adoption of advanced beauty technologies and treatments, such as laser therapies and non-invasive procedures, is on the rise.

Customization and Personalization Customers are looking for personalized beauty solutions tailored to their specific needs and preferences.

b. Target Market

Our target market consists of various segments, each with distinct needs and preferences:

Aspiring Beauty Professionals:

- **Demographics** Typically aged 18-35, predominantly female, high school graduates or above.
- **Needs** High-quality education, practical training, industry-recognized certification, and career placement support.

Estheticians and Skin Professionals

- **Demographics** Professionals aged 25-45, seeking advanced training and skill enhancement.
- **Needs** Specialized courses, advanced techniques, and continuous professional development.

Makeup Artists

- **Demographics:** Aged 20-40, creative individuals with a passion for beauty and aesthetics.
- **Needs** Advanced makeup techniques, portfolio development, networking opportunities.

Fashion Designers and Popular Faces

- **Demographics:** Professionals and celebrities aged 25-50, involved in the fashion and entertainment industries.
- **Needs:** Professional beauty services, personalized treatments, and on-call beauty experts for events.

Beauty Pageant Participants

- Demographics Young women aged 18-30, preparing for local and national beauty contests.
- Needs Comprehensive beauty and grooming training, confidence-building, and stage presence coaching.

Empowered Women

- Demographics Women aged 25-50, seeking to enhance their skills and self-esteem.
- Needs Personal grooming courses, empowerment workshops, and beauty services.

c. Competitive Landscape

The competitive landscape includes both direct and indirect competitors. Direct competitors are other beauty schools and training centers, while indirect competitors are beauty salons offering limited training programs.

Direct Competitors

Other Beauty Training Institutes Institutions offering similar courses in cosmetology, hair, and makeup.

- Strengths Established reputation, experienced faculty, extensive alumni network.
- Weaknesses Limited course variety, lack of practical training, outdated curriculum.

Indirect Competitors

Beauty Salons with Training Programs Salons that provide

informal training sessions or workshops.

- Strengths Hands-on experience, direct industry exposure.
- Weaknesses Unstructured curriculum, limited certification, lack of comprehensive training.

d. Market Opportunities

Identifying potential opportunities involves understanding unmet needs and areas where Ari Beauty Point & Training Center can differentiate itself:

- Comprehensive Curriculum Offering a wider range of specialized courses, including advanced techniques and emerging trends.
- Flexible Learning Options Providing part-time and weekend classes for working professionals.
- Industry Partnerships Collaborating with beauty brands and professionals to offer exclusive workshops and seminars.
- Online Courses Expanding reach by offering online courses and virtual training sessions.
- Empowerment Programs Creating initiatives that focus on empowering women through beauty and self-care education.
- Eco-Friendly Practices Adopting sustainable and eco-friendly beauty practices to appeal to environmentally conscious consumers.
- Job Placement Services: Establishing a robust job

placement program to help graduates secure employment in the beauty industry.

- **Community Engagement:** Increasing involvement in local events, beauty pageants, and fashion shows to enhance visibility and reputation.

e. Customer Demographics

Age Range: Primarily 18-45 years old.

Gender: Predominantly female, with a growing interest among males.

Education Level: High school graduates, college students, and working professionals.

Income Level: Middle to upper-middle class, with disposable income for beauty education and services.

Geographic Location:

Primarily urban areas in Nepal, with potential to attract students from neighboring regions.

3. Organization and Management

Ari is a team. Ari truly believe that behind every success there are team members making it all possible. The management team is composed of highly experienced professionals who bring their expertise to various aspects of the business, contributing to its overall success and growth.

Ashma Shakya - Co-founder and Visionary Leader

Role: Provides strategic direction and vision.

Responsibilities:

- Setting long-term goals
- Driving innovation
- Enhancing educational program

Experience : Renowned personality in the beauty industry with a proven track record of success.

Grishma Shakya - Co-founder and Managing Director

Role: Oversees overall operations, strategic planning, and business development.

Responsibilities:

- Strategic decision-making
- Business growth and expansion
- Maintaining operational efficiency

Experience: Extensive background beauty education and management.

Anu Deshar - Senior Beautician, Facialist, and Skincare Specialist

Role: Leads the skincare department.

Responsibilities:

- Designing and delivering advanced facial and skincare treatments



- Training students in skincare techniques
- Ensuring client satisfaction

Experience: 8 years as a beautician, facialist, and skincare professional

Sonu Limbu - Nail Artist and Professional Makeup Artist

Role: Heads the nail art and makeup department.

Responsibilities:

- Providing nail services and makeup artistry
- Mentoring students in nail and makeup techniques
- Maintaining high service standards

Experience: Skilled nail artist and professional makeup artist with a keen eye for detail.

Matina Shakya - Professional Hair Treatment Specialist

Role: Manages the hair treatment and styling department

Responsibilities:

- Offering specialized hair treatments
- Educating students on hair care
- Staying updated with industry trends

Experience Expert in hair care and treatment.

Hira Shova Shakya - Professional Hair Stylist

Role: Specializes in hair styling

Responsibilities

- Delivering high-quality hair styling services
- Training students in hair styling techniques
- Ensuring client satisfaction

Experience: Dedicated hair stylist with a focus on providing high-quality hair treatments and styling

Sajan Gopali - Content Creator

Role: Develops and manages content for marketing and promotional activities.

Responsibilities:

- Creating marketing content
- Enhancing online presence
- Driving promotional activities

Experience: Creative professional with expertise in content creation and digital marketing

Sarita Shakya - **Receptionist**

Role: Manages the front desk and client inquiries.

Responsibilities:

- Handling client inquiries
- Coordinating appointments
- Ensuring smooth daily operations

Experience: Experienced receptionist with excellent communication and customer service skills.

Rikesh Shakya - **Finance Manager**

Role: Oversees financial planning, budgeting, and analysis.

Responsibilities:

- Financial planning and budgeting

- Financial analysis and reporting
- Ensuring the financial health of the center

Experience Professionally a loan manager at a bank, bringing extensive experience in financial management.

Additional 10 dedicated Ari team Member

The organizational structure at Ari Beauty Point & Training Center is designed to ensure efficient operations and high-quality service delivery. Each key member's expertise and dedication contribute to the center's mission of empowering individuals

Pricing

S.N	Name of cosmetology courses	Duration of training	Duration of internship	Time per day	Price
1.	Diploma full beauty course	6 months	3 month	3 hrs.	1 lakh
2.	Advance beauty Course	3 months	1 month	2 hrs.	40 thousand
3.	Basic Beauty Course	1 month	7 days	2 hrs.	15 thousand
4.	Professional Makeup Course	1 month	7 days	2 hrs.	30 thousand
5.	Professional Nail Art	2 months	10 days	2 hrs.	45 thousand
6.	Special Hair Cutting Courses	2 months	7 days	2 hrs.	35 thousand
7.	Special Lashes Extension course	1 month	3 days	2 hrs.	25 thousand
8.	Hair Chemical Courses	45 days	7 days	2 hrs.	45 thousand
9.	Skin hydrating & Facial Courses	45 days	7 days	2 hrs.	30 thousand
10.	Creative makeup Art	1 month	7 days	2 hrs.	50 thousand
11.	Professional Mehendi Art	2 months	7 days	2 hrs.	35 thousand
12.	Professional Russian Hairstyling course	1 month	5 days	2 hrs.	55 thousand

through innovative and practical beauty education.

4. Products and Services Lines

A. Training Courses

1. Cosmetology Courses

Features: Comprehensive curriculum covering skincare, makeup, haircare, and salon management.

Benefits: Equips students with a wide range of skills, increasing their employability and business opportunities.

2. Specialized Beauty Workshops

Features: Short-term workshops focusing on specific skills like bridal makeup, advanced hair styling, or skincare treatments.

Benefits: Provides specialized training for those looking to enhance their expertise in specific areas.

Pricing: till now we conducts many workshop at cost only 2000.

3. Certification Programs

Features: Official certifications in various beauty disciplines, including makeup artistry, hair treatment, and skincare.

Benefits: Enhances credibility and marketability for professionals seeking formal recognition.

Pricing: Higher pricing due to the certification value and extensive training.

4. Consultation and Mentoring

Features: One-on-one mentoring sessions with industry experts.

Benefits: Personalized guidance and career advice tailored to individual needs.

Pricing: Premium pricing based on the mentor's experience and session duration.

B. Beauty Services

1. Hair Styling and Treatments

Features: Services include haircuts, coloring, and treatments such as keratin and hydrating masks.

Benefits: Enhances client appearance and hair health with professional techniques and products.

Pricing: Varied based on service complexity and stylist expertise.

2. Skincare Treatments

Features: Facial treatments, anti-aging therapies, and acne solutions.

Benefits: Addresses various skin concerns, improving skin health and appearance.

Pricing: Ranges from 2500-7500

3. Makeup Services

Features: Professional makeup for events, including bridal, party, and photo shoots.

Benefits: Provides high-quality makeup application tailored to individual client needs.

Pricing: Premium pricing for special events and custom looks.

Bridal package – 35000

Simple event makeup-3500

2. Meeting the Needs of Target Markets

1. Aspiring Cosmetologists and Beauty Professionals:

Courses and Certifications: Offer comprehensive training and certifications to help them build a successful career.

Specialized Workshops:

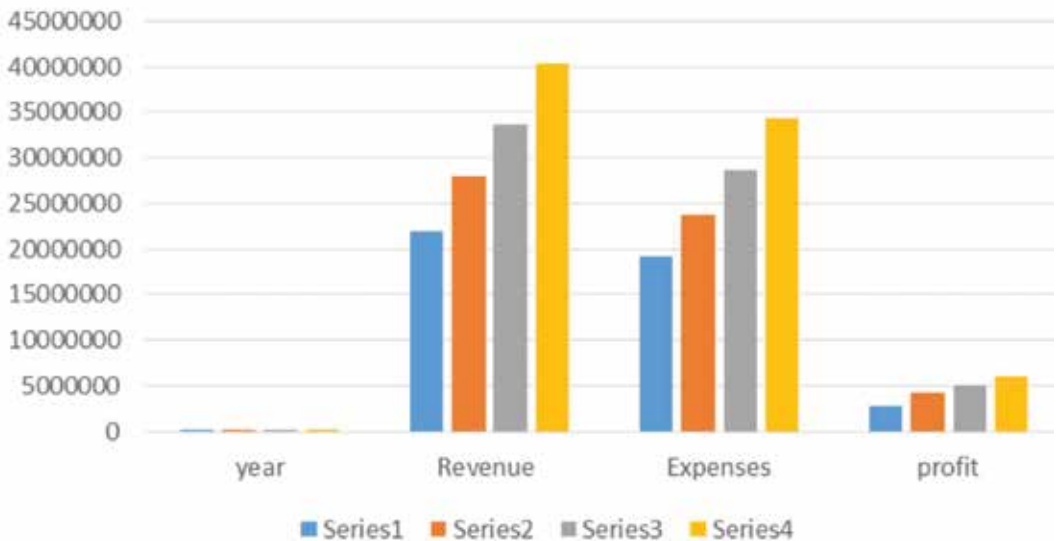
Provide targeted workshops to enhance specific skills and keep up with industry trends.

2. Consumers Seeking Beauty Services:

Quality Services: Deliver high-quality hair, skin, and makeup services to meet their grooming and aesthetic needs.

Personalized Experience:

Offer customized services to cater to individual preferences and requirements.



3. Differentiating Your Business

1. Comprehensive Curriculum:

Distinctive Offering: Unlike competitors, Ari Beauty Point & Training Center offers a full range of courses and certifications in one place, providing a more holistic education.

2. Experienced Trainers:

Expertise: With a team of highly skilled professionals, including experienced beauticians and specialized trainers, your center provides superior training compared to less experienced competitors.

3. Tailored Programs:

Customization: Provide flexible course formats (full-time, part-time, online) and specialized workshops that cater to the diverse needs of students and professionals.

4. Certification Value:

Credibility: Your certifications are recognized in the industry, offering a significant advantage over less accredited programs.

5. Advanced Technology:

Innovative Tools: Use state-of-the-art equipment and techniques that competitors might not offer, enhancing the quality of both training and beauty services.

6. Customer Experience:

Personal Touch: Focus on personalized customer service and support, from tailored training to customized beauty services, setting you apart from larger, less personal competitors.

By clearly defining these elements, you can effectively communicate the value of Ari Beauty Point & Training

Center's offerings and how they meet the needs of your target market while differentiating from competitors.

Marketing and Sales Strategies

A. Target Market Segmentation

1. Aspiring Beauty Professionals:

Demographics: Ages 18-35, predominantly female, looking for career opportunities in the beauty industry.

Geographics: Primarily located in urban areas like Kathmandu, with potential reach in other major cities.

Psychographics: Passionate about beauty and fashion, seeking formal education and certification.

2. Consumers Seeking Beauty Services:

Demographics: Ages 20-45, both genders, middle to high income.

Geographics: Primarily in Kathmandu, focusing on areas around Kumaripati and Lagankhel branches.

Psychographics: Interested in professional grooming, fashion-conscious, seeking high-quality beauty treatments.

B. Positioning and Branding

1. Positioning:

Education Leader: Position Ari as Nepal's premier beauty training center with comprehensive courses and expert trainers.

Quality Service Provider:

Emphasize high standards of beauty services offered,

using top-tier products and techniques.

2. Branding:

Brand Message: "Empowering Beauty, Inspiring Excellence."

Brand Values: Quality, Expertise, Innovation, Empowerment.

Visual Identity: Consistent use of professional, elegant design elements in all marketing materials, including logo, website, and social media.

C. Pricing Strategy

1. Training Courses:

Competitive Pricing: Slightly above average market rates, reflecting the high quality and comprehensive nature of the courses.

Flexible Payment Plans: Offer installment plans to make courses more accessible.

2. Beauty Services:

Value-Based Pricing: Pricing based on the perceived value and quality of services, ensuring affordability while maintaining profitability.

Tiered Pricing: Different price tiers for basic, advanced, and premium services.

D. Promotional Tactics

1. Digital Marketing:

Social Media Campaigns:

Utilize platforms like Instagram, Facebook, and YouTube for targeted ads, tutorials, and success stories.

SEO and Content Marketing:

Regularly update the website with blog posts, tutorials, and industry news to improve search engine rankings and attract organic traffic.

Email Marketing: Send newsletters with course updates, promotions, and

1. Year 1:

Courses Offered:

S.N	Training Courses	Price	No of students	Annual Revenue from training courses
1.	Full Diploma Courses	1 lakh	50	50 lakh
2	Advance Beauty Course	40 thousand	30	12 lakh
3.	Basic Beauty Courses	15 thousand	30	4 lakh 50 thousand
5.	Professional makeup courses	30 thousands	84	25 lakh
6.	Professional nail Art course	45 thousands	50	22 lakh 50 thousand
7.	Special hair chemical course	45 thousands	30	13 lakh 50 thousand
8.	Special hair cut courses	35 thousand	30	10 lakh 50 thousand
9.	Special lashes course	25 thousand	30	7 lakh 50 thousand
Total revenue				14550000

beauty tips to current and potential customers.

2. Events and Partnerships:

Workshops and Seminars:

Host regular events and invite industry experts to attract new students and clients.

Partnerships: Collaborate with beauty product brands, fashion designers, and influencers to expand reach and credibility.

3. Referral Programs:

Incentives: Offer discounts or free services to customers who refer new clients or students.

Loyalty Programs: Implement a loyalty program to reward repeat customers with exclusive discounts and perks.

E. Distribution Channels

1. Physical Locations:

Branches: Continue operations in Kumaripati and Lagankhel, with plans to expand to a new branch in Kathmandu.

On-Site Training: Conduct courses and offer services at

physical locations, ensuring hands-on experience and direct interaction.

2. Online Platforms

E-Learning: Develop an online learning platform for remote courses, increasing accessibility and reach.

Online Booking: Implement an online booking system for beauty services, improving convenience for customers.

2. Sales Forecasting

A. Projected Revenue from Training Courses

2. Year 2:

Courses Offered: 12 comprehensive courses, 18 workshops.

Average Enrollment: 25 students per course, 35 participants per workshop.

Revenue: $(12 \text{ courses} * 25 \text{ students} * 66000) + (18 \text{ workshops} * 35 \text{ participants} * 13200) = 28116000$

3. Year 3:

Courses Offered:

15 comprehensive courses, 20 workshops.

Average Enrollment:

30 students per course, 40 participants per workshop.

Revenue: $(15 \text{ courses} * 30 \text{ students} * 66000) + (20 \text{ workshops} * 40 \text{ participants} * 13200) = 40260000$

B. Projected Revenue from Beauty Services

Year 1

Average Monthly Clients: 150

Average Service Cost: 2000.

Revenue: $150 \text{ clients} * 12 \text{ months} * 2000 = 3600000$

Year 2

Average Monthly Clients: 200

Average Service Cost: 2500

Revenue: $200 \text{ clients} * 12 \text{ months} * 2500 = 6000000$

Year 3

Average Monthly Clients: 250.

Average Service Cost: 3000

Revenue: $250 \text{ clients} * 12 \text{ months} * 3000 = 9000000$

C. Revenue generated from Beauty pageants

Year 1: 7 events * 60000 = 420000

Year 2: 9 events * 80000 = 720000

Expenses Category	Amount
Renovation and Setup	2,000,000
Equipment Purchases	3,000,000
Initial Marketing	500,000
Staff Hiring and Training	1,500,000
Licensing and Permits	200,000
Miscellaneous	300,000
Total Startup Costs	300,000
	7,500,000

Operating Expenses

Expense Category	Monthly Amount (NPR)	Annual Amount (NPR)
Rent	300,000	3,600,000
Utilities	100,000	1,200,000
Salaries	800,000	9,600,000
Marketing	200,000	2,400,000
Supplies and Materials	150,000	1,800,000
Miscellaneous	50,000	600,000
Total Operating Expenses	1,600,000	19,200,000

Revenue Projections

Year	Revenue (NPR)	Expenses (NPR)	Profit (NPR)
2023	22,000,000	19,200,000	2,800,000
2024	28,000,000	23,800,000	4,200,000
2025	33,600,000	28,560,000	5,040,000
2026	40,320,000	34,272,000	6,048,000

Financial Projection

Income Statement (Next 3 Years)

Year	Revenue (NPR)	Expenses (NPR)	Profit (NPR)
2024	28,000,000	23,800,000	4,200,000
2025	33,600,000	28,560,000	5,040,000
2026	40,320,000	34,272,000	6,048,000

Balance Sheet (2026)

Assets	Amount (NPR)	Liabilities & Equity	Amount (NPR)
Current Assets	10,000,000	Liabilities	15,000,000
Fixed Assets	25,000,000	Owner's Equity	20,000,000
Total Assets	35,000,000	Total Liabilities & Equity	35,000,000

Cash Flow Statement (Next 3 Years)

Year	Cash Inflows (NPR)	Cash Outflows (NPR)	Net Cash Flow (NPR)
2024	28,000,000	23,000,000	5,000,000
2025	33,600,000	27,500,000	6,100,000
2026	40,320,000	33,000,000	7,320,000

Year 3: 10 events *

100000=1000000

D. Revenue generated from work shop

Year 1: Rs2000* 100 students

* 4 times in a year = 800000

Year 2: Rs 2500*100 students

* 6 times in a year=1500000

Year 3 : Rs 3000* 100* 12

=3600000

E. Revenue generated from government training program

Year 1: Rs 60000 per month *

4 month =240000

Year 2: Rs 60000 per

months*6 months =360000

Year 3: Rs 80000 per months *

12= 960000

Funding Request

Current Financial Situation

Startup Costs

The initial setup costs for Ari Beauty Point & Training Center included expenses related to setting up the two branches in Kumaripati and Lagankhel. These costs encompassed renovations, equipment purchases, initial marketing, and hiring staff.

Operating Expenses

Current operating expenses for the two branches include rent, utilities, salaries, marketing, and miscellaneous costs.

Return on Investment (ROI)

The ROI is calculated based

on the net profit generated from the investment.

ROI Calculation for 2023

$ROI = (\text{Net Profit} / \text{Total Investment}) \times 100$

Total Investment (including startup costs): NPR 7,500,000
Net Profit for 2023: NPR 2,800,000

$ROI = (2,800,000 / 7,500,000) \times 100 \approx 37.33\%$

ROI Calculation for 2024:

Total Investment (including startup costs): NPR 7,500,000
Net Profit for 2024: NPR 4,200,000

$ROI = (4,200,000 / 7,500,000) \times 100 \approx 56\%$

The ROI shows a steady increase, reflecting the business's growth and profitability. With the planned expansion to Kathmandu, we expect the revenue to increase significantly, driving higher profits and an improved ROI. The calculated ROI demonstrates a strong potential for growth and profitability, making Ari Beauty Point & Training Center an attractive investment opportunity.

Assumptions for Next 3-5 Years

- Annual revenue growth of 20%.
- Steady increase in student enrollment.
- Controlled operational expenses with an annual increase of 15%.
- Continued high demand for

beauty and cosmetology education

Appendices

Founders' Resumes: Detailed resumes of Grishma shakya and Ashma Shakya.

Course Curriculum: Overview of the curriculum for each course offered.

Market Research Data:

Detailed market analysis and feasibility study reports.

Legal Documents: Business registration, certifications, and licenses.

Review & Revise

Review Process:

- Regular review meetings with the management team to assess progress and make necessary adjustments.
- Quarterly financial reviews to ensure alignment with projections.
- Annual strategic planning sessions to refine growth strategies and set new objectives.

Revisions

- Adjust marketing strategies based on performance metrics.
- Reevaluate financial projections and assumptions based on actual performance.
- Update expansion plans based on market conditions and feasibility studies goals.



Personal Note

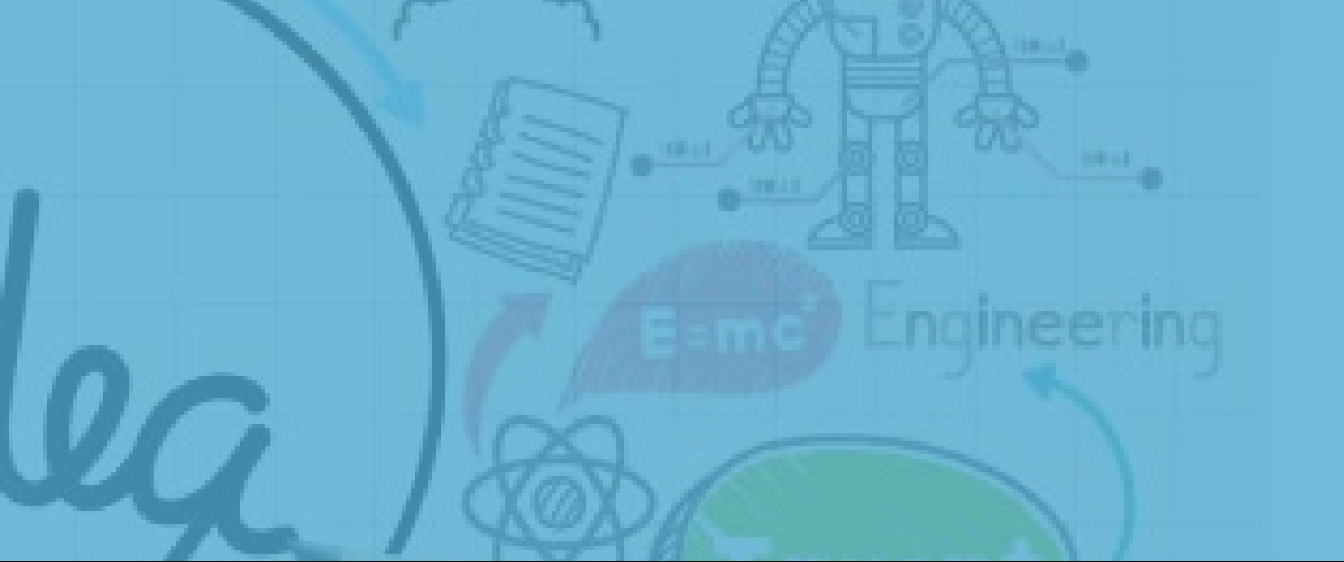
As a co-founder of Ari Beauty Point & Training Center, my heart always beats for Ari. I am immensely proud of what we have achieved over the past three years, successfully establishing our branches in Kumaripati and Lagankhel. Our next exciting goal is to expand to Kathmandu, bringing our unique blend of beauty services and education to even more aspiring professionals.

Working alongside my sister, Ashma Shakya, whose vision and dedication have been instrumental in our success, has been incredibly fulfilling. Our journey has been one of passion, hard work, and an unwavering commitment to empowering individuals in the beauty industry.

Thank you for taking the time to learn about Ari Beauty Point & Training Center. We look forward to continuing our journey of growth and making a lasting impact in the beauty industry in Nepal.



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:

- | | | | |
|---|--|----|---|
| 1 | A Living Mosaic of Youth and Vision in <i>United Luminary # 2</i>
■ Ritika Shakya | 10 | Studying a Language and Studying Mathematics
■ Avyudaya Khadka |
| 2 | From Setback to Comeback
■ Animon Rapacha | 11 | Aniwatch- The Anime Wonderland
■ Ansha Bajracharya |
| 3 | Personality defined by <i>Bhagwat Geeta</i>
■ Mahesh Aryal Chhetri | 12 | How Hotpot Won Me Over
■ Ankita Chipalu |
| 4 | Pathao
■ Nena Khadgi | 13 | Wikipedia's Review
■ Salina Subedi |
| 5 | Rethinking Management Education
■ Anup Shrestha | 14 | Letterboxd Reviewed
■ Salina Subedi |
| 6 | Ode to My Father
■ Supriya Paudel | | |
| 7 | Netflix
■ Pranisha Tamang | | |
| 8 | Butter Chicken and Me: A Taste of Home
■ Yugen Maharjan | | |
| 9 | Respect Muklung— A Cultural Heritage
■ Dr. Lal Rapacha | | |

A Living Mosaic of Youth and Vision in *United Luminary* # 2

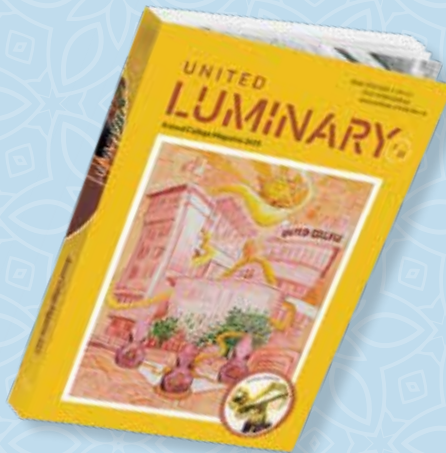


Ritika Shakya

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2019-2023 (1st Batch)

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Picture a canvas, alive with colors, where every thread weaves a new story. That's what this is— a living, breathing mosaic of young minds shaping the world. Like a group of friends gathered around a campfire, sharing their thoughts and passions, each voice brings a spark. I think about a time when I was just like them— dreaming big, with no idea how to start, but knowing that somehow, we all end up finding our way. Let's start from the beginning from being one Unitedian and always a Unitedian, its feels specials to go through the thoughts



and writeups from another Unitedian. The charm lies in the care and effort, and that's exactly what this annual magazine from United College exudes: a mix of brilliance and imperfection that makes it all the more real.

At first glance, the magazine's structure feels like wandering through a bustling market. Each section—a unique stall selling stories, ideas, and dreams. The editorial sets the tone, weaving a hopeful narrative about Nepal's youth. It calls out to students who dream of leaving, gently nudging them to stay and create something beautiful in their homeland.

At first glance, the magazine's structure feels like wandering through a bustling market. The editorial sets the tone, weaving a hopeful narrative about Nepal's youth.

Patchwork of Strengths

Let's talk about its heart, shaped by the contributions of students. They are like stars scattered across a vast night sky, each shining

brightly in their own way. One piece that particularly stood out was “Silent Struggles: Addressing Anxiety and Panic Attacks.” Writing this article, I reflected on a friend who once described anxiety as an invisible, relentless storm in her chest. I hope my words offer reassurance, reminding readers that they are not alone in their struggles.

And then there’s Animon Rapacha’s “From Bazaars to Bytes,” which unpacks the digital transformation of Nepal’s e-commerce landscape. The piece is analytical yet hopeful, like standing at the edge of a bridge and imagining the bustling cities it could connect. It’s clear Animon isn’t just writing—she’s dreaming.

The magazine doesn’t shy away from tough questions, either. Pieces like “The Digital Divide: Navigating Education in the Age of Technology” by Aakriti Mahat and Aayush Tamang delve into the inequalities laid bare by technology. The article reads like a wake-up call wrapped in prose, urging us to consider who gets left behind in the race for progress.

But Even the Brightest Stars Flicker

Not every piece hits the mark. Some of the poetry feels like trying to read a love letter through a foggy window—beautiful in intent but hard to grasp. Take “On My Moon

Time” by Supriya Paudel. The imagery is stunning, but the flow feels rushed, as if the poet was racing to capture their thoughts before they faded. And maybe that’s the charm—it’s raw and real, like emotions often are.

The design, though vibrant, occasionally feels overwhelming. Some pages are a riot of colors and fonts, like a festival crowd where everyone’s trying to talk at once. While it’s lively, it can distract from the content. A little restraint could’ve let the words breathe.

Grammar and typos? They’re there, lurking in corners. But they’re not the glaring kind. More like a friend who mispronounces a word in conversation—you notice, but it doesn’t take away from what they’re saying.

Stories That Stick Like Burrs

What really makes United Luminary #2 memorable, though, are the personal stories. “Pathways of Dreams and Friends” by Yusuf Shrestha paints this brilliant picture of a young boy balancing books and buffalo herding in a remote village. From a modest childhood to a campus full of ambition, Yusuf’s story is nothing less than inspiring—something one would love to hear over a cup of tea on a cozy afternoon.

Then there’s the humor—yes, the magazine finds space for

laughter too. The joke section isn’t anything out of this world, but it’s endearing. It’s like those jokes your dad tells you: predictable but making you smile.



The Researcher’s Toolkit

One of the magazine’s standout features is its “Research Writing Guidelines” section. It’s a treasure trove for students, a step-by-step guide for anyone venturing into the maze of academic writing. The inclusion of sample research articles adds a practical touch, making it less like a textbook and more like a friendly mentor.

The Art of Balancing Light and Shadow

If I were to describe United Luminary #2 through just one picture, it would be that of a patchwork quilt: some patches are frayed, but others shine in brilliant colors; put together, they form the story of creativity, effort, and growth.

First and foremost, the success of the Toastmasters Club needs an applaud. Receiving the Leaders Limelight Award and garnering the top spots in the international speech contests? That is no small feat. It is proof that the students of United College are not dreamers but doers.



However, the magazine fails to give an opportunity to find out the challenges which these achievers had faced. Success stories shine brighter when paired with the shadows they overcame.

Reflections and a Gentle Nudge

Reading United Luminary #2 feels like sitting around a campfire with friends. Everyone shares their thoughts, some profound, others playful, and a few

stumbling over their words. But that's the magic—it's human, relatable, and warm.

To the editorial team, I'd say this: take a deep breath. Don't rush the next issue. Let the ideas simmer and the layouts settle. And to the contributors, keep writing. Don't be afraid to push boundaries or share your rawest truths.

Lastly, United Luminary #2 isn't perfect, but it doesn't

have to be. It's a reflection of its creators—students and faculty navigating the complex dance of creativity and deadlines. It's a reminder that brilliance doesn't come from perfection but from passion. If you're looking for polished perfection, this magazine might not be your cup of tea. But if you want to feel the heartbeat of Nepalese youth—their hopes, struggles, and dreams—then this is a must-read.

From Setback to Comeback



Animon Rapacha

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It was a bright afternoon in 2013 when my Math's teacher began announcing the test results, one by one. When he called my name, "Animon," and asked me to stand, I instantly sensed something was wrong. What I never expected was to fail a Math's test for the very first time—in my 8th Grade. The moment was crushing, especially for me, the class monitor and the "Good Student," now standing embarrassed in front of everyone. On my way home, all I could think about was my dad's promise—he had told me he'd gift me a Stephen Hawking book if I excelled in my Math's exam. "Which book?" I didn't know. But after admitting that I had failed, fear consumed me—I was sure he'd be upset or disappointed.

Instead, he smiled gently, handed me the book, and said, "Failure is a part of life. You deserve this gift despite the result. Keep working hard." That single moment stayed with me. While my mother scolded me with warnings and lectures, I chose to sit with my journal, capturing my emotions and lessons learned. The second time I faced academic failure, it was far more devastating. This time it wasn't just one paper—it was three. I felt ashamed, broken, and convinced my life was over. With both my parents working in the education sector, I believed failure wasn't an option. Failing felt like I had let them down, like I had "cut off their nose" as their daughter.

Yet, my parents remained determined to help me bounce back. I was growing older and, slowly, wiser. With time, I learned to create a plan that worked for me—a student who had not just stumbled on one subject but had fallen across three. This time, I became more conscious of how my setbacks were impacting my mental well-being. I took the time to reflect and learn ways to move forward by focusing on self-improvement. Here are some

key lessons I applied during my comeback from significant academic challenges.

1. Plan over procrastination

I began by listing out the topics for each subject and creating a daily study schedule with specific time slots. Honestly, Day 1 was tough, but I kept showing up for myself with consistency. Instead of letting the fear of failure take over, I pushed forward by taking small, intentional steps. This approach helped me gain control over my routine and gradually built a long-lasting habit.

2. Effective study techniques

I started exploring different ways to study smarter



and more effectively. The first method I tried was the Pomodoro technique, which really helped me stay focused by breaking my study time into short sessions with regular breaks. Along the way, I also discovered note-taking strategies and memory techniques like mnemonics, active recall, and brainstorming. These tools helped me dive deeper into topics and build a strong foundation in my studies.

3. Journaling

Student life can feel overwhelming with constant exams and tests, so to balance my academics with my personal well-being, I started journaling. Keeping a diary allowed me to pour out my thoughts and emotions, helping me reduce burnout and stay focused. I often asked myself questions starting with “Why?”—Why am I studying? What outcome do I want? Is this effort worth the sacrifices I’m making? Writing down the answers gave me clarity and a stronger sense of purpose in my study journey.

4. Stay active

Studying exercises the mind, but I realized my body needed equal attention. So, I made time to work out and began going to the gym. Staying active not only improved my physical health but also boosted my confidence and resilience, both mentally and physically. Whether it was a quick 30-minute



cardio session or a long two-hour lifting workout, each session kept me motivated, disciplined, and determined to push my limits.

5. Content Creation

Studying alone for long hours often felt challenging, so I decided to share my journey online—and that’s how my Instagram account @studywithanimon was born. Creating study-related videos not only tapped into my creative side but also allowed me to connect with a community of Nepali students. Through this platform, I interacted with others, learned about their struggles, and even mentored them with solutions I had discovered along the way. Later, I launched the “Padhante Series”, which gained popularity and inspired many students across platforms like Instagram

and TikTok. Content creation soon became more than just a hobby—it opened opportunities for me as a freelance creator, leading to brand collaborations, PR packages, and even an additional source of income. Padhante Series content creation

6. Read Self-Help Books

When I first set out to build a winner’s mindset, I honestly didn’t know where to begin. That’s when I turned to self-help books. Titles like “The Winning Attitude” by Jeff Keller, “Think Like Da Vinci” by Michael J. Gelb, and “13 Things Mentally Strong People Don’t Do” by Amy Morin offered me practical guidance and fresh perspectives. These books not only strengthened my resilience but also broadened my outlook on personal growth and self-improvement. Studies indicate

that students who engage in reading—especially physical books—tend to perform better academically. They also develop stronger vocabulary, sharper critical thinking skills, and see improvements in memory, focus, and even empathy.

7. Don't Be Too Hard on Yourself

As a student, I often pushed myself to perform better, but sometimes that pressure turned into toxic motivation. Over time, I realized the importance of caring for my emotional well-being, and that's when I discovered the concept of emotional intelligence. One idea that really helped me was the "Dichotomy of Control". It taught me to distinguish between what's within my control and what isn't. For instance, during exam season, I would list things I could control—like my revision time, mindset, and sleep schedule versus things I couldn't, such as how an examiner graded my paper. Shifting my focus to discipline and consistent



effort, instead of obsessing over results, gave me peace of mind and the strength to keep moving forward.

I turned what once felt impossible into reality. From struggling with setbacks to topping board exams, my journey proves how much consistency and hard work can pay off. It wasn't easy—there were sleepless nights, overwhelming anxiety, and moments of self-doubt where I felt consumed by overthinking. But by sticking

to this roadmap for my comeback, every challenge became worth it. So, if you ever feel like giving up, remind yourself that it's okay to take as many chances as you need.

Each day is an opportunity to grow into a stronger, wiser version of yourself. Looking back, it's almost ironic—setbacks, which once felt like roadblocks, were actually the very stepping stones that shaped me into who I am today: stronger, prouder, and unshaken.

Personality defined by *Bhagwat Geeta*



Mahesh Aryal Chhetri

Personality means the set of characteristics, traits, behaviors, and patterns that make a person unique. In simple words, emancipation is how you think, feel, and behave in different situations.

Based on the idea of *Gunas* (qualities or forms of nature),

the *Bhagavad Gita* provides a profound and eternal explanation of human personality. Three *Gunas* (personalities) work together to impact each person's behaviour, thoughts, and temperament, according to the *Geeta*.

According to the *Bhagwat Geeta*, the three *gunas* (personalities) are:

1. **Sattvic** (Goodness, Harmony, Purity)
2. **Rajasic** (Passion, Activity, Desire)
3. **Tamasic** (Ignorance, Inertia, Darkness)

Sattvic personality

This type of personality is known as the Mode of Goodness. By nature, they are calm, pure, balanced, and wise. They have clarity of mind, honesty, and self-control, seek truth, knowledge, and inner peace, act without selfish motive and work with compassion. These types of people value harmony, cleanliness, and meditation. They always follow a common lifestyle; eat healthy and pure food, enjoy helping others and spiritual practices and seek happiness through understanding and service.

As per the knowledge & intellect aspect, they see the one divine essence in all beings, despite the diverse forms. Their knowledge is pure and leads to liberation. They perform their duty without attachment to the results, without love or hatred, as an offering to the Divine.

This personality type of person finds joy in self-realization joy that may seem bitter but becomes nectar-like, leading to lasting peace.

Rajasic Personality

The rajasic personality is also known as The Mode of Passion. *Rajasic* people are energetic, ambitious, and driven by

desire and attachment. They are constantly active and seeking results and motivated by ambition, recognition, and material gain. Such personality person experiences joy in achievement but also anxiety and dissatisfaction. These personality people always want to be rich, Seek pleasure, luxury, and success.

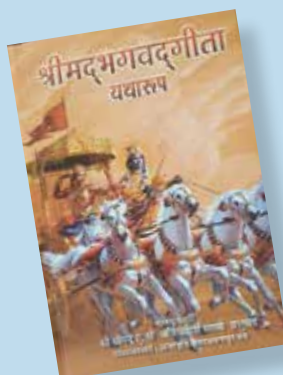
As per the knowledge & intellect aspect, they see different realities in different creatures, leading to a fragmented, dualistic view of the world. Their knowledge is practical but self-centered. They work with great effort but are intensely attached to the results and the fruits of their labor, seeking personal gratification and recognition. They derive pleasure from the contact of the senses with their objects. This joy is like nectar at first but ends like poison, as it is temporary and breeds more desire. Their determination is driven by desire, attachment, and a craving for the rewards of heaven, power, or wealth. It is unsteady and cannot sustain itself. *Rajasic* people prefer foods that are excessively bitter, sour, salty, hot, pungent, dry, and burning, which

cause pain, grief, and disease. A *rajasic* person is ambitious, hardworking, but also restless, anxious, and easily frustrated when their desires are not met.

Tamasic Personality

Tamasic people are lazy, dull, confused, and resistant to change. They are not motivated and have no discipline and engage in destruction and violence. *Tamasic* people always keep ignorance over effort, often deluded or negligent. They are attached to one small, wrong idea and see it as the whole truth. Their knowledge is dark and leads to delusion. They work without considering consequences, loss or injury to others, or their own capacity. Their work is undertaken out of delusion, without a sense of duty or proportion. They find pleasure in sleep, laziness, intoxication, and negligence. This joy is delusive from beginning to end, as it veils one's true nature. They enjoy stale, tasteless, impure food

According to the *Geeta*, our personalities are a dynamic fusion of *Rajas*, *Tamas*, and *Sattva*. In order to master *Rajas* and *Tamas*, the spiritual path entails deliberately developing *Sattva*. Eventually, with the help of divine grace and self-awareness, we will transcend all three and find our actual, everlasting Self. It has been said that one can achieve emancipation and transcend even the purity of *Sattva* by dedication, knowledge, and meditation.



Pathao



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Introduction

Pathao is a leading multi-services platform in Nepal, offering ride-hailing, food delivery and parcel services. The website and mobile app are designed to provide an easy and efficient way for users to access these services, making everyday tasks more convenient. Whether you're commuting, ordering food, or sending a package, Pathao streamlines the process with a user-friendly interface.

How the site works

The website allows users to easily book rides, order food, or send parcels by selecting the respective services. After creating an account, customers can input their destination for rides, select their preferred restaurant for food delivery, or enter parcel detail for delivery. The site offers tracking features and shows estimated times, making it easy to plan ahead.

Why the site is better than other similar sites

Pathao stands out in Nepal because it combines multiple services under one platform. While other apps, like Tootle or Foodmandu, specialize in one area, Pathao offers a seamless experience for both transportation and delivery services. It also features competitive pricing, faster services in urban areas, and excellent customer

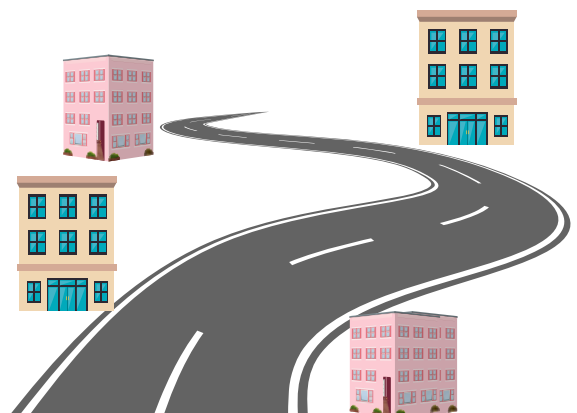
support, making it a preferred choice for users in Nepal.

Extra features of the site

In addition to the primary services, Pathao offers extras such as real-time tracking, promotion discounts, and flexible payment options including cash on delivery and online payment. The platform also rewards loyal users, adding more value to the overall experience.

Conclusion

Overall, Pathao provides a well-rounded and efficient services in Nepal, making it the go-to platform for rides, food delivery, and parcel services. Its user-friendly website, multiple services options, and extra features make it a top choice for customers seeking convenience and reliability in their daily tasks.



Rethinking Management Education

Nepalese universities must go beyond the traditional model to address local and global challenges.



Anup Shrestha¹
Senior Lecturer

The primary mission of universities is to cultivate responsible leaders capable of positively impacting their communities. Nepali universities stand at a crossroads in this mission, with a unique opportunity to embrace the United Nations-supported Principles for Responsible Management Education (PRME) framework. This global initiative provides a roadmap for universities to guide their management programmes toward producing ethical and sustainable leaders. PRME equips future business leaders with the skills to balance economic, environmental and social objectives and strongly emphasises advancing the Sustainable Development

Goals (SDGs). With over 800 worldwide institutions committed to this initiative, PRME represents the largest collaboration between the UN and higher education institutions.

Regrettably, Nepali universities have yet to demonstrate a strong commitment to integrating the PRME framework or sustainable business practices into their programmes. As the world increasingly looks to business leaders for solutions to global challenges, the time has come for our academic institutions to align their mission with this transformative initiative.

Responsible management education is not new—it has been discussed for nearly 50 years. However, it was only in 2007 that former UN Secretary-General Ban Ki-moon launched PRME under the UN Global Compact as a response to growing concerns about unethical behaviour in the business world. Updated in 2023, the PRME framework consists of



seven key principles: Purpose, values, teach, research, partner, practice, and share. These principles are designed to help universities create programmes that produce responsible leaders who contribute to a more just and sustainable society.

By adopting the framework, universities can align their educational goals with the 17 SDGs—a global blueprint for peace and prosperity for people and the planet. For business schools, the practical focus on the SDGs in teaching encourages the development of responsible management practices that align with global targets. The SDGs provide a tangible way to assess progress, offering management educators clear benchmarks to work towards developing future leaders.

The Gap in Nepalese Universities

In Nepal, management education is highly sought-after, with four major universities—Tribhuvan University, Pokhara University, Kathmandu University and

¹ Shrestha is a Senior Lecturer in the School of Business at the University of Southern Queensland, Australia. Source: <https://kathmandupost.com/columns/2024/10/29/rethinking-management-education> Published @ October 29, 2024 Updated @ October 29, 2024 23:40

Purbanchal University—offering business degrees at both undergraduate and postgraduate levels. These institutions collectively educate the largest cohort of Nepalese students in business disciplines such as BBA, BBS, BBM, MBS and MBA programmes.

Despite their reach and influence, reviewing these universities' offerings reveals an alarming lack of emphasis on responsible management and sustainability. For instance, Tribhuvan University's Faculty of Management claims to produce "socially responsible entrepreneurs," while Pokhara University aims to develop "responsible citizens of the world." Yet, neither provides clear details on how these objectives are met nor whether PRME principles are incorporated into the curriculum. Meanwhile, Kathmandu University and Purbanchal University do not mention responsible management at all. These omissions are not merely theoretical. They signal a disconnect between the global shift towards sustainable business practices and the business education offered in Nepal. By failing to integrate PRME, our universities risk producing ill-equipped leaders to address Nepal's pressing challenges, such as sustainable development, inequality and environmental degradation.

Why PRME Matters for Nepal

Nepal's unique development challenges require responsible leadership. The adoption of PRME could be a transformative step, as it provides a framework for Nepali universities to fulfil their social contract with students and the nation. It is no longer enough for universities to offer programmes based on Western business models that prioritise profit over people. Instead, management programmes must cultivate critical thinkers who understand the need for ethical leadership and sustainable practices that align with the needs of Nepal's local business context. However, Nepali universities face significant barriers.

The commercialisation of higher education has pushed many institutions to adopt Western principles that may not align with local needs. Additionally, global accreditation pressures have driven universities to compete with private academic institutions, some of which follow foreign education models that are not regulated by Nepal's national education body. These trends make it harder for universities to create innovative curricula that challenge unsustainable industry practices and foster the development of responsible leaders.

A Roadmap for Change

Despite these challenges, management educators in Nepal have a pivotal role in integrating PRME into three critical areas: Teaching, research and engagement.

Curriculum reform is essential to embedding PRME in Nepal's management programmes. Educators should prioritize creating courses on responsible leadership, sustainable business practices and ethical decision-making. Sharing content through academic journals and online platforms, as well as conducting seminars on PRME-related topics will expose students to the latest thinking on responsible management. Regular seminars and workshops should be organized to bring together academics, students and practitioners to discuss the application of these principles in Nepal's context.

Management educators can contribute by researching issues directly affecting Nepal's economic and social progress, such as the impact of gender inequality on growth, the role of businesses in reducing corruption and sustainable food security. Collaborative research efforts can provide new insights and inform national policy and business practices. These findings will directly benefit the development of responsible leaders capable of addressing Nepal's

pressing challenges. Similarly, active engagement with governments, businesses and the media is crucial for building sustainability capacity. This engagement will ensure that Nepal's economic growth is both inclusive and sustainable, benefiting all sections of society. By partnering with the private sector, educators can also provide students with real-world examples of responsible management practices, enriching their learning experience.

By embracing the PRME framework, Nepali universities can fulfil their obligation to prepare students for the complex challenges of the modern world. Beyond technical skills, universities must instill in future leaders a deep commitment to sustainability, ethics and social responsibility.

The framework offers a practical pathway to achieve this, helping universities align their curricula with the global call for responsible management. It is time for Nepali universities to move beyond traditional business education models and adopt a forward-looking approach that addresses local and global challenges. Only then can they produce the leaders Nepal needs—those who will not only excel in the global market but also contribute to creating a more sustainable future for all, contributing to the real achievement of SGDs in Nepal.

Ode to My Father



Feeling joyful, missing my dad
Feeling sorrowful, missing my dad
Feeling proud, missing my dad
Feeling anxious, missing my dad
Feeling inspired, missing my dad



Supriya Paudel
BBM 4th Semester

I realize you keep appearing as my dad
His smile, his laughter, what I endlessly seek
Time flies, yet memories linger
Like a melody, time replays the same beats

In every good way, you are missed
In every second, every millisecond, you are missed
This world feels empty without your presence

This tiny heart of yours wants to
Cry out loud, but oh dear, how can I
Make you cry, my Lord?
I hope you are doing fine in heaven

It's so unfair that you
See us like a god, yeah. We have to deliver
Like a post service, sending without reply
Seen by those desperate to know how they are

This universe is so unfair; if we
Could journey both ways, it would be heavenly
Oh, I wish I had a special judge

Where I could raise my hand
And take the special right to meet you
Where I would sacrifice myself
To bring you back to us

Oh, my dear dad, you are my superhero
I will wait for the moment
When you are desperate to meet me
But for now, I will do good deeds for you.

Source: <https://theannapurnaexpress.com/story/49985/>
Aug. 5, 2024, 12:30 a.m.

Netflix



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Netflix is popular streaming service that offers a vast collection of movies, T.V. shows, and documentaries. It provides content in multiple genres, catering to a wide audience. My first impression of Netflix was that it had an easy-to-use interface and diverse content library.

Users need to create an account and choose a subscription plan. The home page recommends content

based on viewing history and preferences. It offers categories search options and a "Continue watching" section for convenience. The site allows streaming on various devices, including smart TV's, phones, and tablets. Unlike many competitors, Netflix produces original content (e.g.: "Stranger Things", "SquidGame").

It has a user-friendly interface with personalized recommendations. The ability to download content

for offline viewing, which is a great feature. It offers multiple language options, subtitles, and dubbing, making it accessible worldwide.

Overall, Netflix is a reliable and high-quality streaming platform. The biggest advantage is its vast and exclusive content library. However, one downside is that some shows/movies leave the platform after a while. I would highly recommend Netflix for anyone who enjoys binge-watching entertainment.

Butter Chicken and Me A Taste of Home



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Food is more than something we just eat. It's one of the most important things we living craves for. It can remind us of place, people and memories. For me, butter chicken is not just a dish, it is a taste of home, it's the feeling, and many more.

Butter chicken is one of the most famous dishes in Indian cuisine. It is made with tender chicken pieces cooked in a rich, creamy tomato sauce, flavored with spices like garam masala, ginger, garlic, and butter. It is often eaten with naan. Though I make it myself, the smell of butter

chicken cooking fills the whole house with warmth, and it always brings a smile to my face.

I still remember the first time I cooked butter chicken. 3 years ago, I first time tasted butter chicken in a restaurant located in Jawalakhel, Lalitpur. It was so tasty since then I was big fan of butter chicken. It was so buttery, the creamy texture, the taste woah it was too awesome.

And one day I decided to make butter chicken at home. I didn't know the recipe of

butter chicken so I watched the recipe on YouTube and made it. When the butter chicken was ready, it was so good. Even when my parents tasted it, they said it was too good and yes, I was happy. Since then, the butter chicken has been a part of my home.

Whenever I eat butter chicken now, I remember the first time I made it, the taste, the cooking style, etc. The familiar taste brings back memories of family dinners, and lazy Saturday afternoons. It reminds me of my roots, my desire for cooking.

Butter chicken has also become a way for me to share a part of my cooking skills with others. When I make it for relatives, they often ask questions about the dish and how I made it. It makes me proud to talk about Indian food and how important it is in our lives.

In a busy world where things are always changing, butter chicken is my comfort food. It brings peace, joy, and a sense of belonging. For me, butter chicken is more than just a meal, it is a taste of home, filled with taste and memories.

Respect Mukumlung— A Cultural Heritage



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Relatively, a 'cultural heritage' is the soul of any nation, reflecting its history, values, and identity. It bridges and connects the past to the present and guides future generations. Among the countless cultural treasures in Nepal, Mukumlung stands out as a symbol of the unique Mundhum traditions, history, and Indigenous identity of the Yakthung Indigenous people in Pallo Kirat, annexed to modern Nepal by PN Shah through a political treaty only in the first half of the 19th century.

Based on contested historical evidence, Pallo Kirat Desh or Rastra 'Nation' is not a defeated or conquered Indigenous land territory, as was Newakot, 'land of Newa people,' or Yalakhom, Wollo, or Majh Kirat, 'land of original Newa or Kirat peoples.' 'No rulers should erase this foundational history of modern Nepal, founded by the Indigenous peoples' blood and sweat for centuries since prehistory.

In recent predatory conflicts of vampire nature in and

around Phungling, including the Mukulung movement(s) for 'No Cable Car', respecting Mukulung is not merely an act of preserving the past; it is a commitment to honoring the legacy of the Yakthung nation, fostering unity in diversity, and ensuring that the richness of its culture continues to inspire and educate all society.

This write-up briefly explores why respecting Mukulung is essential, emphasizing its cultural, historical, and social significance from the indigenous world's perspective. Their native philosophical or scientific worldview is 'survival for all' (inclusivity or social justice) as opposed to 'survival for the fittest' (singularity or exclusivity or social injustice) blindly adopted by capitalists'/ money-makers' point of view worldwide.

A Repository of History and Identity

Mukulung, then, is a tangible site, a tradition, or an intangible cultural practice, embodying the history and identity of the indigenous Yakthung people it represents. It serves as a living testament to the struggles, achievements, and values of the people who have nurtured it over generations from pre-historic times. So, honoring Mukulung not by constructing 'Cable Car' over it means acknowledging and preserving this invaluable history, ensuring that the

indigenous legends and lessons of the past are not lost to time or for the sake of money-making only not sustainable development of the UN's SDGs 2030 against the indigenous local peoples' will.

For diverse communities like Nepal, cultural heritage sites like Mukulung are sacred spaces with deep spiritual and historical meaning. They are often linked to ancestral traditions, myths, and folklore that define the peoples' worldviews.

Again, respecting nature for Indigenous Yakthung is honoring the ancestors who kept it alive and sustained these traditions, recognizing their contributions to the cultural fabric of Nepalese society. This respect fosters a sense of pride and belonging among Yakthung members, strengthening their connection to their roots. Because of this reason—'No Cable Car!'

Role in Cultural Continuity

Cultural heritage is not static; it evolves with time, adapting to new circumstances while retaining its core values. Mukulung plays a vital role in this process of cultural continuity. It serves as a medium through which knowledge, skills, and traditions are passed down from generation to generation. Respecting

Mukulung ensures that this transmission remains uninterrupted, allowing future generations to learn from and build upon the wisdom of their predecessors.

Similarly, it is a cultural-historical site. Respecting it then involves maintaining its integrity and ensuring that it remains accessible to the public in its own originality. This act allows Indigenous peoples to engage with their original heritage, fostering a deeper understanding of their original cultural identity.

A Symbol of Unity in Diversity

Cultural heritage can bring people together, transcending differences and fostering a sense of unity. Original Mukulung, as a cultural symbol, can serve as a focal point for indigenous peoples' activities, celebrations, and rituals. Respecting this cultural symbol means recognizing its role in uniting people, whether they are members of the same community or visitors from different backgrounds.

At the same time, it represents the diversity of indigenous expression. Every culture has its unique heritage, and respecting Mukulung with 'No Cable Car' is a way of celebrating this autochthonous diversity. In an increasingly interconnected world, preserving cultural heritage

like Mukumlung reminds us of the richness of that particular nature's creativity and the importance of tolerance and mutual respect. By valuing Mukumlung, Government Officials contribute to a global culture that appreciates and learns from its differences.

Threat of Cultural Erosion

Today, due to globalization, urbanization, and modernization, many cultural heritage sites and traditions are at risk of extinction, as is Mukumlung. Obsessional pressures of economic development, environmental degradation, and changing lifestyles can lead to the neglect or destruction of cultural heritage. Accordingly, it is better to take proactive steps to protect it from these threats by not constructing a 'Cable Car' over it.

This involves physical preservation and raising awareness about the importance of novel cultural heritage. Educating younger generations about the significance of genuine Mukumlung instills a sense of responsibility and pride in their children and heritage. Government support in Yakthung Community-led initiatives and international collaboration can also play a vital role in safeguarding Mukumlung for future generations.

Socio-economic Benefits

Respecting and preserving this cultural heritage can have significant economic and social benefits. Cultural heritage sites and traditions often attract tourists, generating revenue for Indigenous local communities. By promoting Mukumlung as a cultural destination, we can create opportunities for sustainable tourism and support local businesses and artisans.

Moreover, cultural heritage preservation fosters social cohesion and community development. It encourages collaboration among community members, strengthens their sense of Indigenous identity, and promotes inclusivity by eliminating present conflicts. As a result, all communities can build bridges or work towards a shared future for themselves.

A Moral Imperative

Beyond its cultural, historical, and socio-economic significance, respecting Mukumlung is a moral imperative, as is that of the Government of New Zealand for its Maori aboriginals. Cultural heritage is a collective inheritance that belongs to all of humanity. We must ensure this heritage is safely preserved and passed on to future generations. It

means recognizing its intrinsic value and the rights of the Indigenous community that cherishes it.

This honor also extends to the environment in which Mukumlung exists. Many cultural heritage sites are closely tied to natural landscapes, and their preservation requires a commitment to environmental sustainability. By respecting Mukumlung, we contribute to the broader goal of protecting our planet and its resources.

To conclude, respecting Mukumlung is about preserving a cultural heritage and honoring the Indigenous community's identity, history, and values. It is about ensuring that the stories, traditions, and wisdom of the past continue to inspire and guide us in the present and future. By respecting Mukumlung, we celebrate the diversity of human expression, foster unity, and contribute to a more inclusive and sustainable world.

In a rapidly changing world, preserving cultural heritage like Mukumlung is more crucial than ever. It reminds us of who we are, where we come from, and what we stand for. Let us commit to respecting Mukumlung since sustainable 'development' should be of the people, for the people by the people.

Studying a Language and Studying Mathematics



Avyudaya Khadka
BBM 2nd Semester

Studying a language and studying mathematics are two separate curriculums that on the surface may seem unrelated. Studying language normally involves the learning and understanding of vocabulary, grammar, and the ability to communicate effectively and express your thoughts and views. Whereas, mathematics focuses on understanding concepts, solving problems, and learning various numerical operations.

Despite these differences, both subjects share more things in common than we may think, e.g. the need for practice and patience, the development of critical thinking skills, and the ability of forming a structured approach to learning. In this

“Studying a language and studying mathematics are essential for our overall development of thought process.”

essay we will explore the key differences and similarities between studying a language and studying mathematics.

The main differences between studying a language and studying mathematics is in the learning methods. Studying language is naturally more social as it involves communication. It needs an individual to understand the cultural context of the language which may change with time so staying up to date with various trends is very important. Whereas, in mathematics the individual is required to go through the works of other mathematicians in the past, studying their theories and equations which always remains the same.

Frequent interactions with native speakers, and a good understanding of expressions and emotions is

also important when trying to learn a language as it depends on the context and the nationality you are in, something that is nice and polite in one culture may be seen as disrespectful in the other. Mathematics, on the other hand, is abstract, meaning it never changes, it only develops further and further.

It is also mostly logical which involves learning certain rules and principles that are universally true and accepted. Mathematics problems mostly have only one correct solution with only a handful of alternative ways of solving it. Whereas in English there is no one correct answer.

Despite these differences, there are some similar things between studying a language and studying mathematics. Both require regular practice,

dedication and repetition, the more you do it the better you get. Language learners must practice speaking, listening, reading, and writing to master it, mathematics students must solve countless problems and exercises to understand the concepts fully.

Both fields also develop critical thinking skills; language learning gives us the ability to analyze any text and give our own opinion on it, while mathematics gives us the ability of logical reasoning and problem-solving. Both subjects require a structured approach to learning, starting from basics by building foundations and progressing through it to be good at the subject matter.

In my opinion, studying a language and studying mathematics are essential for our overall development of thought process. Language learning opens up new ways to connect with people and understand different cultures while providing good communication skills, which is very important in the current world where everything is globalized. While mathematics, with its focus on logic and discovery, is vital for scientific and technological progress that is in high demand in the current world. Balancing both areas in education makes us capable of being successful in various aspects of life and gives us a better understanding of the world from both perspectives.

Aniwatch- The Anime Wonderland



Ansha Bajracharya
BBM 2nd Semester



Anime wonderland—you've been looking for!

Let's be real – finding a good anime streaming site is like trying to find a needle in a haystack. Either you're bombarded with ads, the episodes take forever to load, or worse- you get hit with a "video unavailable label" message just when things are getting good.

But then, I found Aniwatch, & am; honestly?

Game. Changer.

So, what's the deal? You search for an anime, click play, & am; boom-you're watching in crisp HD with zero buffering. No sketchy pop-ups, no forced sign-ups, no nonsense. Whether you're into mainstream hits like Seraph of The End or Noragami that no one's heard of.

Aniwatch has everything. And guess what? Subs and Dubs-

because sometimes, we're too lazy to read subtitles. But here's where it gets even better- the community.

The comment sections are basically like a giant anime group chat where people drop theories, memes, & am; reactions. And if you're the type to forget where you left off (because let's just agree, binge-watching gets messy most of the time), Aniwatch keeps track of your progress. Isn't this just a huge plus point?

If you're tired of hunting for anime on dodgy sites, Aniwatch is the answer to all your weeb prayers.

Fast, easy, and packed with everything an anime fan could want. If you haven't checked it out yet, what are you even doing?! Also, if you're new to Anime, I recommend watching One Punch Man (Highly recommended!)

How Hotpot Won Me Over



Ankita Chipalu

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It was a cold December night, and the chill in the air made all of us crave something warm and comforting. We were unsure about what to eat and were just walking down the streets when my friends suggested having hotpot. They said they knew a cozy place where we could get the best hotpot in town, and it was also very close to our town, so we decided to go there and have hotpot.

I had never tried hotpot before, but I had always wanted to. I had seen countless videos online of people enjoying it—the flavorful-looking, thick texture of the soup, the steam rising from the pot, and them taking big, delicious-looking bites—but still, I wasn't sure whether it would be delicious or not. I had tried a few other Chinese dishes and wasn't really a big fan of them, so it



made me feel nervous to try it. Even though I had mixed feelings about it, I was excited to try it, so I agreed.

As soon as we entered the restaurant, a kind-looking old Chinese lady welcomed us and led us to a cozy table. The place smelled spicy and savory, making my mouth water with the aroma. The lady handed us a menu where we had to tick the things we wanted to add to our hotpot, so it was like a checklist. After a little discussion, we decided on what we wanted and ticked: chicken, quail eggs, normal mushrooms, enoki mushrooms, tofu, rice cakes, fish balls, crab sticks, and of course, noodles were a must, as no hotpot feels complete without them.

We had to choose between dry hotpot and soup hotpot, and we chose the soup version

so we could eat it with rice. There we got complimentary soft drinks, and the rice was free—we could have as much as we wished. I was so excited to try it, and after a few minutes, the lady came with the hotpot and four bowls, spoons, and chopsticks.

The moment I took my first bite; it felt like a burst of delicious flavor exploded in my mouth—it was just as delicious as I had imagined from the videos I had seen online. The soup had a thick, rich texture. It had a complex taste of spiciness, a little bit of sourness, and a subtle sweetness to balance everything out.

Every ingredient had absorbed the flavor of the broth, making each bite flavorful. The mushrooms were chewy in texture, and the tofu was silky-soft, almost

melting on my tongue. The chicken was perfectly tender and easy to chew. The rice cakes were really soft and chewy. I didn't like the fish balls and crab sticks that much, so I didn't eat them much. The noodles were too slippery, chewy, and satisfying to slurp. The sour, salty, spicy soup really went well with the rice, making every bite comforting. That day, hotpot became my favorite food and changed how I felt about Chinese food.

Hotpot is a flavorful and comforting Chinese dish, especially for people who are fans of spicy food. It comes with a variety of ingredients to choose from, each adding its own unique taste and texture to the dish. For me, hotpot has completely changed my opinion about Chinese food and has become my comforting meal, especially in cold weather.

The warm, spicy taste makes me feel warm and cozy from the inside out. More than just a meal, hotpot is a traditional Chinese dish that brings people together. It creates a good bond between friends and family as it brings them closer and lets them share the experience of cooking their food and enjoying it together. It also teaches patience, as you wait for each ingredient to cook, making you appreciate the taste of every bite.

Wikipedia's Review



Salina Subedi
BBM, II Semester



WIKIPEDIA
The Free Encyclopedia

The most useful website I have used for learning or different research is Wikipedia. It's also known as a free online encyclopedia that provides information on almost every topic. This site is mainly visited by students, researchers and the general public.

Wikipedia allows users to search different information on various topic like history, technology, entertainment, or science etc. The info or article provided by this website is written or edited by contributors worldwide. This site includes sources image and links to delete topics for deeper research.

This website is updated constantly and covers extensive range of subject. It is free for users and does not require a subscription and also available in different languages. Wikipedia allows anyone to read and edit content, ensuring that information is regularly improved.

Overall, Wikipedia is one of the best resources for finding information quickly and easily. Wikipedia remains one of the best websites for general knowledge and research purpose. The most useful website I have ever visited for learning or different research purpose is Wikipedia.

Letterboxd Reviewed



Nishan Mahat
BBM, 1st Semester



If you're a movie buff like me, you're going to love letterboxd. It's one of my best websites for tracking, rating, and reviewing movies. And honestly! it's like social media but for film lovers. Whether you're into blockbusters or indie Flicks, this site makes it so easy to organize your watch list and discover new films.

On this site, you can create your own movie lists, rate films and even write reviews. let me explain how the "watchlist" feature works: when you find a movie you want to watch, rust his the "t" button, and it's added to your list! You're able to see what your friends are watching and share your own thoughts with them too. Then, when you're in the mood for something new, just scroll through your feed or search

for movies by genre, year or director. There's ever a cool feature where you can track films by how you've rated them - satara, I star, or orything in between!

what makes as well as sets Letterbord apart from other movie sites is the community. Unlike some other sites Letterboxd has a super engaging movie lowing crowd. You con tollow people with similar tastes and see what they're watching ,recommending.

There is also the "diary" feature, where you can log every tilm you watch and reflect on it. Ultimately it is a perfect way to keep your film journey organized.

So, ready to level up your movie game?

Letterboxd is the perfect platform to do so. Where film fars, connect ! share and discover movies. It's user friendly , feature packed and a blast to use. So, if you hoven't joined yet, what are are you waiting for?

Grab your popcorn and start exploring!





SECTION

4



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:

1. Students' Quality Circle
2. Events Management Club
3. Sports Club
4. Cultural Club
5. Publication Club
6. IT Club
7. Leo Club of Kathmandu Sadbhavana
8. Toastmasters Club
9. Extension-Outreach Club
10. Debate Club

United Students' Quality Circle (USQC)

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 mottoes 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.

USQC

United College (UC) has the "United Students' Quality Circle (USQC)" 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 USQC is to improve the overall education experience and foster personal development among students. Some specific purposes of USQC include:

- to provide platform to express students' opinions,

ideas, and concerns related to their education.

- 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

USQC facilitates brainstorming session, train students in problem-solving methodologies, teamwork, leadership, communication, and data analysis.

UNITED STUDENTS' QUALITY CIRCLE



COMMITTEE OF 12 MEMBERS

S.N	Position	NAME
1	President	Anuj Poudel (BBM VI)
2	Vise-President	Anuska Mahat (BBM V)
3	Secretary	Monika Poudel (BBS III)
4	Treasurer	Pratyusha Ghimire (BBM V)
5	Member 1	Nirusa Shakya (BBM V)
6	Member 2	Alish Shakya (BCA IV)
7	Member 3	Nites Rout (BCA I)
8	Member 4	Sadikshya K.C. (BCA IV)
9	Member 5	Subham Pd Kharel (BBS II)
10	Member 6	Gaurav Shakya (BBS II)
11	Member 7	Kushal Tamang (BBM I)
12	Member 8	Roshil Pradhan



United Events Management Club

United Event Management Club is a student-driven club that provides a platform for individuals interested in planning, organizing, and managing various events of United Academy Group. It offers opportunities to develop leadership, organizational, and communication skills while fostering creativity and teamwork and even it provides the opportunity to become an event manager and its entrepreneur. The club typically operates within educational institutions and plays a significant role in enhancing the overall campus experience by managing academic, cultural, and social events.

Objective

The primary goal of the United Events Management Club is to provide a platform for students to develop organizational, managerial, and creative skills by planning and executing events. The club aims to foster teamwork, leadership, and innovation while offering hands-on experience in managing diverse activities. It prepares students as event manager and also prepares students to run their business on this field. The club will organize at least one events in a year.

Scope

The United Events Management Club can organize its activities in two area (Inside and outside the college):

1. For United Academy Group: The club will organize all the activities of United Academy Group voluntarily. It basically organizes different events on:

- i. Academic seminars, workshops, fairs and conferences.
- ii. Cultural and entertainment events (e.g., talent hunt shows, musical nights, carnival or festivals).
- iii. Social initiatives (e.g., charity drives, awareness campaigns).
- iv. Collaborations with other clubs and external organizations.

2. Other than United Academy Group: The club members can make and register different entities and do economic activities as a business.

Membership

1. Eligibility: Only the student can become a member of United Events Management Club. The membership will be void as a student pass out from the College.

Members should have a keen interest in events planning and management.

2. Members of the club: Core Team Member: the core team holds 11 members, president, vice-president,

secretary and treasurer will be selected or elected through an application and interview process. Other members will be selected by the College Management Team from the regular assessment of a student.

Core Team Members

- 1. President
- 2. Vice President
- 3. Secretary
- 4. Treasurer
- 5. Members (7 Persons)

Roles and Responsibilities
Core team Members:

1. President: Oversees club operations and serves as the primary representative. Ensures alignment with the club's vision and institutional guidelines.

2. Vice President: Assists the President and steps in during their absence. Supervises committee and monitors the overall progress.

3. Secretary: Maintains meeting minutes, schedules, and records. Communicates club information, decisions and updates to members.

4. Treasurer: Manages finances, budgets, and expense reports. Coordinates fundraising efforts.

5. Other Members: There will be 5 more members and each member will have different authority and responsibility.

Sports Club (USC)

Background

Student sports 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.

USC

United College (UC) has "United Sports Club (USC)" 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 USC is to organize intramural league and tournaments where students can compete against each other in a friendly and competitive environment. Some specific purposes of USC 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

USC facilitates to provide a platform for students to engage in sports, fitness activities, and recreational pursuits beyond their academic studies.

Events to be Organized by USC

1. Sports Weeks

Organize an annual Sports weeks with various games like futsal, basketball, table tennis and athletic events such as relay races, tug-of-war, and obstacle courses to encourage participation from all students.

2. Fitness Bootcamp

Conduct a series of fitness bootcamps led by professional trainers focusing on different aspects of physical fitness like strength training, cardio, and flexibility.

3. Guest Speaker Sessions

Invite professional athletes or sports psychologists to give motivational talks or workshops on topics like sportsmanship, nutrition, and mental health in sports.

USC's Executive Committee

S/N	Name	Designation
1	President	Yosadha Rokaya (BBS I)
2	Vise-President	Suzit Lal Shrestha (BCA VII)
3	Vise-President	<i>Sahaj Bahadur Koirala (BCA IV)</i>
4	Secretary	Sumen Shrestha (BBM VI)
5	Treasurer	Sindhuja Shrestha (BBM VI)
6	Member 1	Gaurav Shakya (BBS I)
7	Member 2	Jharana Chaulagain (BBM III)
8	Member 3	Ningwa Hang Tumbapo (BBS II)
9	Member 4	Anjali Bhulung (BBM III)
10	Member 5	Krishna Tuladhar (BBM I)
11	Member 6	Diben Maharjan (BBM I)
12	Member 7	Asbina Rai (BCA II)

SPORTS WEEK-2024-25

Play for Fun, Play for Health and Play for Peace



Sumen Shrestha

Secretary
United Sports Club
sumenshrestha135@gmail.com

Overview

United College's **Annual Sports Week 2025** aims to foster a sense of community, promote physical fitness, and enhance student engagement across various disciplines, including undergraduate programs (BBM, BBS, BCA) and postgraduate programs (MBS). The event serves as a platform to unite students from diverse academic backgrounds, encouraging healthy competition and team spirit. By offering a variety of sports and recreational activities, the Sports Week aims to provide students with opportunities to showcase their athletic abilities while also balancing their academic commitments. The event's objectives include promoting physical well-being,

enhancing mental focus, and encouraging social interaction among students.

Additionally, the Sports Week provides a fun and engaging atmosphere for students to break from their academic routine, reduce stress, and develop essential life skills such as teamwork, leadership, and time management. The event also strengthens the sense of pride and belonging within the college community, offering a space for students to build friendships beyond their classrooms and academic spheres. Furthermore, it aims to inspire students to maintain a healthy lifestyle throughout their academic journey and beyond. Ultimately, the Annual Sports Week aspires to be an inclusive, vibrant celebration

of both competition and camaraderie, fostering a holistic college experience for all participants.

Objectives

The objectives of United College's **Annual Sports Week-2024-5** are to promote physical fitness, foster teamwork and school spirit, encourage social interaction across academic disciplines, provide a healthy outlet for stress, and cultivate leadership and time management skills among undergraduate and postgraduate students.

Target participants

The target participants for United College's **Annual Sports Week-2025** are undergraduate students from the Bachelor.



Events	Venue	Date
1. Table tennis	United School	2081-09-21
2. Carrum board	United Universal School	2081-09-21
3. Chess	United College	2081-09-23
4. 100 m race	United School	2081-09-23
5. Badminton	United School	2081-09-23
6. Tug of war	United universal	2081-09-24
7. Basketball	United School	2081-09-25
8. Futsal	United School	2081-09-26

Budget estimation

Event	Estimate budget	Explanation
1. Table tennis	2000	Fees for referee
2. Carrum board	-	-
3. Chess	2000	Fees for referee
4. 100m race	200	Rs 200 for Ribbon
5. Tug of war	5000	For rope
6. Basketball	3000	Fees for referee
7. Badminton	-	-
8. Futsal	8000	Rs 1000 per hour and referee
9. Medal	17500.	Rs 250 per medal
10. Certificate	3500	Rs 50 per certificate
11.Misc.	5000	-
Total		46200

Health & Safety

- **First Aid Stations:** On-site medical team available for emergencies.
- **Safety Measures:** All activities will be carefully supervised to ensure participant safety.
- **Hydration Stations:** Water stations located throughout the venue.
- **Emergency Protocols:** Clear plans in place for managing emergencies, including evacuation routes and emergency contacts

Conclusion

The Annual Sports Week 2025 will be a cornerstone event for both our sports club and the local community. It provides an exciting opportunity for members to showcase their skills, for families to enjoy a fun-filled day, and for the club to increase its visibility and membership base. By combining competitive sports, wellness education, and recreational activities, this event will leave a lasting positive impact on the community.

We seek approval and support to proceed with the planning, marketing, and sponsorship efforts for this event. We are confident that it will be a tremendous success and provide significant benefits for the club and its members.



S.N	Events	1st Postion	2nd postion
1	Table Tennis (Boy's Category)	Sanjeev Thapa Magar	Krish Maharjan
2	Carrom Board (Boy's Category)	Sahaj Bahadur Koirala	Nitesh Raut
3	Carrom Board (Girl's Category)	Sujata Shrestha	Anisha Dangol
4	Chess (Boy's Category)	Youen Rai	Nischal Bajracharya
5	Chess (Girl's Category)	Prashamsha Shrestha	Pratigya Dangol
6	100m Race (Girl's Category)	Nitu Singh	Udeshika Khawas
7	100m Race (Boy's Category)	Sampurna Bista	Youen Rai
8	Badminton (Boy's Category)	Yugen Maharjan	Sahaj Bahadur Koirala
9	Badminton (Girl's Category)	Smriti Rai	Sampada Shrestha
	Tug of War (Girl's Category)	Sujata Shrestha Nikita Maharjan Susma Dura Suvekshya Basnyat Stuti Marasini Nita Manandhar Dikshya Basnet Soni Khadgi	Prashamsha Shrestha Asbina Rai Arina Syangtan Anjali Bhulun Sampada Shrestha Samita Pariyar
10	Tug of War (Boy's Category)	Rajat Maharjan Sangharsha Pariyar Pranjal Puri Nilaw Manandhar Samir Limbu Ayush Tamang Adin Maharjan Krish Maharjan	Yanish Shrestha Rumin Shrestha Reeyaz Maharjan Sumen Shrestha Nitesh Raut Saral Amatya Sparsh Adhikari
11	Basketball (Girl's Category)	Smriti Rai Sumina Chaudhary Manuska Upreti Reshma Mali Kushma Shrestha Soniya Tandukar Nirjala Maharjan Nirusa Shrestha	Asbina Rai Sushma Nepal Prashamsha Shrestha Arina Syangtan Samita Pariyar Ujin Khadka
12	Basketball (Boy's Category)	Ravi Ghale Birat Khadka Ningwahang Limbu Henu Thapa Misan Magar Diggaj Bista Himanshu Rai Salon Rai	Sangharsha Pariyar Riwaj Rai Raj Tamrakar Pranjal Puri Ayush Tamang Rajat Maharjan Avyudaya Khadka

S.N	Events	1st Postion	2nd postion
13	Futsal (Girl's Category)	Ujin Khadka Prashamsha Shrestha Sushma Nepal Asbina Rai Arina Syangtan Jharana Chaulagain Binita Pun Magar Samita Pariyar	Sumina Chaudhary Soniya Tandukar Nirusa Shakya Nirjala Maharjan Resma Mali Shiwani Adhikari Pratigya Dangol Manuska Upreti
14	Futsal (Boy's Category)	Ningwahang Limbu Ravi Ghale Salon Rai Misan Thapa Magar Youen Rai Himanshu Rai Henu Thapa Diggaj Bista Sangharsha Pariyar	Sahaj Bahadur Koirala Rahul Khatri Abhisekh Mahat Sujit Lal Shrestha Sijan Shrestha Luza Bajracharya Satyam Kumar Jha Birat Khadka Sirish Budhathoki



UNITED @ WORLD SUMMER UNIVERSITY GAMES GERMANY 2025

Beyond the Table

My Journey Representing Nepal in Europe



Ritiz Joshi
MBS I Semester

Standing behind the table with the national flag on my jersey, I felt the weight of pride, dreams, and responsibility all at once. Representing Nepal at the Summer University Games 2025 in Europe wasn't just a tournament it

was a journey of self-discovery, resilience, and passion that stretched across nine countries and countless unforgettable moments.

When I first received confirmation that I would compete on the international stage, the feeling was surreal. For years, Table Tennis had been more than a sport to me it was my language, my meditation, and my motivation. Every early morning practice, every tough loss, and every small victory had built up to this moment: a chance to represent my country among the best student-athletes in the world.

A Journey Across Borders & Dreams

The Games took place in Europe, but my journey became much more than just a single destination. Traveling solo, I explored Germany, France, Austria, the Czech Republic, Luxembourg, Belgium, the Netherlands, Switzerland, and even made a stopover in Dubai on my way. Each country offered a new story from walking through the streets of Paris and feeling the rhythm of its culture, to watching the calm beauty of Swiss lakes reflecting snow-capped peaks.

Traveling alone wasn't always easy. There were moments of confusion with foreign trains, language barriers, and navigating cities I'd only seen on maps. But those challenges became part of the experience. Every new city, every unexpected delay, every meal shared with strangers reminded me that sports can connect hearts far beyond competition.

Facing the Best, Learning from the Best

In the tournament, I had the honor of competing against some of the finest players from around the world, including the Danish national champion. Facing opponents of such caliber was humbling yet empowering. Their precision, power, and composure taught me lessons that no coaching manual could ever teach.

I still remember one particular intense, fast-paced rally filled with spins and counters, during which I lost the point but won something bigger: a sense of belonging. I realized that I could stand at the same table as world-class athletes and play with confidence. It wasn't about the score anymore; it was about the spirit.

Representing United College, Nepal on that stage meant representing every player who trains in humble halls back home, every coach who believed in me, and every friend who sent messages of encouragement across time zones. When I walked into the arena wearing NEPAL on my back, I didn't feel alone. I carried the dreams of a whole community.

Beyond the Matches

Between training sessions and matches, I immersed myself in the cultural diversity around me. I shared meals with athletes from Japan, Brazil, and Spain conversations that went from favorite foods to training routines to

life philosophies. It was beautiful how, despite language differences, the love for sports created an unspoken connection. Outside the Games, I took every chance to explore, wandering through Vienna's historic streets, admiring art in the Louvre, visiting old castles in Luxembourg, and even enjoying quiet moments watching sunsets in the Netherlands. Switzerland, in particular, left a deep mark on me. Its serene landscapes reminded me how important it is to pause, breathe, and reflect even when life moves at full speed.

Lessons Beyond the Scoreboard

This journey taught me that success in sports isn't only measured in medals or rankings. It's measured in growth how much you learn, adapt, and evolve as a person. Competing internationally challenged my mindset more than anything else. I learned how to handle pressure, how to focus amidst noise, and how to find calm in uncertainty.

Most importantly, I realized that being an athlete means being an ambassador of your country's values: discipline, humility, and perseverance. Every handshake with an opponent, every post-match smile, and every shared photo reminded me that respect is the true language of sportsmanship.

The Power of Solo Travel

Traveling solo across nine countries taught me independence and self-trust. I learned to plan, manage, and sometimes improvise, whether it was catching a train in Germany or finding local food late at night in Prague. There were moments of fatigue, but every city brought new energy.

Each country revealed a different side of Europe:

- Germany's organized efficiency
- France's art and flair
- Austria's musical soul
- Czech Republic's charm and history
- Luxembourg's quiet elegance
- Belgium's warmth and waffles
- The Netherlands' creativity and openness
- Switzerland's tranquility and breathtaking nature



- And Dubai's blend of modern ambition and cultural pride

Together, they painted a mosaic of experiences that shaped me far beyond the boundaries of sport.

Coming Home Stronger

When the Games ended, I didn't return with just memories; I came back with perspective. Competing internationally taught me to think bigger, train smarter, and dream further. I now see the table not just as a piece of equipment, but as a world map where every rally is a connection between countries, and every serve carries a story. This experience has inspired me to continue pushing Nepal's table tennis to new heights, mentor younger players, and share what I've learned about discipline, courage, and self-belief. Sports gave me the passport to explore the world, but they also gave me the strength to find myself.

Final Reflection

Representing United College, Nepal in Europe was a once-in-a-lifetime opportunity, a blend of sweat, culture, and discovery. It showed me that dreams have no borders and that the power of sports goes beyond medals or trophies. Sports unite people, open minds, and build bridges that geography could never separate.

As I look back on this incredible journey from standing at the table in Barcelona to watching sunsets over the Swiss Alps, one thought remains constant:

The journey itself was the true victory

Cultural Club (UCC)

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.

UCC

United College (UC) has “United Cultural Club (UCC)” 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 UCC 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 UCC 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

UCC facilitates a variety of events and celebrations related to cultures, and conducts workshop that delve deeper into specific cultural aspects.

Events to be Organized by UCC

1. Cultural Fest

Organize an annual cultural fest celebrating diverse cultures with food stalls, music, dance performances, and traditional attire showcases.

2. Film Screening and Discussion

Host screenings of culturally significant films followed by discussions or debates about the cultural and social issues presented in the films.

3. Language Exchange Sessions

Set up language exchange sessions where students can learn and practice new languages with native speakers or fluent peers.

4. Cultural Workshops

Conduct workshops on various cultural practices, including traditional arts and crafts, music, dance, and cooking classes.

5. Heritage Walks

Organize heritage walks or trips to nearby cultural and historical sites to help students learn about and appreciate local culture and history.

S/N	Position	Name of the Members
1	President	Riya Khatiwada (BBM VI)
2	Vise-President	Palistha Maharjan (BCA VI)
3	Secretary	Thapa Bhupen (BCA VI)
4	Treasurer	<i>Rakshya Rai BCAVI</i>
5	Member 1	Shivika Shrestha (BCA V)
6	Member 2	Aabha Shrestha (BCA I)
7	Member 3	Anjali bhulum (BBM III)

S/N	Position	Name of the Members
8	Member 4	Priya Pradhan (BCA IV)
9	Member 5	Neha Khadgi (BBM I)
	Member 6	Aayusha KC (BCA I)
10	Member 7	Garima Maharjan (BBM I)
11	Member 8	Krishna Tuladhar (BBM I)
12	Member 9	Pranisha Tamang (BBM I)
13	Member 10	Rasuka Shrestha (BBM VI)

Welcome & Farewell Program 2082

Organized by Cultural Club

Introduction

The United ECA/CCA Department, in collaboration with the Cultural Club of UC, organized the Farewell Program 2082 on the 8th of Bhadra, to bid farewell to last year's students and welcome new students. The primary objective of this event is to warmly welcome new students and bid farewell to our esteemed 8th-semester and 4th-year students. The event included two phases: Formal and Informal Sessions. The program was memorable with nostalgia and fun, organized by the Cultural club in collaboration with the assistance of the ECA/CCA Department.

Program Details

Name: United College
Welcome and Farewell
Program 2082 / 2083

Date: 8th Bhadra, 2082

Time: 11:30 am to 5:00 pm

Expected Number of Participants: Approximately 320 students and staff (Combinedly)

Venue: The Soltee Hotel, Solteemode

Number of Volunteers: 14

Program Highlights

1. Distribution of Token of Love

Tokens of love were distributed to students of the 8th Semester of the program. This year, a token of appreciation was handed over to fifteen teachers for their remarkable contribution to

students' good results in TU Examinations.

2. Performances

A total of 5 songs, 7 dances, and 3 speech items were performed by students.

3. Awards and Recognition

Students were awarded in various categories, such as TU Topper, Job Fair, and UTH volunteers.

Highlights of the Program

Formal Session

The program started at 11:30 with the chairing of our guest, BoDs, Academic Head, and Coordinators. After the chairing, the Campus Chief, Dr. Lal Rapacha, performed the lamp-lighting ceremony for the inauguration,

followed by the award and certificate distribution from our UAG Board of Directors and Academic Head. Ms. Nirusa of BBM 2nd Year expressed gratitude towards both the new and farewell batch. Whereas Ms. Pratisahara Shakya shared her experiences and future aspirations in her thank-you note. Ms. Sandhya Rai thanked the college and her friends in her farewell speech. Finally, the formal session was concluded after a speech from the Campus Chief, highlighting words of wisdom encouraging students for their future endeavors.

Informal Session

The informal section, hosted by students, started at 1:30. Students presented energetic performances on 5 songs, 7 dances, and 3 speeches. The informal section was filled with laughter and joy, as students enjoyed and danced with the flow of the music.

Strengths of the Program

1. The event was conducted peacefully, with no disturbances or conflicts.
2. Both the formal and informal sessions were executed smoothly, with no unnecessary delays between performances.
3. The program was well-managed, demonstrating excellent coordination



among the technical team, volunteers, and performers.

4. All performances adhered to the event's code of conduct.

5. The event effectively showcased United College's commitment to extracurricular activities.

Conclusion

The United ECA/CCA Department, in association with the Cultural Club of UC, has successfully organized the Farewell Program filled with emotion and appreciation. The event was a perfect blend of joy and sentiment, marking the end of one era and the beginning of a new journey.

The CCA / ECA Department extends its sincere thanks to the Organizing Committee, UC Cultural Club, MC, and volunteers for their role in the event's smooth execution. We also appreciate the support of the Operational Manager, CC Department, and Transportation Department. Special thanks go to the Principal, Graduate Program Director, College AC, Assistant College Admin, Branding Department, and Graphical Designer for their valuable contributions. Lastly, we express our gratitude to the Board of Directors of UAG Group for their approval of all proposals and assistance.

Publication Club (UPC)

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.

UPC

United College (UC) has the "United Publication Club (UPC)" 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 UPC 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 UPC include:

- to explore students' creativity and express themselves through various forms of writing, including poems, short stories, essays,

S.N.	Position	Name of the Members
1.	President	Kiran Poudel (BCA VII)
2.	Vise-President	Shiwani Adhikari (BCA VII)
3.	Secretary	Prashamsha Shrestha (BCA III)
4.	Treasurer	Rabiska Rimal (BCA VII)
5.	Member 1	Khansa Banu (BCA VI)
6.	Member 2	Aaditya Rai (BCA III)
7.	Member 3	Manish Pandit (BCA III)
8.	Member 4	Rojina Bajracharya (BBS IV)
9.	Member 5	Bandana Dahal (BBS IV)
10.	Member 6	Krishala K.C. (BBS III)
11.	Member 7	Leeza Maharjan (BBS III)
12.	Member 8	Ronik Iwahang Limbu (BCA VII)
13.	Member 9	Soniya Tandukar (BBM VI)
14.	Member 10	Subham Kharel (BBS II)

- articles, artworks, etc.
- to showcase students' literary and artistic works.
- to help students to improve their writing skills and learn from constructive criticism.

Implementation

UPC facilitates to explore students' creativity, showcase their literary and artistic works, and helps them to improve their writing skills.

Events by UPC

1. Literary Magazine Launch (*Luminary & Journal*)

Publish a quarterly literary magazine featuring stories, poems, articles, and artwork created by students.

2. Writing Workshops

Organize workshops on creative

writing, journalism, editing, and digital publishing conducted by experienced writers or journalists.

3. Guest Author Talks

Invite well-known authors, journalists, or poets to give talks about their work and the writing process.

4. Open Mic session

Host open mic sessions where students can share their written work, whether it's poetry, short stories, or essays, in a supportive environment.

5. Publication Fair

Set up a fair showcasing various student publications, including zines, newsletters, and blogs, allowing students to exchange ideas and network.

IT Club (ITC)

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 “United 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 UIC 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 UIC include:

- to offer students the opportunity to develop technical skills in areas such

Position	Name of the Members
President	Nilaw Manandhar (BCA VII)
Vice-President	Kristina Maharjan (BCA IV)
Vice-President	Sayan Karki (BCA II)
Secretary	Upasana Barahi (BCA IV)
Treasurer	Purnika Prajapati (BCA IV)
Member 1	Saral Amatya (BCA I)
Member 2	Biki Maharjan (BCA I)
Member 3	Manish Pandit (BCA II)
Member 4	Akriti Sharma (BCA I)
Member 5	Anita Shrestha (BCA I)
Member 6	Pryansha Nemkul (BCA I)
Member 7	Sayona Shrestha (BCA I)
Member 8	Neha Rijal (BCA I)

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.

Events to be Organized by UIC

1. Coding Bootcamp

Organize an intensive coding bootcamp covering different programming languages and development frameworks.

2. Hackathon

Host a 24-48 hour hackathon where teams can compete to develop innovative software solutions to specific problems.

3. Tech Talks

Arrange a series of tech talks featuring industry professionals discussing the latest trends in technology, cybersecurity, AI, and more.

4. App Development Workshop

Conduct workshops on app development, teaching students how to create apps for different platforms (e.g., Android, iOS).

5. Tech Expo

Plan a tech expo where students can showcase their tech projects, from software applications to hardware innovations, to the college community.

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, blood donation, 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.

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
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

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Organized by Leo Club of Kathmandu Sadbhavana

Blood Donation Program



Teesha Shakya
Secretary
Leo Club of Kathmandu
Sadbhavana United College

Date of Event: 2081/08/02

Location: United College
Organized by: LEO Club of
Kathmandu Sadbhavana
United College in
collaboration with the Nepal
Red Cross Society

The LEO Club of Kathmandu Sadbhavana, in collaboration with the Nepal Red Cross Society, organized a Blood Donation Program on the 2nd of Mangsir. The event aimed to contribute to the community by helping those in need of blood and to raise awareness about the importance of blood donation. The program was held at United College, running from 8 AM to 2 PM.

The main goals of

the Blood Donation Program were:

1. to promote voluntary blood donation among students, faculty, and staff.
2. to make a positive contribution to the community by donating blood to hospitals.
3. to promote the importance of helping others and community service.

Program Details

1. Registration and Eligibility Check

The event started with a registration desk where people could sign up to donate blood. Medical professionals from the Nepal Red Cross Society checked

each participant to make sure they were eligible to donate, ensuring the safety of both donors and recipients.

2. Blood Donation

Once participants were cleared, they donated blood in a safe and comfortable setting. The donation process was supervised by medical professionals from the Nepal Red Cross Society, who ensured that everything went smoothly.

3. Post-Donation Care

After donating blood, participants were given refreshments like water, juice, and snacks to help them recover. Volunteers from the LEO Club were available to assist donors and make sure



they were feeling okay after the donation.

Participation

The event saw a great turnout, with 83 donors participating throughout the day. The units of blood that were successfully collected will be donated to local hospitals and blood banks to help people in need.

Challenges

While the event was a success, there were a few challenges:

1. Some potential donors were not eligible to donate due to health reasons.
2. Organizing the logistics for a large number of participants required careful planning.

Despite these challenges, the event ran smoothly thanks to the support of the Nepal Red Cross Society and the volunteers from the LEO Club.

Acknowledgments

The LEO Club would like to thank the following:

- Nepal Red Cross Society, for providing medical staff and equipment for the event.
- United College, for their continuous support and dedication in serving the community.
- All the donors and volunteers who made the event a success.



Conclusion

The Blood Donation Program was a successful and meaningful event. It not only helped save lives but also showed how community involvement can make a real

difference. The LEO Club looks forward to organizing more events like this in the future and encourages everyone to continue supporting such causes.

Report on the 2nd Chartered Day Celebration of the **LEO Club of Kathmandu Sadbhavana**

Date of Event: 31st January 2025

Location: United College Seminar Hall

Organized by: LEO Club of Kathmandu Sadbhavana

The LEO Club of Kathmandu Sadbhavana celebrated its 2nd Charter Day on 31st January 2025 at United College Seminar Hall. The event marked an important milestone in the club's journey and was attended by various dignitaries and members. The celebration was filled with joy, fun games, and meaningful interactions.

Sponsorship and Support: The celebration was made possible through generous sponsorships and support:

- United College contributed Rs 10,000 towards the event, helping cover the costs and ensuring the smooth organization of the celebration.
- Mahesh Aryal (Program Director of United College) kindly sponsored the snacks for the event, providing refreshments to all attendees.
- Rojina Ranjit (Club Advisor) graciously sponsored the cake, making the event even more special.



Formal Celebration: The event began with a formal ceremony, where the following dignitaries were present:

- District Treasurer
- Area 1 Chief
- District Administrative Officer

These respected figures addressed the attendees, shared their thoughts on the importance of community service, and applauded the LEO Club's efforts in contributing to society. The speeches were followed by a recognition of the club's achievements over the past two years. Additionally our special guests , Dr. Lal Rapacha (Principal of United College) and Mr. Mahesh Aryal (Program Director of United College)

were also present during the event and they also gave short speeches, highlighting the importance of community service and the role of the LEO Club in shaping responsible and engaged citizens.

Fun Games and Celebrations: Following the speeches, the celebration continued with fun games that added energy and excitement to the event. These games allowed members to interact, bond, and enjoy the festivities while celebrating the club's achievements.

Challenges: The program faced an unexpected challenge as it was delayed due to unforeseen circumstances. Despite the delay, the event was still successfully carried out, and the enthusiasm



of the participants helped maintain the energy and excitement throughout.



Conclusion: The 2nd Charter Day celebration of the LEO Club of Kathmandu Sadbhavana was a successful and memorable event. It was a moment to reflect on the club's growth, enjoy some light-hearted fun, and strengthen the sense of community among all members. Thanks to the support of our sponsors and the presence of our distinguished guests, the event was a great success.

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



2nd Anniversary Celebration Script



TM Animon Rapacha

Good evening, ladies and gentlemen!

Welcome to the 2nd anniversary celebration of the United College Toastmasters Club! I'm Deepshika Shrestha, and I am honored to be your emcee for this special occasion.

Two years ago, a group of enthusiastic individuals came together with a shared goal—to improve their public speaking and leadership skills. Today, we celebrate the growth, achievements, and the incredible journey of the United College Toastmasters Club.

Introduction of Special Guests

Before we begin, let's acknowledge and welcome our distinguished guests and dignitaries.

Opening Remarks

To start our evening, I would like to invite [Yusuf Shrestha], the President of the United College Toastmasters Club, to deliver the opening remarks.

Thank you, Persident for those inspiring words.

Overview of the Evening

Tonight, we have an exciting program lined up for you. We will hear from key note speakers, enjoy dance and song performances by our club members, and of course, take a walk down memory lane to revisit some of the highlights of the past two years.

And now, ladies and gentlemen, it's time to add some rhythm and movement to our celebration. We have a special dance performance lined up for you that promises to be entertaining.

Our performers have been practicing diligently to bring you a show-stopping routine. So, without further delay, please join me in welcoming TM Animon, TM Nita, TM Samikshya and TM Simran on the stage!

Dance Performance

Wow! What an incredible performance! Let's give another big round of applause. Did you all enjoy the dance? Do you want to watch some more performances? Alright.

Song Performance

Next, we are in for a musical treat. A song that not only resonates with the spirit of our club but also brings us all together in harmony.

Here to mesmerize us with her melodious voice is TM Supriya Paudel. Please give a warm welcome to TM Supriya as she takes the stage to sing

Thank you, TM Supriya, for that beautiful performance. Your voice has truly added a special touch to our celebration tonight. Let's give her another big round of applause!

First Speaker

Without further delay, let's welcome our first key note speaker of the evening.

TM Ankit Goenka is currently serving as District Public Relations Manager at DISTRICT 41, and has been elected as the District Admin Manager for the term 2024-2025. He has also served

in the capacity of Division Director, Area Director and Associate Program Quality Director. He specializes in the field of Sales and Marketing and has his own Family Business of Medical Equipment, Stationery and Corporate Gift Branding. He is a member of Everest Toastmasters Club and has been in Toastmasters since 2012.

Please join me in welcoming TM Ankit.

Speaker Gives Speech

Thank you, TM Ankit, for that insightful and inspiring speech.

Awards and Recognitions

Next, we would like to take a moment to recognize the hard work and dedication of our members. These individuals have gone above and beyond, contributing significantly to the growth and success of our club.

Announce and Present any Awards or Recognitions

Congratulations to all our award recipients! Your commitment and passion are truly commendable.

Club Milestones and Achievements

As we celebrate our 2nd anniversary, let's take a moment to reflect on some of our club's milestones and achievements over the past two years.



Share a Brief Overview of Key Milestones and Achievements

It's incredible to see how far we've come, and it's all thanks to the dedication and hard work of our members.

Second Speaker

Now, let's move on to our second keynote speaker of the evening.

Toastmasters Bibek is the Head of the Department of Taxation at Asian Industries, holding over 9 years of professional expertise! He has also served as adjunct faculty of Taxation at the under graduate level at multiple colleges, sharing his knowledge with countless students.

In the world of Toastmasters International, he's not just any leader; he's a Distinguished Area Director who's mentored and sponsored

several clubs, spreading wisdom and laughter in equal measure. Not to forget, he is also the mentor of United College Toastmasters Club. In addition, he was a District 41 Semi Finalist at the International Speech Contest 2021-22.

Please give a warm welcome to Bibek Dutta.

Speaker Gives Speech

Thank you, TM Bibek, for that powerful and thought-provoking speech.

Last Dance Performance

Ladies and gentlemen, get ready for an electrifying performance! Please welcome performer's on the stage. Let's give them a big round of applause!

Cake Cutting Ceremony

And now, the moment we've all been waiting for—the cake

cutting ceremony! To celebrate our 2nd anniversary, I'd like to invite the President and all the club members to come forward and cut the cake.

Allow time for President and Founding Members to come Forward

As we get ready to cut the cake, I'd like to remind everyone of the hard work and dedication that has brought us to this point. This cake represents not just our success, but also our shared commitment to growth, learning, and camaraderie.

So, without further delay, let's count down together!

Everyone, please join me in counting down from five.

President and Founding Members Cut the Cake

Congratulations, United College Toastmasters Club!

Closing Remarks

As we come to the end of our celebration, I would like to thank each and every one of you for being here tonight and for your continued support and participation in the United College Toastmasters Club.

Here's to many more years of growth, learning, and success. Happy 2nd anniversary, everyone!

Final Toast

To conclude our evening, please raise your glasses for a final

toast. To the United College Toastmasters Club, to our journey, and to our future—cheers!

End of Event

Thank you all for coming. Have a wonderful evening!



Glimpses of the **Third Anniversary Celebration**



Extension and Outreach Club

Background

Extension and Outreach Club is an association that focuses on reaching out to people outside the college to help unreachable communities and also learn from them. Such activities are really important for students in Nepalese colleges. They matter a lot because they give students a chance to learn in a different way, not just from books or teachers. By doing things like helping others in the community or learning from experts, students get practical experience that sticks with them. It's like learning by doing, which is super effective. Additionally, it teaches students to care about others and their community. They make learning more interesting, meaningful, and fun.

Instead of just sitting and reading books or listening to teachers' talk, students get to roll up their sleeves and do stuff that makes a real difference. It could be as simple as tidying up a park, tutoring kids who need help, or showing farmers better ways to grow crops. These activities are all about putting what students learn into action in the real world. They're like hands-on lessons that stick with you. Moreover, they teach students to care about others and their surroundings. So, instead of just learning about things, students actually get to experience them and see how they can make a positive impact in society.

UEOC

United College (UC) has "United Extension and Outreach Club (UEOC)" has regular opportunity for students to reach the unreachable and experience life out of college's classrooms. It provides students with valuable opportunities to teach as well as learn from society and have impacts on them for sustainability.

Purpose

The aim of UEOC is to enrich students' real life learning experience with unreachable community members far away from their classroom activities. Some specific purposes of UEOC include:

- to organize community service programs, internships, workshops and seminars, cultural programs and research projects in collaboration with the College Admin and external organizations,
- to participate regularly in outreach programs in which club members can be involved in community service lifelong,
- to conduct programs focused on enhancing participatory model in community service as source of learning,

Implementation

UEOC serves as a platform for students to participate in any outreach programs with unreachable community members for making a lifelong impact in the community.

The following committee members are organizing such extension and outreach programs regularly.

MEMBER

- | | |
|------------------|-----------------------|
| • President | Nirajan Joshi |
| • Vice-President | Salu Tamrakar |
| • Vice-President | Pranisha Tamang |
| • Secretary | Prynsha Nemkul |
| • Treasurer | Pratigya Dangol |
| • Member 1 | Shiwani Adhikari |
| • Member 2 | Soniya Tandukar |
| • Member 3 | Priscilla Bajracharya |
| • Member 4 | Sayona Shrestha |
| • Member 5 | Puja Sherpa |
| • Member 6 | Namrata Thapa Magar |
| • Member 7 | Krishna Tandukar |
| • Member 8 | Avyudaya Khadka |

Organized by Outreach & Extension Club

Student-centric Learning by Experience



Alista Subedi
Lecture of Psychology

Introduction

In the era of digitalization, understanding the awareness and adoption of digital payment systems is crucial for economic development and financial inclusion. Guided by lecturer Ms. Alista Subedi, 38 undergraduate students from United College conducted a study in Lākuri Bhanjyang, a scenic hill station on the eastern edge of the Lalitpur district, located 15 kilometers from the Kathmandu Valley. This study aimed to analyze the awareness of digital payment systems among local home stay operators and residents of Lākuri Bhanjyang.

Spotlight

Lākure Bhanjyang offers breathtaking panoramic views of Kathmandu, Bhaktapur, and Lalitpur. Recently, it has become a popular picnic spot and adventure destination, attracting tourists and adventure enthusiasts. Despite its natural beauty and tourism potential, the area faces challenges in terms of connectivity and access to modern amenities.

Data collection

The study employed a combination of interviews and observations as data collection instruments. The undergraduate students interacted with local home stay operators and residents to gather insights into their awareness, usage patterns, and perceptions of digital payment systems.

Findings

- The study revealed that approximately 85% of respondents demonstrated awareness of digital payment systems. Sources of awareness included local advertisements, word of mouth, and family members, indicating a well-informed community.
- About 45% of the surveyed

population actively used digital payment methods. Commonly used platforms included mobile wallets, online banking, and QR code payments, suggesting diverse digital payment preferences.

- Among non-users, 55% cited a lack of trust in digital transactions and a lack of knowledge about digital payment systems. Limited access to smartphones and internet connectivity was reported by 30% of non-users, highlighting infrastructural challenges. Additionally, 30% of locals found it easier to carry cash than to use digital payment systems.
- A significant portion (70%) of respondents expressed concerns about the security of digital transactions. This highlights the need for educational campaigns to address security apprehensions and build confidence among the local population.
- Among digital payment users, 60% acknowledged the convenience and time-saving aspects of digital transactions. Cashback offers and discounts were highlighted as motivating

factors for usage, indicating a positive response to incentives.

- Younger age groups demonstrated higher adoption rates, suggesting a generational influence on the acceptance of digital payment systems. Moreover, educational background correlated positively with digital payment awareness,

emphasizing the role of education in promoting technological literacy.

Conclusion

The research provides insights into the understanding, utilization trends, and viewpoints regarding digital payment systems in Lākuri Bhanjyang. While there is a significant level of awareness, moderate

usage, and perceived benefits among users, barriers such as security concerns and infrastructural challenges hinder widespread adoption. Addressing these barriers through educational campaigns, improving connectivity, and offering incentives could facilitate the transition towards a cashless economy in Lākuri Bhanjyang and similar rural areas.



Debate Club

Background

Debate club is an association that focuses on promotion of the students' understanding of recent phenomena taking place around them and discuss its impacts on humans and animate beings. This club is designed to help students interested in discussions of such day-to-day phenomenon and enhance their ability to respond proactively for better solutions and conclusions.

UDC

United College (UC) has "United Debate Club (UDC)" for creating an environment where students are engaged for logical arguments on recent phenomena happening around us. It provides students with valuable opportunities to speak and argue positively for solving our society or phenomenon's riddles.

Purpose

The aim of UDC is to enrich students' capacity to interact or respond with logical arguments on our recent phenomena for the best outcomes. Some specific purposes of UDC include:

- organize a debate competition inviting teams from various semesters to compete on current affairs and controversial topics,
- hold regular debate sessions where club members can practice and improve their debating skills on a variety of topics,
- conduct workshops focused on enhancing public speaking and argumentation skills, possibly led by experienced debaters or public speaking coaches in collaboration with UC Toastmasters Club,
- host a showcase event where the best debaters from the club demonstrate their skills in front of an audience, possibly with audience participation segments, and
- arrange panel discussions with experts on hot-button issues where club members can moderate and participate in discussions.

Implementation

UDC serves as a platform for students to participate in debates and discussions with experts and public figures for a harmonious solution(s) of any phenomena around us.

Club's Activity

Event I

For the first time, UDC organized in-campus debate competition on "Labour Union in Organizations" dated 9th January 2024. Debate Some of Its glimpse is as follows:

Nirajan Joshi

Secretary of United Debate Club

Introduction

This report briefly describes the outcome of Debate Competition organized on Asadh 14, 2081 by United Debate Club in collaboration with United ECA Department. The topic of the debate competition was "Labor Union in Organizations." This report contains the events and activities that took place during the Program.

Objectives

The aim of organizing the Debate Competition were as follows:

- To hone the public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions.
- To enhance the knowledge, understanding, analytical skills and interpretation ability about the topic.

Format of the Debate Program

The debate followed a structured format, with 4 groups consisting of two students each from, 'For' and 'Against' Side of the topic "Labor Union in Organizations." The Debate Competition

was organized in two rounds. In Round one, a student from For side was allowed to speak for 3 minutes and then another student from Against side was allowed to speak for another 3 minutes to express opinions from his/her side. In Round two, 2-minutes was allocated to each student to counter and defense their views with various data, facts and events regarding the topic. In this way, 10 minutes was allocated to each group. The judges evaluated the performance of each participant and provided marks on the basis of four aspects; Presentation, Content, Evidence, and Support & Defense of Arguments. Each aspect carries 25 marks. The participants scoring the highest average marks provided by the judges was declared to be the winner of this competition.

REPORT BRIEFING

On the 14th of Asadh, 2081 United Debate Club along with the collaboration of ECCA organized a spirited and intellectually stimulating Debate Competition on the theme "Labor Union in Organization." The competition aimed at fostering critical thinking, analyzing the facts, enhance public speaking skills and healthy competition among students. The competition witnessed enthusiastic participation from students across different Bachelor programs ensuring equal participation. Altogether 8 students were listed to be participated on the competition. Among them a participant was absent.

The event showcased the talent and eloquence of Unitedians as they engaged in thought

provoking discussion on the topic. The winners of the debate competition were awarded with certificate along with cash prize of Rs 3000, Rs 2000 and Rs 1000 to 1st, 2nd and 3rd respectively. Every participant got the certificate of participation as well. Similarly, Mr. Birendra Raj Pandey, Vice President Confederations of Nepalese Industries (CNI), the Chief Guest of this competition was handed Token of Love by our Campus Chief Dr. Lal Rapacha.

Winners

Kiran Paudel, First
Animon Rapacha, Second
Shreedip Shah, Third

ACKNOWLEDGEMENTS

First and foremost, I would like to express deep gratitude to the Campus Chief Dr. Lal Rapacha, Mr. Sudal Rai, ECA Coordinator for the invaluable guidance, support, and feedback throughout this Debate Competition. I am extremely grateful to Mr. Mahesh Aryal, Graduate Program Director for his support. I would like to acknowledge Mr. Subham Kharel, President of United Debate Club for making the great contribution for the growth and development of this club and the way Debate Competition was organized. Finally, I must be thankful to the club members, participants and judges who supported us through their presence and in the successful completion of Debate Competition.

S.N	Name of Participants	Marked by Mr. Binod Lingden	Marked by Ms. Chandrika Acharya	Marked by Mr. Birendra Raj Pandey	Total Marks Obtained	Final Result of Competition
1	Nirajan Joshi	73	75	65	213	4th
2	Soniya Tandukar	–	–	–	–	Absent
3	Kiran Paudel	80	94	75	249	1st
4	Kushma Shrestha	60	81	45	186	6th
5	Animon Rapacha	86	88	65	239	2nd
6	Shreedip Shah	72	80	65	217	3rd
7	Supriya Poudel	66	86	55	207	5th
8	Kritika Thapa Magar	60	60	50	170	7th

Nirajan Joshi
Secretary of United Debate Club

PERFECT PITCH COMPETITION

Event: Perfect Pitch Competition

Date: 08-12-2081

Venue: United Seminar Hall

Perfect Pitch Competition is an idea pitching program organized by United Debate Club. In this competition, participants will pitch their business ideas in presentation format in front of selected judges and guests. This is the first event organized by a reformed United Debate Club.

Guide for the program

• Judges

i. Dr. Binod Lingden (Club Advisor, United Academy)

ii. Mr. Pradeep Rauniyar

• Dress Code

Formal Wear or College Uniform

• Timer Guide

Each participant has 5 mins of time to present

their business idea. The timer is in possession of the Yellow and Red Card.

- Yellow Card is shown in 4 minutes [Warning Sign]
- Red Card is shown in 5 minutes [End]
- Water for our participants and coffee for our judges and guests will be provided.
- Top Three Participants will be rewarded with "Certificate of Achievement, Respective Medals, and Gift Prizes

Days before the Event

- Meeting held for role distribution amongst members
- Marking Criteria for Judges was printed
- Participants (BBM 6th Semester) start submitting their presentation.
- Guest Judge [Pradeep Rauniyar] is invited
- Certificates and Prizes are ready
- Members who participated for roles gather in Seminar Hall to prepare for the program.
- Judges and Participants enter at 7:45 am with our guests i. e., Dr. Lal Rapacha (Campus Cheif, United College), Mahesh Aryal Chhetri (Program Director, United College)
- Program starts at 7:55 am
- Presentation Round ends at 10:00 am
- Judges scored are compared and added [Refer to Judge Score Sheet File]

Day of Event

The roles performed today were:

S.N	Participants	Roles
1	Subham Kharel	Logistics; Program Management
2	Pratisara Shakya	Host
3	Gaurav Shakya	Host
4	Samiskshya Karki	Host
5	Simran Lamichanne	Host
6	Yashodha Rokaya	Timer
7	Samir Limbu	IT [Slides]
8	Bijaya Kutuwal	IT [Slides]
9	Pratuyusha Ghimire	Logistics
10	Aahana KC	Photo/Media In Charge
11	Asbina Rai	Logistics [Handling of Certificate]

- Campus Chief Sir addressing the crowd shares a short speech
- Award Ceremony begins
- Guest Judge 'Pradeep Rauniyar' was given a token of love by our Principal
- Pradeep Sir shares his thoughts on the program with his acceptance speech.
- Hosts conclude the program.

Notes*

- Items used (For future References)

Particulars

Laptop (Presentation)

Edibles

Camera

Print of Marking Criteria

Stationary

Certificates

Token of Love

- Scores of participants are recorded in a record file #1
- Participants remarks are recorded in a record file #2

This report is the filed in the Debate Club register. Any comments or feedback on the program will be discussed in our next club meeting.

28th Flagun, 2081 Debate Club Meeting

Subham Kharel, President

Simran Lamichhane, Vice-President

Gaurav Shakya, Secretary

Samikshya Karki, Treasurer

Aahana KC, Advertisement
 Bandana Dahal, Social Media/Advertisement
 Samir Limbu, Member
 Bijaya Katuwal, Member
 Sadikshya KC, Member
 Jessica Basumatary, Member
 Kritika Shahi, Member
 Pratisara Shakya, Member
 Pratyusha Ghimire, Member
 Yashodha Rokaya, Member
 President Subham Kharel
 Vice-President Simran Chaichhane
 Secretary Gaurav Shakya
 Treasury Samikshya Karki

Media/Advertisement In charge

Bandana Dahal

Aahana KC

Club Advisors

Dr. Binod Lingden

Kiran Poudel

Meeting Agenda

- Business issues debate competition: At least two times a month
- Frequent post and updates on official debate club page
- Inter-College Competition after 2 months
- Idea Pitch (for competition)
- Article writings etc.
- Hiking and Excursion for funding purposes

Plans

- Second meeting scheduled for Monday, 17th March (Idea Pitch)
- A competition or event at third week of Chaitra

Winners	Position	Medal	Score	Awarded by
Roshil Pradhan	1st	Gold	67.5	Mr. Pradeep Rauniyar
Grishma Shakya	2nd	Silver	60.5	Dr. Lal Rapacha
Riya Kathiwada	3rd	Bronze	59	Mr. Mahesh Aryal

SECTION
5



Student Spotlight

United College (UC) is pleased to announce its students' remarkable academic plus 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

1. Pre-University Exam Toppers
2. TU Exam's College Toppers
3. Excellent Results in Scholastic Areas
4. CCA & ECA Awards

Pre-University Exam Toppers

BBS



SANJANA SHAKYA
2023 Batch, 1st Year
2081, 46.20%



SHIKSHYA GURUNG
2022 Batch, 2nd Year
2081, 72.00%



NIRAJAN JOSHI
2021 Batch, 3rd Year
2081, 63.00%



RAISHA MAHARJAN
2020 Batch, 4th Year
2081, 65.56%

BBM



ANSHA BAJRACHARYA
2024 Batch, 1st Semester
2081, 3.12 GPA



SAMIKSHYA KARKI
2022 Batch, 4th Semester
2081, 3.2 GPA



SAMIKSHYA KARKI
2024 Batch, 1st Semester
2081, 3.12 GPA



ROSHIL PRADHAN
2021 Batch, 5th Semester
2081, 3.52 GPA



ANUJ POUDEL
2021 Batch, Sixth
Semester 2081, 3.4 GPA



SUVEKSHYA BASNYAT
2020 Batch, Seventh
Semester 2081, 3.28 GPA



SUVEKSHYA BASNYAT
2020 Batch, Eighth
Semester 2081, 3.5 GPA

BCA



PRYNSHA NEMKUL

2024 Batch, 1st Semester
2081, 3.2 GPA



MANISH PANDIT

2023 Batch, 2nd Semester
2081, 2.88 GPA



PURNIKA PRAJAPATI

2022 Batch, 3rd Semester
2081, 3.36 GPA



PURNIKA PRAJAPATI

2022 Batch, 4th Semester
2081, 3.68 GPA



DENISH RATNA SHAKYA

2021 Batch, 5th Semester
2081, 2.96 GPA



ASESH MAHARJAN

2020 Batch, 7th Semester
2081, 2.3 GPA



BBS Third Year Result Celebration

TU Exam's College Toppers

BBS



SWOSTIKA ROKA

2019 Batch, 4th Year
68.80%



RAISHA MAHARJAN

2020 Batch, 3rd Year
68%



NIRAJAN JOSHI

2021 Batch, 2nd Year
48.20%



SHIKSHYA GURUNG

2022 Batch, 1st Year
65.60%



SANJANA SHAKYA

2023 Batch, 1st Year
52.40%



SRIJANA BASNET

2022 Batch, 2nd Year
59.60%

BBM



LASTA BAJRACHARYA

2019 Batch, 8th Semester
3.97 GPA



RUKSHANA MAHARJAN

2019 Batch, 7th Semester
3.92 GPA



ANIMON RAPACHA

2020 Batch, 7th Semester
3.84 GPA



SUVEKSHYA BASNYAT

2020 Batch, 6th Semester
3.96 GPA



ANUJ POUDEL

2021 Batch, 5th Semester
3.9 GPA



GRISHMA SHAKYA

2021 Batch, 4th Semester
3.72 GPA



SAMIKSHYA KARKI

2022 Batch, Fourth Semester
3.72 GPA



ANUSHKA MAHAT

2022 Batch, Third Semester
3.78 GPA

**SAMPADA SHRESTHA**

2023 Batch, 1st Semester
3.78 GPA

**AANON MAHARJAN**

2023 Batch, 2nd Semester
3.86 GPA

**ANSHU SHRESTHA**

2023 Batch, 2nd Semester
3.86 GPA

BCA

**ARIF MAHARJAN**

2019 Batch, 8th Semester
3.52 GPA

**PRAGYA ACHARYA**

2019 Batch, 8th Semester
3.52 GPA

**RAHUL SHAKYA**

2019 Batch, 8th Semester
3.52 GPA

**RABISKA RIMAL**

2020 Batch, 6th Semester
3.22 GPA

**ASESH MAHARJAN**

2020 Batch, 5th Semester
3 GPA

**YURISHMA BALAMI**

2021 Batch, 5th Semester
3.2 GPA

**YURISHMA BALAMI**

2021 Batch, 4th Semester
3.35 GPA

**PURNIKA PRAJAPATI**

2022 Batch, 3rd Semester
3.4 GPA

**KRITIKA MAHARJAN**

2023 Batch, 3rd Semester
3.44 GPA

**MANISH PANDIT**

2023 Batch, 2nd Semester
3.45 GPA

**MANISH PANDIT**

2023 Batch, 1st Semester
3.7 GPA



Graduation Ceremony 2025

Excellent Results in Scholastic Areas

Excellent 100% Board Result

On behalf of United College Family, we congratulate to our BBM 7th Semester students securing 100% result and **Animon Rapacha** for scoring 3.84 GPA for being College Topper.

Keep go on igniting and inspiring all!

BBS 3rd Year 2020 batch's Success Celebration

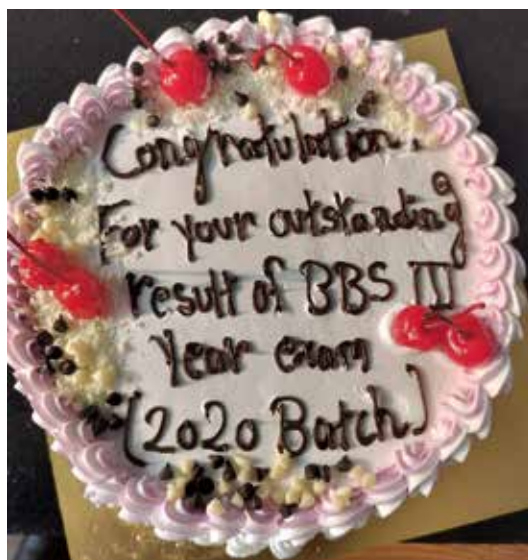
At United College, we believe in nurturing talent and fostering academic excellence. Today, we are thrilled to share the outstanding results of our Bachelor of Business Studies (BBS) 3rd year 2020 batch with a remarkable 92% success rate in the recently published TU result. This is a testament to the hard work, dedication, and passion of our students and Faculty.

A Rare Achievement in the BBS Program

Achieving a 92% pass rate in the BBS program is no small feat. It's a truly rare accomplishment, considering the program's challenging nature. Our students have not only demonstrated resilience but have also shown that with the right guidance and support, success is within reach. Almost 100% students, except one exception, have passed their exams.

Raisha's Remarkable Achievement

We are especially proud of one of our top achievers, **Raisha**, who secured an impressive 68% in her exams. Raisha's dedication and determination throughout the course have truly paid off, and her hard work has set an example for others to follow. Her success story is one of focus, perseverance, and passion for learning.



A Supportive and Engaging Learning Environment

United College's approach goes beyond just textbooks and lectures. We focus on creating an environment that encourages critical thinking, hands-on experience, and holistic development. With our dedicated faculty, personalized mentorship, and modern teaching methods, our students are well-equipped to excel in their academic pursuits.

The 92% success rate is not just a reflection of the students' hard work but also the continuous support and encouragement they receive from our passionate faculty members. This success would not have been possible without the commitment of both our students and teachers working together towards a common goal.

Looking Ahead: The Path to Future Success

As we celebrate these incredible results, we are reminded that this is just the beginning. We look

forward to seeing even greater achievements from our students in the years to come. With their determination and the support of United College, there is no limit to what they can accomplish.

Once again, congratulations to all our BBS 2020 students for their outstanding performance, and a special shoutout to Raisha for her top marks!

We are incredibly proud of you all and are excited for the future you are building.

Join Us and Be a Part of Our Success Story!

If you're looking for an institution that nurtures academic excellence, prepares you for the future, and supports your growth every step of the way, look no further than United College. Together, we will continue to reach new heights!

CCA & ECA Awards

*Speech Contest (2nd Place, Division A,
Table Topic Contest, 22nd March 2025)*

*Speech Contest (3rd Place, Division A,
International Speech Contest, 22nd March
2025)*



International Awards to TM Animon Rapacha

On behalf of United College Family, we congratulate to our Bachelor's student **TM Animon Rapacha** for winning Toastmasters' Division A, International Speech Contest 2025 & Division A, Table Topic Contest 2025. Keep go on igniting and inspiring all!

TT Silver Medal to United's Player Rozan

Congratulations to Master **Rozan Dangol**, BCA 8th Semester student for winning Silver Medal in Table Tennis (TT) competition-2024 organized by Academia International College.



United's Journalist Student Felicitated

Congratulations to our BCA 7th Semester student **Kiran Poudel** for his Contribution in the field of justice journalism -2025. Keep go on igniting and inspiring all!



Championship Trophy with Golden Boot & Ball to United

On behalf of United College Family, we congratulate to our Toastmasters Futsal Team for their epoch-making Championship Trophy with Golden Boot & Ball to footballer **TM Animon Rapacha** (see p. 134 also). Keep go on igniting and inspiring all!





SECTION 6



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 general 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 seven latest annual happenings and developments within the UC.

1. Futsal Champion with Golden Boot & Ball
2. Workshop on Peer-Reviewed Research Article Writing
3. Campus Chief's Message to 'United Job Fair'
4. Mardi Himal Trek A Transformative Journey to the Majestic Himalayas
5. Creative Week-2025
6. Student-centric Collaborative learning
7. Student-centric Art therapy
8. Research Alliance to Boost Academic Innovation
9. Training on Scientific Research and Publishing
10. SPSS Training to Faculty Members
11. Forging a 5-Year International Academic Partnership

Futsal Champion with Golden Boot & Ball



Sangharsha Pariyar,
BCA 4th Semester
United College
Toastmasters Club

November 30, 2024 remains a memorable Saturday evening because of United College's (UC) Toastmasters International Nepal Futsal Championship win with Golden Boot without any defeats. That Saturday evening remained unforgettable moment since this is the beginning of a new chapter in United's 22 years of academic history.

United College's team A2 United showcased an outstanding performance throughout the tournament. The team remained undefeated, winning all their matches with a total of 28 goals scored and only 5 conceded. Key players like Pema Dharpo Gurung and Animon Rapacha (5 goals with Golden Boot, see Photo) played pivotal roles in their team's success.

BoDs (Nara Hang Rai (Left) Dripa Chamling on Grey coat & Dr. Kabi Raj Bantawa (Right)) awarding the Championship trophy to TM Animon Rapacha her team members

Milieu

The Nepal Toastmasters Futsal Tournament 2024 was

the Second Annual event organized by Division A of Toastmasters Nepal. This tournament brought members together from various Toastmasters Clubs to engage in friendly competition and strengthen community bonds. Held on November 30, 2024, at the Premier International IB Continuum School in Khumaltar Height, Satdobato, Lalitpur, the event showcased the athletic talents and teamwork of the participants.

Objectives

The primary objectives of the tournament were:

- to promote physical fitness and healthy lifestyles among Toastmasters members.
- to provide a platform for networking and camaraderie in an informal setting.
- to encourage teamwork and leadership through sports.
- to strengthen the sense of community within the Toastmasters network.

Concisely

The Nepal Toastmasters Futsal Tournament-2024 successfully united members from various clubs in a day of sportsmanship and

“In futsal, the result is an impostor. You can do things really, really well but not win. There's something greater than the result, more lasting - a legacy.”

fellowship. With 12 teams competing in a structured format, the tournament featured exciting matches and highlighted remarkable talent. A2 United, a team comprising members from KCM, IAN, and United College (see Photo), emerged as the champions, demonstrating exceptional skill and coordination. Individual excellence was recognized through awards for top scorer, best goalkeeper, and more. The event was well-organized, with enthusiastic participation from players and spectators alike.

Tournament Overview

Participating Teams

A total of 12 teams participated in the tournament:

- I. A2 United
- II. Kathmandu Knights
- III. Titans FC
- IV. Agni Scorpios
- V. Athassi Unanchas FC
- VI. Holy Moly Strikers
- VII. Himalayan Rangers
- VIII. Bhaisepati Warriors
- IX. ACAN Toastmasters FC
- X. Laxmi Sunrise FC
- XI. Oli ko Toli
- XII. Nabil Toast Blasters

Each team consisted of members from different Toastmasters clubs, bringing diverse skills and strategies to the competition.

Venue Details

The tournament was held at the Premier International IB



A2 UNITED FUTSAL TEAM

Continuum School, located in Khumaltar Height, Satdobato, Lalitpur. Established in 2008, the school is part of the Premier Education Network and is recognized as Nepal's first IB PYP and IB MYP World School. The school's facilities, including well-maintained sports amenities, provided an ideal setting for the futsal tournament.

Event Format

Group Stage

Teams

Divided into three groups, each comprising four teams.

Matches

Conducted in a round-robin format, with each team playing three matches.

Advancement

The top two teams from each group progressed to the knockout stage.

Knockout Stage

Quarterfinals

Featured six teams, with the

top two teams from the group stage receiving a bye to the semifinals.

Semifinals and Finals

The advancing teams competed for the championship, culminating in a thrilling final where A2United secured the title.

Team Performances

A2 United

A2 United showcased an outstanding performance throughout the tournament. The champion team remained undefeated, winning all their matches with a total of 28 goals scored and only 5 conceded. Key players like Pema Dharpo Gurung and Animon Rapacha played pivotal roles in their success.

Other Team

Titan FC

Displayed resilience and tactical prowess, securing the runner-up position with 18 goals scored and 8 conceded.

Kathmandu Knights

Exhibited strong performances in the group stages but faced tough competition in the knockout rounds.

ACAN Toastmasters FC

Demonstrated enthusiasm and competitiveness, contributing to the tournament's dynamic atmosphere.

Individual Awards

The tournament recognized individual excellence with the following awards:

Golden Ball (Top Scorer):

Pema Dharpo Gurung (A2 United) with 15 goals

Golden Boot Female: Animon Rapacha (A2 United) with 5 goals

Golden Boot Male: Rupak Thapa Magar (Titan FC) with 9 goals

Golden Glove (Best

Goalkeeper): Vijay Lama (Titan FC) for his exceptional goalkeeping skills

Food and Refreshments

Organizers ensured that participants and spectators had access to nutritious food and beverages. A variety of energy-boosting snacks, fresh fruits, and hydration stations were available all around the venue, contributing to the well-being and performance of the players.



*Animon Rapacha (Second from Left)- A2 United
@ United with Trophy plus B & B*



Vijay Lama - Titan FC

Spectators and Atmosphere

The tournament attracted a lively crowd, including family members, friends, and fellow Toastmasters. The enthusiastic support from the spectators created a vibrant and encouraging atmosphere, enhancing the overall experience for everyone involved.

In conclusion, the Nepal Toastmasters Futsal Tournament-2024 was a celebration of sportsmanship, teamwork, and community.

A2 United's victory highlighted the importance of collaboration and dedication. The event strengthened the bonds among Toastmasters clubs in Nepal and showcased the members' commitment to excellence both on and off the field.

Acknowledgements

We would like to express our sincere gratitude to Division A for organizing the Nepal Toastmasters Futsal Tournament 2024 and to the Premier International IB

Continuum School, Satdobato, Lalitpur, for hosting the event.

A special thanks to United College Toastmasters Club and our Campus Chief Dr. Lal Rapacha, Post-PhD for their support and encouragement in documenting this event. My appreciation also goes to all participating teams, volunteers, and supporters who made this tournament a success.

Thank you for making this event memorable.



Pema Dharpo Gurung – A2 United



Workshop on Peer-Reviewed Research Article Writing

@ Himalaya Drishya Resort, Dhulikhel

We are delighted to announce a successful completion of the 'Workshop on Peer-Reviewed Research Article Writing', held at the picturesque Himalaya Drishya Resort, Dhulikhel, on Poush 26-27, 2081 (January 10-11, 2025). This workshop provided a unique platform for participants to improve their academic writing skills and gain a deeper understanding of how to create high-quality, peer-reviewed research articles.

The event brought together 29 passionate participants, all eager to enhance their research and writing abilities. It offered not only informative lectures but also interactive sessions where attendees could engage with experts, discuss challenges, and exchange ideas related to academic writing.

This workshop was led by the highly regarded Associate Professor Dr. Dhruba Lal Pandey (Tribhuvan University), who shared his wealth of knowledge and practical insights into the peer-review process. Dr. Pandey's session focused on how to effectively structure research articles, conduct in-depth literature reviews, and adhere to the standards

of academic writing. His guidance gave participants the tools they needed to refine their research articles and prepare them for publication.

Alongside Dr. Pandey, Chairperson Dr. Lal Rapacha played a crucial role in offering valuable advice throughout the workshop. Dr. Rapacha's expertise helped steer the session in a direction that was both educational and practical, ensuring that participants received a comprehensive understanding of the academic writing process.

We were also honored by the presence of Special Guest and Deputy-Director Ms. Manasvi Bantawa, whose participation added to the overall success of the event. Her involvement created a positive and motivating atmosphere, encouraging the attendees to engage more actively in the discussions and gain fresh perspectives on their research practices.

This workshop was not only an opportunity to learn the technical aspects of research article writing but also an effort to cultivate a culture of meaningful research and academic development. Our

goal was to equip participants with the necessary skills and confidence to craft research articles that meet the rigorous standards of peer-reviewed publications.

We look forward to seeing the knowledge gained during this workshop applied to the participants' future research projects, and we hope to continue offering such valuable learning experiences in the future.

Key Event Details

- Location: Himalaya Drishya Resort, Dhulikhel
- Dates: Poush 26-27, 2081
- Number of Participants: 29
- Instructors & Experts
 - Associate Professor Dr. Dhruba Lal Pandey
 - Chairperson Dr. Lal Rapacha
 - Special Guest Deputy-Director Manasvi Bantawa

Looking Ahead

This successful workshop has inspired us to continue organizing similar events focused on academic growth and research excellence. We hope to offer more opportunities for scholars and researchers to enhance their writing skills and contribute to impactful research in the future.

Campus Chief's Message to 'United Job Fair'

UAG Management, Board of Directors, Business tycoons and participants...

Good morning.

In twenty-three years of academic history of United College (UC) affiliated to Tribhuvan University, today (Jan 6, 2025/22 Poush 2081) is a special day and the first epoch-making event for our students and faculties that we in collaboration with JOBS DYNAMICS have organized UNITED JOB FAIR popularly tagged as UNITED JOB EXPRESS 2025.

As an integral part of university education to link College to Corporate (C2C), its main objective is to bridge the gaps between our students (job seekers) and employers by connecting and networking each other. This event can have many benefits for both parties, including:

Net working

Job seekers can network with recruiters and business professionals from companies they're interested in. They can ask questions, learn about opportunities, and get insights into what employers are looking for.

Career advice

This event has offered resume/CV reviews and career advice from professionals.

Interview practice

This event can help job seekers practice presenting themselves professionally in an interview setting.

Land a job or internship

This event can help job seekers find a job or internship.

Recruit talent

This event can help employers attract and recruit talent for their business.

Create a positive brand profile

This event can help employers create a positive brand profile, e. g., today we have Ather, EZVIZ (Security Video for Smart Life), Nepa~laya, Xiaomi & Yamaha here with us.

Showcase company culture

This event can be a way for employers to showcase their company culture and opportunities, e. g., today our 18 recruiters with us we have –

- MAW (Morang Auto Works) Enterprises Pvt. Ltd.



Job Fair Participants

- SPG Trading Pvt. Limited
- My Space Pvt. Ltd.
- UWS Nepal (Educate the Future Change the Future)
- Info Developers Pvt. Ltd.
- Broadway Infosys Pvt. Ltd.
- KNP NEROLAC (Healthy Home from Japan)
- Agile Solutions Pvt. Ltd.
- GloballyHub
- CMS (Catalyst Management Service) Nepal Pvt. Ltd.
- Eminence Ways
- Aloj Pvt. Ltd.
- Jagdamba Motors
- Health at Home
- Vertical Advertisement (VERTI AL 360 ADS) Pvt. Ltd.
- Logictive Solutions
- Vaidya's Organization of Industries and Trading Houses
- Laxmi Group

Today's historic event is sponsored by Tech Axis (Learn First to Lead the Rest) and Dursikshya (Transforming Education) with whom United College has signed Memorandum of Understanding (MoU) for providing high tech and skilled education to our students collaboratively.

I, on behalf of United College, would like to sincerely thank the UAG Management, Board of Directors, Program Director, students, companies, collaborator, sponsors and individuals for making this historic event a big success.

Let us be a catalyst to build and develop Nepal



for our future generations collaboratively and collectively.

Thank you all.

United Job Fair Program

United Job Express (UJE)-2025, held on January 6, 2025, at United College, was an exciting and impactful event aimed at assisting students connect with potential employers and explore various career opportunities. The event was organized by United College in collaboration with Jobs Dynamics and supported by the United Events Management Club. Its main goal was to provide students with valuable insights into the job markets and necessary tools to build successful careers.

This event featured a series of training sessions, panel discussions, and a job fair, all designed to assist students better prepare for their future professional lives.

It began with a set of training sessions that focused on essential job application skills. Its first session, 'Resume/Cover Letter/Digital Profile' was held on December 26, 2024, led by Mr. Prayash Rajopadhyaya. This session taught students how to create an effective resume, write a compelling cover letter, and build a strong digital profile, which are all crucial elements in standing out to potential employers.

The second session, held on January 2, 2025, was about facing 'Job Interview Preparation' led by Mr. Prateek Lalwani. This session provided students with 'interview tips, strategies for answering common questions, and guidance on how to present themselves confidently' during an interview. Both sessions equipped students with the skills they need to succeed in the competitive job markets.

On January 5, 2025, the event featured an engaging panel discussion on the Market Scenario. The panelists included industry experts like Mr. Kiran Krishna Shrestha from nepa~laya, Ms. Rena Rijal from Sanima GIC Insurance Ltd, Mr. Amulya Lohani from Tekkon Nepal, Juna Bhattarai from Vivid Interiors, and panel discussion moderator Mr. Hari Khatri from Jobs Dynamics. The speakers came from a diverse background; art, banking, architecture, and Information Technology (IT).

They discussed on the current job markets, what employers are looking for in candidates, and the skills that students should develop to stay competitive. Their discussion provided students with a clearer understanding of 'industry expectations, job trends, and how they can align their skills with market demands'.

The highlight of the event was the Job Fair, which took place on January 6, 2025. The job fair provided students the opportunity to meet with representatives from several companies, learn about job openings, and network with professionals from a range of industries. The participating companies included:

- Broadway Infosys
- SPG Trading Pvt. Ltd
- Eminence Ways
- Agile
- Laxmi Group



- Vaidya's Organization of Industries & Trading Houses
- Catalyst Management Service (CMS)
- Aloj
- Health At Home
- Jagdamba Motors
- Globaly Hub
- KNP Nerolac
- My Space Pvt. Ltd
- Info Developers
- UWS

A total of 70 students attended the job fair allowing them to explore various career opportunities, ask questions, and build networks that could assist them in their future job search. It was an excellent platform for students to engage with recruiters, learn about industry trends, and gain confidence in their professional pursuits.

The success of the UJE-2025 would not have been possible without the hard work and dedication of the organizing teams. The collaboration

between United College, Jobs Dynamics, and the United Events Management Club ensured that the event ran smoothly and was highly beneficial for both students and employers. A special 'thanks' goes to the organizing team members, including Roshil Pradhan, Sangya Chamling Rai, Anuj Paudel, Reeyaz Maharjan, Udeshika Khawas, Mansu Rai, and many others who played an important role in making the event a success.

To conclude, the UJE-2025 was an invaluable experience for students looking to jumpstart their future careers. Despite a few challenges, the event provided students with important learning experiences, networking opportunities, and a better understanding of the job market. Students left the event feeling more prepared, confident, and motivated to take the next step in their professional journeys.

Mardi Himal Trek

A Transformative Journey to the Majestic Himalayas



Nilaw Manandhar
BCA VII Semester
nilaw.manandhar2019@gmail.com

Day 1 Kumaripati to Kande -A Journey of Surprises

Departing early from college at 6:30 AM. The drive to Kande was supposed to be smooth, yet nature and circumstances had their own plans. The bus broke down not once but twice, each delay adding a mix of frustration and anticipation. The journey, however, offered moments of tranquility as we soaked in the ever-changing landscapes: rolling hills, scattered villages, and distant glimpses of snow-capped peaks.

By the time we reached Kande it was already getting dark

with the recipe of thick fog. As our actual climb to hills began at about 8:45 PM and with the mixture of pitch-black forest with little to no light, there was different vibe getting scared and making my colleagues scared throughout the journey.

Arriving at Australian Camp around 10:00 PM felt like reaching a sanctuary. The night was cold, the fog still dense, but there was a profound sense of accomplishment. I had taken the first step quite literally into a new world.

Day 2 Australian Camp to Forest Camp -Awakened by Majesty and Lessons on the Trail

I woke up at 5 AM to a serene, early-morning silence, eager to explore the landscape. As I walked through the garden of our resting place, I was greeted by an inspiring sight: the majestic Himalayan range in full view, with the towering Mt. Fishtail (Machhapuchhre) and Annapurna IV standing proudly. The first light of dawn painted the peaks in hues of orange and gold, a moment of

pure magic that filled me with an indescribable energy. This view alone felt like a reward, and my excitement surged.

My initial plan was to bundle up in a thick down jacket, anticipation the cold. However, the lessons from the previous day's travel taught me otherwise. With just a warm high-neck T-shirt, I was ready to embrace the day's journey north. As we set out, the path was a mix of anticipation and camaraderie.

Our checkpoint for a meal provided a chance to connect with other trekkers. Strangers at first, we quickly bonded over shared goals and the universal language of adventure. These brief exchanges added richness to the trek, turning an isolated journey into a collective experience. After lunch, the real test began. The trail grew steep, and for three relentless-ness hours, it demanded every ounce of strength and focus. It was during this stretch that I learned a valuable lesson: the journey becomes easier when you distract the mind. Instead of fixating on the destination,

I focused on small, grounding actions like plucking leaves from the ground using my stick. This simple act turned the exhausting climb into a meditative rhythm, each step a bit lighter.

In the second half, I quickened my pace, passing my friends and joining a group that moved at my rhythm. There was something liberating about finding this flow, letting my own energy guide me. As the day stretched on, confusion arose about our final stop. Was it Low Camp or Forest Camp? The uncertainty added a layer of challenge, but we decided to wait at Forest Camp which we reach at 3:00 PM, about four hours closer than Low Camp. Sitting there, surrounded by fog, we waited for others to join but some of our friends continued further ahead, uncertain of the path. Teasing them later for their ambitious march into the mist became a source of laughter and lighthearted joy. And the day passed on as we got warmed up on the furnace while struggling to get our devices charged as it turned out the source of electricity was actually solar panel which didn't get sufficient supply of sunlight due to thick mist.

Day 3 Forest Camp to High Camp-Racing Stars and Mountain Lessons

The day started early 4:00 AM, to be exact. My roommate and I had a simple



mission: get to the washroom before the crowd. Yet, what we encountered outside made us forget everything else. The night sky above Forest Camp was nothing short of breathtaking, a celestial canvas of countless stars.

Sadly, the mountains hid behind the hills, but the beauty of the sky compensated. We tried our best to capture the moment with our mid-range smartphones. The results weren't professional-grade, but each shot reflected just how far budget phones especially those from Chinese brands had come. The freezing cold was worth it. Laughing, joking, and warming up together, we probably disturbed others. Sorry, fellow trekkers!

At 7:00 AM, the walk to Low Camp began. By now, I understood my pace and

pushed ahead, greeting foreign trekkers, resting when needed, and snacking along the way. Low Camp marked our lunchtime destination, and it was a relief to see my friend group finally arrive, brimming with newfound confidence.

The trail to High Camp was next. Forests stretched endlessly, and every adventure we met echoed the same refrain, "Just 2 hours ahead." Yet, as we climbed further, the time estimates never seemed to change. This taught me a crucial lesson: expectations set by others can mislead, but inner resolve keeps you going. My friends and I found renewed energy, motivated by each other's determination. We laughed, left our marks on hilltops, and avoided a risky shortcut that seasoned trekkers warned us about. Meeting fellow

travelers from Kathmandu felt like home away from home. Their presence distracted us from the aching legs and spurred us onward.

By 4:00 PM, we reached High Camp. The fog still concealed the mountains, but the warmth of the cabin made up for it. We spent the evening playing UNO, talking, and laughing simple joys that made the trek memorable. The thick fog outside didn't dampen our spirits; it felt like nature's way of building suspense. We had braced for unexpected charges for charging devices, internet access, and hot water, only to discover that those applied only to foreigners. This lighthearted realization added one more story to our growing collection of trek tales.

Day 3 wasn't just about reaching a destination; it was

about learning, bonding, and finding beauty in both the visible and hidden landscapes.

Day 4 High Camp to Mardi Viewpoint to Low Camp-Chasing Stars and Sunrise Dreams

Waking up at 2:45 AM wasn't easy, especially when a cold had started to set in. My sore throat and stuffy nose were the price of wearing just a high-neck t-shirt for days. Yet, the allure of the night sky was irresistible. This time, it wasn't just about stars; we witnessed 6 shooting stars, a first for me. Each flash across the sky felt like magic, a fleeting moment of wonder that made the cold worth enduring.

At 4:00 AM, three of us set out towards the upper viewpoint of Mardi Himal. Having only one torch, we walked into the pitch-black

night. I had my down jacket on, finally learning from past days, but still missed the scarf that could've shielded my neck and ears. It was tough, but the thought of reaching the viewpoint before sunrise kept me moving.

The trail was challenging, but excitement pushed me faster and faster. At one point, I saw a shooting star that lasted about 5 seconds, splitting into three pieces (a moment so surreal it felt like a reward for my persistence). I soon outpaced my friends, driven by the fear of missing the sunrise, expected at 6:38 AM.

As I neared the top, adrenaline took over. I sprinted the final 50 meters, cheered on by fellow trekkers. Reaching the viewpoint 15 minutes before sunrise felt like a personal victory. Despite shivering uncontrollably, the anticipation and the shared excitement with others made it all worthwhile.

We captured countless photos and videos, each frame a memory etched in time. The sunrise over the Himalayas was breathtaking, a golden glow illuminates the peaks of Mardi Himal and beyond. Yet, the descent was another story. With an empty stomach and shaky legs, it proved more difficult than the climb.

Breakfast back at High Camp restored some energy. The downhill trek to Low



Camp felt like a race, with an unexpected adventure adding to the challenge. We finally reached Low Camp by 1:00 PM, physically drained but emotionally fulfilled.

The rest of the day was about reconnecting. We played cards, listened to music, and shared deep stories. In those moments, the journey was more than a physical trek, it was about friendships, resilience, and the simple joys that make life extraordinary.

Day 5 Low Camp to Pokhara- Descending Joy and Lakeside Adventures

We allowed ourselves a late start, giving me time to recover from my cold. After breakfast, we descended to Sidhing, reaching around 9:30 AM, laughing and teasing each other with different groups along the way. The previous day's "shortcuts" had taught me enough about adventure for the time being!

After lunch, we headed to Pokhara, arriving by 1:00 PM. Renting bicycles to explore Lakeside seemed perfect until we realized it was a walk-only zone! An hour of cycling followed by a relaxed stroll along the lakeside wrapped up our day beautifully. Thanks to our guides' excellent time management, we made the most of every moment, returning to the hotel by 6:00 PM, filled with fun and memories with lifetime



experience among such an amazing people.

Day 6 Pokhara to Kathmandu-Journey Back Home

Excitement to see our families made the return trip from Pokhara to Kathmandu fly by. Exhausted from the trek, I slept most of the way, and it felt like I teleported home in a split second. The journey was over, but the memories would last a lifetime.

Trekking tips for an Unforgettable Journey:

1. Pack Light: Keep your trekking bag as light as possible it makes a huge difference on long, steep climbs.

2. Live in the Moment: Don't focus solely on reaching the destination. Enjoy each step and the experiences along the way.

3. Resource Scarcity: The higher you go, the more scarce and

expensive resources become. Bring essentials like power banks and backup supplies.

4. Device Management: Use your devices wisely; conserve battery life for important moments.

5. Be Friendly: Smile, greet fellow trekkers, and be kind. The journey becomes more enjoyable with positive interactions.

6. Good Gear Matters: Invest in a good pair of shoes and trekking equipment. It makes the trek safer and more comfortable.

7. No Overconfidence: Move as instructed by the instructors to avoid any uncertainties

8. Bring Powder: Trust me, it's a must little comforts can make a big difference!

Creative Week-2025

Program Date: 16th February to 21st February 2025

Organizer: United Publication Club

A Celebration of Artistic Expression

The United Publication Club at United College successfully hosted the first-ever Creativity Compilation from 16th February to 21st February 2025, providing students with a vibrant platform to showcase their artistic talents. This week-long event celebrated creativity in various forms, including short stories, poetry, photography, and painting, making it a milestone in the college's cultural calendar.

A Week of Creative Brilliance
The participants were a total of 21 in number, and they demonstrated much creativity and skills in various art disciplines. From colorful paintings to original poetry, each submission gave insight into our students' unique voices and prowess in storytelling.

Led by an esteemed panel of judges, including Dr. Binod Lingden, Ms. Rojina Ranjitkar, and Ms. Rabu Ranjit, the evaluation criteria was

United College, Creative Week Result

SN	NAME OF PARTICIPANTS	TOTAL MARKS (40)	RANK
1	Reshma Mali (Resting Cat)	96.25	1
2	Animon Rapacha (And, I still stand)	92.5	2
3	Supriya Poudel (Is it That)	90	3
4	Arina Syangtan	82.5	4
5	Smriti Rai (Swayambhu)	82.5	4
6	Wild Thoughts on what I Love	82.5	4
7	Ankita Chipalu	81.25	5
8	Anushka Mahat	81.25	5
9	Sampada Shrestha	80	6
10	Shelly Chamling	78.75	7
11	Yugen Maharjan	78.75	7
12	K. Chhetri	76.25	8
13	Thanks for Showing (Poem)	73.75	9
14	Supriya Poudel (The Pain)	70	10
15	Rima Thing	67.5	11
16	Sagar Jirel	66.25	12
17	Nishita Byanjankar	63.75	12

based on originality, artistic expression, and impact, which resulted in a fair and motivating competition.

Event Highlights

The event included a potpourri of creative work:

Paintings- Using bold strokes, abstract concepts, and narratives that delight or provoke (4 participants)

Poetry- emotive, social commentary, whimsy, and spirit (11 participants)

Photography-

Nature, culture, and human emotion (2 participants)

Short Stories- Genre fusion: fantasy + realism + mystery (3 participants)

Mixed Media- A blend of traditional and digital art (1participants) Celebrating the Winners

The top three creative minds were recognized for great work:
1st Place - Reshma Malai

(BBM 2022, Painting)
AWARD: Gold medal,
certificate and a creative book

2nd Place - Animon
Rapacha (BBM 2020,
Poetry) Award: Silver
Medal, Certificate, and a
Creative Book

Third Place - Supriya Poudel
(BBM 2022, Poetry) Award:

Bronze Medal, Certificate &
Creative Book

Source: Kim Gurung's Events
Blog 2025

Overall Result

This event was concluded
with a felicitation ceremony
where the winners
were honoured for their
exceptional creativity. The

Creativity Compilation served
as a motivational experience
for students, inspiring them
to continue exploring and
expressing their artistic
abilities.

The United Publication
Club extended its heartfelt
congratulations to all
participants and looks forward
to organizing more such events
to nurture young creative minds.



Reshma Mali
BBM, VI Semester
First Position (Gold)

And, I still Stand

Second Position (Silver)



Animon Rapacha
BBM, 8th semester

Before the dawn,
In the silence while the city was resting,
I was awakened by a voice,
"You are not good enough."
Oh! What a nightmare it was.
As I looked in the mirror,
I see so clearly,
The fire burning within me,
A force untamed, wild and free.
It susurrates of dreams yet to chase,
Of the mountain highs I have to reach.
Ignited with life's greatest lessons,
Rising up above as a warrior.

But,
I wonder.
Wonder about this fire within me.
Will it forge me into something new?
Or leave behind the ashes, too?
Like the phoenix,
I choose to rise, to stand, to fight,
I shall turn the flames into my light.
For though the fire roars inside me,
I will not burn – I will ignite.

After the dusk,
Knowing my dreams are unforsaken.
The voice may whisper, doubt may call,
But, I will stand
And, I still stand.

Is it that I can't Fit anywhere ?

Third Position (Bronze)

In a world of shapes and spaces wide,
I am searching for a place where I
can reside.
With edges sharp and corners
square,
I wonder if there's a niche somewhere.



Supriya Paudel
BBM, 6th Semster

Is it that I can't fit anywhere?
Among the crowds, I feel the stare,
A puzzle piece without a match,
In every place, a misfit patch.

I roam the lands, the skies,
The seas, Seeking solace,
A sense of ease. But in the crowd,
I stand alone, a wandering soul, a rolling stone.

In rooms of laughter, halls of cheer,
I drift unseen, a silent tear.
My colors are bright, yet shades unseen,
A tapestry without a seam.

But in this quest, I start to find,
A spark of light within my mind.
Perhaps it's not the world that's wrong,
But a melody that's lost its song.

For in the cracks and in the seams,
Lie hidden worlds and secret dreams.
A whispered hope, a gentle sigh,
A place where all misfits can fly.

So I'll embrace my different hue,
And paint the world with shades anew.
For fitting in is not the key,
But finding strength in being me.

In every heart, a place is there,
For those who feel they don't compare.
And in the end, the truth will sing,
It's in our uniqueness, we find our wings.

Student-centric Collaborative learning



Dr. Binod Lingden
Research Coordinator &
Faculty

Collaborative learning has long been recognized as a powerful educational approach, fostering engagement, deeper understanding, and the development of essential life skills. This approach was effectively implemented at United College, where seventh-semester students of the Bachelor of Computer Applications (BCA) instructed their peers from the Bachelor of Business Management (BBM) program. Conducted under the guidance of Dr. Binod Lingden, this initiative not only enhanced the technical skills of BBM students but also enriched the teaching experience of

BCA students, demonstrating the multifaceted benefits of collaborative learning.

BCA 8th Semester students teaching tech to their peer BBM 8th Semester

The collaborative sessions took place in the computer lab of United College, a space equipped with the necessary technological tools to facilitate effective learning. The primary goal was to prepare BBM students for their upcoming project work reports by providing technical training on Microsoft Office Word. This training covered essential aspects such as selecting appropriate font styles, font sizes, spacing, margins,

alignment, APA style references, page setup, and page breaks.

The initiative aimed to address several key objectives:

a. Skill enhancement for BBM Students

- By receiving hands-on training in Microsoft Office Word, BBM students were better equipped to format and present their project reports professionally.
- The focus on technical guidelines ensured that the students could produce well-structured and visually appealing documents.

b. Teaching experience for BCA Students



- BCA students reinforced their own technical skills by teaching their peers.
- This experience also helped them develop valuable communication and leadership skills, which are essential in the professional world.

c. Interdisciplinary collaboration

- The sessions fostered a collaborative environment where students from different disciplines could share knowledge and learn from each other.
- This collaboration highlighted the importance of integrating business acumen with technical expertise.

Detailed breakdown of the training sessions

a. Selecting font style and size

The BCA students began by demonstrating how to choose appropriate font styles and sizes. BBM students learned how to set default fonts and sizes for different sections of their reports, ensuring uniformity throughout their documents.

b. Spacing and margins

Next, the training covered spacing and margins. The BCA instructors explained how proper spacing improves the readability and visual appeal of a document. BBM students practiced setting line spacing, paragraph spacing, and adjusting margins to



meet academic standards. They were taught how to balance text and white space to enhance the overall presentation of their reports.

c. Alignment and page setup

Alignment was another critical aspect covered in the sessions. BCA students showed their peers how to align text correctly, whether it be left, right, center, or justified. They also explored into page setup, including orientation (portrait vs. landscape), paper size, and section breaks.

d. APA style of references

One of the most important components of the training was the APA style of referencing. BCA students provided a comprehensive overview of APA guidelines, explaining how to format in-text citations and reference lists. BBM students practiced inserting citations and creating bibliographies using Word's built-in referencing tools.

e. Page breaks and section breaks

Finally, the sessions covered the use of page breaks and section breaks. BCA instructors demonstrated how to insert and manage these breaks to structure documents effectively. BBM students learned how to create title pages, tables of contents, and separate sections for different chapters of their reports.

Benefits and outcomes

The collaborative learning sessions between BCA and BBM students yielded numerous benefits:

a. Enhanced technical skills for BBM Students

- The hands-on training significantly improved the technical capabilities of BBM students.
- They gained confidence in using Microsoft Office Word, which will be beneficial not only for their project reports but also in their future careers.

b. Teaching and leadership skills for BCA students

- By instructing their peers, BCA students reinforced their own knowledge and developed important teaching skills.
- This experience also helped them build leadership qualities, as they had to manage the classroom and ensure that their peers understood the material.

c. Improved quality of project reports

- The technical guidelines provided by BCA students ensured that BBM students could produce high-quality project reports.
- The attention to detail in formatting and referencing enhanced the professionalism and academic rigor of their work.

d. Strengthened interdisciplinary relationships

- The collaboration fostered a sense of community and mutual respect between students of different disciplines.
- BBM students gained an appreciation for the technical skills of their BCA peers, while BCA students understood the business acumen of their BBM counterparts.

initiative, it is clear that such interdisciplinary collaborations have significant positive impacts. For BBM students, the technical training received was invaluable, not only for their immediate academic needs but also for their professional development. For BCA students, the opportunity to teach and lead their peers provided a unique and enriching experience that will benefit them in their careers.

Looking forward, there is potential to expand this model of collaborative learning to other disciplines and institutions. By fostering an environment where students from different fields can learn from each other, educational institutions can produce well-rounded graduates equipped with a diverse skill set. This approach aligns with the demands of the modern workforce, where interdisciplinary collaboration and technological proficiency are increasingly important.

Conclusion

The collaborative teaching-learning initiative between BBM and BCA students at UC exemplifies the profound benefits of interdisciplinary collaboration in education. By leveraging the technical expertise of BCA students to enhance the project report preparation skills of BBM students, both groups of students experienced significant growth. BBM students acquired essential technical skills, while BCA students developed teaching and leadership capabilities. This initiative not only improved academic outcomes but also fostered a sense of community and mutual respect among students. As educational institutions continue to explore and implement collaborative learning strategies, the experiences and outcomes from UC serve as a valuable model for future endeavors.

Reflections and future implications

Reflecting on this collaborative learning



Student-centric Art therapy



Alista Subedi
Faculty of Psychology
Organized by Cultural Club

In a captivating event initiated by Ms. Alista Subedi, a lecturer in Psychology, facilitated by Art Therapist Lajja Dixit, and a group of enthusiastic volunteers from the BBM 4th semester at United College embarked on a transformative journey of self-discovery through an Art Therapy Session. Held under the umbrella of "We Spread Smile," the event drew in a diverse group of 40 participants from the same college, all eager to explore the intricacies of their emotions and deepen their self-awareness through the expressive medium of art.

Unveiling the art of expression

Central to the session was

the exploration of the "Art of Expression," a cornerstone of Art Therapy. Participants were encouraged to explore into the depths of their innermost thoughts and feelings, using various art forms as their medium of communication. This approach provided a liberating outlet for individuals to articulate emotions that often remained unspoken, serving as a cathartic release for pent-up stress and unresolved feelings.

With her wealth of experience and empathetic approach, Lajja Dixit guided the participants through a series of carefully crafted art exercises. These activities were designed to tap into the subconscious, unearthing emotions that may have been suppressed or overlooked. Through painting, drawing, and sculpting, participants discovered new avenues to convey their experiences, fears, and aspirations, thereby fostering a deeper connection with their inner selves.

Understanding oneself through art

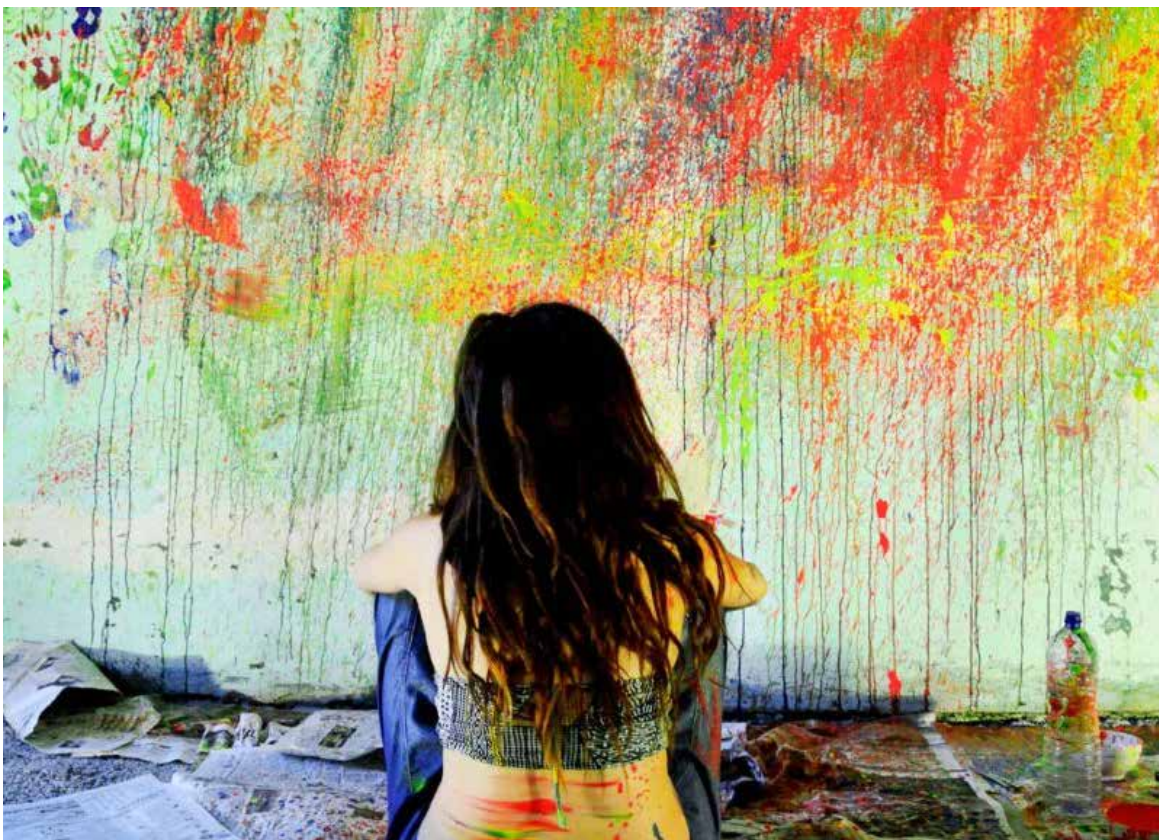
Beyond mere expression, the session delved into the profound concept of

"Understanding Oneself Through Art." Art Therapy transcends the act of externalizing emotions; it is a journey of introspection and self-discovery. Participants engaged in reflective activities that prompted them to analyze their artistic creations, deciphering the symbolic meanings embedded within.

Dixit underscored the significance of self-reflection in the therapeutic process. By interpreting their artwork, participants gained insight into hidden aspects of their personalities and emotional states. This process of introspection facilitated greater self-awareness, enabling individuals to identify patterns in their behavior and emotions, thereby laying the foundation for personal growth and healing.

Impact and feedback

The session left an indelible impact on the participants, with many expressing a profound sense of relief and clarity after expressing their emotions through art. The reflective exercises



offered fresh perspectives on their lives and challenges, empowering individuals to confront their innermost truths with courage and authenticity. The nurturing environment fostered by "We Spread Smile" provided a safe space for participants to explore their emotions without fear of judgment, fostering a sense of belonging and acceptance.

Feedback from the session was overwhelmingly positive. Participants lauded the structured yet flexible approach of the activities, catering to individuals of varying skill levels and artistic

backgrounds. Lajja Dixit's facilitation was particularly commended for creating a supportive environment where participants felt empowered to share and explore their inner worlds with vulnerability and authenticity.

Conclusion

The Art Therapy session, orchestrated by the dedicated BBM 4th semester psychology students under the expert guidance of Lajja Dixit, emerged as a resounding success. It underscored the profound therapeutic potential of art in fostering emotional expression and

self-understanding, while also highlighting the importance of mental health initiatives in contemporary society.

Through this session, it became evident that Art Therapy serves as a powerful tool for navigating the complexities of the human psyche, promoting mental well-being, and enhancing self-awareness. The collaborative effort between the students, the facilitator, and the supporting organization exemplified the transformative power of art in facilitating healing and personal growth, leaving an enduring impact on the hearts and minds of all who participated.

Research Alliance to Boost Academic Innovation



Dr. Binod Lingden
Research Coordinator &
Faculty

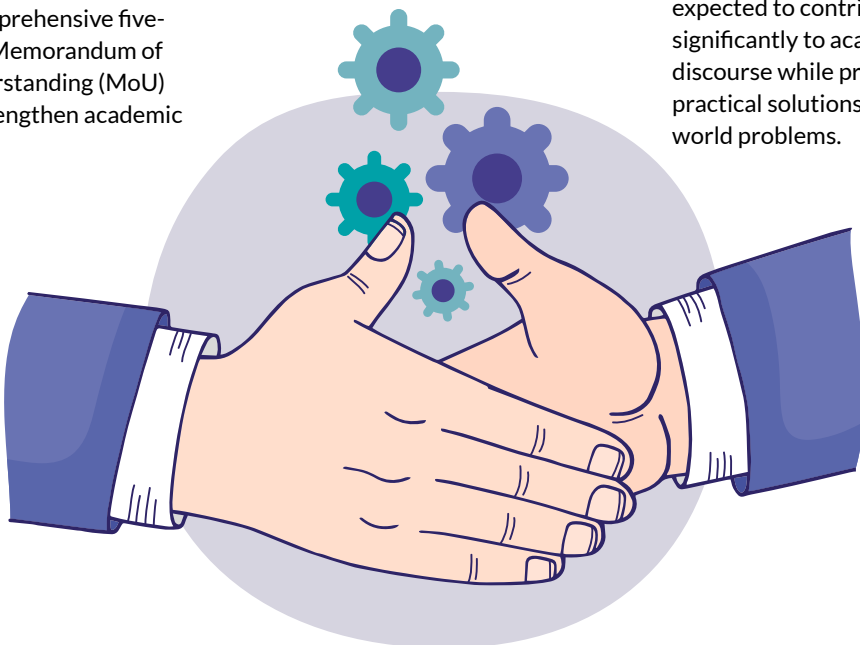
United College (UC), Kumaripati and Makawanpur Multiple Campus (MMC) in Hetauda have signed a comprehensive five-year Memorandum of Understanding (MoU) to strengthen academic

collaboration and promote research innovation. Formalized on May 12, 2025, the agreement unites the two institutions in a partnership that will create new opportunities for students, faculty, and communities nationwide through enhanced research initiatives.

The newly established partnership will focus on multiple areas of cooperation designed to enhance the quality of education and research output. A key component of the agreement involves facilitating faculty

and student exchange programs, allowing for the sharing of knowledge and expertise between the institutions. Both colleges have committed to organizing joint workshops, seminars, and conferences that will bring together academicians and researchers to address pressing national and global challenges.

Both institutions plan to undertake joint research projects with the goal of producing impactful publications and securing competitive research grants. This research initiative is expected to contribute significantly to academic discourse while providing practical solutions to real-world problems.





Beyond the classroom, the partnership includes ambitious plans for community engagement and development. The institutions will collaborate on entrepreneurship training programs, environmental sustainability campaigns, and digital literacy initiatives designed to benefit local communities. These outreach programs reflect the colleges' shared commitment to creating tangible social impact alongside academic advancement.

The signing ceremony brought together key representatives from both institutions, including Dr. Binod Lingden, Research Coordinator at United College, and Dr. Yam Silwal, Campus Chief

of Makawanpur Multiple Campus. In their remarks, both leaders emphasized the transformative potential of this collaboration, noting that it represents more than just a formal agreement - it is a strategic alliance aimed at elevating the standard of higher education in Nepal. As the partnership moves forward, both institutions have established mechanisms for regular review and evaluation to ensure the effective implementation of all agreed initiatives. This includes periodic assessments of joint programs and research projects, with the flexibility to expand cooperation into new areas

as opportunities arise. The agreement also provides for the possibility of extension beyond the initial five-year term based on mutual interest and demonstrated outcomes.

This collaboration between United College and Makawanpur Multiple Campus sets a new benchmark for institutional partnerships. By combining their respective strengths and resources, the two institutions are poised to make significant contributions to academic excellence, research innovation, and community development, ultimately benefiting students, faculty, and society at large.

Training on Scientific Research and Publishing



Dr. Binod Lingden
Research Coordinator &
Faculty

In a significant step toward enhancing academic research capacity, United College, Kumaripati, Lalitpur, successfully conducted a five-day intensive research training program titled “Training on Writing and Publishing Scientific Research Articles for Teaching Faculties.” The program, sponsored by the University Grants Commission (UGC), Nepal under the Capacity Development Training Initiative, brought together faculty members and postgraduate students to foster a culture of research and academic excellence.

Held across two venues—from United College’s Seminar Hall to the serene Om Adhyay Retreat–Resort in Tistung, Makawanpur—the training spanned from Baisakh 6th to 13th, 2082 B.S., combining academic rigor with an engaging and collaborative atmosphere.

Designed to bridge the gap between academic instruction and scholarly publication, the training addressed critical aspects of scientific research, including topic identification, literature review, research

methodology, data collection and analysis, and the complexities of publishing in national and international journals. Each day was divided into four focused sessions led by distinguished resource persons from Tribhuvan University and United College.

Dr. Binod Lingden, Research Coordinator at United College, highlighted the goal that “This training was not just about writing papers—it was about building confidence and competence among our educators to engage in meaningful, impactful research that contributes to academia and society.”

The sessions were led by a lineup of reputed scholars including Prof. Dr. Pushkar Bajracharya, Prof. Dr. Bhoj Raj Aryal, Associate Prof. Dr. Dhruva Lal Pandey, Assistant Prof. Baburam Timsina, Dr. Tej Bahadur Karki, Dr. Lal Rapacha, and Dr. Binod Lingden.

Day one opened with sessions by Prof. Dr. Bajracharya on the value of research and Dr. Aryal on topic selection. Participants, including 35

“This training was not just about writing papers—it was about building confidence and competence among our educators to engage in meaningful, impactful research that contributes to academia and society.”

faculty members and MBS students, explored how to frame research problems grounded in real-world relevance.

Day two deepened writing skills, with Dr. Pandey guiding participants through crafting effective introductions and Dr. Timsina emphasizing literature review techniques. These hands-on sessions led participants to draft initial sections of their own research papers.

On the third day, Dr. Lal Rapacha and Dr. Binod Lingden delivered comprehensive sessions on research methodology and data collection. Their guidance helped demystify sampling techniques, research design, and secondary data analysis. Many participants completed methodological drafts based on these lessons.

Dr. Tej Bahadur Karki's session on the fourth day explored into qualitative data analysis, equipping attendees with tools to interpret and structure their findings. That afternoon, Dr. Lingden led sessions on composing the discussion, summary, and conclusion—critical yet often overlooked components of scholarly writing.

The final day was reserved for refinement and forward-planning. In the morning sessions, Dr. Lal Rapacha facilitated article

presentations by participants, providing expert feedback and editorial suggestions. These sessions proved pivotal, encouraging scholarly dialogue and peer review. In the concluding sessions, Dr. Rapacha addressed the complexities of publishing in academic journals—navigating peer-review, choosing the right journal, understanding editorial guidelines, and avoiding predatory publications.

Campus Chief Dr. Rapacha remarked that “Publishing is not merely the final step; it is an integral part of the continuous learning process. Our aim is to empower educators to be not just consumers of knowledge, but active contributors to the global academic community.”

A total of 32 faculty members were awarded certificates of completion in a formal ceremony on the final day. The closing remarks by Dr. Rapacha emphasized the need for continuity, “Professional development should be continuous. I encourage each of you to carry this momentum into your classrooms and future research.”

Participants echoed this sentiment during reflection sessions. One of the faculty members shared that “This training demystified the research process. I now feel equipped to take my ideas

from concept to publication.”

Evaluation forms collected from participants showed high satisfaction across all sessions. Key areas praised included the relevance of topics, clarity of instruction, and the practical application of content. Notably, the literature review and data analysis sessions received top marks for their clarity and interactivity.

Concrete outcomes emerged from the training: three collaborative research articles are already underway on topics such as digital transformation, AI in business decision-making, and IT governance—highlighting the immediate impact of the program.

The training's success reflects a broader shift in Nepal's academic landscape—towards more research-driven teaching and evidence-based knowledge creation. The UGC's support and United College's initiative demonstrate how targeted faculty development can enhance institutional research standards.

United College has recommended that such programs be institutionalized as regular capacity-building initiatives to nurture long-term scholarly engagement. With this training as a model, the college envisions becoming a hub for academic excellence and research in the years to come.

SPSS Training to Faculty Members



Dr. Binod Lingden
Research Coordinator &
Faculty

“The leadership recognized this evolving need and acknowledged the pivotal role that statistical analysis plays in academic research across various disciplines.”

In a rapidly evolving field of education, there is an increasing demand for faculty members to incorporate data analysis techniques into their teaching and research activities. With the growing emphasis on evidence-based decision-making and data-driven insights, educators must be equipped with the necessary skills to analyze and interpret data effectively.

At United College, Kumaripati, Lalitpur, the leadership recognized this evolving need and acknowledged the pivotal role that statistical analysis plays in academic research across various disciplines. As part of their commitment to enhancing the academic capabilities of their faculty, the college identified SPSS (Statistical Package for the Social Sciences) as a key

tool that could facilitate more effective research and teaching.

Understanding the importance of providing faculty with these essential skills, the College decided to conduct a specialized training session aimed at equipping faculty members with knowledge and tools required to use SPSS effectively. The main goal of the training was to empower faculty members with the practical skills needed to integrate SPSS into their research and teaching methodologies, thus improving their ability to conduct a meaningful data analysis and support evidence-based learning for students.

By offering this training, the college sought to enhance its faculty's research capabilities, enabling them to undertake more rigorous and data-driven academic projects. This initiative was in line with the college's broader objective of fostering a culture of continuous professional development and ensuring that its faculty remains at the forefront of academic research and teaching in

Title	SPSS Training
Date	30th Mangsir 2081
Time	9 AM – 3 PM
Venue	Computer Lab, United College
Resource person	Mr. Narayan Thapa Statistician and SPSS expert
Participants	Faculty of United College
No. of Participants	21
Organizer	United College, Kumaripati, Lalitpur

an increasingly data-driven academic landscape.

Its key objectives were:

- to familiarize faculty with the SPSS interface and basic functions,
- to enable data manipulation, cleaning, and transformation skills,
- to teach descriptive and inferential statistics,
- to demonstrate data visualization techniques using SPSS, and
- to guide faculty in generating and interpreting SPSS output for research.

This training employed various methods to keep participants engaged. Throughout the day, participants worked on hands-on exercises using real-life datasets. The trainer used examples from research in business and social sciences to demonstrate the relevance of SPSS in faculty members' respective fields. Mr. Thapa performed live demonstrations of key SPSS functions, allowing participants to follow along. At regular intervals, the instructor held Q & A sessions to address participant queries. Participants were encouraged to collaborate in small groups for certain exercises, fostering peer learning.

Feedback was collected from participants through a post-training survey. The overall response was positive, with participants highlighting the



practical, hands-on nature of the session. Many appreciated the instructor's clear and engaging teaching style. IT expert Mr. Narayan Thapa reflected on the success of the training, noting that the hands-on approach allowed participants to grasp key SPSS concepts. However, he acknowledged the need for additional time to cover advanced topics in more detail.

Overall, participants demonstrated a solid understanding of SPSS and were able to apply the concepts learned to real-world datasets. Several faculty members expressed their intention to use SPSS in their upcoming research and courses.

Participants in this training developed proficiency in using SPSS to perform statistical analysis, enabling them to conduct thorough data investigations in their research. They learned to visualize data effectively

through charts and graphs, which helped improve their ability to interpret results and draw meaningful conclusions.

Additionally, the training enhanced their capacity to generate clear, professional reports, making it easier to present research findings. This combination of skills empowered faculty to apply SPSS more effectively in both teaching and research.

The training significantly improved participants' ability to analyze data, streamlining the research process and making it more efficient. Faculty members, particularly those from fields like business, social sciences, and computer applications, found the SPSS skills directly applicable to their academic work. These newfound abilities allowed them to conduct more robust analyses, improving the quality of their research and teaching. As a result, faculty became better equipped to guide students in data-driven academic endeavors.

Some participants faced challenges in grasping advanced statistical concepts due to limited prior knowledge, which made it harder to fully understand complex analyses. In addition, navigating large and intricate datasets during exercises posed a challenge for participants, as they struggled to apply the techniques effectively. These difficulties slowed down the learning process for some, highlighting the need for more foundational support and clearer guidance in handling sophisticated data structures within SPSS.

Future sessions could benefit from a more extensive focus on advanced SPSS topics, allowing for a deeper exploration of complex features and techniques. Implementing a pre-training assessment would enable the trainer to tailor the session according to the participants' varying skill levels, ensuring that everyone can follow along at a comfortable pace. Additionally, ensuring that all technical aspects, such as software installation and system readiness, are properly set up in advance would help minimize disruptions and enhance the overall learning experience.

To conclude, the SPSS training equipped faculty members with essential tools for performing detailed statistical analyses and interpreting

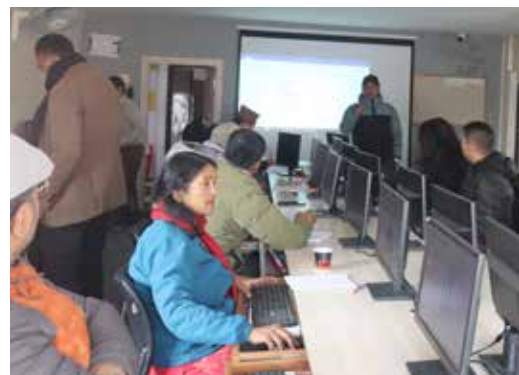


data in both research and teaching contexts. By mastering both basic and advanced SPSS techniques, participants gained a deeper understanding of data manipulation, statistical tests, and result interpretation. These enhanced skills will aid in conducting high-quality academic research and improve their ability to teach statistical methods effectively, thus elevating both personal research and student learning experiences.

It successfully provided faculty with the necessary skills to utilize the software for conducting statistical analyses, improving their research capabilities, and enhancing their teaching of statistical concepts. Faculty members not only learned essential SPSS functionalities but also gained confidence in applying the tool to real-life academic research. The session contributed significantly to their professional development, fostering a more data-driven approach to

research and teaching within their respective academic disciplines.

We recommend that UC offers follow-up sessions for faculty to explore more advanced SPSS techniques in greater depth. These sessions could focus on specialized topics such as multivariate analysis, time series, or advanced regression methods. Furthermore, providing extra hands-on practice during future training will help reinforce the skills learned and ensure participants can effectively apply these techniques in their academic work.



Forging a 5-Year International Academic Partnership



Dr. Binod Lingden
Research Coordinator &
Faculty

In a landmark move to strengthen international academic collaboration, Our Lady of Fatima University (OLFU) in Valenzuela City, Philippines, and United College (UC), affiliated with Tribhuvan University in Lalitpur, Nepal, officially signed a five-year Memorandum of Understanding (MoU) on the 19th of May 2025. The agreement was formalized with the signatures of Dr. Caroline Marian S. Enriquez, President of OLFU; Dr. Heracleo D. Lagrada, Vice President for Academic Affairs; Dr. Kabi Raj Bantawa, Founder Academic Director of UC; Mr. Nara Hang Rai,



Dr. Lal Rapacha
Campus Chief

Founder Director; and Mr. Dripa Chamling, Founder Chairman of UC. This MoU marks the beginning of a strategic educational partnership between the two institutions, aiming to promote cooperation in education, research, and cultural exchange.

The agreement outlines multiple areas of cooperation, including student and faculty exchange programs, joint research projects, academic symposia, cultural activities, and resource sharing. Both institutions will also collaborate on staff development, visiting professorships, and the exchange of academic

materials such as journals and books. By establishing these collaborative frameworks, the two institutions aim to broaden academic horizons and provide students and staff with global exposure.

One of the most significant features of the MoU is the planned 3+1 undergraduate program, where students can study for three years at United College and complete their final year at OLFU. This initiative will allow students to benefit from diverse academic environments and is subject to compliance with educational regulations in both Nepal and the Philippines. Additionally, United College faculty members will be offered fellowship opportunities to pursue a PhD or postdoctoral research at OLFU, strengthening academic expertise and research capacity.

Leaders from both institutions expressed enthusiasm about the partnership. Dr. Enriquez emphasized the importance of creating educational opportunities that transcend borders. "This partnership



enables our students and faculty to engage with a wider academic community, enriching their educational experience and building mutual understanding,” she said. Dr. Karan echoed this vision, stating, “This collaboration paves the way for meaningful educational and cultural exchange, which is crucial in today’s interconnected world.”

To manage the partnership effectively, the administration of the MoU will be overseen by OLFU’s Center for Professional Development and Academic Partnership (CDPAP) and the International Relations Office (IRO) at United College. These offices will coordinate the implementation of specific activities under the MoU, ensuring that each program

is conducted with mutual consent, clear terms, and proper planning.

The MoU also encourages the exchange of visiting groups, cultural events, and academic seminars. These activities will help both institutions deepen their understanding of each other’s cultures and education systems. Importantly, while each visiting group will be



responsible for its own travel and accommodation expenses, the host institution will assist in arranging local logistics and academic schedules.

This partnership highlights the growing trend of South-South cooperation in higher education. Instead of relying solely on partnerships

with Western institutions, universities in developing nations are now forming strong, mutually beneficial alliances. By pooling their resources, expertise, and networks, OLFU and UC demonstrate that meaningful international collaboration can flourish between institutions in Asia.

Through this MoU, OLFU and UC affirm their commitment to fostering academic excellence, intercultural understanding, and global engagement—ultimately preparing students and faculty to thrive in an increasingly interconnected world.



SECTION 7

A green-tinted photograph of graduates in caps and gowns, cheering with their arms raised and caps tossed into the air.

Graduation Ceremony 2025

The Graduation Ceremony is far more than a formal conclusion to academic studies; it is a pivotal rite of passage that honors resilience, dedication, and collective achievement. In an era defined by rapid change, this ceremony serves as a crucial milestone, providing a moment of reflection and celebration for graduates who have navigated unique challenges. It symbolically marks the transition from the structured world of academia to the dynamic landscape of professional careers and lifelong learning, empowering a new generation of innovators and leaders to confidently embark on their next chapter.

1. Words of Inspiration
Dr. Lal Rapacha, Campus Chief
2. Memories of Unitedian Graduates
Aparna Timalisina, BBM Graduate 2019-2023 (1st Batch)

Words of Inspiration

Dr. Lal Rapacha, Campus Chief



Good Morning/Afternoon
Respected BoDs,
Distinguished Chief
Guest, esteemed Faculty,
proud parents, Ladies
and gentlemen, and, most
importantly, the graduating
Classes.

Today, we gather here to celebrate a monumental achievement—the culmination of years of hard work, dedication, and perseverance. As you stand on the precipice of a new chapter in your lives, it is not only a moment to reflect on your academic accomplishments but also to recognize the profound responsibilities you now carry as graduates in the fields of MANAGEMENT & INFORMATION TECHNOLOGY. From a nationalistic perspective, your roles extend far beyond the boardroom; they encompass the very fabric of our society and the future of our nation.

Academic Excellence as a Foundation for National Progress

Your academic journey has equipped you with the knowledge, skills, and critical thinking necessary to navigate the complexities of the modern world.

As management and IT graduates, you have been trained to lead, innovate, and solve problems. But remember, your education is not just a personal asset—it is a national resource. The theories you've studied, the case analyses you've conducted, and the strategies you've developed are tools that can drive our nation forward.

In a world where economies are interconnected and competition is fierce, your ability to manage resources efficiently, foster innovation, and lead with integrity will determine not only your

success but also the success of our country. You are the architects of our economic future, the stewards of our industries, and the custodians of our national prosperity. Use your education to create value, not just for yourselves, but for the collective good of our nation.

Social Responsibility: Building a Stronger Society

However, your role does not end with academic excellence. As management and IT graduates, you have a profound social responsibility. You are not just leaders of organizations; you are leaders of communities. From a nationalistic perspective, your success is intertwined with the well-being of our society. It is your duty to ensure that the benefits of economic growth are shared equitably, that opportunities are created for all, and that no one is left behind.

In a nation as diverse as ours, unity and inclusivity are paramount. As future managers, you have the power to shape workplaces that reflect these values. Promote diversity, champion fairness, and foster environments where every individual can thrive. Remember, a strong nation is built on the foundation of strong

communities, and strong communities are built by leaders who care.

Nationalism in Action: Serving the Greater Good

Nationalism, in its truest sense, is not about exclusion or division; it is about love for one's country and a commitment to its progress. It is about recognizing that your actions, no matter how small, contribute to the larger narrative of our nation's journey. As you step into the world, ask yourselves: How can I use my skills to serve my country? How can I contribute to the betterment of my society?

Whether you choose to work in the private sector, public service, or entrepreneurship, let your decisions be guided by a sense of purpose and patriotism. Strive to create businesses that are not only profitable but also ethical and socially responsible. Advocate for policies that promote sustainable development and economic resilience. Mentor the next generation of leaders, and inspire them to dream big and work hard for the betterment of our nation.

A Call to Action

As you leave this institution, remember that you are not just graduates; you are nation-builders. The challenges we face as a country—economic inequality, environmental degradation,

social fragmentation—are daunting, but they are not insurmountable. You have the knowledge, the skills, and the moral compass to address these challenges head-on.

So, go forth with confidence and courage. Lead with humility and empathy. Innovate with creativity and integrity. And above all, serve with a deep sense of responsibility to

your nation. The future of our country rests in your hands, and I have no doubt that you will rise to the occasion.

Congratulations to you all! May your journey be filled with purpose, your actions be guided by love for your country, and your legacy be one of lasting impact.

Thank you all.



Memories of Unitedian Graduates



Aparna Timalisina

BBM Graduate, 2019-2023 (1st Batch)

Good [morning/afternoon]
Esteemed Board of Directors,
Faculty members, Proud
Families, Fellow Graduates
and Honorable Guests,

Today we stand not only
as a graduating class, but
as individuals who have
navigated the challenges and
embraced the opportunities
of the past few years.

We came so far from 1st to
8th Semester. I remember
the First Day when I stepped
in the premises of United
College. We were firstly
placed right here in the hall.
Graduate Program Director
Mr. Anup Shakyra gave us a
short briefing about our life at
United—what it would be like.

Honestly, I was dead scared
first but shortly everything
started to seem easy. Lasta

was there with me from day
one, Teachers stayed like a
shadow and I made amazing
friends who are sitting here
right now smiling at me
listening to my speech.

There were moments of
uncertainty, late night
assignments from Guru
Rakesh Jha, COVID online
classes that took almost a year,
Occasional exams induced
panic given by our beloved
Anup sir. More importantly,
those small fun projects
which involved games and
PowerPoint presentation with
funny group names that we
made presentations to Rojina
Madam. These remarkable
4 years or I would say 4 and
a half year(s) of study, our
teachers had always been our
shadow and have shaped us
into the people we are today as
university graduates.

For me throughout this
entire Bachelor's studies, the
happiest part was a 4-day
session of Idea Studio Nepal.
There were four of us from
United College and there
were other students from
different other colleges, who
attended that session. The
session was all about Ideators
bringing their new Ideas for
startup business where our
role was to make report and
listen to their ideas. The fun
part was the people working
there and of course free
coffee and gossips. All so
friendly and the environment
there was so loving. I don't
think so I have ever been
much happier since then. I am
glad that United gave me that
opportunity to be there and
learn many more in real life
situations.

Frankly speaking, my head
is full with those nostalgic
memories right now. I would
like to only remember the
good times, but has it all
been good? A big NO. To be
frank, there were many days
of struggles, too. There were
days when we had to convince
our teachers for field trips
and the next bigger struggle
was to copy assignments from
shared Viber images. What a
life we lived here! However,
those four years were worth
living.

The entire Bachelor years were filled with friends, friendships, and term exams including internships as well as report writings. There were jokes, hate, love, cry, filled emotions but no matter what we never left each other. When one moved towards a wrong path, another guided to the right one. Just simply putting in words, we became matured enough to understand people.



Before joining to United, my father warned me saying "Bachelor's life is going to be a tough one" and it's the age when one learns about people more than course works and I guess he was right and later he once told me that "He's a living proof" and so I am, and all of you might have felt so. Our early 20s was tough to all of us but we survived with each other, supporting and learning from each other.



Throughout these entire years what I think I've learned, what I personally want to say to you all is "Whatever happens, keep moving". Get through it and learn from it. There's a new music waiting for you to hear, something you haven't heard before that will blow your mind in the best way when you see and hear it. Even on the worst day, life is pretty spectacular thing, only one time gift to be used in mankind's service, selfless service.



Thank you all for this opportunity.





SECTION

8



Internship Reports

The BBM Graduates' Internship Reports play a critical dual role, serving as both an academic capstone and a professional bridge. For the academic institution, these reports are vital assessment tools that validate the practical application of theoretical knowledge in areas like marketing, finance, and management, ensuring the curriculum remains relevant. For the graduates, the process of compiling the report is invaluable; it forces critical reflection on their professional experiences, helps synthesize practical skills with business theory, and cultivates the analytical and communication abilities essential for their careers. Ultimately, these reports transform a short-term work experience into a documented credential, enhancing a graduate's employability and providing a tangible narrative of their capabilities for future employers.

1. Learning Experience with Mannsi Agrawal by Animon Rapacha
2. Learning Experience at Everest Bank by Tulsi Upadhya
3. Learning Experience at Nabil Bank by Suvekshya Basnyat
4. Learning Experience at UAG's United School by Alisha Bantawa
5. Learning Experience at Skilltootr Sushmita Pulami Magar
6. Learning Activities Experience at RBB by Jasmati Gurung
7. Learning Experience at Mishisa Cosmetics by Yusuf Shrestha

Learning Experience with Mannsi Agrawal



Animon Rapacha
BBM Graduate
2020-2024 (2nd Batch)
rapacha777@gmail.com

Background

For my BBM Degree's 8th Semester at United College, I had an opportunity to do my Internship with Ms. Mannsi Agrawal for 48 working days. She is an internationally recognized Corporate Trainer based in Nepal, specializing in public speaking, communication skills, and leadership development. She has worked with professionals across industries, helping them enhance their confidence and presentation skills. Her organization

focuses on providing practical training solutions that empower individuals and businesses to communicate effectively and lead with confidence.

During my internship at Mannsi Agrawal's office at Naxal, Kathmandu, I was assigned to the Project Management Department, where I was actively involved in overseeing various aspects of Corporate Training workshops and organizational development programs.

The Department played a crucial role in planning, coordinating, and executing training initiatives for different organizations, including the US Embassy and UNICEF. As part of the team, I was responsible for managing logistical arrangements, coordinating with trainers and participants, and ensuring the smooth execution

of scheduled events. The experience allowed me to apply theoretical knowledge from my academic coursework in business management to real-world scenarios, particularly in areas such as event coordination, stakeholder communication, and project execution.

Functional Activities

My key functional activities at the Department of Project Management were:

1. Defining project objectives, scope, timelines, budget, and resource allocation to ensure successful execution.
2. Assigning responsibilities to team members based on their skills and expertise.
3. Identifying potential risks, analyzing their impact, and implementing strategies to mitigate them.
4. Allocating financial resources efficiently and ensuring that expenses stay within the approved budget.
5. Ensuring clear and transparent communication with clients, team members, and other stakeholders.

What is Internship?

A temporary, entry-level work experience program for students or graduates to gain specific skills and knowledge in a particular industry or professional field, often in exchange for practical experience and networking opportunities, and can be paid or unpaid

6. Monitoring and evaluating project deliverables to ensure they meet quality standards.

7. Tracking milestones, measuring project performance, and making adjustments as needed.

8. Managing human and material resources efficiently to achieve project goals.

9. Addressing challenges and obstacles that arise during the project lifecycle.

10. Finalizing the project, documenting lessons learned, and assessing overall success.

Roles and Responsibilities

During my internship at the back-office team, my primary role was to support the organization and execution of training workshops. I was involved in workshop coordination, which included planning, scheduling, and overseeing all logistics related to the sessions. This ranged from booking venues and managing training materials to ensuring the correct setup of technical equipment before each session. Additionally, I was responsible for maintaining documentation such as training records, feedback forms, and compiling reports to assess the success of each workshop. I also played an active role in participant engagement, addressing queries and assisting throughout the



Mannsi Agrawal (middle) and Animon Rapacha (right)

training process to ensure a smooth experience.

Another key responsibility was assisting with logistics management and scheduling. I coordinated the calendars for upcoming training sessions, ensuring that participants were reminded in a timely manner. I also contributed to marketing efforts by helping create content for social media and designing promotional materials to increase workshop visibility. Managing participant data was also an important task; I kept the database organized

and up to date. Following each training session, I conducted follow-ups with attendees, collecting and analyzing feedback to provide insights for improving future workshops. These responsibilities required a high level of time management and organizational skills.

In addition to these tasks, I was involved in content creation for social media, drafting proposals, and preparing reports to document the effectiveness of the workshops. I contributed to venue selection, booking accommodations, and finalizing menus, ensuring all logistical

aspects of the training events ran smoothly. I also handled participant coordination, maintaining records and managing follow-up communications. Furthermore, I had the opportunity to participate in brainstorming and organizing team-building activities, such as designing a treasure hunt for a staff retreat. These experiences helped me develop my organizational, communication, and problem-solving skills, while also enhancing my creativity and leadership abilities.

Activities performed

My main activities performed during the internship at Mannsi Agrawal's office are highlighted as follows:

- Selected venue for the US Embassy project training session, booked hotel venue and finalized the hotel menu.
- Contacted participants from different organizations for confirmation.
- Managed logistics for the retreat and prepared necessary materials.
- Designed a treasure hunt activity and documented it in an Excel sheet.
- Assisted in drafting reports on workshop effectiveness.
- Prepared training session schedules and participant lists in excel and google docs.
- Managed participant data and attendance records.
- Drafted social media posts

and captions highlighting workshop takeaways.

- Drafted email correspondences for participants and organizations.

Challenges faced during internship

During my internship at Mannsi Agrawal's Back Office, one of the main challenges I faced was managing multiple tasks within tight deadlines. As an intern, I was often responsible for handling various activities simultaneously, such as organizing training sessions, preparing materials, and responding to participant queries. Balancing these tasks while ensuring that each one was completed efficiently and accurately proved to be quite challenging. Time management became crucial, and there were instances where prioritizing tasks became difficult, especially when unexpected requests or urgent matters arose.

Another challenge was dealing with last-minute changes in workshop schedules. In the fast-paced environment of the back office, changes to workshop dates, venues, or participant numbers were frequent. These alterations often occurred at the last minute, which required quick adjustments and reorganization of logistical arrangements. For example, when a venue was unexpectedly unavailable or a

facilitator had to reschedule, I had to act quickly to find alternative solutions, all while ensuring minimal disruption to the workshop and participants. This taught me the importance of flexibility and adaptability in a professional setting.

Lastly, coordinating with multiple stakeholders efficiently was another obstacle during my internship. I had to liaise with several teams, including trainers, participants, venue coordinators, and the marketing department. Ensuring that everyone was on the same page and that communication was clear and timely was sometimes difficult, especially when stakeholders had different priorities or expectations. I learned the importance of clear communication, patience, and diplomacy when managing such relationships. Despite these challenges, I gained valuable skills in multitasking, adaptability, and communication that helped me navigate the complexities of the role.

Problems solved

During my internship, one of the key challenges I faced was managing multiple tasks within tight deadlines. To tackle this, I prioritized tasks based on urgency and importance, using project management tools to keep track of my responsibilities. This helped me break down

large tasks into smaller, more manageable steps, ensuring I remained on track and met deadlines without feeling overwhelmed. The use of such tools also helped me stay organized, which was crucial when juggling several projects simultaneously. By carefully managing my time and focusing on the most pressing tasks first, I was able to stay efficient and productive throughout the internship.

Another challenge was dealing with last-minute changes in the workshop schedule, such as sudden changes in venue or timing. To address this, I maintained flexibility and learned to adapt quickly to the evolving situations. When changes occurred, I communicated effectively with the relevant stakeholders, making sure everyone was informed promptly and the necessary adjustments were made. This ability to stay calm under pressure and remain adaptable allowed me to handle last-minute modifications without compromising the quality of the events.

Lastly, coordinating with multiple stakeholders, such as participants, vendors, and team members, was sometimes challenging due to differing schedules and expectations. To resolve this, I focused on enhancing communication and fostering teamwork. I kept everyone informed of progress,

changes, and updates in real-time, and worked collaboratively with others to ensure smooth operations. Regular communication and ensuring everyone were aligned on goals helped streamline processes and resolve any issues that arose. By focusing on collaboration and keeping open lines of communication, I was able to minimize disruptions and ensure the success of each workshop.

Skills developed

My internship at Mannsi Agrawal's Backoffice has helped me gain valuable skills and insights. Some valuable skills that I developed during my internship are:

Technical Skills

- **Microsoft Office**

I became proficient in using Microsoft Office, particularly Word, Excel, and PowerPoint, which were essential for document creation, data

management, and presenting workshop details.

- **Social Media Management**

I learned how to create and manage content across various social media platforms, ensuring effective promotion of the workshops and increasing engagement with participants.

- **Event Coordination**

I gained hands-on experience in organizing events, including managing logistics, booking venues, and ensuring the technical setup was in place for smooth execution.

Soft Skills

- **Communication**

I developed strong verbal and written communication skills, which were crucial for coordinating with participants, team members, and stakeholders. Clear communication ensured the success of the events.



● **Team Collaboration**

Working in a team environment, I improved my ability to collaborate effectively with others. This skill was particularly important in managing tasks, brainstorming ideas, and executing projects together.

● **Problem-Solving**

During the internship, I encountered several challenges, such as last-minute changes in workshop schedules. This required quick thinking and creative problem-solving to ensure that the events ran smoothly.

● **Adaptability**

I learned to adapt quickly to changing circumstances, such as unanticipated changes in schedules or event requirements, and respond with flexibility and resilience.

● **Conflict Resolution**

I was involved in managing participant queries and addressing any concerns, which helped me develop skills in resolving conflicts in a calm and effective manner.

Professional Skills

● **Time Management**

Managing multiple tasks and meeting deadlines helped me enhance my time management skills. I learned to prioritize tasks efficiently, ensuring that important activities were completed on time.

● **Business Etiquette**

Throughout my internship,

I learned the importance of maintaining a professional attitude and handling workplace interactions with respect and courtesy.

● **Strategic Thinking**

By contributing to the planning and execution of training sessions, I developed the ability to think strategically, considering both short-term and long-term goals while ensuring that projects aligned with organizational objectives.

● **Attention to Detail**

The need to ensure all aspects of workshops were organized and executed flawlessly required a high level of attention to detail, from managing logistics to compiling reports.

Personal Skills

● **Stress Management:**

With the fast-paced nature of my role, I developed the ability to manage stress effectively, staying calm under pressure and continuing to meet deadlines.

● **Multitasking:**

I learned to juggle multiple responsibilities simultaneously, from coordinating events to handling participant queries, without compromising on quality or efficiency.

● **Meeting Targets**

I was consistently required to meet targets, whether it

was completing tasks within set deadlines or ensuring the smooth execution of training workshops, helping me improve my focus and productivity.

Briefly

The internship at Mannsi Agrawal's office at Naxal in the Project Management Department provided invaluable practical experience in managing corporate training programs. Throughout the 48-day period, various aspects of project planning, coordination, and execution were explored. Tasks such as venue selection, logistics management, participant coordination, and workshop facilitation helped bridge the gap between theoretical knowledge and real-world applications. The opportunity to contribute to projects for esteemed organizations like the US Embassy and UNICEF further enhanced professional exposure.

Engaging in project execution allowed for the development of key skills, including time management, teamwork, communication, and problem-solving. The experience of handling multiple responsibilities, such as documentation, social media management, and follow-ups, provided a holistic understanding of how training programs are structured and implemented. Learning to navigate challenges, such

as last-minute participant changes and logistical issues, further strengthened adaptability and critical thinking.

Overall, the internship was a transformative journey that not only refined professional competencies but also boosted confidence in handling project-related tasks. The experience reinforced the importance of structured project management in ensuring the successful delivery of training programs. The knowledge and insights gained during this internship will be instrumental in future professional endeavors within the training and development sector.

Lessons Learned

This internship provided a valuable hands-on experience in handling training programs and corporate workshops. It offered insights into planning, coordination, and execution of projects, enhancing both technical and managerial skills. Some of the key lessons learned from this internship are:

- **Project Planning is Crucial**
Effective planning, including setting objectives, timelines, and resource allocation, ensures the smooth execution of projects and minimizes last-minute issues.
- **Communication is Key**
Maintaining clear communication with team

members, clients, and participants is essential to avoid misunderstandings and ensure the successful execution of training programs.

- **Time Management Enhances Productivity**

Managing multiple tasks within tight deadlines highlighted the importance of prioritizing activities and maintaining efficiency.

- **Problem-Solving Skills are Vital**

Unexpected challenges, such as participant cancellations and logistical issues, required quick thinking and adaptability to ensure smooth workflow.

- **Follow-ups Improve Engagement**

Consistently following up with participants and stakeholders ensured better engagement, feedback collection, and overall project success.

- **Technology Enhances Efficiency:**

Utilizing digital tools for data management, documentation, and social media content creation streamlined workflow and improved project outcomes.

Recommendations

The following recommendations are suggested to enhance the effectiveness of the organization's training and project management processes:

- **Develop a Standardized Follow-Up System**

Implementing an automated follow-up process through emails or calls will improve feedback collection, participant engagement, and future collaborations.

- **Integrate Technology for Project Management**

Utilizing digital project management tools like Trello, Asana, or Google Workspace can improve task tracking, coordination, and workflow efficiency.

- **Strengthen Data Management and Documentation**

Creating a structured system for maintaining records, participant feedback, and reports will improve the organization's ability to analyze progress and implement improvements.

- **Offer Post-Training Support**

Providing participants with follow-up mentoring, resource materials, or refresher sessions can enhance the long-term impact of training programs.

- **Organize Internal Training for Staff and Interns**

Conducting in-house training programs to enhance the skills of team members and interns will improve overall performance and efficiency in handling projects.

Learning Experience at Everest Bank



Tulsi Upadhyay
BBM Graduate
2020-2024 (2nd Batch)

Background

For my BBM Degree's 8th Semester at United College, I had an opportunity to do my Internship at Everest Bank, Kritipur Branch for 48 working days. Everest Bank Limited (EBL) is one of Nepal's leading commercial banks, now have 131 Branches all over Nepal was established in 1994 with the aim of providing high-quality banking services to both individuals and businesses.

The bank operates under the guidance of Nepal Rastra Bank and has consistently maintained a strong reputation for customer satisfaction, trustworthiness, and innovation in the financial services sector. With its headquarters in Kathmandu, EBL has expanded its presence across the country, with a network of branches, ATMs, and digital banking services.

It offers a broad spectrum of banking products, including savings and current accounts, loans, remittance services, foreign exchange, and trade finance. EBL is known for combining traditional banking services with modern technological solutions, making it a significant player in Nepal's financial industry.

Everest Bank is a joint venture between the HDFC Group (Housing Development Finance Corporation) of India and the local stakeholders of Nepal, which further enhances its ability to leverage both local and international expertise. This partnership enables the bank to provide competitive financial products and services to a wide customer base.

In recent years, EBL has expanded its digital banking solutions, including mobile banking and internet banking, to provide convenient services to customers across Nepal. These innovations have allowed Everest Bank to reach more remote areas, enhancing financial inclusion and giving customers access to banking services from the comfort of their homes.

Additionally, the bank's consistent growth in assets, profitability, and market share showcases its robust business model and commitment to maintaining high standards of financial integrity and service.



Assigned position, roles, and responsibilities

During my 48 internship days in the Customer Service Department (CSD), the responsibility involved assisting in the account opening process. This included guiding customers through the necessary steps, explaining required documents, and ensuring accuracy in the completion of forms.

The role also demanded a strong attention to detail to ensure that all client information is properly recorded. By providing excellent support throughout the account opening procedure, the CSD intern ensures a smooth and efficient process for both the customers and the organization.

In addition to account opening, the intern's duties extended to document filing and recording, which played a crucial role in maintaining organized systems. This involved categorizing and storing customer records, financial documents, and transaction histories. Accuracy is key to ensuring that all documents are correctly logged and easily accessible. Through these responsibilities, the intern gains valuable skills in administrative tasks, organization, and data management, all of which

are essential in maintaining efficient office operations.

Activities performed

During the whole period of internship, various customer queries were addressed by providing accurate and timely information regarding account services, bank policies, and required documentation. Assistance was provided in the account opening process by guiding customers through necessary steps, helping complete forms, and ensuring all required documents were submitted correctly.

Responsibilities also included photocopying important documents, ensuring they were neatly copied and properly filed for record-keeping. Participation in cheque clearing involved verifying cheque details, processing them for approval, and ensuring accurate fund transfers. The experience in the Customer Service Department emphasized the importance of attention to detail, effective communication, and strict adherence to protocols for smooth operations.

Engagement in these tasks offered valuable exposure to customer service, document management, and banking procedures, contributing significantly to professional development throughout the internship.

During this internship, my daily log book activities were:

Day 1: Issue the cheque books, Help the customer with filing account opening forms KYC update form filled

Day 2: Filled KYC form, Filled cash deposit slip of the customer, Prepared cheque book and maintained information in register, Stamped the clearing cheque

Day 3: Record clearing cheque in register, Stamped clearing cheque, Filled cheque, Filled ATM form, Filled Fixed deposited form, Filled AOF (Account opening form)

Day 4: Record clearing cheque in register, Stamped clearing cheque, Filled cheque, Filled ATM form, Filled Fixed deposited form Filled AOF(Account opening form)

Day 5: Scanning demat form, Stamped clearing cheque, Record clearing cheque in register, KYC form filled, Cash deposited slip of the customer filled

Day 6: Record clearing cheque in register, KYC form filled, Cash deposited slip of the customer filled, Stamped clearing cheque

Day 7: Stamped clearing cheque, Record clearing cheque in register, KYC form filled, Cash deposited slip of the customer filled, Filled AOF form

11	ATM card number entry in register
12	Scanning demat form Stamped clearing cheque Record clearing cheque in register KYC form filled Cash deposited slip of the customer filled
13	Record clearing cheque in register KYC form filled Cash deposited slip of the customer filled Stamped clearing cheque
14	KYC form filled Record clearing cheque in register AOF form filled Photocopy ATM card number entry in register
15	ATM form filled Mobile banking form filled Stamped the clearing form KYC form filled Fixed deposited form filled
16	ATM form filled Mobile banking form filled Stamped the clearing form KYC form filled
17	Scanning demat form Stamped clearing cheque Record clearing cheque in register KYC form filled
18	Filled AOF form Filled ATM form Scanning the document Cash deposited slip of the customer filled
19	ATM form filled Mobile banking form filled Stamped the clearing form KYC form filled
20	KYC form filled Record clearing cheque in register AOF form filled Photocopy ATM card number entry in register
21	Filled AOF form Filled ATM form Scanning the document Cash deposited slip of the customer filled

Day 8: Filled AOF form, Filled ATM form, Scanning the document, Cash deposited slip of the customer filled

Day 9: Record clearing cheque in register, KYC form filled, Cash deposited slip of the customer filled, Stamped clearing cheque

Day 10: Scanning demat form, Stamped clearing cheque, Record clearing cheque in register, KYC form filled, Cash deposited slip of the customer filled

Day 11: KYC form filled, Record clearing cheque in register, AOF form filled, Photocopy

Problems faced

During the internship, one of the main challenges encountered was managing the high volume of customer inquiries. At times, handling multiple requests simultaneously became overwhelming, resulting in delayed responses. With guidance from the supervisor, time management and multitasking skills were gradually improved. Another significant challenge involved understanding the complex procedures for account opening. Initially, navigating the required documentation and ensuring accuracy proved difficult. However, with support from experienced colleagues and by reviewing internal guidelines, a clearer understanding was developed,

22	Scanning the document Cash deposited slip of the customer filled KYC form filled Record clearing cheque in register AOF form filled
23	KYC form filled Record clearing cheque in register AOF form filled ATM form filled Fixed deposited form filled Mobile banking form filled Clearing cheque record in register Call receives Balance inquire
24	Filled AOF form Filled ATM form Scanning the document Cash deposited slip of the customer filled
25	Filled AOF form Filled ATM form Scanning deposited slip of the customer filled
26	KYC form filled AOF form filled ATM form filled Clearing cheque record in register Call received Balance inquire
27	KYC form filled Mobile banking form filled AOF form filled Stamped clearing cheque
28	KYC form filled Mobile banking form filled AOF form filled ATM card form filled Fixed deposited filled
29	KYC form filled Stamped in clearing cheque AOF form filled ATM card form filled
30	Account closing form filled Fixed deposited filled Call received Fixed deposited AOF form filled
31	Call received Fixed deposited AOF form filled KYC form filled

enabling more efficient and confident assistance to customers.

Additionally, administrative tasks such as document filing and recording presented difficulties due to the high level of attention to detail required. Small errors were common in the beginning. To address this, a more organized system for filing and verifying documents was implemented, which led to a significant reduction in mistakes and an improvement in overall efficiency.

Problem solved

During this internship, several challenges required creative problem-solving skills. One issue involved a delay in the production process, which caused a backlog of orders. To address this, team members brainstormed solutions, and a new workflow was implemented. This restructuring helped streamline production, ensuring that tasks were completed on time.

After evaluating different approaches, the team adopted an efficient time-management system that allowed for quick turnarounds. This system reduced delays, improved productivity, and minimized stress among the team members. The solution proved effective, as it allowed for smoother operations without sacrificing quality.

32	Stamped clearing cheque Fixed deposited AOF form filled Mobile bank form filled
33	Stamped clearing cheque Fixed deposited KYC form filled Mobile bank form filled
34	Fixed deposited form filled KYC form filled Mobile bank form filled Scanning document
35	AOF form filled Mobile banking form filled ATM form filled Fixed deposited filled
36	Steamed clearing cheque KYC form filled Fixed deposited form filled AOF form filled
37	Steamed clearing cheque KYC form filled Fixed deposited form filled AOF form filled
38	KYC form filled AOF form filled Scanning the demat Stamped the clearing cheque Filled the fixed deposited form
39	Fixed deposited form AOF form Stamped the clearing KYC form filled
40	Fixed deposited form AOF form Stamped the clearing KYC form filled Make cheque book Scanning the document ATM form filled
41	Stamped the clearing KYC form filled Scanning the document ATM form filled
42	ATM form filled Mobile banking form filled Stamped the clearing form KYC form filled Fixed deposited form filled

By the end of the internship, the team had learned to identify potential problems early and find effective solutions before issues became critical. A significant customer complaint was received regarding delayed shipments, which affected customer satisfaction. The situation required prompt attention to resolve the issue.

After investigating the cause, it was discovered that the shipping department had experienced some internal communication breakdowns. A plan was developed to address this problem, including improving the communication process between departments. The solution was then reported to the supervisor, who approved it for implementation. By re-aligning team priorities and ensuring clearer communication, the shipping process was streamlined, and the delays were significantly reduced.

Mismanagement of project resources became evident, which led to inefficiencies in completing tasks. Team members were overburdened with responsibilities, resulting in missed deadlines and a lack of focus on key priorities. The situation was identified, and a solution was proposed to better allocate resources. A new task delegation system was introduced, ensuring that workloads were distributed evenly.

43	ATM from filled Mobile banking form filled Stamped the clearing form KYC form filled Fixed deposited form filled Clearing cheque record in registor
44	Stamped the clearing form KYC form filled Fixed deposited form filled Scanning the demat
45	Stamped clearing cheque Filled demat form Record clearing cheque Filled AOF Filled KYC form
46	Stamped clearing cheque Filled demat form Record clearing cheque Filled AOF Filled KYC form
47	Stamped clearing cheque Filled demat form Record clearing cheque Filled AOF Filled KYC form
48	Cash deposited slip filled Demat scannning Record clearing cheque Filled AOF Filled KYC form

Team members were reassigned to roles that matched their strengths and skills, which allowed for improved performance. Training sessions were also conducted to improve time management and communication within the team. As a result, productivity increased, and the team's ability to meet deadlines improved. By the end of the internship, the team had learned how to prevent resource mismanagement through better planning and communication.

Skills developed

This internship for me proved to be an opportunity for developing communication skills. At the start, articulating ideas in professional settings was challenging, but through consistent practice, the ability to express thoughts clearly improved. Regular meetings and discussions contributed to building confidence, which eventually made interactions with team members more effective and efficient.

Problem-solving skills were honed. Challenges were

encountered regularly, requiring quick and effective solutions. One of the first obstacles was addressing inefficiencies in a workflow. By breaking down the problem into manageable steps, a more streamlined process was implemented, which improved overall efficiency.

Customer handling skills were greatly enhanced throughout the internship. Initially, interacting with customers was a bit intimidating, especially when dealing with complaints or challenging situations. However, with more experience, confidence in addressing customer concerns grew, leading to better customer interactions.

Time management skills were refined during the internship by balancing multiple tasks and deadlines. At first, managing a variety of responsibilities was overwhelming, but with experience, prioritizing tasks became easier. Organizing daily schedules and setting clear goals helped to ensure tasks were completed on time and with attention to detail.

The internship also highlighted the importance of setting realistic expectations. Recognizing the time constraints of each task allowed for better allocation of time and prevented unnecessary stress. Managing workload in this way improved

productivity and helped meet deadlines consistently without sacrificing the quality of work.

Briefly

My internship at Everest Bank Limited (EBL) provided me invaluable hands-on experience in the banking sector, specifically within the Customer Service Department (CSD). Over the course of 48 days, theoretical knowledge gained through the Bachelor of Business Management (BBM) program was effectively applied in tasks such as account openings, responding to customer queries, and understanding bank policies. This exposure offered a comprehensive understanding of the bank's operations and its vital role in the financial system.

One of the key challenges encountered was managing a high volume of customer inquiries, which demanded strong problem-solving and communication skills. Additionally, a situation involving production delays led to a backlog of orders, creating an opportunity to apply creative thinking and implement solutions that improved efficiency. These experiences were instrumental in developing the ability to handle real-world challenges and strengthen professional communication.

Overall, the internship contributed significantly to both personal and

professional growth, enhancing skills in customer service, problem-solving, and communication. The experience deepened understanding of the banking industry in Nepal and provided practical competencies essential for succeeding in a dynamic business environment.

Lesson learnt

The internship at Everest Bank Limited (EBL) provided several valuable lessons that significantly contributed to both professional and personal development. One of the most important skills strengthened during this period was communication. Initially, clearly and professionally conveying ideas—especially when responding to customer inquiries or interacting with colleagues—proved challenging. However, through consistent practice, greater confidence was developed in articulating thoughts and delivering clear, concise information. This skill was particularly crucial within the Customer Service Department (CSD), where effective communication is key to maintaining customer satisfaction and promptly resolving issues.

Problem-solving also emerged as a critical area of growth. Several situations required quick thinking and creativity, including addressing delays in the production process

that caused a backlog of customer orders. In such cases, identifying root causes and collaborating with team members to develop practical solutions helped minimize inconvenience. Remaining calm under pressure and approaching challenges from various perspectives proved essential in maintaining high service standards.

Time management was another important skill refined during the internship. Balancing multiple responsibilities such as account openings, handling customer inquiries, and following up on pending tasks required efficient planning and prioritization. Allocating time effectively ensured deadlines were met, daily operations ran smoothly, and customer requests were handled in a timely manner. This experience underscored the importance of staying organized and focused in fast-paced environments like banking.

One notable challenge involved the mismanagement of a project, which emphasized the need for structured planning and proper task delegation. In one instance, delays and customer frustration resulted from a poorly managed order backlog. This situation highlighted the importance of clear coordination, aligned team goals, and effective oversight in successful project execution.

Learning Experience at Nabil Bank



Suveekshya Basnyat
BBM Graduate
2020-2024 (2nd Batch)

Background

Nabil Bank Limited is the nation's first private sector bank, commencing its business since July 1984. The bank has 7 province offices and branches across the nation and its head office in Durbar Marg, Kathmandu. It began as the first bank in Nepal inceptioned by multinational (primarily foreign) investors (as Nepal Arab Bank Ltd) on 12 July 1984. Nabil was incorporated with the objective of extending international standard modern banking services to various sectors of the society. Pursuing its objective, Nabil provides a full range of commercial banking services through its 52 points of representation. In addition to this, Nabil has presence through over 1500 Nabil Remit agents throughout the nation.

Nabil, as a pioneer in introducing many innovative products and marketing concepts in the domestic banking sector, represents a milestone in the banking history of Nepal as it started an era of modern banking with customer satisfaction measured as a focal objective while doing business. Operations of the bank including day-to-day operations and risk management are managed by highly qualified and experienced management team. Bank is fully equipped with modern technology which includes international standard banking software that supports the E-channels and E-transactions.

The Bank operates through its wide network of 268 branch offices, 317 ATMs, numerous POS terminals, remittance agents and subagents 20000 plus spread across the nation. The Bank also has over 200+ international correspondent banking relationships. The Bank operates its investment banking arm through its subsidiary Nabil Investment Banking Ltd.

Assigned Department

The assigned departments for my internship were:

Credit department: The Credit Department at Nabil Bank plays a crucial role in managing the bank's lending operations by assessing and approving loan applications. Its primary function is to evaluate the creditworthiness of individuals, businesses, and organizations applying for loans or credit facilities. This involves a thorough analysis of financial statements, credit histories, and the overall economic conditions of the borrower. The department ensures that all lending decisions comply with the bank's risk management policies, regulatory requirements, and market conditions. It also monitors existing loans to ensure timely repayments and mitigates potential risks. By managing the credit portfolio effectively, the department contributes to the bank's financial stability, profitability, and long-term success in the competitive banking sector.

Electronic cheque clearing department: The Electronic Cheque Clearing (ECC) department at Nabil Bank plays a crucial role

in ensuring the swift and secure processing of cheques through digital means. It facilitates the clearing of cheques by converting them into electronic formats, which are then transmitted to clearinghouses for settlement. This system reduces the traditional physical handling time and enhances efficiency, enabling faster fund transfers between banks. The department ensures accuracy in cheque data by verifying all details, minimizing errors, and preventing fraudulent activities. Additionally, it maintains strict compliance with regulatory standards, providing customers with a seamless, secure, and transparent cheque clearing experience. Overall, the ECC department significantly improves operational efficiency and customer satisfaction by modernizing the cheque processing workflow.

a).Assigned Position, Roles, and Responsibilities

Position: The assigned position was intern practitioner for 48 days.

Assisted customers by addressing inquiries, providing account information, and redirecting them to relevant bank staff for more complex issues. Handled clerical duties such as organizing documents, scanning, and filing to ensure efficient service delivery. Helped customers resolve

complaints swiftly and professionally and assisted in reviewing and processing loan applications. Gathered and organized required documents to assess loan applicants. Assisted in tracking the status of existing loans, preparing reports, and ensuring proper documentation for audit purposes.

Maintained and organized records of cleared cheques for easy access and auditing. Supported customers with cheque-clearing concerns, offering clarification and assistance. Accurately input cheque details into the bank's electronic clearing system. Opened savings and current accounts, corrected reverted accounts, and assisted loan customers with signing documents and completing necessary forms, including legal fingerprinting.

Activities Performed

Prepared cheques for customers upon request, ensuring accurate and timely processing. Handled the filing and documentation of loan-related paperwork, maintaining proper records for future reference. Made phone calls to customers to remind them about cheque and ATM collections, ensuring smooth transactions. Processed account opening forms, assessing customer details and verifying that all required information was provided. Reviewed

and processed cheques by verifying necessary details, ensuring compliance with bank policies, and entering them into the electronic clearing system to facilitate efficient transaction processing. Communicated with customers regarding the preparation and issuance of their fixed deposit (FD) receipts, addressing any queries. Supported various administrative tasks, including filing documents and entering data into the system, contributing to the overall efficiency and organization of the department. Assisted with routine operations, ensuring accurate documentation and timely follow-ups to maintain customer satisfaction and efficient service delivery.

Problems faced

- Dealing with Technical Systems
- Limited Knowledge of Credit Policies and Procedures
- Customer Complaints and Behaviors

During the internship, understanding the bank's credit policies was a major challenge. Despite having theoretical knowledge, applying it practically proved difficult. Uncertainty about the correct procedures for evaluating creditworthiness and assessing loan applications caused confusion and errors in assigned tasks.

Internship log book

Day	Activities
1	Filled auto loan documents. Identified legal and security documents of loans
2	Helped customers with filling account opening forms, deposit slips and cheques Filed the documents.
3	Documentation of auto loan files of both private and commercial vehicles. Scanned account opening forms and loan documents. Photocopied Printed CICL reports, RORC reports of loan customers.
4	Maintained cheques Filed mortgage loan files Scanned account opening forms and loan documents. Photocopied Printed CICL reports, RORC reports of loan customers.
5	Prepared cheques Filed Auto loan, share loan documents Helped customers to fill reissuance of pin forms, scheme conversion forms.
6	Scanned account opening forms and loan documents. Photocopied Printed CICL reports, RORC reports and missing documents of loan customers. Labeled spare keys of auto loans Opened and filled account opening forms.
7	Filled documents of auto loans.
8	Filed documents of Auto loan (Individual/ Commercial) and SME Loan Scanned account opening forms and loan documents. Photocopied Printed CICL reports, RORC reports and missing documents of loan customers.
9	Opened new saving account. Demat account Scanned account opening forms and loan documents. Photocopied Printed CICL reports, RORC reports and missing documents of loan customers.
10	Filed personal overdraft and education loan documents Helped customers on signing and fingerprinting loan documents. Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers.

Handling customer complaints also presented difficulties. Managing difficult customers and resolving issues quickly felt overwhelming. When clients expressed dissatisfaction, nervousness and uncertainty often hindered effective responses, making it challenging to address concerns and maintain customer satisfaction.

The bank's technical systems added to the struggles during the internship. Adapting to new software and tools for processing transactions and managing data felt overwhelming. Without adequate training, frequent difficulties arose while navigating the system, slowing efficiency and leading to mistakes in daily banking operations.

These challenges highlighted areas for improvement, emphasizing the importance of gaining practical experience, improving problem-solving skills, and enhancing technical proficiency for future roles.

Problems solved

- Problem-Solving for Lack of Credit Policies Ideas
- Problem-Solving for Customer Complaints
- Problem-Solving for Dealing with Technical Systems

To address the lack of understanding of credit

Day	Activities
11	Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers. Labeled spare key Helped customer to fill signature change form and account opening form.
12	KYC verified Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers. Arranged and filed documents in store for record keeping and noted down the daily data into the register.
13	Helped customers to fill up account opening form
14	Filed DDSL loan files. Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers.
15	Helped customers in filling up account opening form. Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers.
16	Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers. Followed up customers to receive their ATM and cheques Kept ATM Cards record on register.
17	Scanned account opening forms and loan documents. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers. Labeled spare key
18	Phone called customers to receive their ATM and cheques. Photocopied license and passports. Helped customers in filling account opening forms Printed CICL reports, RORC reports and missing documents of loan customers.
19	Filed the cleared and returned cheques Scanned and printed documents Phone called customers to receive ATM and cheques. Photocopied

policies, help was sought from senior staff members for clarification on the bank's guidelines. A deeper understanding of the bank's procedures, particularly in evaluating creditworthiness and determining loan eligibility, was developed. Initiative was taken to shadow experienced employees during their assessments, providing practical insight. As a result, confidence in handling credit-related tasks improved, leading to more accurate application of policies and more effective contributions to the credit department.

To improve the handling of customer complaints, senior employees were observed to understand their communication styles and responses to clients. Attentive listening and empathizing with customers' concerns were identified as crucial in de-escalating situations. Confidence was built through role-playing common customer scenarios with colleagues, helping to refine responses. During complaints, calmness was maintained, frustration was acknowledged, and reassurance was provided regarding issue resolution. Over time, a more proactive approach to managing complaints was developed, resulting in more positive interactions and ensuring customers felt heard and supported throughout the internship.

Day	Activities
20	Entered the cheques detail for clearing Filed the cleared and returned cheques Scanned account opening forms and loan documents. Printed CICL reports, RORC reports and missing documents of loan customers
21	Scanned and printed documents Photocopied license and passports. Phone called customers to receive ATM and cheques. Printed CICL reports, RORC reports and missing documents of loan customers. Signature verified of customers
22	Phone called customers to receive ATM and cheques. Entered the cheque details for clearing and filed the cleared and returned cheques Printed CICL reports, RORC reports and missing documents of loan customers. Scanned account opening forms and loan documents.
23	Scanned account opening forms and loan documents. Photocopied license and passports. Phone called customers to receive their ATM and cheques.
24	Phone called customers to receive ATM and cheques, printed Filed auto loans documents Entered the cheques detail for clearing and filed the cleared cheques
25	Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers. Entered the cheques detail for clearing and filed the cleared cheques Phone called customers to receive their ATM and cheques.
26	Printed CICL reports, RORC reports and missing documents of loan customers. Filled form of QR payments Phone called customers to receive ATM and cheques, kept record of couriers
27	Phone called customers to receive ATM and cheques Filed auto loans documents Scanned account opening forms and loan documents. Photocopied documents
28	Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers. Phone called customers to receive ATM and cheques.

To tackle challenges with technical systems, mentors were consulted for tips and guidance on efficient system navigation. Extra time outside of work hours was dedicated to practicing with the software, increasing familiarity with functionalities and shortcuts. Proficiency with technical tools improved significantly, enabling faster and more accurate task completion. Notes were kept on common system issues and troubleshooting methods, enhancing confidence in system use and reducing daily errors. These efforts contributed to more efficient operations and improved performance in banking tasks.

Skilled developed **Attention to Detail**

During the internship, the importance of attention to detail became clear, especially when handling financial documents and transactions. Every detail was carefully reviewed to ensure accuracy, whether processing customer data or preparing reports. Small errors could lead to significant problems, making meticulous work essential. This skill helped prevent mistakes and ensured all tasks were completed with high precision and quality.

Time Management and Multitasking

Time management and multitasking skills were developed by managing multiple tasks under tight

Day	Activities
29	Filed loan documents Photocopied documents Entered the cheques detail for clearing and filed the cleared and returned cheques Helped customers to fill demat account.
30	Photocopied documents Printed CICL reports, RORC reports and missing documents of loan .# Verified Signature of customers. Kept records of all documents and returned cheques. Entered the cheques detail for clearing and filed the cleared and returned cheques.
31	Printed CICL reports, RORC reports and missing documents of loan customers. Verified Signature of customers. Filed loan documents
32	Scanned and printed loan and account opening form. Kept the record of the documents Managed reverted accounts. Opened new saving accounts
33	Scanned and printed loan and account opening form. Kept the record of the documents Verified Signature of customers Cheque book prepared, record kept of all the couriers Helped customers in account opening Scanned all the account opening and loan documents.
34	Cheque book prepared; record kept of all the couriers. Helped customers in account opening Scanned all the account opening and loan documents Verified Signature of customers Printed CICL reports, RORC reports and missing documents of loan customers.
35	Noted down the daily data into the register and filed the documents. Scanned all the account opening and loan documents Printed CICL reports, RORC reports and missing documents of loan customers.
36	Photocopied documents Printed CICL reports, RORC reports and missing documents of loan Noted down the daily data into the register and filed the documents Cheque prepared
37	Printed CICL reports, RORC reports and missing documents of loan Phone called loan customers for EMI payments. Helped customers on signing the loan documents Entered the cheques detail for clearing and filed the cleared and returned cheques

deadlines. Balancing data entry, customer queries, and report generation required effective prioritization of responsibilities. Organizational tools and techniques were used to meet deadlines while maintaining work quality. These skills improved efficiency and ensured various assignments were tracked and completed without feeling overwhelmed.

Teamwork and Collaboration

Throughout the internship, close collaboration with colleagues from different departments was essential. Teamwork provided opportunities to learn from experienced professionals and contribute to collective tasks. Comfort in group settings increased through sharing ideas and respecting diverse perspectives. This experience highlighted the importance of effective communication and cooperation in achieving shared goals within the banking environment.

Communication and Customer Service Skills

Communication and customer service skills improved through regular interactions with clients and handling their concerns. Active listening, empathy, and providing clear solutions became key in solving issues. Whether communicating face-to-face, over the phone, or via email, professionalism was maintained. Conflict resolution skills were

Day	Activities
38	Entered the cheques detail for clearing and filed the cleared and returned cheques Printed CICL reports, RORC reports and missing documents of loan customers. Phone called loan customers for EMI payments. Opened new saving account. Helped customers in filling up account opening forms
39	Helped customers in filling up account opening forms Maintained reverted documents of account opening. Printed CICL reports, RORC reports and missing documents of loan customers. Photocopied documents
40	Maintained reverted documents of account opening. Opened new account, replaced account opening documents Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers
41	Printed CICL reports, RORC reports and missing documents of loan customers Opened fixed deposit Maintained reverted accounts Kept records of all clearing cheques
42	Opened new account, replaced account opening documents. Photocopied documents Maintained reverted accounts
43	Maintained reverted accounts Opened fixed deposit Kept records of all clearing cheques Entered the cheques detail for clearing and opened new saving and current account
44	Entered the cheques detail for clearing and opened new saving and current account Printed CICL reports, RORC reports and missing documents of loan customers Kept records of all clearing cheques Maintained reverted documents of account opening. Opened new account, replaced account opening documents.
45	Kept records of all clearing cheques Maintained reverted documents of account opening. Scanning the documents
46	Entered the cheques detail for clearing Photocopied documents Filed the cleared and returned cheques Opened new account, replaced account opening documents, maintained reverted documents of account opening

strengthened, ensuring customers felt heard and satisfied with the service provided.

Technical Skills

Valuable technical skills were gained through hands-on experience with banking software and systems. Learning to navigate tools for transaction processing, account management, and financial analysis improved efficiency. Familiarity with the systems built confidence in troubleshooting issues and completing tasks accurately. These technical skills will be valuable for future roles in banking or finance.

Conclusion

During the internship at Nabil Bank Limited, practical insights were gained into banking operations, particularly in the Credit and Electronic Cheque Clearing departments. Theoretical knowledge from BBM coursework was successfully applied to real-world banking scenarios, achieving the primary objective of bridging academic learning with professional practice. Activities such as processing loan documents, assisting with electronic cheque clearing, and handling customer queries helped deepen the understanding of banking operations and industry trends. Tasks like managing account openings, processing loans, and assisting customers contributed to the bank's daily operations.

Day	Activities
47	Entered the cheques detail for clearing and filed the cleared and returned cheques. Photocopied documents Printed CICL reports, RORC reports and missing documents of loan customers Opened new account, replaced account opening documents, maintained reverted documents of account opening
48	Entered the cheques detail for clearing and filed the cleared and returned cheques. Printed CICL reports, RORC reports and missing documents of loan customers Photocopied documents

Positive feedback was received from supervisors for attention to detail, customer service skills, and the ability to handle multiple tasks efficiently. New skills were acquired in banking software, credit assessment, and customer relationship management. The internship fulfilled academic and professional objectives by providing the opportunity to apply classroom concepts to real banking activities. Hands-on experience was gained in credit operations, customer service, and banking technology, perfectly aligning with the goal of enhancing business acumen and operational skills. Exposure to industry trends and evolving banking practices enriched the understanding of the financial sector. Gratitude is extended to Nabil Bank Limited for the invaluable learning opportunity, along with heartfelt thanks to supervisor Samraksha Karki Ma'am for her continuous

support and guidance. Appreciation is also given to the entire team in the Credit and Electronic Cheque Clearing departments for their cooperation and willingness to share their knowledge. Lastly, thanks are extended to family, friends, and faculty members at United College for their encouragement and support throughout the internship journey.

1.1 Lessons Learnt

During the internship at Nabil Bank Limited, several challenges were encountered that tested resilience and problem-solving abilities. Initially, navigating the bank's technical systems and banking software felt overwhelming. To overcome this, guidance was sought from senior staff, extra practice was done outside working hours, and notes were taken to help troubleshoot common issues. Handling customer complaints, especially with dissatisfied clients, was

another challenge. Observing how experienced colleagues managed such situations and practicing role-playing customer scenarios improved confidence and customer service skills. Understanding complex credit policies and procedures was also difficult, but reviewing policy documents and shadowing senior colleagues during loan assessments enhanced understanding of credit evaluations. The internship contributed significantly to personal growth and professional development. Technical skills were enhanced by mastering banking software and electronic clearing systems, which improved task efficiency. Communication skills also improved through regular customer interactions, where inquiries were addressed, complaints resolved, and banking services explained clearly. Close collaboration with colleagues demonstrated the importance of teamwork, as different departments coordinated to achieve organizational goals. Time management and multitasking skills were developed by balancing various responsibilities such as processing loan documents, making customer follow-up calls, and assisting with account openings.

The skills gained during the internship are highly transferable and will benefit future academic and professional settings. Attention to detail, sharpened

through loan documentation and cheque processing, will help in managing data accurately in future roles. Problem-solving skills, developed when addressing customer issues and adapting to banking software, can be applied to any job requiring analytical thinking and quick decision-making. Teamwork and collaboration abilities, cultivated through group projects and cross-departmental tasks, will aid in working effectively within diverse teams. Communication and customer service skills gained are invaluable for any customer-facing or managerial role in the future career. One instance that highlights growth occurred when a customer was frustrated about a delayed cheque clearance. Remaining calm, explaining the process, and assuring follow-up boosted confidence in handling difficult situations. Another example was preparing and processing multiple auto loan documents within a tight deadline, demonstrating improved time management and technical proficiency. During a busy period, collaboration with team members to organize and file over 100 loan documents in a day showcased teamwork and efficiency. This internship has been a transformative experience, equipping with valuable skills and preparing for future opportunities in banking and beyond.

1.2 Recommendations to the Organization

During the internship at Nabil Bank Limited, several areas were observed where processes, communication, and efficiency could be improved. Below are the key issues identified along with recommended solutions:

1. Lack of Technical Training for Interns: Interns struggled to use banking software due to limited technical guidance. To address this, the bank should implement a short technical training program and provide user manuals to help interns navigate banking systems effectively.

2. Poor Interdepartmental Communication: Delays in loan processing occurred due to inefficient communication between departments. To resolve this, regular cross departmental meetings should be introduced, and a shared digital platform for tracking tasks and updates should be adopted.

3. Slow Customer Service Response: Customers experienced long wait times for issue resolution. A dedicated customer helpdesk and a ticketing system should be introduced to streamline service requests and track their resolution promptly.

4. Manual and Time-Consuming Processes: Tasks such as document filing and cheque entry were performed manually, slowing operations. The bank

should increase automation by adopting digital forms and document management systems to improve efficiency and reduce errors.

5. Unclear Credit Policy Guidelines: Interns and new staff found it difficult to understand credit policies, causing delays in loan assessments. Providing a concise credit policy handbook and organizing regular training sessions can help staff better understand loan assessment procedures.

6. Limited Cybersecurity Awareness: Staff had minimal training on digital security, increasing the risk of data breaches. The bank should conduct regular cybersecurity awareness workshops and enforce mandatory digital security training for all staff handling transactions.

7. Absence of an Intern Feedback Mechanism: There was no formal system for interns to provide feedback on their experiences. Introducing a feedback system would help interns share their insights and assist the bank in improving the internship program.

By implementing these solutions, Nabil Bank Limited can enhance its operational efficiency, improve customer satisfaction, and foster a more supportive and productive environment for future interns.

Learning Experience at UAG’s United School



Alisha Bantawa
BBM Graduate
2020-2024 (2nd Batch)

United Academy Group (UAG) is a renowned educational and business organization that has made significant contributions to Nepal’s education sector. With a strong commitment to academic excellence and innovation, UAG has expanded its presence across multiple domains, including schools, higher education institution, cooperative banking, and hospitality ventures.

United School is one of them which was founded in 2000 at Satdobato, Lalitpur, marking the beginning of a transformative journey in Nepal’s education system. The organization began with a vision to redefine education by offering modern, student-centered learning environments. As demand grew, it shifted in its new building at Imadole, Lalitpur from Satdobato, expanding

access to a larger student population.

Throughout its history, United School has introduced extracurricular programs, digital classrooms, and leadership initiatives to stay competitive in the evolving education landscape. An HR Department was also introduced to manage recruitment, staff welfare, and performance evaluations.

The UAG’s contribution extends beyond education. United Academy was established in 1997, followed by United College in 2002 and the recent acquisition of Aster School, now as United Universal School. The organization also diversified

into finance and hospitality sectors as United Cooperative and United Coffee Club.

United School’ mission is to provide high-quality, inclusive, and accessible education to all individuals, regardless of their background or circumstances. It aims to foster an environment that encourages critical thinking, creativity, and lifelong learning, empowering students to become informed, responsible, and adaptable global citizens. By integrating innovative teaching methods, modern technology, and a focus on holistic development, the mission is to prepare students for the challenges of the future, while promoting equity, social justice, and

Key Promoters

Name	Roles and Designation
Dr. Kabi Raj Bantawa	Board of Director/ Founder
Nara Hang Rai	Board of Director/ Founder
Dripa Chamling	Board of Director/ Founder

Academic Executive Body	
Manoj Biswokarma	Principal
Chiranjivi Niroula	Vice Principal
Chandrika Acharya	Human Resource Manager
Alisha Bajracharya	Head Accountant
Bijay Shrestha	Operation Manager

sustainable development. Ultimately, the educational sector strives to contribute to the personal growth of individuals and the overall advancement of society.

United School upholds a set of core values that guide its mission to provide quality education and foster a positive learning environment. These values include:

Excellence

Striving for the highest standards in education, academic achievement, and personal development, encouraging students and staff to continually improve.

Integrity

Promoting honesty, transparency, and ethical behavior in all aspects of school life, fostering a culture of trust and respect.

Inclusivity

Ensuring equal access to education for all students, regardless of their background, abilities, or circumstances, and fostering a diverse and welcoming environment

Innovation

Embracing new ideas, technology, and teaching methods to enhance the learning experience and prepare students for the future.

Collaboration

Encouraging teamwork, cooperation, and open

communication among students, staff, and the broader community to achieve shared goals.

Social Responsibility

Instilling a sense of responsibility towards society, promoting community engagement, and encouraging students to contribute positively to the world around them.

Respect

Cultivating an environment where everyone's dignity, beliefs, and values are respected, promoting mutual understanding and empathy.

Services Offered

United School is a leading educational organization committed to providing

high-quality education and support services. It caters to students at various academic levels, ensuring a comprehensive learning experience that fosters intellectual, social, and emotional development. The key services offered by United School include:

Primary Education

Foundational learning with a focus on literacy, numeracy, and creativity.

Secondary Education

Advanced subjects in sciences, arts, and commerce to prepare students for higher education.

Higher Education

Guidance for college entrance exams, scholarships, and career planning.

STEM (Science, Technology, Engineering, and Mathematics) Programs

Hands-on learning experiences to develop critical thinking and problem-solving skills.

Here's a more detailed explanation of the services offered by United School:

Extracurricular Activities

To ensure students develop holistically, United School provides various extracurricular programs, such as,

- **Sports and Athletics:** Training in various sports to encourage physical fitness and teamwork.
- **Music and Arts Programs:** Opportunities for students to explore their creativity through music, painting, theater, and dance.
- **Student Clubs and Societies:** Debate clubs, science clubs, robotics teams, and more to enhance leadership and teamwork skills.
- **Community Service Initiatives:** Encouraging students to engage in volunteer work and social projects to build civic responsibility.

Career Guidance and Counseling

United School offers professional career counseling services to assist students in making informed decisions about their future. This includes:

- **One-on-One Career Counseling:** Personalized advice on career paths, subject choices, and skill development.
- **University and Scholarship Assistance:** Helping students apply to top universities and secure financial aid.
- **Internship and Job Placement Programs:** Connecting students with internship opportunities to gain real-world experience.

Teacher Training and Professional Development

Recognizing the importance of skilled educators, United School invests in:

- **Workshops and Seminars:** Regular training sessions to enhance teaching methodologies and classroom management.
- **Technology Integration Training:** Helping teachers use digital tools and e-learning platforms effectively.
- **Peer Mentoring Programs:** Encouraging collaboration among educators to share best practices.

Special Education Services

To ensure inclusive education,

United School provides:

- **Individualized Learning Plans (ILPs):** Tailored support for students with special learning needs.
- **Speech and Occupational Therapy Services:** Professional assistance for students requiring additional developmental support.
- **Parental Support Programs:** Workshops and resources to help parents support their children's learning.

E-Learning and Digital Resources

In response to modern educational needs, United School offers:

- **Virtual Classrooms:** Online learning options for remote and hybrid education.
- **Digital Libraries and Resources:** Access to e-books, research materials, and interactive learning tools.
- **Educational Apps and Learning Management Systems (LMS):** Platforms for students to track progress and engage in self-paced learning.

Assigned Department

During my internship at United School, I was assigned to Human Resources (HR) department as an HR Assistant. The HR Department holds a vital role in managing staff and ensuring the smooth operation of the organization. Responsibilities

encompass recruitment, employee relations, performance management, and adherence to labor laws and internal policies. Through this role, opportunities were provided to observe and assist in these key processes, highlighting the significance of HR in maintaining a productive and supportive work environment.

Primary responsibilities included assistance with the recruitment process, such as screening resumes, scheduling interviews, and maintaining employee records. Support was also provided to the HR Manager in preparing reports and managing data related to staff attendance, performance, and training. Furthermore, involvement in onboarding new employees ensured they received the necessary training and resources to succeed in their roles. This experience offered a deeper understanding of the administrative tasks crucial to the effective operation of an organization.

Throughout the internship, the dynamic nature of the HR department was observed, along with its interactions with various teams across the school. Valuable experience was gained in managing confidential information, addressing diverse employee concerns, and facilitating smooth communication among staff members. This exposure provided practical

knowledge in human resource management and underscored the essential role HR plays in fostering a positive and productive environment for all employees.

Here are 20 roles and responsibilities of an HR Assistant with short explanations:

Recruitment Support

Assisting in posting job openings on various platforms and attracting potential candidates.

Resume Screening

Reviewing resumes and applications to identify suitable candidates for interviews.

Interview Scheduling

Coordinating interview times between candidates and hiring managers.

Candidate Communication

Communicating with candidates about interview results and job offers.

Maintaining Employee Records

Updating and organizing employee information, ensuring accuracy and confidentiality.

Employee Data Management

Managing and securing employee data like performance evaluations and personal records.

Onboarding New Employees

Preparing welcome kits and assisting with the integration of new employees.

Employee Orientation

Conducting orientation sessions to familiarize new employees with company policies and culture.

Attendance Management

Tracking employee attendance, including leaves, and ensuring accurate records.

Leave Requests

Managing employee leave applications and ensuring proper documentation.

Benefits Administration

Assisting with enrollment and inquiries regarding employee benefits like insurance or retirement plans.

Payroll Support

Assisting in the preparation of payroll, ensuring accurate compensation processing.

Employee Relations Support

Addressing employee concerns and providing guidance on HR-related issues.

Employee Performance Tracking

Helping monitor and report on employee performance and progress.

Training Coordination

Scheduling and coordinating employee training programs to enhance skills.

Organizing Staff Events

Helping plan team building or staff appreciation events to foster a positive workplace.

HR Documentation

Preparing and organizing HR documents, such as contracts or performance reviews.

Compliance Support

Ensuring HR activities comply with relevant labor laws and company policies.

HR Reporting

Assisting with creating HR-related reports for management, like attendance or performance analytics.

General HR Administrative Support

Providing day-to-day administrative assistance, including filing and document preparation.

Activities Performed

During the internship period as an HR Assistant in the Human Resources Department, a diverse range of activities and tasks were undertaken, providing hands-on experience in HR operations. These activities encompassed both routine responsibilities and specialized projects, contributing significantly to the department's daily functions.

Key responsibilities included assisting in the recruitment process by screening resumes, scheduling

interviews, and maintaining accurate employee records. Support was provided to the HR Manager through the preparation of reports and management of data related to staff attendance, performance, and training. Onboarding procedures for new employees were facilitated, ensuring they received the necessary training and resources to succeed in their roles. Additionally, involvement in organizing team-building events and addressing employee inquiries contributed to fostering a positive work environment.

Through these tasks, a comprehensive understanding of HR functions was developed, highlighting the importance of effective communication, attention to detail, and adherence to organizational policies in maintaining a productive workplace.

Data and Record Management

A significant portion of the role encompassed managing both physical and digital employee records. Employee data—including personal details, work hours, attendance records, and performance metrics—was entered and updated within the HR management software. For instance, assistance was provided in organizing and updating employee files following a policy update,

ensuring all records were compliant and current.

Additionally, new employee files were created for recent hires, ensuring that all necessary documentation, such as signed contracts, tax forms, and benefits enrollment forms, was properly filed and easily accessible. This task demanded meticulous attention to detail, as even minor errors could result in discrepancies affecting payroll or employee benefits.

Attendance Checking and Recording

Monitoring and recording employee attendance constituted a core daily responsibility. The Rigo App was utilized to track employee clock-in and clock-out times, ensuring accurate recording of attendance data. This process was essential for precise payroll processing and facilitated the identification of patterns related to tardiness or absenteeism.

On a weekly basis, attendance records were reviewed and verified to ensure the absence of discrepancies. In instances where employees missed clocking in or out, they were contacted for clarification. Additionally, any absences were documented in the Veda App, a digital tool employed by the company for managing attendance data. This practice ensured that both the HR team and management

maintained clear and updated attendance records.

Absence and Leave Management

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Interview Scheduling and Coordination

A key responsibility involved the scheduling of interviews for potential candidates. Collaboration was established with hiring managers to arrange interviews at mutually convenient times for both interviewers and candidates. This process included verifying the

availability of interviewers, coordinating with candidates, and confirming interview schedules through email or phone communication.

All interview logistics were meticulously arranged, encompassing the booking of meeting rooms or the setup of virtual interviews via video conferencing tools. Interviewers were provided with access to candidates' resumes and pertinent background information in advance of the interviews. This task necessitated strong organizational and communication skills to ensure the seamless execution of interviews.

Promoting and Assisting with the Use of Digital Tools

As part of the role, assistance was provided to employees in utilizing digital tools such as the Rigo App and Veda App for attendance tracking. This involved demonstrating the features of these applications to new employees and offering support to those encountering difficulties with the software.

For example, small training sessions were conducted to guide employees on how to clock in and out using the Rigo App. The process was explained step-by-step to ensure a clear understanding of navigating the app and accurately logging attendance. Emphasizing the importance of digital tools

in streamlining HR functions and minimizing errors was a key aspect of these sessions. The implementation of mobile attendance tracking applications, such as Rigo, has been shown to enhance accuracy and efficiency in attendance management. These tools offer real-time tracking, reduce administrative errors, and provide employees with convenient access to their attendance records. Similarly, the Veda App facilitates efficient attendance tracking and management within educational institutions, contributing to improved record-keeping and communication.

By promoting the use of these digital tools, the organization benefits from streamlined HR processes, increased transparency, and enhanced employee accountability.

Handling Employee Inquiries

Responding to employee inquiries related to HR processes, particularly those concerning attendance and leave management, was undertaken. Questions were frequently received regarding attendance records, leave balances, and clarifications of organizational policies. For instance, clarification was once requested by an employee on how to report an absence through the attendance app. The process was explained patiently, and guidance was

provided through the app's interface. Any discrepancies in attendance records were resolved promptly to maintain data accuracy and employee satisfaction.

Risk Management and Reporting

Risks associated with attendance and time-tracking were identified and managed as part of assigned duties. Attendance patterns were regularly reviewed, and irregularities such as frequent tardiness or unexplained absences were noted. When a potential risk—such as recurring absences—was identified, the HR team was informed to take appropriate action, including counseling, or issuing warnings.

Additionally, attendance reports were prepared weekly. These included summaries of employee attendance, types of leave taken, and any discrepancies that required attention. These reports served as essential tools for HR managers in evaluating workforce productivity and deciding on necessary interventions.

Process Improvement and Suggestions

Suggestions for enhancing HR processes were actively provided throughout the internship. Recommendations included improving the efficiency of attendance tracking by integrating additional features into the

Rigo and Veda apps—such as automated reminders for clocking in or out and the generation of more detailed reports for HR decision-making.

It was also observed that some employees faced difficulties using digital tools; as a result, the inclusion of step-by-step tutorials within the apps was proposed. This initiative contributed to reduced confusion and significantly improved the user experience for both employees and the HR team.

Internship Log Book

The daily activities conducted during internship are presented below:

Day	Activity
1	Orientation, Introduction to HR policies
2	Reviewing employee records, organizing files
3	Checking attendance, recording employee absences
4	Assisting in interview scheduling, emailing candidates
5	Conducting follow-ups with interviewees, preparing interview documents
6	Assisting in employee onboarding process, distributing welcome kits
7	Weekly report preparation, compiling HR data for review
8	Data entry for payroll processing, updating employee bank details
9	Coordinating training sessions, sending meeting invitations
10	Updating employee benefits and insurance details
11	Assisting in background verification of new hires
12	Processing leaves applications, updating leave records
13	Participating in performance review preparation
14	Drafting offer letters and employment contracts
15	Handling employee grievances and HR queries
16	Conducting exit interviews, documenting feedback
17	Organizing HR events, coordinating logistics
18	Assisting in HR compliance audits
19	Preparing termination letters and final settlements
20	Drafting HR policies and guidelines
21	Weekly performance review meeting participation
22	Assisting in recruitment screening and resume shortlisting

Problems Faced

One of the challenges I faced was managing and recording employee attendance accurately. Some employees were inconsistent in reporting their attendance, and it became difficult to ensure that all information was recorded correctly. This added a layer of complexity to my daily tasks, especially when dealing with discrepancies in attendance data.

Managing and Recording Employee Attendance

Challenges were encountered in accurately managing and recording employee attendance. Inconsistencies in reporting by some employees led to difficulties in ensuring the correctness of attendance data, adding complexity to daily tasks and necessitating additional efforts to resolve discrepancies.

Dealing with Resistance to Change

Resistance was observed among employees when adopting new digital tools, such as the Rigo App for attendance tracking. Hesitancy to transition from traditional methods resulted in delays in data entry and occasional errors in attendance records.

Managing High-Volume Tasks Under Time Constraints

The internship period involved handling a high volume of tasks, including scheduling interviews, managing

Day	Activity
23	Conducting telephonic interviews and initial HR rounds
24	Assisting in employee engagement activities
25	Updating HR database and employee information
26	Monitoring employee attendance and shift changes
27	Coordinating payroll verification and processing
28	Handling new hire documentation and verification
29	Conducting market research on HR trends
30	Developing content for HR newsletters and reports
31	Analyzing employee performance data
32	Reviewing HR policies and suggesting improvements
33	Supporting diversity and inclusion initiatives
34	Handling probation confirmation documentation
35	Creating training materials for employee workshops
36	Coordinating exit formalities and full & final settlements
37	Ensuring compliance with labor laws and regulations
38	Assisting in disciplinary actions and warnings documentation
39	Drafting internal memos and HR announcements
40	Reviewing job descriptions and updating them
41	Monitoring employee satisfaction surveys
42	Preparing data for HR audits and compliance checks
43	Coordinating with vendors for HR-related services
44	Managing HR documentation and record-keeping
45	Handling confidential HR queries and grievances
46	Supporting recruitment drives and campus hiring
47	Analyzing employee turnover and retention strategies
48	Compiling the final internship report and HR project summary
49	Finalizing pending HR tasks and documentation
50	Submitting the final internship log and report

employee data, and tracking attendance. Balancing these responsibilities within tight deadlines proved challenging, impacting the timely and accurate completion of tasks.

Handling Difficult Conversations with Employees

Engaging in conversations regarding attendance policies or personal issues affecting work performance presented challenges. These discussions required a balance between empathy and professionalism to address concerns effectively without causing resentment.

Adapting to New Technologies

Familiarization with HR software tools, such as the Veda App and Rigo App, was necessary. Initial navigation of these tools posed challenges, requiring time and practice to achieve proficiency and avoid errors.

Problems Solved

During the internship at United School's HR department, several challenges were addressed through critical thinking and adaptability:

Efficient Resume Screening

Resumes were categorized based on key qualifications to prioritize the most suitable candidates, enhancing the efficiency of the recruitment process.

Streamlining Interview Scheduling

The implementation of scheduling software was suggested to reduce conflicts and streamline the interview process.

Organizing Employee Records

Collaboration with the HR team led to the development of a more organized filing system, utilizing digital tools for real-time updates.

Task Management

Checklists were created, and tasks were prioritized to maintain organization and ensure timely completion.

Enhancing Communication

Timely responses were provided to employee concerns, facilitating effective communication between staff and the HR department.

Solutions**Solution 1**

Categorized resumes based on key qualifications to prioritize the most suitable candidates.

Solution 2

Suggested using scheduling software to reduce conflicts and streamline the process.

Solution 3

Collaborated with the HR team to develop a more organized filing system and used digital tools for real-time updates.

Solution 4

Created checklists and prioritized tasks to stay organized.

Solution 5

Provided timely responses to employee concerns and facilitated communication between staff and HR.

Skills Developed

During an internship, developing transferable skills is crucial for success in Human Resources and beyond. These competencies are valuable across various professional and academic settings, enhancing adaptability and effectiveness in diverse roles.

Adaptability

Adapted quickly to new tasks and shifting priorities in a fast-paced environment, demonstrating flexibility and resilience in handling unexpected situations.

Time Management

Effectively prioritized tasks such as resume screening, interview coordination, and maintaining employee records. This ensured timely completion of responsibilities and smooth HR operations.

Communication Skills

Regular interactions with candidates, employees, and team members enhanced verbal and written communication abilities. Clear and professional communication is essential in HR roles.

Problem-Solving

Addressed challenges like high volumes of applications and employee concerns by devising efficient solutions, such as implementing scheduling software for interviews.

Attention to Detail

Ensured accuracy in tasks like maintaining records, screening resumes, and processing payroll, minimizing errors, and upholding data integrity.

Customer Service and Employee Relations

Effectively addressed employee queries and

concerns, fostering positive workplace relationships, and enhancing employee satisfaction.

Recruitment and Interviewing Skills

Gained practical experience in the recruitment process, including resume screening, interview scheduling, and candidate communication, which are vital for a career in HR.

● Team Collaboration

Collaborated closely with the HR team, coordinating tasks, and supporting colleagues to achieve common goals, thereby strengthening teamwork skills.

● Technology Skills

Utilized various HR software and tools, such as data management systems and scheduling platforms, enhancing technical proficiency and efficiency in HR processes.

These transferable skills not only contribute to effectiveness in HR roles but also provide a strong foundation for success in various professional and academic pursuits.

Briefly

During the internship in the HR department at United School, several key objectives were achieved. These objectives included gaining hands-on experience in recruitment, improving

organizational skills, enhancing communication abilities, and developing proficiency in HR operations. Through active participation in various tasks such as screening resumes, coordinating interviews, maintaining employee records, and assisting with onboarding, theoretical knowledge was successfully applied to real-world HR practices. Additionally, contributions were made to improving HR processes by suggesting more efficient methods for managing candidate communication and employee data.

One of the most significant achievements during the internship was the improvement of the recruitment process's efficiency by implementing a better system for categorizing resumes and utilizing scheduling software for interviews. This initiative helped reduce the time taken to screen applicants and schedule interviews, thereby improving overall workflow. Positive feedback was received from supervisors for the proactive approach and attention to detail. Furthermore, key skills such as time management, problem-solving, and communication were developed, all of which are crucial in an HR role.

The experiences during the internship directly aligned

with the objectives set at the outset. Practical HR skills were developed, recruitment processes were understood, and organizational abilities were improved. By assisting with various HR tasks, firsthand knowledge of the department's operations was gained, providing insight into how HR supports the overall goals of an organization. My sincere gratitude is extended to the supervisors, mentors, and the entire HR department at United School for their support and guidance throughout the internship. Their patience, willingness to answer questions, and constructive feedback played a significant role in the learning and development process. Appreciation is also expressed for the opportunity to contribute to the organization and be a part of the HR team, gaining valuable insights into the HR field.

Lessons Learnt

During the internship at United School's HR department, several challenges were encountered that tested problem-solving abilities and adaptability. A significant challenge involved managing a large volume of resumes during the recruitment process. Initially, the manual sifting through applications was overwhelming, raising concerns about potentially overlooking qualified candidates. To address this, a structured approach was implemented by categorizing resumes based on essential qualifications, which aided in

prioritizing the most promising applicants.

Additionally, scheduling software was utilized to streamline the interview process, minimizing errors and saving time for both the HR team and candidates. Overcoming these challenges fostered resilience and enhanced the ability to remain composed under pressure while resolving complex problems.

The internship offered numerous opportunities for personal growth, particularly in developing technical and interpersonal skills. Time management skills were enhanced by juggling various tasks, such as resume screening, employee record maintenance, and assisting in recruitment. For instance, balancing multiple tasks and prioritizing deadlines ensured that no detail was missed, and all responsibilities were completed punctually. Communication skills saw significant improvement through interactions with candidates and internal team members, involving explanations of HR processes and provision of feedback. Organizational abilities were honed by maintaining accurate and confidential records, achieved efficiently through both physical and digital filing systems. The skills developed during the internship are highly transferable to future academic and professional endeavors. The acquired time management skills will facilitate effective

balancing of future coursework and responsibilities.

Organizational skills, refined through managing employee records and streamlining the recruitment process, can be applied in various administrative or managerial roles.

Communication, a key skill, was enhanced by interacting with candidates, colleagues, and supervisors, refining the ability to express ideas clearly and professionally. Furthermore, problem-solving and adaptability, developed while navigating complex HR tasks, will be valuable in any future role requiring management of multiple responsibilities or handling unexpected challenges.

A specific example reflecting growth during the internship was involvement in organizing and improving the interview scheduling process. Initially, manual scheduling of interviews led to confusion and conflicts. To mitigate this, the implementation of an online scheduling tool was suggested, allowing candidates to select time slots directly. This change reduced errors and simplified the process for all parties involved. The solution was well-received by supervisors and enhanced the overall efficiency of the department. This experience not only improved workflow but also strengthened problem-solving abilities by identifying an issue and implementing a viable solution. In conclusion, the internship provided valuable

lessons in problem-solving, time management, and communication, all of which will be beneficial in future academic and professional pursuits. These lessons have significantly contributed to personal and professional growth, preparing for the challenges and opportunities that lie ahead.

Recommendation to the Organization

Based on my internship experience in the HR department at United School, the organization could improve processes, communication, and efficiency:

Streamlining Recruitment Processes

Implement a more automated applicant tracking system (ATS) to streamline resume screening, interview scheduling, and candidate communication. This would reduce manual workload and improve efficiency.

Centralized Communication Platform

Adopt a centralized communication platform like Slack or Microsoft Teams to improve internal communication across departments, reducing reliance on emails and ensuring quicker decision-making.

Employee Onboarding Process

Automate the employee onboarding process by providing new hires with resources (e.g., welcome kits,

orientation materials) through a digital portal. This can help new employees complete necessary paperwork and access relevant information before their first day.

Regular Performance Reviews

Establish a more frequent and formalized performance review system, such as quarterly reviews, rather than just annual evaluations. This would provide employees with continuous feedback on their performance.

Employee Feedback System

Implement a regular employee feedback system, such as surveys or suggestion boxes, to collect input from employees on their experiences and suggestions for improvement.

Employee Recognition Program

Introduce or expand an employee recognition program to celebrate employee achievements, milestones, and contributions on a regular basis, beyond just annual reviews.

Training and Development

Establish formal training programs for HR staff and other employees focused on professional development, skill-building, and leadership training, ensuring employees have the opportunity to grow in their roles.

Learning Experience at Skilltootr



Sushmita Pulami Magar
BBM Graduate
2019-2023 (1st Batch)

Introduction

Skilltootr Digital Learning is a Nepal-based educational platform founded with the aim of helping children gain practical, real-world skills alongside their academic education. With its main branch office in Patan and another venue in Pulchowk, the organization focuses on offering programs that emphasize communication, creativity, and confidence-building. Since its establishment, Skilltootr has worked to bridge the gap between traditional learning and modern skill development by creating interactive and engaging educational experiences (Skilltootr Digital Learning, 2024).

Understanding the changing landscape of education and the growing importance of digital skills, the organization

provides a wide range of courses such as Public Speaking, Coding, Robotics, Grammar, Vocabulary, and Art. These are delivered through both online and onsite formats, making them accessible to a broader range of students across different locations. By prioritizing experiential and hands-on learning, Skilltootr ensures that students are not just passive learners but active participants in their education (Skilltootr Digital Learning, 2024).

Skilltootr also hosts short-term Winter and Spring camps during school holidays, offering children the chance to explore specific areas of interest in greater depth. These camps often include project-based learning and group activities designed to foster collaboration, critical thinking, and problem-solving abilities.

In a time when digital literacy and soft skills are increasingly valued, platforms like Skilltootr play a key role in preparing young learners for a competitive and rapidly changing world. The organization continues to expand its reach and impact

as part of Nepal's growing EdTech ecosystem, aligning its mission with the country's shift toward skill-based education and digital inclusion (Khanal, 2023).

Products or services offered

Skilltootr offers a balanced blend of online and offline learning opportunities designed to meet the diverse needs of students. The platform focuses on equipping children not only with academic knowledge but also with essential life skills that are crucial for success in today's rapidly evolving world. By combining the flexibility of digital learning with the personal touch of in-person classes, Skilltootr creates an engaging and inclusive environment where young learners can thrive.

Public Speaking (In-Person):

These interactive classes provide children with a safe and encouraging space to build their confidence and improve their communication skills through practice, discussions, and presentations.

Art (In-Person):

Through creative and hands-

on sessions, children are encouraged to explore various art techniques, express their imagination freely, and develop their artistic abilities.

AI & Robotics (In-Person):

This program introduces students to the exciting world of artificial intelligence and robotics. Through practical, project-based activities, children learn to design and build simple automated systems, fostering curiosity and technical understanding.

Coding (Online):

The online coding classes engage students in learning programming fundamentals in an enjoyable and accessible way, enhancing their problem-solving skills and creativity from the comfort of their homes.

Grammar and Vocabulary (Online):

These lessons focus on strengthening children's language skills, helping them become more confident and effective communicators both in writing and speaking.

Winter and Spring Camps (Two Weeks):

Seasonal camps offer immersive learning experiences during school holidays, combining activities in AI & Robotics, Public Speaking, and Art to encourage collaboration, critical thinking, and hands-on exploration.

4.1 Assigned department for internship

During the internship, the assigned department was the Graphic Design Department. As a startup company with a small team, there was no formal departmental division, and the Graphic Design Department consisted solely of the intern. Despite being the only member, the intern was responsible for handling all graphic design-related tasks independently. This included creating visual content for marketing, social media posts, advertisements, flyers, and other promotional materials aligned with the company's brand. This role offered valuable experience in managing design projects from start to finish, developing creativity, and solving problems without direct supervision. The experience helped build both technical skills and self-reliance in a dynamic startup environment.

4.2 Assigned position, roles, and responsibilities

The assigned position during the internship was Graphic Design Intern for 79 days. The role involved handling various design-related tasks to support marketing and communication efforts.

Key responsibilities included:

Designing advertisements for platforms like Instagram,

Facebook, and WhatsApp, ensuring consistency with brand guidelines.

- Creating flex designs and advertisement videos to promote events and programs.
- Developing proposals for upcoming programs and designing supporting promotional materials.
- Designing visiting cards, ID cards, and certificates for participants of different programs and events.
- Creating quick response designs like banners and ads for social media posts.
- Managing social media design needs without professional oversight or guidance.

Activities performed

During the internship, several design tasks were carried out to support various initiatives within the company:

- Social Media Advertisement Design: Designed ads for Instagram, Facebook, and WhatsApp, tailoring each design to fit the specific platform and target audience.
- Flex and Video Ads Creation: Produced flex designs and advertisement videos for promotional campaigns.
- Proposal and Event Materials: Assisted in designing proposals and visual content for marketing events and programs.

- Visiting Cards and Certificates: Designed professional visiting cards, ID cards, and certificates for events and programs.
- Social Media Post Graphics: Designed various social media posts, optimizing visuals for engagement and visibility across platforms.

Day	Activity
1	Draft-Advertisement for Art Class
2	Learned how to send message to huge mass through whatsapp business WAR Rocket
3	Made draft for each program i.e. Art Class, AI & Robotics, Public Speaking
4	Continued design- AI & Robotics Winter Camp Made Header & Updated Form
5	Made Winter Camp post in Instagram& Facebook
6	Tried making doodle video advertisement Made design for Art Workshop- draft
7	Proposal for Art Workshop to Metlife Tried making doodle video advertisement
8	Made designed for Public Speaking & Art Classes Winter Camp Made contact with Khanpin to ask about lunch box prices.
9	Colour correction about Winter Camp Design Inquiry about food lunch combo package MotherKitchen Food Vendor Selection Proposal to Metlife Started animated video design
10	Animated video with voiceover- Draft
11	Animated video with voiceover- Finalize Form for Public Speaking & Art Class
12	Made Header for Winter Camp Form Sent messages to Parents Made final form of Public Speaking & Art Class
13	Searched video template for advertisement
14	Replied Whatsapp text Edited Quick replies of whatsapp
15	Tried making video for Winter Camp Advertisement
16	Designed location video of company branch
17	Made correction of location designed
18	Searched Template for video advertisement
19	Video making
20	Designed Nepali Certificate
21	Made Art Class ad design

Problems faced

Since the company was a startup, there was no dedicated professional graphic designer available to provide guidance throughout the internship. The Program Founder/CEO played a key role in offering feedback on designs, giving approvals or suggestions for improvement. However, due to limited availability, consistent and timely guidance was often a challenge. At times, feedback was minimal, and direction on design adjustments lacked clarity. For example, when a design was deemed unsatisfactory, the CEO would indicate areas needing improvement, but detailed explanations on how to make those adjustments were often missing.

Additionally, the startup environment featured less formal professionalism regarding time management and flexibility. Scheduling had to be self-managed, sometimes without clear deadlines or structured processes. This lack of clear direction and limited supervision created difficulties in balancing creativity with the company's specific requirements. Despite these challenges, efforts were made to improve design skills by adapting to the circumstances, resulting in enhanced creativity and problem-solving abilities.

Day	Activity
22	Designed for 3 programs to attach in Whatsapp and Meta business
23	Completed video advertisement for winter camp programs
24	Designed Normal Program advertisement
25	Designed Winter Camp early enrollment offer post and posted it
26	Winter Camp Designed adjustment
27	Designed Id card - draft Made schedule for each program
28	Sent form details to other employee
29	Designed Certificate of regular program
30	Made flex design of each Winter Camp program
31	Started keeping data of AI & Robotics students
32	Interacted with students as well as AI & Robotics trainer Made attendance sheet
33	Replied message of all query in metabusiness related to the winter camp program
34	Posted each Winter Camp ads through meta business in facebook,instagram
35	Replied message queries
36	Messages sent to parents whose child were in springcamp, about winter camp
37	Kept information of new student Update attendance sheet
38	Boosted instagram and facebook ad through metabusiness
39	WC begin - Done attendance Provided a details to the interested candidates of the interested program
40	Done attendance Added Student details into excel sheet
41	Had interaction with parents and children
42	Updated Id card design- draft
43	Attendance of AI & Robotics students Id card final design confirmation
44	Asked required documents and photo that is needed in Id card to every intern, trainer and employee.
45	Looked reference of winter camp certificate
46	Attendance of students, replied messages in metabusiness

Problem solved

To overcome the challenges faced during the internship, several steps were taken to work effectively and meet expectations despite limited guidance and resources. Efforts were made to understand the company's design preferences, including style, format, color schemes, and font choices, by reviewing previous designs and engaging in discussions with the CEO. This approach helped ensure alignment with the company's visual identity and maintained consistency across all materials. Although feedback was limited, frequent input was sought from the CEO to keep designs on track. Work was regularly presented, with requests for suggestions and clarification on areas needing improvement, which helped refine the final output.

In the absence of professional guidance, independent learning was pursued through various online platforms and resources to expand knowledge of graphic design principles and enhance technical skills. A personalized time management system was also created, prioritizing tasks and deadlines to stay organized and manage workload effectively. Improved communication with the CEO, including seeking clarification, when necessary, ensured alignment with the company's vision. Through these efforts, creativity was enhanced, design skills improved, and

Day	Activity
47	Finalize Id card
48	Posted ad of winter camp on Instagram and facebook post
49	New website of compay- reviewed Kept new student data into company sheet
50	Reviewing the new website
51	Tested the Company website Interaction with parents
52	Interaction with new intern and gave introduction of the company
53	Tried putting course details in those website Done attendance
54	Discussion about the website design
55	Tried putting images and videos in the new website
56	Discussion about the website content
57	Attendance updated Parents Interaction
58	Discussion about the 2nd batch formation of Winter camp
59	Updated a winter camp design for 2nd batch
60	Posted in instagram and facebook feed of 2nd batch starting soon
61	Website Debugging
62	Website Debugging
63	Draft design of Visiting Card
64	Draft design of Visiting Card
65	Mailed Certificate Coding and Grammar & Vocab Completed visiting card designed
66	Started- After School Program Flex Design
67	Draft - After School Program Flex Design
68	Draft - After School Program Flex Design
69	After School Program Flex Design Completion
70	Draft - Design of Invitation Card
71	Completed design of Invitation Card -Talent Fiesta of Skilltootr's students and posted
72	After School Program Marketing Video- draft
73	After School Program Marketing Video- draft
74	Completed and posted-After School Program Marketing Video
75	Designed Math Olympiad for advertisement and posted

meaningful contributions were made to the company's marketing and communication efforts.

Skills developed

1. Graphic Design Skills

The internship offered an opportunity to enhance practical design capabilities through the use of tools such as Canva and other design software. Various types of content were produced, including social media posts, flex banners, promotional materials, and short videos, all tailored to align with the company's branding and marketing goals.

2. Creativity and Innovation

Consistent involvement in content creation encouraged a more creative mindset. Tasks such as designing advertisements and proposals demanded originality and the ability to adapt ideas across multiple platforms including Instagram, Facebook, and WhatsApp. This fostered innovative thinking and versatility in design.

3. Time Management

Operating within a startup environment, where formal deadlines were often absent, led to

the development of strong personal time management strategies. Tasks were prioritized efficiently, ensuring timely delivery of assignments in alignment with organizational needs.

Day	Activity
76	Draft - Certificate for AI & Robotics
77	Draft - Certificate for Public Speaking and Art
78	Completed all certificate design of Winter Camp
79	Designed Class Schedule of Saturday and Sunday Camp and posted

4. Communication Skills

Engagement with the team and leadership, including the CEO, helped refine professional communication skills. Regular feedback discussions, design clarifications, and collaborative input played a key role in shaping content that met the company's expectations.

5. Self-Learning and Problem-Solving

The independent nature of the internship encouraged self-directed learning. Online resources were actively utilized to acquire new techniques and troubleshoot design challenges, leading to greater confidence and problem-solving ability.

6. Adaptability

The dynamic and sometimes unpredictable startup setting cultivated adaptability. Tasks and requirements often shifted, requiring flexible responses, quick thinking, and the capacity to work efficiently with minimal resources and guidance.

Briefly

The internship experience at Skilltootr Digital Learning

proved to be a valuable stepping stone in bridging academic learning with the demands of the professional world. It offered a unique opportunity to engage directly with design tasks, translating theoretical knowledge into practical outcomes. Throughout the internship period, involvement in various design projects helped sharpen technical skills in software such as Canva, while also fostering creative thinking and visual communication abilities.

The nature of the startup environment encouraged adaptability and a proactive mindset. With minimal supervision, responsibilities were handled independently, promoting self-discipline, accountability, and time management. Each task required careful attention to detail, reinforcing the importance of quality, consistency, and timely delivery in professional work.

Additionally, the internship provided exposure to remote work culture and digital communication, enhancing coordination skills through the use of email, spreadsheets,

and online collaboration tools. Participating in tasks such as designing promotional content, updating records, and maintaining attendance fostered a better understanding of organizational workflows.

Facing real-world challenges helped build resilience and problem-solving abilities. Learning through trial, feedback, and repetition played a crucial role in overall development. The experience was not only enriching on a technical level but also meaningful in shaping work ethics and confidence.

In conclusion, this internship offered a well-rounded learning experience that built a solid foundation for future growth in the fields of design, management, and communication. It marks a significant step toward a more capable, informed, and prepared professional journey ahead.

Lessons learnt Professional Skills Development

The internship offered practical exposure to graphic design, fostering essential professional competencies. Proficiency in tools such as Canva was significantly enhanced, enabling the creation of engaging and brand-aligned content. The experience also included developing advertisements tailored for various social

media platforms and managing posts to increase visibility and engagement. Communication skills were strengthened through regular interaction with team members, trainers, and parents, particularly in promoting events and addressing inquiries. Additionally, the ability to solve design-related challenges creatively, while adhering to organizational guidelines, was notably improved.

Time Management and Organization

Managing multiple tasks within set deadlines improved overall organizational skills. Progress was tracked through schedules and daily updates, ensuring timely completion of responsibilities such as ID card creation, attendance tracking, and certificate design. The absence of constant supervision nurtured independence and adaptability, encouraging a proactive approach to new challenges and fostering strong self-management capabilities.

Soft Skills Development

Collaboration with team members and trainers enhanced interpersonal skills and team coordination. Independent task handling contributed to a sense of ownership and responsibility. Exposure to client-facing situations, such as interacting with parents and handling

their concerns, refined customer service skills and professionalism.

2. Understanding the Business Environment

The internship provided valuable insights into Nepal's EdTech sector, revealing both challenges and opportunities in digital education for children. Observing operational activities, including marketing, event planning, and course promotion, broadened understanding of business functions. Awareness of emerging trends such as AI, robotics, and creative learning methods also highlighted the dynamic nature of the industry.

Career Insights and Personal Development

This experience helped clarify strengths and areas for improvement in graphic design and digital marketing. Completing tasks independently boosted confidence, while exposure to real-world workflows emphasized the importance of continual learning and upskilling to stay relevant in a rapidly evolving industry.

Recommendation to the organization

To enhance the internship experience, a few key areas for improvement have been identified. These suggestions aim to support intern development while improving overall organizational efficiency.

Implementation of Clear Policies and Management Practices

A more defined structure regarding punctuality and workflow could enhance overall efficiency. Establishing clear policies related to attendance and task accountability would help maintain discipline and improve productivity within the team.

Provision of Expert Mentorship

The absence of a senior graphic designer limited access to professional feedback and mentorship. Appointing an experienced design mentor could significantly enrich the learning experience by offering guidance, improving quality, and accelerating the professional growth of interns.

Improvement in Organizational Structure

Greater clarity in task delegation, communication protocols, and timeline expectations would streamline operations. A structured framework for assigning responsibilities and monitoring progress could reduce confusion and support a more efficient and collaborative work environment.

By addressing these areas, the internship program could be enhanced to deliver an even more impactful and enriching experience for future participants.

Learning Experience at RBB



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Introduction

Rastriya Banijya Bank Ltd. (RBB) has a history of serving its customers far and wide across the nation for more than half a century. The bank then fully owned by Government of Nepal, was established on 10 Magh 2022 (23 January 1966) under the special statute "Rastriya Banijya Bank Act, 2021" and had operated under "Commercial Bank Act, 2031" until it was re-registered as public limited company on 6 Baisakh 2063 (19 May 2006). At present, the Bank operates as "A" class financial institution licensed by Nepal Rastra Bank and carries out commercial banking activities as per the provisions of the "Bank and Financial Institutions Act 2073," (2017).

It stands as one of the most preferred bank with the highest number of customers

all 77 districts and 7 provinces of the country. The Bank has been able to imprint its presence in national economy through efficient allocation of resources in all sectors of economy thereby enhancing production and generating employment opportunities within the country.

Products or Services Offered

- RBB Digital Sansar
- Branchless Banking
- RBB Remit Online
- Housing Loan
- Vehicle Loan
- Fixed Account
- Internet Banking Services
- RBBL USSD Mobile Banking
- RBBL POS Services
- RBB Credit Card
- RBB Debit Card

Assigned Department

The assigned department for the internship at Rastriya Banijya Bank Ltd., Gwarko Branch was Customer Service Department and Electronic cheque Clearing (ECC). It's a centralized point within a bank branch where customers can go for various services and inquiries. The CSD is staffed by bank employees who are trained to assist with a wide range of customer needs, including:

Account Services

Opening new accounts, closing accounts, or updating account information.

Transactions

Deposits, withdrawals, transfers, and issuing cashier's checks or money orders.

Inquiries

Providing information about bank products, services, and policies.

Problem Resolution

Handling customer complaints, resolving issues with accounts or transactions.

Guidance

Offering advice on banking products like loans, mortgages, or investment options available through the bank.

The CSD plays a crucial role in providing a convenient and personalized customer experience, aiming to address various financial needs promptly and efficiently.

The electronic cheque clearing department within a bank or financial institution is responsible for managing the electronic processing of cheque transactions. Here are the key functions and

responsibilities typically associated with that department:

Processing Electronic Transactions

The department oversees the receipt, verification, and processing of electronic cheque transactions submitted by customers. This includes capturing cheque data electronically, verifying the authenticity of the cheque, and ensuring that funds are available for the transaction.

Utilizing Clearing Systems

They utilize and manage systems that facilitate electronic cheque clearing, such as the Automated Clearing House (ACH) network or other electronic funds transfer systems specific to cheque processing.

Transaction Verification

They verify the accuracy of cheque information, including account numbers, routing numbers, and transaction amounts, to ensure that transactions are processed correctly.

Settlement and Clearing

After verification, the department facilitates the electronic transfer of funds from the payer's bank account to the payee's bank account. This involves coordinating with other banks and financial institutions to settle transactions efficiently.



Customer Support

The department provides support to customers regarding electronic cheque transactions, including handling inquiries, resolving issues related to transaction processing, and ensuring customer satisfaction.

● Compliance and Security

They ensure compliance with regulatory requirements and security standards related to electronic cheque processing. This includes safeguarding customer information and preventing fraud and unauthorized transactions.

● Reporting and Reconciliation

They maintain records of electronic cheque transactions and reconcile accounts to ensure accuracy and completeness of financial records.

The Customer Service Department (CSD) addresses customer inquiries, provides support, and resolves

issues related to banking services whereas Electronic Cheque Clearing (ECC) departments handle the electronic processing of cheque transactions, ensuring accuracy, verifying funds, and facilitating secure transfers. Both departments contribute to efficient banking operations, ensuring customer satisfaction through responsive service and streamlined transaction processing.

Assigned position, roles, and responsibilities

Assigned Position: Intern

Roles and Responsibilities

The roles and responsibilities of an intern at a bank are highlighted below:

Assisting with Customer Service: Responding to customer inquiries, handling basic transactions, and providing support at service desks or call centers.

Data Entry and Processing:

Inputting customer information, transaction details, or other data into banking systems with accuracy and confidentiality.

Supporting Operations:

Assisting in various operational tasks such as sorting and filing documents, preparing reports, or helping with inventory management.

Learning about Banking

Products: Gaining knowledge about different banking products and services through training sessions or shadowing experienced staff.

Observing and Assisting in

Transactions: Shadowing bank tellers or loan officers to understand transaction processes and customer interactions.

Research and Analysis:

Conducting research on market trends, customer demographics, or competitor analysis to support business strategies.

Compliance and Regulatory

Support: Assisting with compliance checks, documentation, and adhering to regulatory guidelines under supervision.

Project Support:

Supporting ongoing projects within departments such as marketing campaigns, process improvements, or technology upgrades.

Professional Development:

Participating in training

sessions, workshops, or networking opportunities to enhance skills and knowledge in banking and finance.

Team Collaboration:

Collaborating with team members on assigned tasks, contributing ideas, and learning from diverse perspectives within the bank.

Problem solved

The challenges encountered during the internship were solved in following ways;

- Learnt to effectively communicate the problems with the mentors and colleagues.
- Asked for assistance with the superiors in case of confusion regarding the use of banking software.
- Handled the rude and ignorant customer calmly and asked for help with the superiors.
- division of work with others intern.
- Emphasized on the strategy to prioritize the task based on urgency and importance.

Skills Developed

My internship at Rastriya Banijya Bank has helped me gain valuable skills and insights. The skills that I develop during my internship are;

Technical Skills

Familiarity with the banking software and how it works

Soft Skills

Soft skills like Communication, Team work,

Time Management, Problem Solving and adaptability.

Professional Skills

It includes networking, work ethics and leadership.

Personal Skills

Boost in self-confidence, multi-tasking and meeting the targets.

Lessons learnt

My internship at Rastriya Banijya Bank Ltd. has been a learning experience. The valuable experience that I have gained at this prestigious bank is the infusion of theoretical knowledge and the practical experience. Some of the key lessons learned from this internship are:

Customer Relation Management

Understanding the customer need, handling the inquiries, resolving the issues promptly and maintain strong client relationships.

Team work and collaboration

Working in team with collaboration and adhering the value of cooperation among team members.

Technological Proficiency

Familiarity with the banking software and digital tools. The hand-on experience increased my adaptability to technology.

Time Management and Multi-tasking

Balancing the multiple tasks and meeting the deadlines.

Professionalism and Ethics

Maintaining the ethics of professionalism and individual. Adhering to the code of conducts of workplace.

Problem Solving and Critical Thinking

Heads on with the real-world challenges and initiating the

tactics to critically solve those challenges.

Activities Performed

The activities performed during the internship at Rastriya Banijya Bank Ltd. are highlighted below;

- Tasks related to customer relation management,

enquiries and addressing the issues.

- Generating the individual and current account number using banking software.
- Opened demat and mero share account for the clients.
- Performed activities related to cheque printing and recording the cheque filing.
- Addressed the issues related to mobile banking and assistance to client regarding the use of mobile banking app.
- Printing statement for the customers
- Mailing to head office and other branch for the issues of mobile banking, KYC update.

Internship Log Book

Day	Activity
1	Learnt to fill the account opening form and familiar with other banking forms.
2	Learnt to fill the account opening form and familiar with other banking forms.
3	Handling the enquiries of customer and assisting them in filling the banking forms
4	Learnt how to use banking software ,black list check and account screening and filing
5	Learnt how to use banking software ,black list check and account screeningand filing
6	Black list check and Account screening and filing
7	Generating client id and account number and handling the enquires of client
8	Generating client id and account number and handling the enquires of client
9	Maintaining KYC data in banking database
10	Maintaining KYC data in banking database and opening bank account
11	Learnt to open current account and pension account
12	Handled the issues of client and learnt to mail KYC update of other branch
13	Handled the issues of client and learnt to mail KYC update of other branch
14	Account opened and KYC update and filing
15	Handling the calls and distributing the ATM cards
16	Cheque printing and filing of outgoing Cheque
17	Cheque printing , handling enquires filing of outgoing Cheque
18	Cheque printing , statement printing and account opening
19	Cheque printing , statement printing , account opening and KYC
20	Cheque printing , statement printing, account opening and KYC
21	Cheque printing , statement printing , account opening and enquiries
22	Cheque printing , statement printing, account opening and mailing
23	Learnt to open Demat and Mero share account
24	Learnt to open Demat and Mero share account and assisting customers at bank
25	Opened demat and mero share account and generation of CRN number
26	Statement printing and Cheque printing

Lessons Learnt

My internship at Rastriya Banijya Bank Ltd. has been a learning experience. The valuable experience that I have gained at this prestigious bank is the infusion of theoretical knowledge and the practical experience. Some of the key lessons learned from this internship are:

Customer Relation Management

Understanding the customer need, handling the inquiries, resolving the issues promptly and maintain strong client relationships.

Team work and Collaboration

Working in team with collaboration and adhering the value of cooperation among team members.

Day	Activity
27	Handled the issues of client and learnt to mail KYC update of other branch
28	Account opened and KYC update , filing, statement printing and cheque printing
29	Account opened and KYC update , cheque printing
30	Account opened and KYC update and filing
31	Account opened and KYC update and filing
32	Client id generation and assisting the clients and filing
33	Opened demat and mero share account and generation of CRN number
34	Opened demat and mero share account and generation of CRN number
35	Cheque printing , statement printing , account opening and KYC
36	Assisting the customers and new interns for account opening
37	Assisting the customers and new interns for account opening
38	Statement printing, cheque and filing
39	Assisting the customers and new interns for account opening
40	Assisted new interns to open demat and mero share
41	Statement printing, cheque and filing
42	Statement printing, cheque and filing
43	Statement printing, cheque and filing
44	Handled the issues of clients and learnt ECC
45	Electronic cheque clearing and assisting new interns
46	Electronic cheque clearing and assisting new interns
47	Electronic cheque clearing and assisting new interns
48	Electronic cheque clearing and assisting new interns

Technological Proficiency

Familiarity with the banking software and digital tools. The hand-on experience increased my adaptability to technology.

Time Management and Multi-tasking

Balancing the multiple tasks and meeting the deadlines.

Professionalism and Ethics

Maintaining the ethics of professionalism and individual. Adhering to the code of conducts of workplace.

Problem Solving and Critical Thinking

Heads on with the real-world challenges and initiating the tactics to critically solve those challenges.

Briefly

This internship at Rastriya Banijya Bank Limited has been immense help to me, providing practical experience and comprehensive understanding regarding the banking industry. In the course of my internship, I got an opportunity to observe and involve myself in various operations such as customer service, Electronic Cheque Clearing. It added a lot to my theoretical knowledge and professional skills.

In addition, working with very experienced practitioners has helped me in gaining some skills in areas like teamwork, effective communication, and problem-solving. The mentors

at the institution has guided me on how to be a professional, always giving me constructive advice and feedback that I can use in my future career.

All in all, my internship at Rastriya Banijya Bank Ltd. was a self-awakening, transformational experience. I am so thankful for this opportunity to serve and work with such a high esteemed institute. I will look forward to applying the lessons learned from it, and continue to stride forth in life and my professional journey in the banking industry.

Recommendations

Rastriya Banijya Bank Ltd. has a strong foundation as a leading commercial bank in Nepal. With the competitive challenges from its competitors and changes in environmental dynamics, the following recommendations are suggested:

- Promote digital payment solutions such as QR codes, contactless payments, and mobile wallets.
- Many issues related to ATMs were reported. Thus, timely maintenance and quick response must be emphasized.
- Invest in the latest banking software and technology.
- Develop the comprehensive training modules for the new interns and staff.
- Implement the customer service training and regular feedback session must be incorporated for continuous improvement.

Learning Experience at Mishisa Cosmetics



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Introduction

Mishisa Cosmetics is a leading beauty and skincare brand based in Nepal, founded in 2010. With its headquarters in Kathmandu, the company has become one of the most recognized names in the Nepali beauty industry, known for its commitment to producing high-quality, cruelty-free, and sustainable products (Mishisa Cosmetics, 2025). The cosmetics industry in Nepal has seen significant growth in recent years, driven by changing consumer preferences, increased access to global beauty trends, and a growing interest in sustainable and ethical products. Mr. Hemanta Niroula, the founder of Mishisa Cosmetics, has been a key figure in shaping the beauty landscape in Nepal. With over 20 years

of experience in the beauty and pharmaceutical sectors, Mr. Niroula started his career as the country manager at Torrent Pharmaceuticals, where he gained valuable marketing experience and knowledge of the Nepali business channel. (Mishisa Cosmetics, 2025).

Building on his expertise, Mr. Niroula went on to establish Delta Marketing, a company that imported professional beauty cosmetics targeting beauticians and salons. Recognizing the immense potential of the growing beauty market in Nepal, he founded Mishisa Cosmetics. Today, Mishisa Cosmetics exclusively imports and distributes a range of consumer brands, professional beauty products, and derma brands. The company has also expanded its presence by owning retail outlets, further strengthening its position in the Nepali market.

Mishisa Cosmetics' growth reflects the increasing demand for high-quality beauty products tailored to local preferences, while also embracing global standards of sustainability

and ethical practices in the beauty industry. Today, the cosmetics industry in Nepal is rapidly evolving, with a growing focus on sustainability, transparency, and ethical business practices. Consumers are becoming more conscious of the products they use, demanding eco-friendly options, cruelty-free formulations, and transparency in product sourcing. These shifts are reshaping the way beauty brands approach their offerings, with trends like inclusivity, personalized beauty, and eco-friendly packaging dominating the market. (Mishisa Cosmetics, 2025)

Under the leadership of Shimul Niroula, the Managing Director of Mishisa Cosmetics, the company has adapted to these changing market dynamics by introducing sustainable products that align with consumer values. Mishisa Cosmetics has embraced these trends by offering cruelty-free, organic, and locally sourced products while focusing on eco-friendly packaging. The company's commitment to innovation, customer engagement,

and ethical sourcing has positioned it as a key player in Nepal's beauty industry.

In addition to its product offerings, Mishisa Cosmetics has expanded its presence by owning two retail outlets—one located in Durbarmarg and the other in Pokhara. These retail stores play a vital role in reaching local customers, offering them a direct and personalized shopping experience with the company's product range. (Mishisa Cosmetics, 2025)

To remain competitive in this evolving market, beauty companies, including Mishisa Cosmetics, must continue to prioritize quality and innovation while staying attuned to the growing demand for products that not only enhance beauty but also align with consumer values on sustainability and transparency. Mishisa's forward-thinking approach under Shimul Niroula's leadership is an example of how local brands can thrive by responding to global trends and local needs.

The company specializes in a wide range of skincare and beauty products, including moisturizers, cleansers, serums, and specialized skincare solutions. Over the years, Mishisa Cosmetics has expanded its presence across Nepal, catering to a growing demand for locally made, eco-friendly beauty products that

meet international standards. The company's approach blends science with nature, offering beauty solutions that are both effective and in tune with the needs of the Nepali market. Mishisa focuses on providing affordable luxury to a diverse consumer base, ensuring that quality beauty products are accessible to all.

In addition to its commitment to product excellence, Mishisa Cosmetics has two retail stores—one in the heart of Durbarmarg and the other in Pokhara—which further solidify its presence in the local market. The company's ability to blend innovation with tradition has made it a trusted name for consumers seeking both modern beauty solutions and products that resonate with local cultural values. (Mishisa Cosmetics, 2025)

Products or Services Offered

Mishisa Cosmetics offers a broad selection of skincare products designed to cater to various skin needs. Some of the popular products include:

Cleansers

Gentle options such as the Sesderma Acglicolic Classic Cleansing Gel, which is ideal for deep cleansing and exfoliating the skin.

Moisturizers

Hydrating creams like the Sesderma Hidraderm Moisturizing Cream, which

provide long-lasting hydration and are suitable for all skin types.

Serums

Targeted treatments like the Pastel Profashion Glassy Glow Skin Serum, which helps brighten and hydrate the skin, leaving a glowing finish.

Masks

Rejuvenating products like the Sesderma C-Vit Liposomal Mask, known for its brightening and revitalizing properties.

Sunscreens

High SPF options, including Sesderma Heliocare 360 Gel Oil-Free SPF 50, offering superior protection from harmful UV rays without clogging pores.

In addition to these offerings, Mishisa Cosmetics provides beauty products from well-regarded brands like Pastel Profashion, Sesderma, and Makeup Studio. The company also offers personalized skincare consultations and beauty advice to help customers select the best products tailored to their individual skin types and concerns.

Assigned Department for Internship

During my internship at Mishisa Cosmetics, had the opportunity to work across multiple departments, with a primary focus on Marketing, Customer Service, and

Product Development. This cross-departmental exposure gave me a comprehensive understanding of the company's operations and strategies under the leadership of Managing Director Shimul Niroula. By engaging with different teams, gained valuable insights into the intricacies of each department, which allowed me to contribute effectively and gain hands-on experience in a dynamic work environment.

4.2 Assigned Position, Roles, and Responsibilities

During my internship at Mishisa Cosmetics, my role was primarily focused on supporting various aspects of the company's Marketing, Product Development, and Customer Engagement strategies.

My specific responsibilities as an intern included:

Analyzing social media metrics and engagement data: Reviewing performance metrics for campaigns across platforms like Facebook and Instagram, to optimize digital marketing efforts and increase brand visibility.

Assisting in product photoshoots: Supporting the preparation and execution of photoshoots for new product launches and promotional materials to ensure alignment with the brand's aesthetic.

Participating in market research and competitor analysis: Conducting research on industry trends and analyzing competitors to identify opportunities for differentiation and product innovation in the Nepali market.

Supporting the creation of educational content for webinars: Assisting in the development of content for online webinars and customer education initiatives, aimed at providing skincare tips and product knowledge.

Helping develops customer engagement strategies and responding to inquiries: Contributing to the creation of strategies for improving customer engagement and actively responding to customer queries, ensuring a positive customer experience both online and instore.

Activities performed

Throughout my internship at Mishisa Cosmetics, engaged in various activities that contributed to my understanding of the beauty industry in Nepal. My involvement spanned across Marketing, Customer Engagement, and Product Selection, and included the following tasks:

Marketing
Assisted in preparing for product photoshoots to promote Mishisa Cosmetics' range of skincare products,

ensuring they were visually appealing for the Nepali market. I also contributed to social media content creation, focusing on campaigns for platforms like Instagram and Facebook to engage with the brand's followers. Additionally, I supported the planning and execution of product launches, ensuring the communication and presentation of new product lines were tailored to customer needs.

Customer engagement

Actively involved in responding to customer inquiries, both online and in-store, helping to resolve product-related queries and skincare concerns. I also contributed to the development of FAQ content for the website, ensuring it addressed common customer questions and provided useful information about Mishisa Cosmetics' products, ingredients, and their benefits.

Product selection

Assisted in selecting new products for the Mishisa Cosmetics line by researching trends in the beauty market, especially in relation to consumer preferences in Nepal. I participated in discussions regarding which products should be added to the brand's portfolio, considering factors such as market demand, product efficacy, and alignment with Mishisa's commitment to high-quality, cruelty-free options.

These activities helped me gain a practical understanding of the beauty industry in Nepal, particularly how Mishisa Cosmetics focuses on customer needs, market trends, and product curation to maintain its position as a leading beauty brand in the country.

Internship Log Book

Day 1: October 17, 2024

- Department: Human Resources
- Tasks Completed
- Attended an orientation session where I met the team and learned about the company's values and mission where I was working under the supervision of Managing Director.
- Learnings
- Learned about Mishisa's commitment to natural skincare products and sustainability.
- Reflections
- It felt inspired by the company's mission and excited to be part of a brand that values ethical practices.

Day 2: October 18, 2024

- Department: Product Selection
- Tasks Completed: Shadowed the product Selection team and helped organize product selection and familiarize myself with the brands we sell for e.g. Urban care, LE Tan, Brillare etc.
- Learnings: Gained insights into the product Selection

cycle and the importance of using quality of the overall product that Mishisa Cosmetics provides.

- Reflections: Appreciated the attention to detail in product selection and how essential it is to choose the right product which meets the consumers demand.

Day 3: October 20, 2024

- Department: Marketing
- Tasks Completed: Conducted market research on competitor products, for example: Himalaya Herbal Healthcare, L'Oréal, and The Body Shop.
- Learnings: Developed analytical skills and learned how Mishisa positions itself against competitors.
- Reflections: Understanding the competitive landscape made me realize the importance of innovation for Mishisa.

Day 4: October 21, 2024

- Department: Marketing
- Tasks Completed: Participated in a marketing team meeting, where I learned about new ideas for upcoming campaigns.
- Learnings: Learned about brainstorming techniques and the strategic planning process.
- Reflections: It was exciting to contribute ideas and see how teamwork can lead to creative solutions.

Day 5: October 22, 2024

- Department: Marketing
- Tasks Completed: learned and contributed suggestions social media content for a new product launch and existing product promotion, including captions and image selection.
- Learnings: Learned about the role of social media in brand promotion and Reflections: Enjoyed seeing my work contribute to the brand's online presence and felt proud of the creative process.

Day 6: October 23, 2024

- Department: Customer Service
- Tasks Completed: Engaged with customers in-store, answering questions and gathering feedback on products since it was also festival sessions and customer flow was really good.
- Learnings: I improved my customer service skills and learned how feedback can guide product development.
- Reflections: Interacting with customers helped me understand their needs and how important their feedback is for improving products.

Day 7: October 24, 2024

- Department: Event Planning
- Tasks Completed: Assisted with preparations for a promotional event, setting up displays and arranging product samples.

- Learnings: I learned about the logistics involved in organizing events and their importance for brand visibility.
- Reflections: The experience taught me the significance of preparation and detail in creating an engaging atmosphere.

Day 8: October 25, 2024

- Department: Marketing
- Tasks Completed: Evaluated customer feedback collected during the promotional event and compiled insights into a report.
- Learnings: I gained experience in analyzing data and its relevance to improving products.
- Reflections: Analyzing customer feedback highlighted the importance of understanding consumer perspectives in marketing.

Day 9: October 27, 2024

- Department: Marketing
- Tasks Completed: Conducted a presentation on competitor analysis for the team, sharing key findings and recommendations.
- Learnings: I enhanced my presentation skills and learned to communicate research effectively.
- Reflections: Preparing and presenting the analysis boosted my confidence in public speaking and sharing insights.



Day 10: October 28, 2024

- Department: Marketing
- Tasks Completed: Shadowed the marketing team during a brainstorming session focused on new product ideas and possible offerings.
- Learnings: learned about the creative process and how different viewpoints contribute to innovation.
- Reflections: I appreciated the collaborative spirit and realized that teamwork is essential for successful marketing strategies.

Day 11: October 29, 2024

- Department: Marketing
- Tasks Completed: Assisted in developing email marketing content for an

upcoming product launch and to maintain the flow of information.

- Learnings: I learned about effective email marketing techniques and how to engage customers.
- Reflections: Crafting compelling email content was rewarding, and I saw how it can drive customer interest.

Day 12: October 30, 2024

- Department: Marketing
- Tasks Completed: Designed and distributed a survey to customers about their preferences and feedback on current products.
- Learnings: I gained insights into consumer behavior and

the importance of market research.

- Reflections: Conducting surveys made me realize how crucial customer input is for guiding product selection and their preference.

Day 13: November 4, 2024

- Department: Marketing/ Design
- Tasks Completed: Helped design promotional materials for an upcoming event, ensuring branding consistency.
- Learnings: I learned about graphic design principles and their importance in marketing.
- Reflections: I found it exciting to be part of the creative process and see how design impacts brand perception.

Day 14: November 5, 2024

- Department: Product Development
- Tasks Completed: Assisted in product testing to ensure quality and safety standards were met.
- Learnings: I understood the importance of quality control in maintaining brand integrity.
- Reflections: Participating in quality assurance gave me a deeper appreciation for the effort behind every product.

Day 15: November 6, 2024

- Department: Education/ Training
- Tasks Completed: Attended a workshop on natural

skincare ingredients and their benefits.

- Learnings: I expanded my knowledge of skincare formulations and how to educate consumers.
- Reflections: The workshop sparked my interest in the science behind skincare and how it influences consumer choices.

Day 16: November 7, 2024

- Department: Product Development
- Tasks Completed: Participated in a brainstorming session for new product ideas.
- Learnings: I gained experience in collaborative idea generation and innovation processes.
- Reflections: I enjoyed the energy of brainstorming sessions and the creativity involved in developing new concepts.

Day 17: November 8, 2024

- Department: Marketing
- Tasks Completed: Engaged with customers during a live Q&A session on social media (Instagram).
- Learnings: Improved my ability to communicate product benefits effectively in real-time.
- Reflections: This experience taught me the importance of being articulate and knowledgeable when interacting with customers.

Day 18: November 10, 2024

- Department: Website Management

- Tasks Completed: Assisted in updating the website with new product information and offers.
- Learnings: Learned about website management and the importance of accurate product descriptions.
- Reflections: I realized how crucial online presence is for brand visibility and customer engagement.

Day 19: November 11, 2024

- Department: Marketing
- Tasks Completed: Analyzed social media engagement metrics from recent campaigns.
- Learnings: Understood how to measure the success of marketing efforts through data.
- Reflections: Data analysis highlighted the importance of tracking performance to inform future strategies.

Day 20: November 12, 2024

- Department: Marketing/ Photography
- Tasks Completed: Helped prepare for a photoshoot for new product marketing where I got to meet Miss World 2018 Shrunkhala Khatiwada who was also the makeup brand ambassador of mishisa cosmetics.
- Learnings: Gained insights into visual marketing and the significance of imagery in branding with collaborations.
- Reflections: I enjoyed the creative aspect of visual

storytelling and how it enhances customer interest. And specially met Shrinkhala Khatiwada.

Day 21: November 13, 2024

- Department: Customer Service
- Tasks Completed: Conducted follow-up interviews with customers about their experiences with products.
- Learnings: Learned how to gather qualitative feedback and its importance for product improvement.
- Reflections: Engaging with customers provided valuable insights and reinforced the importance of customer satisfaction.

Day 22: November 14, 2024

- Department: Education/ Training
- Tasks Completed: Assisted and learned organizing a webinar on skincare education.
- Learnings: Understood the logistics of online events and their role in consumer education.
- Reflections: I realized the potential of webinars to reach a wider audience and educate consumers about products.

Day 23: November 15, 2024

- Department: Sustainability
- Tasks Completed: Participated in a discussion on sustainability practices within the company.
- Learnings: Gained awareness of sustainable

practices and their significance in the cosmetics industry.

- Reflections: This discussion deepened my understanding of how sustainability is vital for brand reputation and consumer trust.

Day 24: November 17, 2024

- Department: Finance
- Tasks Completed: Shadowed the finance team to understand budgeting for marketing campaigns or any event.
- Learnings: Learned about financial planning and its role in marketing strategies and event management.
- Reflections: Understanding the financial aspects of marketing helped me appreciate the balance between creativity and budget management.

Day 25: November 18, 2024

- Department: Marketing
- Tasks Completed: Learned Assisting on creating a customer loyalty program small tea event.
- Learnings: Understood the importance of customer retention and the benefits of loyalty programs.
- Reflections: I saw how building loyalty can enhance customer relationships and drive sales.

Day 26: November 19, 2024

- Department: Marketing
- Tasks Completed: Helped compile feedback from the

loyalty program launch.

- Learnings: Gained experience in data analysis and understanding customer preferences.
- Reflections: Analyzing this feedback reinforced the idea that continuous improvement is key to successful marketing.

Day 27: November 20, 2024

- Department: Training
- Tasks Completed: Engaged in a training session on effective communication skills.
- Learnings: Improved my interpersonal skills, which are crucial for customer interactions.
- Reflections: This training was valuable, as effective communication is essential in any role, especially in customer-facing positions.

Day 28: November 21, 2024

- Department: Product Development
- Tasks Completed: learned about product labeling processes and compliance checks.
- Learnings: Learned about regulatory standards and their importance in product safety.
- Reflections: Understanding compliance requirements emphasized the importance of safety and transparency in the cosmetics industry.

Day 29: November 22, 2024

- Department: Marketing
- Tasks Completed:

Participated in a team meeting to evaluate the success of recent marketing campaigns and events.

- Learnings: Gained insights into performance evaluation and how to adjust strategies accordingly.
- Reflections: This experience taught me the value of analyzing results and being adaptable in marketing approaches.

Day 30: November 24, 2024

- Department: Finance/Marketing
- Tasks Completed: Assisted in preparing reports on sales data for the past quarter.
- Learnings: Understood the significance of data analysis in decision-making processes. Reflections: Working with sales data highlighted the importance of metrics in driving business decisions.

Day 31: November 25, 2024

- Department: Corporate Social Responsibility
- Tasks Completed: Helped coordinate a charity event sponsored by Mishisa Cosmetics by providing funds for flood victims who were still left out.
- Learnings: Learned about corporate social responsibility and community engagement.
- Reflections: This experience was fulfilling, showing how brands can positively impact the community

while enhancing their image.

Day 32: November 26, 2024

- Department: Customer Engagement
- Tasks Completed: Engaged with participants at the charity event, explaining products and initiatives.
- Learnings: Improved my communication skills and learned about brand representation.
- Reflections: Interacting with event participants made me realize how important brand ambassadors are in creating a positive impression.

Day 33: November 27, 2024

- Department: Marketing/Media
- Tasks Completed: Assisted in the development of video content for product promotions.
- Learnings: Understood the role of video marketing in enhancing brand visibility.
- Reflections: I found video creation exciting, and I learned how impactful visual content can be in attracting customers.

Day 34: November 28, 2024

- Department: Market Research
- Tasks Completed: Conducted research on emerging skincare trends and consumer demands and preference.
- Learnings: Learned about the importance of staying updated on industry trends.

- Reflections: This research reinforced the need for continuous learning to stay competitive in the cosmetics market.

Day 35: November 29, 2024

Department: Marketing

- Tasks Completed: Assisted in planning a social media campaign for a new product launch.
- Learnings: Gained insights into campaign strategy and execution.
- Reflections: I realized the importance of aligning marketing strategies with consumer interests for successful campaigns.

Day 36: December 1, 2024

- Department: Customer Service
- Tasks Completed: Helped respond to customer inquiries through email and social media.
- Learnings: Improved my ability to handle customer concerns and provide solutions.
- Reflections: This experience taught me the importance of timely and effective communication in building customer trust.

Day 37: December 2, 2024

- Department: Marketing/Design
- Tasks Completed: Collaborated with the design team on new packaging concepts and offering.
- Learnings: Understood the

importance of packaging in attracting consumers and communicating brand values.

- Reflections: I enjoyed the creative collaboration and learned how packaging can influence purchasing decisions.

Day 38: December 3, 2024

- Department: Marketing
- Tasks Completed: Analyzed competitor marketing strategies and compiled findings.
- Learnings: Gained insights into effective marketing tactics and positioning.
- Reflection: Understanding competitors' strategies helped me appreciate the nuances of crafting a unique marketing approach.

Day 39: December 4, 2024

- Department: Product Development
- Tasks Completed: Assisted in conducting focus groups for product feedback.
- Learnings: Learned how to gather qualitative data from consumers.
- Reflections: Engaging with focus groups reinforced the importance of consumer input in product refinement.

Day 40: December 5, 2024

- Department: Training
- Tasks Completed: Attended a seminar on digital marketing trends.
- Learnings: Expanded my knowledge of digital marketing strategies and tools.
- Reflections: The seminar inspired me to explore

digital marketing further, given its growing significance in the industry.

Day 41: December 6, 2024

Department: Marketing

- Tasks Completed: Assisted in preparing a presentation for an upcoming product.
- Learnings: Learned how to create compelling presentations that engage stakeholders.
- Reflections: I enjoyed the process of crafting a narrative around the product, which helped sharpen my communication skills.

Day 42: December 6, 2024

- Department: Market Research
- Tasks Completed: Conducted a survey to assess customer satisfaction with existing products.
- Learnings: Gained experience in survey design and data collection methods.
- Reflection: Learned how essential customer satisfaction surveys are for improving product offerings

Day 43: December 8, 2024

- Department: Marketing
- Tasks Completed: Assisted in organizing a pop-up shop to promote new products on various programs (stalls).
- Learnings: Understood the logistics of event marketing and consumer engagement strategies.
- Reflections: I found it exciting to be part of a

hands-on promotional effort, engaging directly with potential customers.

Day 44: December 9, 2024

- Department: Product Development
- Tasks Completed: Participated in brainstorming sessions for future product lines.
- Learnings: Gained insights into the creative process involved in product development.
- Reflections: I appreciated the open exchange of ideas and the collaborative spirit of the team.

Day 45: December 10, 2024

- Department: Marketing
- Tasks Completed: Assisted in evaluating the performance of recent advertising campaigns.
- Learnings: Learned about key performance indicators (KPIs) and their role in assessing campaign effectiveness.
- Reflections: This experience underscored the importance of data-driven decision-making in marketing.

Day 46: December 11, 2024

- Department: Customer Service
- Tasks Completed: Helped create a FAQ section for the website based on customer inquiries.
- Learnings: Understood the importance of providing clear information to enhance customer experience.

- Reflections: I felt proud to contribute to improving customer support resources, making information more accessible.

Day 47: December 12, 2024

- Department: Marketing
- Tasks Completed: Collaborated with the team to finalize the marketing strategy for a new product.
- Learnings: Learned about aligning marketing efforts with business goals.
- Reflections: This experience showed me the importance of strategic planning in achieving overall brand objectives.

Day 48: December 13, 2024

- Department: Event Planning
- Tasks Completed: Assisted in the execution of the product launch event for urban hair serum.
- Learnings: Gained practical experience in event management and customer engagement.
- Reflections: I enjoyed the excitement of the event and saw firsthand how effective launches can build brand awareness.

Day 49: December 15, 2024

- Department: Marketing
- Tasks Completed: Prepared a comprehensive report summarizing my internship experiences and learnings.
- Learnings: Reflected on the skills I developed and the knowledge I gained

throughout my internship.

- Reflections: This internship has been invaluable for my professional growth. I feel more confident in my abilities and excited about my future in the cosmetics industry.

4.5 Problems Faced During Internship

Some of the challenges encountered during internship were:

Time management: Balancing multiple tasks in different departments occasionally became overwhelming. **Data analysis:** Initially, interpreting marketing metrics and feedback data proved to be challenging.

4.6 Problems solved

Problems were solved by:

Improving time Management: By prioritizing tasks and using project management tools to stay organized.

Enhancing Data Interpretation: By seeking guidance from senior team members and attending training sessions on marketing analytics.

4.7 Skills developed

Through this internship, developed several key skills:

Communication: Enhanced through direct customer interaction and team collaboration.

Data analysis: Gained experience in analyzing

marketing metrics and customer feedback.

Project management:

Developed better time management skills by working on multiple projects simultaneously.

Conclusion

Internship at Mishisa Cosmetics was a highly enriching experience that provided me with valuable insights into the cosmetics industry. Gained practical knowledge in marketing, customer service, and product development, and I had the opportunity to work on impactful projects that contributed to the company's goals.

5.2 Lessons learnt

Learned the importance of understanding customer needs, being adaptable in a fast-paced environment, and the critical role of data in shaping marketing strategies. Also gained a deeper understanding of how the cosmetics industry integrates sustainability and innovation into its operations.

5.3 Recommendations to the organization

Based on my experience, would recommend:

- Expanding the company's presence on emerging social media platforms.
- Continuing to focus on sustainable packaging solutions.
- Further enhancing the customer feedback loop by integrating more interactive engagement tools.

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A brief note on

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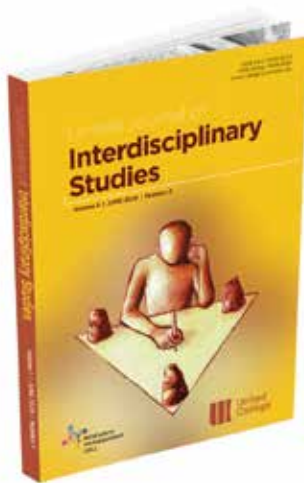
Dr. Lal-Shyākarelu Rapacha is working in Nepal's education system and indigenous research for about three decades. In course of his academic journey, he has earned his Ph.D. from Jawaharlal Nehru University, New Delhi in his own Kiranti-Köits mother tongue's grammar and carried out his Post-Doctoral research on Asian Studies, Languages, and Cultures as a Humboldt Fellow funded by AvH Stiftung (Foundation) 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, Germany. Also, he has published Thirty-six research articles in national and international journals, edited Ten journals, and edited Forty-six books on indigenous issues of Nepal. His research interest is focused on Global Indigenous and Decolonial Studies and its inclusion in main-stream education curriculum of Nepal's education system along with future zeal and dream of establishing Nepal Indigenous Peoples' University (NIPU) in the country.

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Dr. Binod Lingden is a Senior Faculty of Management and has taught courses such as International Business, Research Methodology, Entrepreneurship, Strategic Management, Principles of Management, Business Research Methods, Organizational Management, and Principles of Marketing. Dr. Lingden has earned his Ph.D. (2022) in International Business from Mewar University, Rajasthan and MBA (2012) from Gloucestershire University, UK majoring International Business. Additionally, he has earned BCA (2008) technological degree in computer applications from Purbanchal University. He is a lead researcher and (co)author of several management text books of Bachelor and Master levels, e.g., *International Business, Entrepreneurship, Strategic Management, Business Research Methods*, and *Principles of Management*. He guides students for preparing project reports (Bachelors and Masters), theses (Masters) as the Head of General Management, Research Department, Research Coordinator and Research Supervisor. His research interest is focused to the area of international business and till date has produced about a dozen research papers published nationally and internationally.

Guest Editor

Animon Rapacha (BBM Graduate) Guest Editor was President, Vice-President (Education) of UC Toastmasters Club and has won 38 awards in TM leadership contests including International Speech Contest (Gold, 2023-2024), Table Topics Contest (Gold, 2023-2024), Public Speaking (Gold, United Talent Hunt 2023) and Essay Writing (Silver, United Talent Hunt 2023). As a creative writer, she writes Poetry and Essays mostly in English besides her father-tongue Kiranti-Köits or mother-tongue Kiranti-Rodung and her writings have been published in national dailies like *The Kathmandu Post*, *The Annapurna Express*, *United Esteem* (2023) and *Annual United Luminary I-III* (2023-2025) and other magazines. Apart from writing and public speaking, she prefers bodybuilding and playing futsal and has bagged 3 Gold Medals for her team at United College Sports Week-2024, 2023 in Girls' category and Golden Boot & Ball with Championship Trophy in TM Futsal 2025.



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