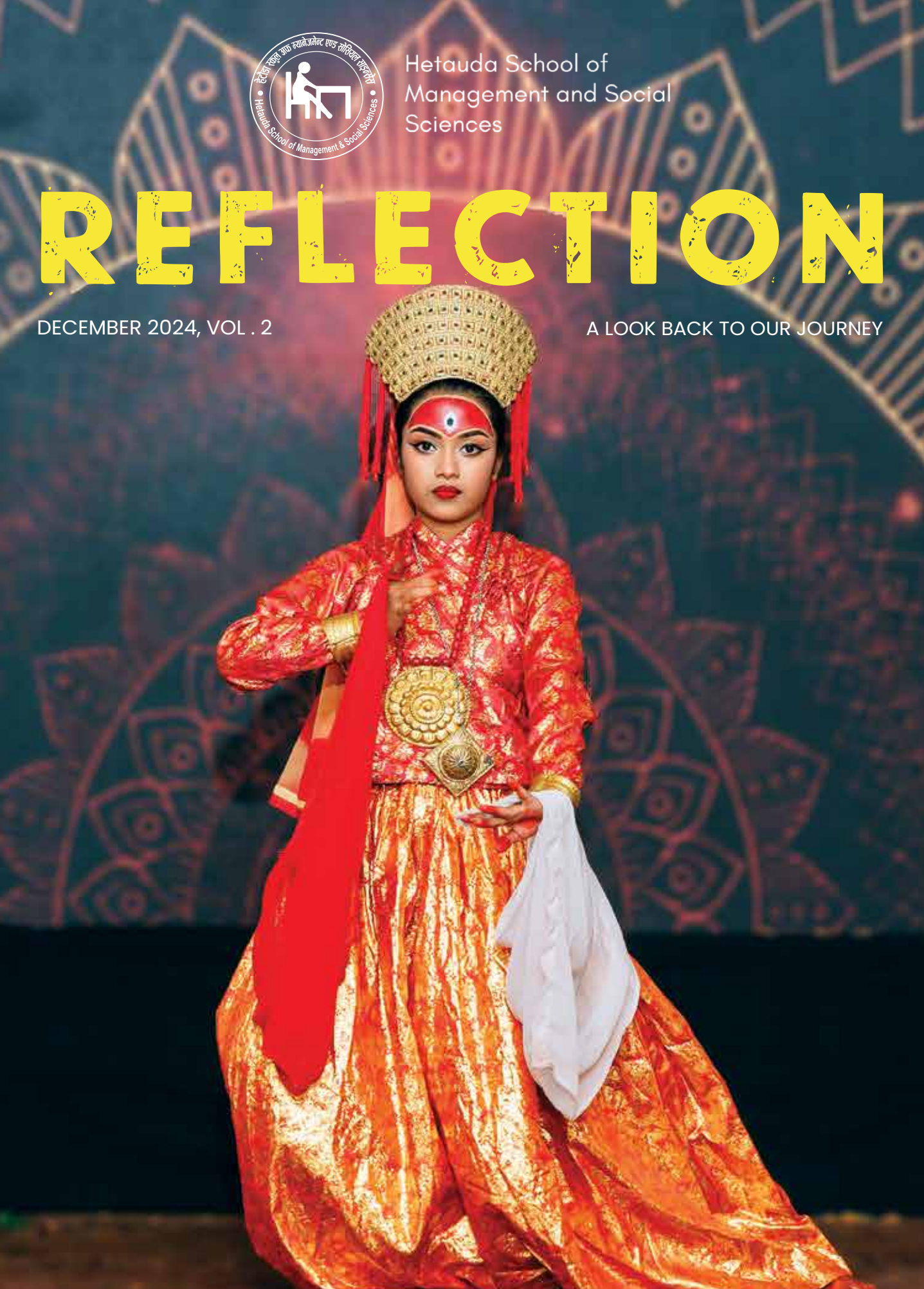
Hetauda School of Management and Social Sciences

REFLECTION

DECEMBER 2024, VOL . 2

A LOOK BACK TO OUR JOURNEY



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सम्पादकीय

हामी सदैव सच्चिन र सिक्न तयार छौँ । रचनात्मक बन्न र क्रियाशील रहन उत्प्रेरित हुन्छौँ । परे समयको सारथी बन्न समयलाई आत्मसात गर्दै अगाडि बढ्न तयार रहन्छौँ । लेखकीय अन्तर्यको मर्मलाई पछ्याउँदै हामी फेरि आइपुगेका छौँ ।

केन्द्रित शैक्षिक गतिविधि सञ्चालन गर्दै यसले आफूलाई अब्बल साबित गरिरहेको कुरा कसैबाट छिपेको छैन । शिक्षा जीवन रूपान्तरणको एउटा सशक्त माध्यम हो । त्यस्तो शिक्षा सही ठाउँ र सही समयमा हुन सकेको खण्डमा अपेक्षाकृत नतिजा निकाल्न सकिन्छ । नेपाली शिक्षाको जग आफैमा सही या गलत त्यो समयले बताउला तर राष्ट्रले लिएको दक्ष जनशक्ति उत्पादन र राष्ट्रिय आवश्यकताको परिपूर्तिका निम्ति नेपालको शैक्षिक विकासमा विभिन्न संस्थाहरूको अमूल्य योगदान रहिआएको छ ।

वागमती प्रदेशको राजधानी हेटौँडा पनि शैक्षिक केन्द्रका रूपमा चिनिँदै आएको छ । हेटौँडालाई शैक्षिक नगरीका रूपमा चिनाउन हेटौँडा स्कुल अफ म्यानेजमेन्टले गरेको प्रयासलाई यहाँका शिक्षाप्रेमी महानुभावहरूले मुक्त कण्ठले प्रशंसा गरेका छन् । समाजमा सामाजिक सद्भावको आवश्यकता पर्छ । त्यसका लागि अनुशासन एउटा अपरिहार्य अङ्ग हो । यही अङ्गलाई आत्मसात गर्दै निरन्तर विद्यार्थी भाइबहिनीहरूको शैक्षिक उन्नयनमा यसले खेलेको अभिभावकीय भूमिकाका बारेमा कोही अनभिज्ञ हुनुहुन्न । त्यसैगरी विद्यार्थीको निरन्तर निगरानी र अभिभावकसँगको प्रत्यक्ष कुराकानीबाट शिक्षक, विद्यार्थी र अभिभावक गरी त्रिकोणीय प्रयासमा विद्यार्थी कक्षा ११ र १२ मा विज्ञान, कमर्स, व्युटिसियन एण्ड हेयर ड्रेसिङ्ग र होटेल म्यानेजमेन्ट तथा स्नातकमा बी. सी. ए., बी. बी. एस., बी. आइ. एम स्नातकोत्तरमा एम. बी.एस. सम्मको अध्ययन भइराखेको यस कलेजले आफ्नो र जत जयन्तीको समयसम्म आइपुग्दा निकै उतारचढाबहरू बेहोर्दै आफूलाई अग्राख बनाउँदै लगेको छ । भौतिक संरचना निर्माणदेखि प्रविधिमैत्री कक्षा सञ्चालनमा विशेष जोड दिइरहेको यस कलेजको मुखपत्रका रूपमा 'रिफ्लेक्सन' नामक स्मारिका निस्कन लागेकोमा निकै खुसी लागेको छ ।

स्नातक तथा स्नातकोत्तर तहका विद्यार्थी एवम् प्राध्यापकहरूको सक्रिय सहभागितामा सुचारु भएको यस स्मारिकालाई आगामी दिनमा अझ बढी ओजपूर्ण रचनासहित सकेसम्म विभिन्न तह र सङ्कायका भाइबहिनीहरूका रचनाहरूलाई समेट्दै पत्रिकाको स्तरीयता कायम गर्न सम्पादक मण्डलको दायित्व रहने नै छ ।

अन्त्यमा यस स्मारिका प्रकाशनका क्रममा सहयोग गर्नुहुने प्राध्यापक, प्रशासक र आफ्ना महत्वपूर्ण लेख रचना प्रदान गरी सहयोग पुर्याउनुहुने सम्पूर्ण सर्जकहरूप्रति आभार व्यक्त गर्दै आगामी दिनमा पनि सम्बद्ध सबैसँग रचनात्मक सहयोग र सुझावको हार्दिक अपिल गर्दछौँ ।

अध्यक्षको सन्देश

देवप्रसाद श्रेष्ठ
अध्यक्ष : व्यवस्थापन समिति

आदरणीय अभिभावक, महाविद्यालयका सञ्चालक तथा प्रिन्सिपल, शिक्षक शिक्षिका, कर्मचारी, विद्यार्थी भाइबहिनी तथा यस महाविद्यालयसँग सम्बन्धित सम्पूर्णमा हार्दिक नमस्कार तथा अभिवादन ।

हेटौंडा स्कुल अफ म्यानेजमेन्ट एण्ड सोसियल साइन्सेस' मकवानपुर वरिपरिका छिमेकी जिल्लाहरुमा सबैले गर्वका साथ लिने नाम हो । 'देखासिखी गरी खा, आहिसे मरी जा' भन्ने लोकोक्तिलाई यसले आत्मसात गर्दै समयसापेक्ष व्यवहारिक शिक्षा र गुणस्तरीय नतिजा प्राप्तिमा आफूलाई सधै अघि बढाइरहयो । स्थापनाको छोटो कालमै अभिभावक र विद्यार्थीको मन जित्दै यो महाविद्यालय यस क्षेत्रका विद्यार्थी भाइबहिनीहरुको पहिलो रोजाई बन्न पुग्यो । शिक्षामा मात्र नभएर सामाजिक, खेलकुद, धार्मिक र मानवीय सेवा लगायत हरेक क्षेत्रमा यो संस्था र यसका सञ्चालक पुरनबहादुर जोशीले उत्कृष्ट कार्य गर्नुभएको छ । आफू पनि बनौं र अरुलाई पनि बनाऔं भन्ने पवित्र भावना भएका व्यक्तित्व जोशी मकवानपुर शिक्षा क्षेत्रका सबैले लिने लोकप्रिय नाम हो । असल हृदयका धनी र आफ्नो कर्मप्रति समर्पित व्यक्तित्व यस शैक्षिक संस्थाले प्रिन्सिपलका रुपमा पाउनु नै यस संस्थाको सौभाग्य हो । 'प्रतिस्पर्धा सबैका लागि अवसर हो' भन्ने पाठ यस महाविद्यालयले सबैलाई सिकायो । यसका प्रिन्सिपल तथा प्रबन्ध सञ्चालक पुरनबहादुर जोशीले शिक्षामा प्रतिस्पर्धाको भावना जागृत गराएर समग्र मकवानपुर जिल्लाकै शैक्षिक गुणस्तरलाई माथि उठाउनुभयो भन्दा अत्युक्ति हुँदैन । अहिले शैक्षिक हबका रुपमा मकवानपुर जिल्लाको विकास हुँदै गएको छ । यसको श्रेय पनि हेटौंडा स्कुल अफ म्यानेजमेन्ट र यसमा संलग्न सम्पूर्णलाई जान्छ । शिक्षा मानव चेतनाको मुख्य आधार हो । देशको समृद्धि र विकासमा यसको ठूलो भूमिका हुन्छ । अझ गुणस्तरीय शिक्षाले बालबालिकाको चौतर्फी विकास गर्छ । असल र सभ्य व्यक्ति, परिवार, समाज र राष्ट्र निर्माणमा महत्त्वपूर्ण भूमिका शिक्षाको नै हुन्छ । 'कडा अनुशासन, स्तरीय शिक्षा' लाई आफ्नो मूल मन्त्र मानेर हिँडेको हेटौंडा स्कुल अफ म्यानेजमेन्टले आफ्नो स्थापनाको २८औं वसन्त पुरा गर्दागदै यहाँबाट शिक्षा पुरा गरी निस्कनुभएका भाइबहिनीहरु हरेक क्षेत्रमा देख्न पाउनु गर्वको कुरा हो ।

ज्ञानार्जनको पवित्र थलो अर्थात् सरस्वतीको पवित्र घर हेटौंडा स्कुल अफ म्यानेजमेन्टको व्यवस्थापन समितिको अध्यक्ष हुन पाउनु मेरा लागि पनि गर्वकै कुरा हो । अझ यस शैक्षिक संस्थाको अध्यक्षका नाताले म के भन्न चाहन्छु भने, शिक्षामा सबैको पहुँच पुगोस्, भाइबहिनीहरुको रोजाइको केन्द्र यो सधैं बनोस्, जुन पवित्र भावनाबाट यसको स्थापना भएको छ त्यसलाई आत्मसात गर्दै यो निरन्तर आफ्नो शैक्षिक विकासको गन्तव्यमा अघि बढोस् भन्ने शुभकामना व्यक्त गर्दै अन्तमा यसका संचालक तथा प्रिन्सिपल, पुरनबहादुर जोशी, शिक्षकशिक्षिका मित्रहरु, विद्यार्थी भाइबहिनी, कर्मचारी र सम्बद्ध सबैलाई हार्दिक नमस्कार तथा अभिवादन ।

साथै वर्ष २०८१ हामी सबैका लागि शुभ, सुस्वस्थ्य, फलदायी र सफलतापूर्ण रहोस भन्ने हार्दिक कामना छ ।

Message from **Principal**

Puran Bahadur Joshi
Principal, HSMSS

I am delighted with the publication of Reflection for the year 2081. I believe that the reflection will be an informative and useful document for our faculties, students and stakeholders.

Hetauda School of Management and Social Sciences is in a continual process of upgrading itself since the time of its establishment. Among the other necessities for its institutional practices, we find the publication of the college magazine (College Reflection) is a top. Its importance heightens since it engages both faculties and students in creative works. Besides, it becomes a reliable document to record college practices and imparts information to the public about such practices.

Our plan got its platform when we published our first College Reflection some 10 years ago. Though we had a good start, we could not continue. However, our aspiration got its destination, again, when we formed Reflection Committee and Editorial Board to design, edit and publish the reflection for 2081.

I appreciate the members of the Reflection Committee and Editorial Boards for their effort to bring out the document. Similarly, I also show my gratitude to all the faculties, staff and students for supporting the publication by contributing their articles and creative works.

I am confident that we will get such assistance from our teachers and staff when we publish College Reflection in coming years.

Alumni Message

Learning experiences at the Hetauda School of Management have been one of the greatest experiences in my life. It not only allowed to gain deep knowledge on the subject matters but also allowed us to make positive attitude towards learning and in applying our knowledge. The education at HSMSS prepared me to manuver challenges that I meet in my professional life as a lecturer.

HSMSS promotes a holistic approach in grooming students. This issue of Reflection is an evidence of how the school fosters research, creative writing and provides platforms for talented young students. I would like to congratulate all the writers who have managed to publish informative and interesting articles. I would like to thank the editorial team who have set a new standard in publishing student journal in the city of Hetauda.

Amul Shrestha
Chairman

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Event Timeline
HSMSS Reports

September 2022

Strategic Planning Workshop (4th and 5th September, 2022)

On September 4th and 5th, 2022, Hetauda School of Management and Social Sciences hosted a two-day Strategic Planning Workshop in collaboration with Antarprerana and K.G.S. Inc members Ms. Narayani Gaha, Ms. Monika Kadel, and Mr. Dilip Gurung. The workshop aimed to integrate Business Development Training and mentor students in developing their own business ideas. Day 1 focused on self-assessment, strategic planning, and development for Biz Creator's Lab, incorporating these into the teaching methodology. Day 2 involved planning and categorizing groups based on team dynamics and aligning prospective members' roles. This orientation laid the groundwork for a successful approach to the Business Incubation Club over the next five years.

Speech Competition (11th September, 2022)

On 11th September, 2022, the English department of the Science faculty at Hetauda School of Management and Social Sciences conducted a speech competition for class 12 students. Five participants showcased their eloquence and rhetorical skills, with Anjela Khanal securing first place, Suja Mahat earning second place, and Isha Karki taking third place. All participants delivered outstanding performances, demonstrating their proficiency in public speaking and making the event a remarkable success.

Shaping Ideas Series (18th September, 2022)

Hetauda School Of Management and Social Sciences iHub organized a three-day program of Shaping Ideas, the 2nd Cohort of Nava Udhyamshala in association with Antarprerana. The program was attended by 4th year BBS students, where they were taught the idea of Business development, Entrepreneurship and Business Management. The program had been conducted under the guidance of our facilitators of BIZ Creator's Lab, Anurag Adhikari and Ayush Bomjan.

Alumni Competition (27th September, 2022)

Hetauda School of Management and Social Sciences Alumni Association organized a meeting and sports program at Hetauda-4, Campa Stadium. On the occasion of Ghatasthapana, the first day of Dashain, various athletics games were organized among alumni. Amul Shrestha, the President of Alumni Association of HSMSS was the patron of the organization, while Mr. Puran Bahadur Joshi, Principal of Hetauda School of Management and Social Sciences was the chief guest.

While addressing the opening ceremony, Mr. Joshi said that the aim of the event is to organize the event and interact with the alumni continuously. He said that the ex-students were able to do remarkable work in a short period of time.

November 2022

HSMSS Fest 2022 (11th Nov, 2022)

HSMSS FEST - 2022, centered around undergraduate level activities, was held within its premises. The event was organized with the aim of focusing on the overall development of undergraduate students. The inauguration of this program was conducted with the assistance of Vice Principal Ram Pandit Khanal, emphasizing the objective of fostering all-round student development.Various programs were included in this FEST - 2022, aiming to demonstrate how businesses and entrepreneurship can be integrated. Different stalls had been set up, showcasing items such as traditional snacks, handwoven textiles, books, and other merchandise for sale.

Furthermore, various competitive activities focused on personality development. During the three days of the festival, the first day included events such as public speaking, inspiration competitions, debate competitions, IT quizzes, debugging competitions, brand tagging, and Best out of Waste, along with Vol-1 programs, while the remaining programs concluded the following days. The fest culminated with an Acoustic Competition. Suitable awards were arranged for the outstanding performers in all competitions throughout the festival.

Hackathon (27th November, 2022)

The 2022 Hackathon of HSMSS, known as Khudkila, was a dynamic two-day event held on November 25th and 26th. Facilitated by Mr. Birash Thing (EMIS Officer, HSMSS) and Mr. Dipesh Khanal (Founder, Innovative Ghar Nepal), with the support of the IT Club of HSMSS and Mr. Piyush L. Shrestha (Alumni/Associate Game Developer, ChimpVine), the hackathon centered around the Sustainable Development Goals (SDGs). Participants were tasked with submitting ideas that addressed one or multiple SDGs. A total of nine teams, comprising BIM and BCA students of HSMSS, competed in the event. Team Ash Trayz emerged victorious with their innovative idea on "Food Waste Management: Providing Food for the Homeless," focusing on the food domain of the SDGs.

December 2022

Visit to Disaster Recovery Centre (DRC) (6th December, 2022)

BCA 5th Semester and 7th Semester students got an opportunity to tour the Disaster Recovery Centre (DRC). The students were edified by Senior IT Engineer Mr. Abash Jha. The students under the guidance of the college faculty Mr. Sujan Devkota, Sameer Gautam and Shriraj Khatiwada visited DRC located at Hetauda.

The event aimed at enlightening the students about the process of backing up data, mitigation and preparedness in case of a disaster.

Orientation Session on STEAM Sikai (21st December, 2022)

On December 21st, 2022, Mr. Abekta Khanal, the Education and Planning Director of Navodaya Shishu Sadan English School, conducted an enlightening orientation session. He shared his insights on the STEAM Sikai Chautari and its significance. The session was attended by various principals and officials from schools across Hetauda city, fostering a collaborative discussion on the importance of integrating STEAM education into the curriculum to enhance student learning and engagement.

Orientation Session on Business Idea Competition (26th December, 2022)

On December 26th, 2022, an orientation session was held for students participating in the Business Idea Competition. Students from BIM, BCA, and BBS formed groups and received essential information about the competition. The session provided an overview of the competition's objectives, rules, and guidelines, preparing the students to develop and present their innovative business ideas effectively.

January 2023

HSMSS Job Placement Fair 2023 (4th January, 2023)

On January 4th, 2023, Hetauda School of Management & Social Sciences hosted the HSMSS Job Placement Fair 2023. A highlight of the event was the session on "Job Market Scenario & Skills Requirements in Nepal for Freshers," tailored for final-year Bachelor students. Nitesh Gupta, the head of HR at HSMSS, guided the students on the essential skills needed in the current job market. His insights emphasized the importance of aligning academic knowledge with practical skills to enhance employability and succeed in today's competitive landscape.

Teaching and Learning Pedagogy on how to engage students with multimedia and education (4th - 6th January, 2023)

Mr. Basu Prasad Subedi conducted a session on Teaching and Learning Pedagogy, focusing on engaging students with multimedia and educational techniques. This session emphasized the preparation of teaching-learning content and the development of effective skills.The session included Module IV, which focused on learner-centric engagement in classroom activities. Mr. Subedi also highlighted the importance of multimedia, assessment, and teaching skills in the learning environment.

CV Writing Session

Mr. Anurag Adhikari led an engaging CV Writing Session for the students of HSMSS, aiming to refine their skills and improve their CV presentation. The session emphasized the importance of effective job placement training and presentation skills, specifically tailored for Bachelor's level students. Through practical advice and hands-on activities, Mr. Adhikari provided valuable insights to help students create standout resumes, enhancing their chances in the competitive job market.

Email Writing session (10th January, 2023)

An Email Writing session was conducted by Ms. Jyoti Khadka, CEO of Get Engineering Pvt. Ltd., on January 10th, 2023. The program focused on the basics of email writing. This was initiated by the Job Placement Cell of Hetauda School of Management & Social Sciences.

STEAM Sikai Chautari Event (12th-14th January, 2023)

From January 12 - 14, 2023, the STEAM Sikai Chautari event featured three dynamic days of activities. On Day 1, students from Hetauda School of Management & Social Sciences and Navodaya Shishu Sadan presented innovative projects, culminating in the launch of the Maker's Space Club to promote robotics and technology. Day 2 focused on networking and STEAM discussions, with principals, teachers, and esteemed panelists, led by Mr. Pavitra Gautam, discussing STEAM

education integration. Workshops allowed students to showcase their skills. On Day 3, students from 20 schools participated in a Robotic Challenge while teachers attended workshops on STEAM education, enhancing teaching methodologies through sessions organized by Karkhana Samuha and Kathmandu University.

Business Idea Competition (17th January, 2023)

On January 17, 2023, the Business Idea Competition, organized by the Biz Creator's Lab, featured nine teams competing for the "Top 3 Business Ideas." Mentored by Mr. Anurag Adhikari and Mr. Ayush Bomjan, the event saw Digi Prabhat, Green Godam, and The Ad Makers emerge as winners. Mrs. Madhavi Bose, Mr. Shanti Ram Dhimal, and Mr. Dipesh Joshi evaluated the teams. The program, part of the Nava Udhyamshala (Antarprerana) Cohort II, followed the Shaping Ideas Series from the Business Incubation Centre of Hetauda School of Management & Social Sciences.

Reflection Magazine Launch (19th January, 2023)

The prestigious 'REFLECTION' magazine was released by the honorable Chairperson, Mr. Dev Prasad Shrestha, alongside Principal Mr. Puran Bahadur Joshi and Vice Principal Mr. Ram Pandit Khanal. They extended their heartfelt congratulations to the teachers, students, and all associated individuals who contributed to the successful publication of the college magazine. Their collective efforts and dedication have culminated in a remarkable edition that showcases the talent and hard work of the college community

Saraswati Puja (26th January, 2023)

On the occasion of Vasant Panchami and Saraswati Puja, Hetauda School of Management & Social Sciences organized a dance competition program as usual. The program initiated with Saraswati Mata's puja, and further proceeded with the dance competition with more than 20 teams from Bachelors and grade 11, 12 taking part in the competition. In the Guest of Honour, we had the principal, Mr. Puran Bahadur Joshi himself and in the chief guest we had the college chairperson Mr. Dev Prasad Shrestha.

The winners were awarded with prize money.

February, 2023

QAA visits HSMSS (30th January- 1st February, 2023)

From January 30 to February 1, 2023, the Quality Assurance and Accreditation (QAA) team from the University Grants Commission Nepal visited Hetauda School of Management & Social Sciences. On Day 1, the Peer Review Team (PRT) consisting of Prof. Dr. Prem Raj Pant (Coordinator), Prof. Dr. Bhupa Dhamala, Prof. Dr. Tara Devi Chitrakar, and Ms. Aashma Adhikari from the EQAAC Secretariat, attended the day's program. The same team on Day 2 continued their evaluation. On Day 3, the team participated in an Alumni Meet, Guardian Meet, Potential Employers Meet, and Students Meet, furthering their assessment of the institution's quality standards.

International Conference on Operational Researh and Sustainable Development (1st -2nd February, 2023)

The International Conference on Operational Research and Sustainable Development was held at Hetauda School of Management & Social Sciences on February 1st and February 2nd, 2023. This event marked the 14th International Conference on Operations Research and Sustainable Development and was organized in celebration of the 16th annual day of the Operational Research Society of Nepal.

Launch of Cohort II Nava Udhyamshala (1st February, 2023)

On February 1st, 2023, Hetauda School of Management & Social Sciences, in collaboration with Antarprerana, launched Cohort II of the Nava Udhyamshala program at Biz Creator's Lab (Business Incubation Cell). Initiated by Mr. Ayush Bomjan and Mr. Anurag Upadhyay, the program was guided by experts from Antarprerana, Mr. Ashim Shrestha and Ms. Anushka Tuladhar. The event was honored by the presence of distinguished guests, Mr. Swagat Raj Pyakurel, President of the Associate of Industries Makwanpur and Director of M.M Polymers Pvt. Ltd., along with HSMSS Planning and Development Director, Mr. Dipesh Joshi.

Entrepreneur's Meet (21st February, 2023)

On February 21st, 2023, HSMSS hosted the Entrepreneur's Meet, bringing together business leaders from Hetauda, Chitwan, and Birgunj. Organized by Biz Creator's Lab HSMSS and the Nepalese Youth Entrepreneurship Forum (NYEF), the event featured engaging discussions on the importance of developing entrepreneurship. Delegates shared insights and strategies to foster entrepreneurial growth, emphasizing the critical role of innovation and leadership in today's dynamic business landscape. The meet provided a valuable platform for networking, knowledge exchange, and inspiring the next generation of entrepreneurs.

HSMSS Athletic Meet 2023 (22nd-24th February, 2023)

The HSMSS Athletic Meet is an annual event, and in 2023, the Sports Committee of Hetauda, Makwanpur, played a pivotal role in assisting the HSM team in organizing the program. More than 600 students from the college participated in the sports event, which featured a variety of games. Over the course of the three-day event, competitions such as relay races, discus throw, shot put, tug of war, high jump, javelin throw, long jump, and marathon races were held. The event fostered a sense of sportsmanship not only among the students of HSMSS but also among the people of Hetauda and the surrounding areas.

March, 2023

HSMSS Holi 2023 (5th March, 2023)

Hetauda School of Management and Social Sciences (HSMSS) celebrates "Holi" every year with great enthusiasm and fervor. This cultural festival not only showcases the rich heritage and traditions of Nepal but also brings together students, faculty, and staff in a spirit of unity and celebration. Through various activities such as traditional music, dance performances, and cultural exhibitions, HSMSS pays homage to the vibrant tapestry of Nepali culture.

CAN INFOTECH 2023 (16 March, 2023)

Hetauda School of Management and Social Sciences (HSMSS) actively participated in CAN INFOTECH 2079, showcasing its commitment to technological advancement and innovation. With an array of interactive displays, presentations, and demonstrations, HSMSS highlighted its dedication to staying abreast of the latest developments in the digital landscape. From emerging technologies to software solutions, the HSMSS booth captivated visitors with its cutting-edge initiatives and projects.

Getting started with Flutter, a session on introduction to Mobile App Development (27th March 2023)

HSMSS hosted a session titled "Getting Started with Flutter," in collaboration with Mr. Sushant Rimal (Community Builder) from DEV Community Nepal. This session aimed to introduce attendees to mobile app development using the Flutter framework. Participants gained insights into the fundamentals of Flutter, its features, and practical tips for building cross-platform applications.

April, 2023

Life in Bachelors Session by HSMSS Bachelors' Students Club (5th April, 2023)

"Life in Bachelors", a session by HSMSS Bachelors' Students Club, presents insights to the students about the challenges prevalent in the lives of 12th-standard students and also advises them on the best practices for overcoming these hurdles. Through this session, students gain valuable perspectives on managing their academic and personal lives effectively during this critical phase of their education.

Higher Education Meet Up with APEX College (6th April, 2023)

APEX College visited Hetauda School of Management and Social Sciences for a Higher Education Meet-Up, providing a platform for students to explore diverse educational opportunities and career paths. This event aimed to bridge the gap between aspiring students and reputable institutions, fostering dialogue and collaboration within the educational community.

Session on 'Porter Five Force Model' (11th April, 2023)

Session on the 'Porter Five Force Model', facilitated by Antarprerana at the Biz Creator's Lab in HSMSS, provided invaluable insights into strategic business analysis. Participants gained a comprehensive understanding of Michael Porter's renowned framework, exploring its applications in assessing industry competitiveness and formulating effective business strategies. The collaboration with Antarprerana, a leading entrepreneurial support organization, added depth and practical relevance to the session, enriching the learning experience for attendees.

Handover and Takeover program of the College's Clubs (11th April, 2023)

The Handover and Takeover Program of our college's clubs was a significant event that symbolized the smooth transition of leadership roles within our esteemed clubs. This program served as a platform for outgoing club members to pass on their knowledge, experiences, and responsibilities to the incoming members who would carry the torch forward. It embodied the spirit of continuity and growth within our college community, ensuring that each club remained vibrant and effective in fulfilling its objectives. Through this program, we celebrated the dedication and contributions of outgoing members while welcoming the enthusiasm and fresh perspectives of the new generation of leaders.

Revision Session and Seed Fund Distribution of Biz Creator's Lab Incubees (24th April, 2023)

This event marked a pivotal moment in the journey of aspiring entrepreneurs who participated in the Biz Creators' Lab Incubation Program. The revision session provides them with an opportunity to reflect on their progress, address any challenges encountered, and fine-tune their business strategies for success. Moreover, HSMSS repeatedly initiates the distribution of seed funds and adds an exciting dimension to the event, as it symbolizes the tangible support provided to these budding entrepreneurs to help turn their innovative ideas into viable business ventures. It is a celebration of innovation, determination, and the power of entrepreneurship to drive positive change in society.

Barista Competition 2023 (27th April, 2023)

On April 27th, 2023, the Barista Competition 2023 marked a significant achievement for HSMSS Hotel Management students as they successfully completed the barista program and received their certifications. The event showcased the students' newly acquired skills in coffee making and beverage artistry, highlighting their dedication and proficiency. The competition provided a platform for students to demonstrate their talents and creativity, further enhancing their readiness for professional careers in the hospitality industry. This milestone event celebrated the students' hard work and commitment to excellence, leaving a lasting impression on all attendees.

May, 2023

Quality Assurance and Accreditation (QAA) Inauguration Ceremony in Hetauda School of Management and Social Sciences (1st May, 2023)

Hetauda School of Management and Social Sciences (HSMSS) proudly announced its achievement of receiving the Quality Assurance and Accreditation (QAA) certificate from the University Grants Commission (UGC). This prestigious recognition highlights HSMSS's commitment to maintaining high academic standards, ensuring quality education, and fostering continuous improvement. The QAA certificate serves as a testament to HSMSS's dedication to excellence in education and its relentless pursuit of academic advancement. This accreditation not only validated the institution's academic integrity but also strengthened its position as a leading educational institution in the region. HSMSS remains steadfast in its mission to provide students with the highest quality education and to uphold the standards set forth by the UGC.

Focus Group Discussion, Vol II (8th May, 2023)

On May 8th, 2023, the second volume of the Focus Group Discussion centered on "Bridging the Gap Between Industry and Academia" featured insightful dialogues with Prabidhee Innovations executive Mr. Nitesh Upadhyay and Truenary Solutions co-founder Mr. Surendra Yonjan. This engaging event brought together students, educators, and industry professionals to explore collaborative opportunities and address the evolving needs of the job market. The discussions emphasized the importance of aligning academic curricula with industry requirements, fostering innovation, and preparing students for real-world challenges. The event highlighted the pivotal role of partnerships in driving progress and enhancing the relevance of educational programs.

Training Session on Internet of Things (LOT) (14th May, 2023)

The training session on the "Internet of Things (IoT)" was designed to equip participants with the essential knowledge and skills required to navigate the ever-expanding world of interconnected devices and technologies. Through hands-on workshops and interactive discussions, attendees delved into the principles, applications, and potential impact of IoT in various industries. From understanding sensor networks to exploring data analytics and security considerations, this session offered a comprehensive overview of IoT concepts and practices. Participants emerged from the training empowered to harness the transformative potential of IoT in their personal and professional endeavors.

A 3-Day Program on" Capacity Enhancement of Faculties for Scientific Article Writing & Publishing" Supported By: University Grant Commission (UGC) (19th May, 2023)

A 3-day program on "Capacity Enhancement of Faculties for Scientific Article Writing & Publishing," supported by the University Grants Commission (UGC), was held at HSMSS. This initiative aims to empower faculty members with essential skills and knowledge in crafting and publishing scientific articles. Through workshops, discussions, and practical exercises, participants from various colleges across Hetauda delved into various aspects of academic writing and publishing, ultimately enhancing the research output and academic profile of institutions. The program underscored the importance of continuous professional development in academia, fostering a culture of scholarly excellence among faculty members.

Panel Discussion by King's College. (20th May, 2023)

King's College organized a thought-provoking Panel Discussion on the 20th of May, 2023, bringing together experts from various fields to delve into pressing issues and emerging trends. This insightful event provided a platform for engaging dialogue and constructive exchange of ideas among participants.

Farewell Program for BIM and BCA 2080 (23rd May, 2023)

On May 23rd, 2023, the Farewell Program for BIM and BCA 2080 was a memorable event filled with heartfelt emotions and celebrations. The ceremony honored the graduating students, recognizing their hard work and achievements over the years. The program featured inspiring speeches and performances.

Inter Poem and Essay Competition (26th May, 2023)

Hetauda School of Management and Social Sciences honored mothers through a poetry recitation and essay writing competition titled "Mother." The event was presided over by Assistant Campus Chief Ram Pandit Khanal and chaired by the Chairman of the Management Committee, Dev Prasad Shrestha. The program was organized by the Program Facilitator, Devraj Tiwari, while the guests and participants were welcomed by Sanjit Shrestha.Out of 37 poems received from various secondary level schools within Makwanpur district, 25 poems were selected after careful evaluation based on creativity and emotional depth.

Nurturing Entrepreneurial Mindsets (Supported by UGC) (31st May, 2023)

The program on 'Nurturing Entrepreneurial Mindsets' is a non-credit course developed by Biz Creator's Lab under Hetauda School of Management and Social Sciences (HSMSS). This program intends to provide an understanding about the importance of entrepreneurial mindset that can be useful for aspiring entrepreneurs and professionals in their future career paths. Faculty members and students from bachelors were the participants.

June, 2023

Ideathon I, a Business Idea Pitching Competition Integrating IoT. (4th June, 2023)

In its maiden edition, the Business Idea Pitching Competition at Ideathon was an event marked by creativity and innovation. With the theme "Pioneering Technologies," the competition witnessed a remarkable turnout of participants eager to showcase their entrepreneurial ideas. The first position presented

"Smart Attendance," a revolutionary solution aimed at streamlining attendance tracking processes.The second position pitched "Foodies," a unique concept catering to the culinary needs of a diverse market. The program was organized by Encypher Technologies, New Delhi, underscoring their commitment to fostering entrepreneurship and innovation.

LinkedIn for Students (4th June, 2023)

A session on "LinkedIn for Students" was organized by the Employability Club of HSMSS for 1st-year students, facilitated by Ms. Prajwola Gajurel. During this session, students were guided on leveraging LinkedIn effectively to enhance their professional profiles and network. Ms. Gajurel shared valuable insights and practical tips on creating impactful LinkedIn profiles, connecting with professionals, and utilizing the platform for career advancement. The session aimed to empower students with the necessary tools and knowledge to utilize LinkedIn as a powerful resource in their academic and professional journey.

Goal Setting Workshop for BBS Students

In an inspiring two-hour session as part of the Career Exploration Series, Ms. Prajwola Gajurel conducted a goal-setting workshop specifically designed for BBS students. The workshop, led by Ms. Gajurel, emphasized the importance of setting clear, achievable goals during their undergraduate years. Participants were guided on how to create personalized roadmaps tailored to their individual aspirations. In another enriching segment, Mr. Bijaya Kumar Vaidya shed light on career opportunities in manufacturing and trading, providing students with valuable insights into these dynamic fields.

The Social Expedition Program (17th June, 2023)

The program was led by second-year BBS students and first-semester MBS students in collaboration with the Student Development Centre. Our students visited various classes at Buddha Ma. Vi, Hattisunde, starting from grade six. They conducted different activities such as an art competition, a speaking competition, leadership games, a pot-hitting game, and a word game. Exciting prizes were awarded to the winners.

Mr. Dipesh Joshi, the Planning and Development Director, donated sports materials to the school. Additionally, a social awareness drama on foreign employment and domestic violence was performed. The program also included participants from HSMSS.

A session on 'Why PPT Sucks' (28th June, 2023)

Unlearn Academy at King's College, Kathmandu where two representatives of Student Development Centre

Ms. Prajwola Gajurel and Mr. Piyush Lal Shrestha participated along with MBS 1st semester students Ms. Megha Lama and Ms. Sumana Kafle.

The workshop focused on contents, design, and delivery aspects of presentation along with its wide arrays of components.

HSMSS students celebrated 'Rashtriya Dhan Diwas' (29th June, 2023)

HSMSS students celebrated 'Rashtriya Dhan Diwas' on Asar 15. The event was initiated by the Social Club of HSMSS, aiming to promote agricultural activities and environmental consciousness among students. As part of the celebration, students actively participated in planting rice seedlings, symbolizing the importance of agriculture and the significance of rice cultivation in Nepal. This initiative not only encouraged students to connect with nature but also instilled a sense of responsibility towards environmental sustainability within the HSMSS community.

July, 2023

MOU Signed between King's College and Hetauda School of Management & Social Sciences (1st July, 2023)

A collaborative session between King's College and Hetauda School of Management & Social Sciences (HSMSS) was conducted, delving deep into the synergies between both colleges in facilitating mutually beneficial learning experiences for students. This session explored various strategies for fostering effective collaboration among students as well as faculties, aiming to enhance academic excellence and overall student development. By exchanging insights and best practices, both institutions aim to cultivate a culture of continuous improvement and innovation in education.

Guru Purnima 2080 (3rd July, 2023)

The Institute celebrated GURU Purnima, also known as Teachers' Day, at the college. This auspicious occasion was dedicated to honoring the invaluable contributions of teachers in shaping the lives of students. During the session, heartfelt tributes were paid to the teaching staff for their guidance, mentorship, and unwavering support. Students expressed their gratitude through various activities, speeches, and presentations, highlighting the profound impact teachers have had on their academic and personal development.

Free 2 days Medical Camp (7th- 8th July, 2023)

In a remarkable two-day free medical camp, over 3200 patients from across the Makwanpur district

received medical treatment from 32 doctors of various departments from Kathmandu Medical College and Teaching Hospital. On the first day alone, more than 1100 patients were treated, showcasing the camp's significant impact. Esteemed guests and chiefs, including Mayor Mrs. Mina Kumari Lama, CDO Mr. Surya Prakash Sedai, Superintendent of Police Mr. Bam Dev Gautam, Former Mayor Mr. Hari Bahadur Mahat, Dr. Rajesh Prasai from Madan Bhandari Memorial College of Health and Science, Hetauda Hospital's Dr. Ram Chandra Sapkota, Eye Hospital Chief Dr. Sunil Thakali, KMC Hospital's Prof. Dr. Suman Shrestha, KMC GM Dr. Narayan Prasad Dahal, and Senior Journalist Mr. Pratap Bista, graced the event. The camp offered diverse medical services, including Orthopaedics, Paediatrics, Ophthalmology, Gynecology and Obstetrics, Neurology, General Medicine, General Surgery, EchoCardiogram, Ultrasonography, Blood Tests, Dentistry, and ENT, greatly benefiting the community.

Session on ' Financial Literacy' (10th July, 2023)

A session was conducted by Mr. Devendra Yogi, Trainer of Glocal Pvt. Ltd., aimed at enlightening students of BBS 1st and 2nd year about crucial financial concepts. During the session, Mr. Yogi delved into topics such as budgeting, retirement planning, investment strategies, and compound interest. Through practical examples and interactive discussions, students gained valuable insights into managing their finances effectively and planning for their future financial stability. Mr. Yogi's expertise provided students with essential knowledge and tools to make informed financial decisions as they progress through their academic and professional journeys.

ACE SPECTRUM WINNER (17th July, 2023)

Amidst tough competition from participants representing 13 different colleges from both inside and outside Kathmandu Valley, our student of Hetauda School of Management & Social Sciences Ms. Gunjan Koirala (BCA III) has claimed victory in The Courtroom Chronicles (Legal Competition) sub-event Ace Spectrum 2023 (July 14-16) organized by Ace Institute of Management, with her exceptional skills and unwavering determination. The students participated and presented themselves, representing our college, for which our dedicated students gloriously performed and participated.

August, 2023

The finale of Worst UX Ever (18th August, 2023)

The finale of Worst UX took place with a grand series of presentations and Q&A sessions. A total of 5 brilliant submissions were presented, each offering a unique perspective that perfectly embodied the theme of creating the worst possible user experience. All the submissions underwent evaluation by our esteemed faculty members. Mr. Dipesh Deula, a student of BCA 3rd semester, emerged as the victor.

Visit of World Chain Restaurant KFC (Hetauda) by Hotel Management Students (22nd August, 2023)

On the 22nd of August, 2023, the hotel management students of HSMSS had the enriching experience of visiting the KFC outlet in Hetauda. This educational excursion provided the students with an invaluable insight into the operations of a globally renowned fast-food chain. The visit encompassed a detailed tour of the kitchen, a comprehensive overview of the management practices, and an engaging Q&A session with the KFC staff. This first hand exposure to the professional environment of a leading restaurant chain offered the students a practical perspective on their theoretical studies, thereby enhancing their understanding of the hospitality industry.

Felicitation Ceremony. (23rd August, 2023)

On the 23rd of August, HSMSS held a grand Felicitation Ceremony where Principal Mr. Puran Bahadur Joshi took to the stage to celebrate the exceptional contributions of the institution's associate lecturers. This meet-and-greet event saw educators and staff honored for their unwavering dedication, commitment, and remarkable service in the field of education. Notable awards included Mr. Pratik Shrestha, recognized as Best Staff (Lab Technician), and Mr. Gokul Aryal and Mr. Shekhar Bhatta, awarded as Best Teachers in Management and Science respectively. The prestigious Lifetime Achievement Award was bestowed upon Mr. Sameer Gautam. Additionally, faculty members with the highest pass percentages, such as Mr. Pradyumna Upadhyay, Ms. Sabina Sadaula, Mr. Nitya Raj Bhattrai, and Mr. Purna Dhodari, were acknowledged. Beyond the awards, Principal Joshi also highlighted the scholarship schemes available for BIM, BCA, and BBS students, and emphasized the importance of maintaining a clean environment and planting trees.

MOU HSMSS and Karkhana (30th August, 2023)

On August 30, 2023, a Memorandum of Understanding (MOU) was signed between Hetauda School of Management & Social Sciences, Navodaya Shishu Sadan English Secondary School, and Karkhana. With a shared vision of fostering innovation, this partnership aimed to establish a dedicated maker's space and cultivate a culture of experimentation and creativity. This alliance promises to usher in a new era of experiential learning and entrepreneurial growth for our students. Through this tripartite collaboration, budding entrepreneurs receive the support they need to transform their ideas into successful ventures.

September, 2023

Hotel Smarak, Makwanpur visit by Hotel Management Students. (3rd September, 2023)

On September 3, 2023, Hotel Management students from Hetauda School of Management & Social Sciences visited Hotel Smarak in Makwanpur. This educational visit provided the students with valuable insights into the operational aspects of the hospitality industry, enhancing their practical knowledge and understanding of hotel management. The experience was an enriching opportunity for the students to observe and learn from the best practices implemented at Hotel Smarak, contributing significantly to their professional growth and development in the field.

Introduction to AIM Startup. (5th September, 2023)

The student entrepreneurs of Biz Creator's Lab at Hetauda School of Management & Social Sciences received an introduction to the Association of Makwanpur (AIM) Startups. Facilitated by Mr. Swagat Raj Pyakhurel and Mr. Lekhraj Pokhrel, the program featured discussions on the importance of entrepreneurship and cultivating business ideas among students.

Demo Day, Cohort II 'Nava Udhyamshala (10th September, 2023)

The journey of aspiring entrepreneurs has been remarkable, with each phase of their training sessions, mentorship sessions, market research, and prototype development contributing to their growth and development. As they crafted their business plans, they were not merely pursuing economic success but also seeking to address societal needs and challenges in the duration of a 1 year journey.

The journey of seven businesses and the 22 students who collaborated to bring them to life is a testament to the power of the young entrepreneurial spirit.guidance and support.

Yoga Classes for Beautician and Hair Dressing students. (11th September, 2023)

On September 11, 2023, Hetauda School of Management hosted a special yoga session for beautician and hairdressing students, led by faculty member Ashmita Shrestha. The session aimed to promote physical well-being and mental relaxation among the students, providing them with essential techniques to manage stress and enhance their professional skills. This initiative

highlights the institution's commitment to holistic education, ensuring that students not only excel in their vocational training but also maintain a balanced and healthy lifestyle.

Clash of quiz. (17th September, 2023)

On September 17, 2023, Hetauda School of Management & Social Sciences (HSMSS) celebrated the success of Clash of Quiz of 12th Management faculty, where students from Group 6 emerged victorious. Aman Shrestha, Karna Yadav, and Narendra Sharma showcased their knowledge and quick thinking, securing the top positions in this intellectually stimulating competition. The event not only highlighted their academic prowess but also fostered a spirit of healthy competition among peers, encouraging continuous learning and engagement within the student community at HSMSS.

Riding for a Better Cause. (17th September, 2023)

Rajiv Thakur, a student of grade 11 of science faculty has been awarded a scholarship of 6 months by our honorable principal Mr. Puran Bahadur Joshi for his extraordinary endeavor cycling journey that took him from Mechi to Mahakali. He aims to raise awareness about the incredible benefits of cycling for both the environment and one's own health. He also wished to send the message about how this eco-friendly mode of transportation can make a significant difference in reducing carbon footprints and promoting a healthier lifestyle.

Email Writing Session for BBS 4th year students. (24th September, 2023)

On September 24, 2023, Hetauda School of Management & Social Sciences (HSMSS) conducted an insightful session on Email Writing for BBS 4th-year students, focusing on mastering the art of effective digital communication and best practices in professional correspondence. Ms. Sudeshna Shrestha led the session, guiding students through techniques for composing clear, concise, and professional emails. Participants learned essential skills such as email etiquette, structuring messages for clarity and impact, and adapting communication styles to different professional contexts. This initiative aimed to enhance students' ability to communicate effectively in the digital age, preparing them for successful careers in various fields.

Email Writing Session for BBS 4th year students. (25th September, 2023)

On September 25, 2023, Hetauda School of Management & Social Sciences (HSMSS) organized a focused session on Email Writing for BBS 4th-year students, aimed at refining their skills in professional communication within the digital realm. Led by Mr. Birash Thing, the

session provided insights into the art of effective email composition, emphasizing best practices and strategies for clear, concise, and impactful correspondence. Participants gained practical knowledge on structuring emails, etiquette, and adapting their communication style to various professional contexts, equipping them with essential skills for future career endeavors.

Day 01 of Ms Excel Training Session (26th September, 2023)

Hetauda School of Management & Social Sciences (HSMSS) concluded a comprehensive ten-day training session on MS Excel and Spreadsheet programming. Led by Mr. Sarad Pandey, the workshop aimed to enhance students' proficiency in using these essential tools for data analysis, organization etc. Participants gained practical skills and insights into advanced features and functionalities, empowering them to excel in both academic and professional settings where spreadsheet applications are integral. This initiative reflects HSMSS's commitment to equipping students with practical knowledge and technical expertise for their future careers.

October, 2023

HSMSS HOOPS TOURNAMENT, 2023 (8th October, 2023)

BIM's team emerged victorious in the basketball tournament organized by Hetauda School of Management & Social Sciences, defeating BCA by 66-52 points in the final match. Six teams participated in this fiercely contested competition. As winners of the second edition, BIM was awarded a shield, medals, certificates, and a cash prize of 10,000 rupees, while the runner-up BCA team received a shield, medals, certificates, and 7,000 rupees. Suval Lama of BIM was named the best player of the tournament, earning a trophy and a cash prize of 5,000 rupees. The prize distribution ceremony was presided over by Puran Bahadur Joshi, Principal of Hetauda School of Management, and Mr. Vesh Khadgi, Chairman of the Makwanpur District Sports Development Committee. In the girls' category, the grade 11 and 12 team triumphed over the Bachelors and Masters students, with Miss Sarishma Shrestha delivering an outstanding performance. The winners received a cash prize of 3,000 rupees, medals, and certificates.

Hetauda School of Management & Social Sciences secured the first runner up in inter college Futsal Tournament. (12th October, 2023)

On October 12, 2023, Hetauda School of Management & Social Sciences (HSMSS) achieved a remarkable feat by securing the first runner-up position in an inter-college Futsal Tournament. The competition, held with fervor and sportsmanship, showcased HSMSS's agility and teamwork on the field.

Hetauda School of Management & Social Sciences meets Sipradi Trading. (13th October, 2023)

On October 13, 2023, Hetauda School of Management & Social Sciences (HSMSS) hosted a pivotal meeting with Sipradi Trading to explore future career prospects for students and strengthen the interface between academia and industry. This strategic dialogue aimed to align educational outcomes with industry needs, ensuring students are equipped with relevant skills and knowledge. Discussions focused on collaborative initiatives, internship opportunities, and skill development programs that bridge the gap between classroom learning and real-world application. The meeting underscored HSMSS's commitment to preparing students for successful careers while contributing to the growth and innovation of Nepal's automotive industry through meaningful partnerships with industry leaders like Sipradi Trading.

HSMSS Alumni Meet 2080 (18th October, 2023)

The Alumni Association of the Hetauda School of Management and Social Sciences organized a spectacular event for its esteemed past students. The day was not just a walk down memory lane, but also an opportunity to make new memories with loved ones.

There was no shortage of fun, with a range of games designed for all ages. From classic board games, exciting team challenges to kids-friendly games, there was something for everyone. It was heartwarming to see past students introducing their partners and children to their alma mater. The event served as a bridge connecting different generations and allowing families to bond over shared stories and experiences.

November, 2023

Highest Taxpayer Award (23rd November, 2023)

Hetauda School of Management & Social Sciences has clinched the title of the "Most Contributed Taxpayer from Academics" for the years 2078-2079 in Makwanpur. The celebration reached new heights as this honor was felicitated by the Ministry of Finance, Nepal. Hetauda School of Management & Social Sciences was also recognized as the Best Taxpayer.

4-Day Orientation Program for BIM, BCA. (26th November, 2023)

The four-day orientation program for BIM and BCA 1st semester students concluded on November 26, 2023, with a memorable two-day visit to Chitwan Riverside

Resort. The program was filled with insightful sessions aimed at introducing students to the academic rigors and opportunities at Hetauda School of Management & Social Sciences (HSMSS). Additionally, the resort visit facilitated team bonding and provided a refreshing break, setting a positive tone for the students' upcoming academic journey. The orientation program emphasized both academic preparedness and personal development, ensuring that the new students felt welcomed and ready to excel at HSMSS.

HSMSS Book Review Series 08 Under Entrepreneurs' Read (27th November, 2023)

On November 27, 2023, Hetauda School of Management & Social Sciences (HSMSS) hosted the eighth installment of its engaging Book Review Series, themed "Entrepreneurs' Read". This event provided a platform for students and faculty to explore and discuss influential books on entrepreneurship. Participants delved into insightful reviews and lively discussions, gaining valuable perspectives on innovative business practices, leadership strategies, and entrepreneurial success stories.

MoU Signed Between SkillLab and Hetauda School of Management & Social Sciences. (29th November, 2023)

A Memorandum of Understanding (MoU) has been successfully signed between Skill Lab and HSMSS, marking the beginning of a promising collaboration.

The partnership between Skill Lab and HSMSS is aimed to create a more dynamic and comprehensive learning environment. This partnership reflects the commitment of both Skill Lab and HSMSS to providing holistic education and preparing students for the challenges of the ever-changing professional landscape. We believe that by combining our expertise, resources, and networks, we can create a positive impact on the educational experiences of our students and contribute to the overall development of our community.

December, 2023

Faculty Development Session with Dr. Basu Prasad Subedi. (3rd December, 2023)

On December 3, 2023, Hetauda School of Management & Social Sciences (HSMSS) hosted a Faculty Development Session featuring Dr. Basu Prasad Subedi. Dr. Subedi, an esteemed academic and expert in his field, delivered an insightful session focused on enhancing teaching methodologies and fostering academic excellence. Faculty members from various departments attended, benefiting from Dr. Subedi's wealth of knowledge and practical strategies for effective classroom instruction and student engagement. The session underscored HSMSS's commitment to continuous professional development, ensuring that faculty members are equipped with the latest tools and techniques to nurture future leaders in education and beyond.

Orientation Session for BBS 1st year Sudents. (12th December, 2023)

On December 12, 2023, Hetauda School of Management & Social Sciences (HSMSS) celebrated its Orientation Session for the Batch of Business Studies (BBS) 1st year students. The event welcomed the new cohort with enthusiasm and guidance, introducing them to the academic culture and resources available at HSMSS. Faculty members and senior students shared insights into the curriculum, extracurricular activities, and support systems, ensuring a smooth transition for the incoming students. The orientation session emphasized the importance of academic excellence, personal growth, and community engagement, setting a strong foundation for the students' journey ahead at HSMSS.

HSMSS FEST 2023 (15th December, 2023)

The 3-day extravaganza, the HSMSS Fest, took place from the 27th to the 29th of Mangshir. This celebration of talent, culture, and camaraderie wouldn't have been possible without the overwhelming support of our incredible community.

In a momentous announcement during the fest, we are delighted to share that the CEO of Jamadar Group Mr. Amit Agrawal announced Krishna Memorial Scholarship. This scholarship is dedicated to recognizing the academic excellence of our Bachelor's students. Starting this year, deserving individuals will be awarded a scholarship of Rs. 1 lac annually to support their educational journey.

Session of 'Basics of Labour Law' (26th December, 2023)

Session of 'Basics of Labour Law' which was facilitated by Mr. Siddhant Lamichhane, HR Manager for Bachelor level students. It started with a quick Icebreaker game and included all the basic knowledge that any fresher should know before joining an organization for a job.

Launch of iHub Udhyami Pathshala (29th December, 2023)

Biz Creator's Lab is now officially iHub, marking a new era of innovation and growth. Since 2019, Biz Creator's Lab HSMSS has fueled the entrepreneurial spirit, guiding 11 ventures through two successful cohorts. Notably, two from Cohort II—The Ad Makers and DigiPrabhat—have already registered their businesses!

Wine making techniques training (31st December, 2023)

On December 31, 2023, Hotel Management students at Hetauda School of Management & Social Sciences delved into the art of wine making during a specialized training session led by guest lecturer Mr. Yogendra Mandal, Head of Hotel Management at Forbes College Bharatpur. The session focused on the role of sommeliers and the sophisticated techniques involved in crafting wines, offering students a comprehensive understanding of viticulture, fermentation processes, and tasting methodologies. Mr. Mandal's expertise provided invaluable insights, equipping the students with practical knowledge, aligning with HSMSS's commitment to excellence in hospitality education.

January, 2024

Proxel-Problem to Pixel (10th January, 2024)

The successful completion of our 10-day UI/UX Training Program using FIGMA, coupled with an adrenaline-pumping 2-day Design-a-thon Competition for the Class 12 students. A whopping 94 students enthusiastically participated, forming 14 incredible teams. Three outstanding teams have secured the top positions, showcasing exceptional talent in UI/UX design. For this training, DigiPrabhat was the trainer. DigiPrabhat is one of our Cohort II student businesses which comprises students from BCA & BIM who primarily focus on the social media & website development domains.

HSMSS as Winner of National Infotech Cup 2080 (17th January, 2024)

Hetauda School of Management & Social Sciences (HSMSS) clinched a victorious win against Birgunj Public College at National Infotech Cup 2080 on January 17, 2024. HSMSS posted an impressive score of 135/3, with standout performances by Saheb Yadav, who scored 51 runs off 45 balls, and Jyanendra Kushwaha, who added 28 runs off 42 balls. HSMSS secured a notable victory by 35 runs, with Saheb Yadav being named 'Man of the Match' for his stellar batting. Additionally, HSMSS student Pranjal Upadhyay's superb bowling effort, taking 4 wickets in 4 overs, played a crucial role in the team's success.

Barista Making and Bar Training to Hetauda School of Management & Social Sciences Hotel Management Students. (19th January, 2024)

On January 19, 2024, the Hotel Management students of Hetauda School of Management & Social Sciences (HSMSS) received an enriching session on Barista Making and Bar Training. Conducted as part of their practical training curriculum, this session aimed to enhance their skills in coffee preparation and bartending techniques. The students engaged in hands-on learning, mastering the art of crafting

specialty coffees and honing their abilities to mix and serve beverages with finesse. Led by experienced instructors, the session not only provided valuable technical knowledge but also instilled a deeper appreciation for the intricacies of hospitality service. This training equips the students with essential competencies needed for their future careers in the dynamic hospitality industry.

College Team Visit by National College. (22nd January, 2024)

An exciting milestone for HSMSS as the prestigious national college team paid a special visit to our college. The visit not only fostered a sense of camaraderie but also showcased the importance of sportsmanship, teamwork, and dedication.

MBS Orientation 1st Semester 2080. (28th January, 2024)

On January 28, 2024 (12th and 13th of Magh, 2080), the MBS Orientation for the first semester was held in the picturesque setting of Sauraha. The two-day event was filled with engaging sessions that provided valuable insights and guidance to the new students. The serene environment of Sauraha added a special touch to the orientation, making it a memorable and enriching experience for all participants. The program not only familiarized the students with the academic expectations but also fostered a sense of community and excitement for the journey ahead.

Navodaya Entrepreneurs Club (Under iHub) Clinched the 1st runner-up position in Janakpur. (29th January, 2024)

On January 29, 2024, the Navodaya Entrepreneurs Club, guided by I-Hub at Hetauda School of Management and Social Sciences (HSMSS), proudly secured the first runner-up position at the 1st National Student Innovation Summit held at Monastic Higher Secondary English Boarding School in Janakpur. Demonstrating remarkable innovation and entrepreneurial spirit, the students of Navodaya Shishu Sadan English Secondary School also won prestigious trophy for "The Most Sustainable Product" and "Unique Value Proposition."

Welcome Program BIM BCA BBS 2080.

Students organized "Welcome Program BIM BCA BBS 2080", where first year/ semester students were warmly welcomed. The event marked the introduction of the fresher representatives, with Miss Fresher being Saramsha Pandey and Mr. Fresher being Bijaya Lama. It served as an opportunity for new students to familiarize themselves with the college environment, faculty, and fellow peers. The welcoming atmosphere aimed to ease the transition into their academic journey at HSMSS and foster a sense of belonging within the college community.

February, 2024

Press Conference on International Conference on Capacity Development 2024. (12th February, 2024)

Hetauda School of Management and Social Sciences hosted a press conference to unveil the International Conference on Capacity Development. Mr. Dipesh Khanal iHub Coordinator, shared insights, highlighting the vital role of capacity development in global progress to media representatives.

Saraswati Puja 2080. (14th February, 2024)

On February 14, 2024, the Saraswati Puja for the year 2080 was celebrated with great enthusiasm and cultural fervor. The event featured 19 dance teams showcasing their remarkable talent and dedication. The chief guest, Mr. Puran Bahadur Joshi, and the chairman, Mr. Dev Prasad Shrestha, honored the winners with awards. Team Haami secured the first position, earning a prize of Rs 40,000, while Team Nepali Group claimed the second spot with Rs 30,000, and Team Blossoms achieved third place with Rs 20,000. Shining Girls stood fourth, receiving Rs 10,000, and the fifth-ranked team, Tandav, left a lasting impression with their performance. Additionally, the Principal's Choice award went to Pardesi Group, and Dr. Prabin Adhikari's favorite was The Welcome Team. The celebration was a vibrant display of cultural artistry and community spirit.

International Conference on Capacity Development 2024 (17th and 18th February, 2024)

The two-day International Conference organized by Hetauda School of Management and Social Sciences concluded successfully, bringing together a diverse array of experts, panelists, and attendees for insightful discussions on various pressing topics. The event featured engaging panel discussions on Intellectual Property Rights in the Digital Age with Mr. Saroj Ghimire, Mr. Rob Van Star, Mr. Bhibhusan Bista, and Mr. Sixit Bhatta; Innovation in Financial Services with Mr. Umesh Gupta and Mr. Ignace Karthaus; Design Thinking: Incubation and Pedagogy with Mr. Udgam Khadka, Mr. Kaushal Wagle, and Ms. Sakshi Rijal; and Expectations from the Government to Foster Innovation and Incubation Centers with Dr. Nar Bikram Thapa, Mr. Bikram Prasad Baral, and Mr. Anirudra Nepal, moderated by Mr. Sawag Raj Pyakurel. Additional sessions focused on Career Paths in Generative AI with Mr. Rob Van Star and Mr. Prashant Shrestha; Generative AI Technology with Mr. Rob Van Star and Mr. Alok Khatri; and Skill Gap Assessment in Graduates and the Job Market with Mr. Rajiv Sharma. Special appreciation goes to Hetauda Sub-Metropolitan City for supporting future entrepreneurship initiatives in collaboration with the college. Notably, an MOU was signed between Punjab College of Technical Education Group of Institutes and Hetauda School of Management and Social Sciences, heralding future collaborations. Attendees are encouraged to mark their calendars for the next International Conference in 2026, which promises even more enriching discussions and collaborations.

HSMSS Athletic Meet 2024 (23rd February, 2024)

The HSMSS Athletic Meet 2024 was a thrilling showcase of talent and determination across two dynamic days. The event kicked off with an electrifying start on Day 1, as athletes from across the district gathered to compete in various events. From heart-pounding sprints to precision-based throws and jumps, the day was packed with excitement and achievement, setting a vibrant pace for the meet. Day 2 continued this momentum, with a variety of disciplines on display, including the marathon race and the hurdle race, where athletes demonstrated exceptional skills and determination. The meet also featured long-distance running, relay races, and field events, with participants pushing their limits in each competition. The event concluded with a memorable display of sportsmanship and camaraderie, celebrating the athletes' dedication and hard work.

March, 2024

Bartending and Flare Presentation by Himalayan WhiteHouse International College (4th March, 2024)

On March 4, 2023, Himalayan WhiteHouse International College hosted a dazzling Bartending and Flare Presentation, showcasing the remarkable talents of its students in the art of mixology and flair bartending. The event captivated the audience with a vibrant display of cocktail crafting and impressive bar tricks, demonstrating the students' creativity, precision, and showmanship. This engaging presentation not only highlighted the hands-on training and skill development provided by the college but also celebrated the students' dedication to mastering the intricacies of bartending. The event was a resounding success, leaving attendees inspired and entertained by the exceptional performances.

HSMSS won against Narayani College (10th March, 2024)

On March 10, 2024, HSM clinched a thrilling victory in their second match, triumphing over Narayani College Hetauda by 15 runs. This exciting game was organized by Hetauda Jaycees and showcased the exceptional skills and teamwork of the HSMSS players. Their well-coordinated strategy and relentless determination on the field led them to this well-deserved win, further solidifying their reputation in the competitive landscape. The match not only highlighted their athletic prowess but also fostered a spirit of sportsmanship and camaraderie among the participants.

Demonstration Class For grade 11 and 12 Hotel Management Students by Chef Frank Zettel (Switzerland) (14th March, 2024)

On March 14, 2024, the Grade 11 and 12 Hotel Management students were treated to an extraordinary demonstration class by the esteemed Chef Frank Zettel from Switzerland, focusing on Italian and Continental cuisine. The event, held at our institution, featured special guest Mr. Amit Raj from Hospitality World Campus and was initiated by Mr. Rajeev Karna. Chef Zettel, renowned for his culinary expertise, captivated the students with his innovative techniques and exquisite presentation skills. The session provided an invaluable learning experience, blending practical skills with professional insights. Adding to the excitement, students were awarded prizes for their outstanding performances in culinary competitions, further motivating them to excel in their future careers within the hospitality industry.

Management Holi Utsav 2080 (22nd March, 2024)

On March 22, 2024, the students of Hetauda School of Management and Social Sciences (HSMSS) celebrated the vibrant festival of Holi with unparalleled zeal and passion at the college premises. The annual Management Holi Utsav 2080, organized by HSMSS, brought together students and faculty for a day filled with colorful festivities, music, and joy. Adhering to the guidelines set by the college authorities, the celebration was a perfect blend of exuberance and discipline, showcasing the students' spirited participation while ensuring a safe and respectful environment. The event highlighted the rich cultural heritage and the strong sense of community within the institution, making it a memorable occasion for all.

27th Special guests visit to iHub (Business Incubator Centre)

On March 27, 2024, the Hetauda School of Management and Social Sciences (HSMSS) iHub (Business Incubator Centre) had the honor of hosting a special visit from distinguished guests, including Ministry of Industry, Commerce and Supplies Secretary Mr. Rajendra Kumar K.C., Department Head Mr. Ima Nath Kadel, and Section Officers Ms. Sunita Gajurel and Mr. Pramod Simkhada. During their visit, the guests engaged in insightful discussions with students about startup policies and their practical implementation. They explored how innovative business ideas developed by the students have been successfully transformed into fruitful ventures. The visit underscored the importance of fostering entrepreneurial spirit and provided valuable feedback and encouragement to the aspiring entrepreneurs at HSMSS.

April, 2024

Team HSMSS's victory in the Inter-College Awasar Cup 2081

In a stunning display of skill and teamwork, team HSMSS emerged victorious in the Inter-College Awasar Cup 2081, held in Chitwan and organized by Awasar Academy. The competition, which brought together top collegiate teams from across the region, saw HSMSS demonstrating exceptional prowess and strategic play. Their journey to the championship was marked by intense matches and outstanding performances, culminating in a well-deserved victory that highlights their dedication and hard work. This achievement not only adds a prestigious title to their record but also brings great pride to the HSMSS community, showcasing the institution's commitment to excellence in sports.

Interview Preparation Technique (29th April, 2024)

The Interview Preparation Techniques and Mock Interview Session at Hetauda School of Management and Social Sciences, organized exclusively for Bachelor and Master level students of HSMSS, was a remarkable success. Participants received comprehensive training and practical experience to excel in their future interviews. Ms. Pooja Dangol was present, offering her invaluable guidance and expertise throughout the program. Her dedication and support have empowered our students to navigate the interview process with confidence and skill, significantly enhancing their career readiness and professional competence.

May, 2024

Inauguration Ceremony of the Career Expo 2024. (5th May, 2024)

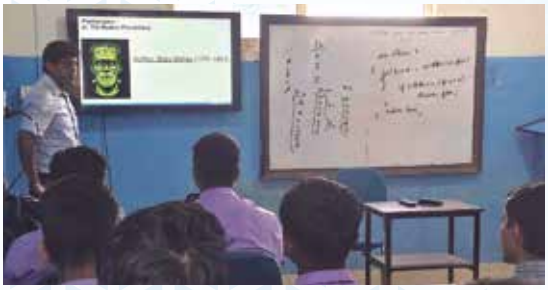
The Inauguration Ceremony of the Career Expo 2024 was a grand success, marked by the esteemed presence of Mr. Anil Agrawal, Senior Vice President of MCCI, and Mr. Dev Prasad Shrestha, Chairperson of the College Management Committee. The event, which aims to bridge the gap between students and their prospective career paths, saw an enthusiastic turnout and set the stage for insightful interactions and opportunities.

Stock Pitching Competition (Regional) (13th May, 2024)

The Stock Pitching Competition (Regional), held at Boston International College, Chitwan, Nepal, was a testament to

the caliber of talent and strategic acumen on display. Organized by The Stock Brokers' Association of Nepal (SBAN) in collaboration with the KUSOM Finance Club, the competition featured a stellar performance by the team led by Mr. Aayush Paudel and supported by Mr. Aayush Bajracharya and Mr. Bigyan Khanal, under the expert guidance of Mr. Suman Acharya (Faculty). Their impressive victory secures their place in the Grand Finale in Kathmandu, Nepal.

Machine learning and AI Session (14th May, 2024)



Dr. Prakash Poudyal, shared his expertise in Machine Learning, Deep Learning, and Artificial Intelligence during a guest lecture for our BCA 4th and 3rd-semester students. His session was incredibly insightful, offering our students valuable insights into the latest trends and advancements in Machine Learning. Dr. Poudyal's wealth of knowledge undoubtedly left a lasting impact on all attendees, inspiring them with new perspectives and deepening their understanding of these cutting-edge technologies.

30th Faculty Development Program: Dissertation Evaluation and Article Publication. (30th May - 1st June , 2024)

The 3-day Faculty Development Program on Dissertation Evaluation and Article Publication, organized by Hetauda School of Management and Social Sciences (HSMSS) and supported by the University Grants Commission (UGC), concluded successfully on June 1, 2024. The event, which commenced on May 30, saw enthusiastic participation from faculty members of MMC, Hetauda Campus, Forestry Campus, and HSMSS. Distinguished guests including Prof. Dr. Dillip Parajuli, Assistant Dean of the Faculty of Management at Tribhuvan University, Dr. Pramod Paudel, Dr. Prakash Shrestha from TU, Dr. Lokraj Sharma from MMC, and Mr. Tika Prasad Sapkota from HSMSS provided valuable insights and guidance. The program facilitated active engagement, fostering in-depth discussions and enhancing participants' understanding of effective dissertation evaluation and article publication processes.

Demo Day: Bagmati Province Entrepreneurs Fair (31st May, 2024)

The "Bagmati Province Entrepreneurs Fair" was successfully concluded on May 31, 2024, at Avocado and Orchid resort in Hetauda, organized by HSMSS with the support of the Ministry of Industry, Commerce, Land & Administration of the Bagmati Province Government. The event, held at the Avocado and Orchid Resort, aimed to promote entrepreneurship, facilitate idea exchange among local businesses, and provide growth opportunities. Key participants included Chief Guest Puran Bahadur Joshi, Principal of Hetauda School of Management and Social Sciences, and special guests such as Raj Kumar KC, Secretary of the Ministry of Industry, Commerce, Land & Administration, Bishwanath Shrestha, President of the Makwanpur Chamber of Commerce and Industry, and Anil Agrawal, Vice President of the Makwanpur Chamber of Commerce and Industry. The event featured startup evaluations

and a business pitch competition, showcasing ventures like Dafe Soap, Scented Bliss, and Swasti Herbs, which received grants and seed funding. Entrepreneurs from various regions participated, totaling over 150 attendees, including students and business owners. This fair was designed to foster collaboration, support, and growth within the entrepreneurial ecosystem of Bagmati Province.

June, 2024

1st Marketing Bootcamp (1st June, 2024)

On June 1, 2024, the 1-Day Marketing Bootcamp was successfully held, featuring expert trainers Anil Parajuli and Prajwal Gartaula. The event was attended by participants from the MBS 1st Semester, who had the opportunity to gain valuable insights and expertise in the latest marketing strategies and techniques. The bootcamp was well-received, with positive feedback from attendees highlighting its informative and practical nature, contributing significantly to their understanding and application of marketing concepts.

Alumni Talk Series Episode 2 by Mr. Sushil Raj Giri (29th May, 2024)

The successful completion of Episode 2 'Alumni Talk Series'. This episode featured our esteemed alumnus, Mr. Sushil Raj Giri, from the BA Batch of 2005, who led an insightful session on the theme 'NGO/INGO Sector in Nepal.' Mr. Giri shared his valuable experiences, knowledge, and expertise, providing our students with a deeper understanding of the sector. The session was interactive, informative, and inspiring, with Mr. Giri discussing his journey, challenges, and achievements within the NGO/INGO field. Our students were highly engaged and motivated, asking thoughtful questions and gaining significant insights from the experiences shared.

Friendly Match Between HSMSS and National Infotech College (14th June, 2024)

Friendly Match between Hetauda School of Management and Social Sciences and National Infotech College was held at Huprachaur, Hetauda on 14th June 2024. HSMSS played against National Infotech College from Birgunj. It was an intense game with fantastic performances from both teams. Despite our best efforts, National Info Tech College emerged victorious.

Sales Conqueror 2024, National Level Competition (31th May- 1st June, 2024)

Aastha Agrawal from BBS 3rd year, has achieved an impressive Top 15 position in the Sales Conqueror 2024 competition. Aastha not only showcased her exceptional

sales skills but also earned the Most Popular Award. Organized by Presidential Graduate School, Kathmandu, Nepal, in collaboration with Nepal Telecom, this two-day event saw a staggering 5000 participants from all over the nation.

Former Vice Chancellor visit to HSMSS (6th June, 2024)

On 2081.02.24, Hetauda School of Management and Social Sciences was honored to welcome Prof. Dr. Sivalal Bhusal, the former Vice-Chancellor of Tribhuvan University. Dr. Bhusal's visit was a momentous occasion, brimming with enriching discussions, and meaningful interactions. His visit has left an indelible mark on the institution.

Dean of the Faculty of Humanities and Social Sciences, Tribhuvan University, paid a special visit to HSMSS (05th June, 2024)

The Hetauda School of Management and Social Sciences was honored to welcome Prof. Kusum Shakya, PhD, the esteemed Dean of the Faculty of Humanities and Social Sciences at Tribhuvan University. Her visit was marked by insightful discussions and valuable interactions with our faculty and staff members. Prof. Shakya's expertise and guidance have truly inspired everyone to strive for excellence in their academic and professional endeavors.

LogiCon 2024 (21st June, 2024)

The LogiCon 2024 intra-college program organized by and held at Hetauda School of Management and Social Sciences. The winners who have qualified for the inter-college program, set to take place are Team Jay Shree Krishna and Team Black Friday. Team Jay Shree Krishna includes members Mr. Dipesh Deula, Mr. Prajwal Gwaccha, and Mr. Suraj Gupta. Team Black Friday includes members Mr. Ankit Prajapati, Ms. Reeya Ramudamu, and Mr. Sankalpa Subedi.

Social Responsibility day program (24th June, 2024)

Social Responsibility Day at Shree Bhairab Aadharbhut Bidhyalaya, Bhairab Danda, organized by the Social Club in collaboration with Fun Play Learn NGO and Career Crafters Club, saw a heartwarming gesture with the donation of stationery items as part of the event. The event brought together students, teachers, and volunteers in a collective effort to promote community welfare and environmental stewardship. This initiative not only fostered a sense of civic duty among participants but also underscored the importance of collaborative action for positive social impact within the local community.

10 days Session on Google in Academics. (9th - 22nd June, 2024)

The 10-day session on "Google in Academics" held at the HSMSS Computer Lab from June 9 to June 22, 2022, proved to be a pivotal learning experience for students of BIM, BBS, and MBS. Under the expert guidance of Mr. Sameer Gautam, an esteemed IT lecturer, participants explored the extensive capabilities of Google tools designed to optimize their academic journey. The session provided practical insights and hands-on training, empowering students to integrate these tools effectively into their studies. Mr. Gautam's expertise ensured that each attendee gained valuable skills to enhance their learning and productivity in the digital age.

Logicon 2024 Regional Inter College Competition (28th June, 2024)

LogiCon 2024, held on June 28, 2024, at Hetauda School of Management & Social Sciences (HSMSS), successfully fostered a competitive coding culture among IT students from six participating colleges. The event aimed to enhance problem-solving and coding skills while promoting teamwork and networking among participants. Evaluators Mr. Sujan Devkota, Mr. Sameer Gautam, Mr. Dikshant Ghimire, and Mr. Piyush Lal Shrestha assessed the contestants' performances across various challenges. Organized by HSMSS, LogiCon featured 30 participants who competed vigorously for the coveted prizes of 15K, 10K, and 5K respectively for the winners. The competition showcased exceptional talent and dedication, with Hetauda City College's team HCC-4 emerging as the winners, followed by Code Warriors and HCC Innovators as first and second runners-up, respectively.

July, 2024

7 Day UI/UX Boot Camp (2nd July, 2024)

7 Day UI/UX Boot Camp hosted by the IT Club of Hetauda School of Management & Social Sciences (HSMSS). This workshop series, led by the talented and enthusiastic design mentor, Mr. Abhishek Adhikari, successfully unlocked creative potential and empowered participants to turn their ideas into impactful designs. Throughout the sessions, attendees learned from the best in the field and gained valuable hands-on experience with leading UI/UX design tools. The boot camp not only enhanced skills but also fostered a collaborative environment where innovation thrived, leaving a lasting impression on all who participated.

Alumni Talk Series Episode 3 by Suneeta Gajurel Chhetri (9th July, 2024)

Our esteemed alumnius, Mrs. Suneeta Gajurel Chettri (Batch of 2068 B.S), has been recognized as the Alumni of the Month on 09 June 2024. The session, themed "Government Sector," featured Mrs. Suneeta Gajurel Chettri, a distinguished 9th level officer in the Government of Nepal, who shared her inspiring journey with the students of HSMSS. She captivated the students with her insights into building a successful career in the public sector and overcoming various challenges.

Budget Review Analysis Session (10th July, 2024)

On 7th July 2024, the Career Crafter Club held an in-depth Budget Review and Analysis Session exclusively for our BBS students. This informative event was designed to provide a clear understanding of our budget's objectives, priorities, and motives. The highlight of the session was the interactive Q&A segment, where our esteemed faculty members, Dolraj Bhusal, Bishnu Adhikari, Tika Prashad Sapkota, and Pradyumna Upadhyaya, answered a wide range of questions from the students, offering valuable insights and clarifications on budget-related matters.

ACE Spectrum Challenge 2024, 2nd Runner up and First Runner up from HSMSS (10th July, 2024)

HSMSS has secured the 2nd Runner Up position in the ACE Spectrum Challenge 2024, held on 7th July 2024. But that's not all, Our talented team also achieved the 1st Runner Up position in the finance category on the same day. This outstanding performance highlights the dedication and hard work of our students and mentors, showcasing their excellence in both overall competition and specialized fields.

Tech-Infused Culinary Revolution:Cloud Kitchen

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Introduction:

In recent years, a remarkable synergy between technology and the culinary world has given rise to a revolutionary concept known as Cloud Kitchens. The food industry has witnessed significant innovation due to intense competition and technological advancements. Among these innovations, Cloud Kitchens have emerged as a transformative concept that has revolutionized the global restaurant industry. This concept has become a rapidly growing segment within the restaurant sector, offering a more efficient and intelligent approach to restaurant operations [1]. In the food and beverage industry, Cloud Kitchens have become popular due to their low startup costs, low risk, high profit margins, and potential for growth. Many traditional brick-and-mortar kitchens have transitioned to the Cloud Kitchen model to take advantage of its benefits [2]. These kitchens are designed to efficiently produce food specifically for takeout orders, maximizing convenience for customers who prefer home delivery [3].

Defining Cloud Kitchens:

Cloud Kitchens, often known as Ghost Kitchens, are businesses that solely offer takeout and delivery [2]. Cloud kitchens are specialized facilities solely dedicated to preparing food for delivery. They do not have in-person dining options. Instead, customers order online and receive their food as a takeaway.

Business Models of Cloud Kitchen:

There are several types of cloud kitchen business models and these models can be categorized under different names [1, 4].

Table 1: Different Business Models of Cloud Kitchen

Single-Brand Cloud Kitchen	Corporate Catering Cloud Kitchen.
Multi-Brand Cloud Kitchen	Cloud Kitchen Aggregator
Franchise Cloud Kitchen	Cloud Kitchen Food Truck Hybrid
Delivery-Only Restaurant	Brand Collaboration Cloud Kitchen
Subscription-Based Cloud Kitchen	Virtual Extension for Traditional Restaurants

The Technological Ingredients:

At the heart of Cloud Kitchens lies a sophisticated integration of technology. For smooth operations, cloud kitchens must possess an integrated system that facilitates online order processing, payment processing, and efficient management of kitchen operations [5]. Let's delve into some of the key technological pillars driving this culinary revolution [5].

- **Order Management System:** The Order Management System receives orders from diverse online platforms, aggregates them, and directs them to kitchen staff for preparation.
- **Online Ordering Platform/App:** Serving as the virtual storefront, this platform enables customers to place orders. Integration with popular food delivery apps broadens the audience reach.
- **Inventory Management System:** This system tracks ingredient levels, forecasts stockouts, and optimizes ordering. It prevents overstocking, minimizes waste, and maintains smooth operations by ensuring essential ingredients are readily available.
- **Kitchen Display System (KDS):** The KDS digitally displays real-time order details to kitchen staff. Data Analytics: Cloud kitchens leverage data from online platforms, order management systems, and customer feedback to comprehend trends and preferences.
- **IoT-enabled Kitchen Equipment:** Smart appliances and sensors in cloud kitchens automate tasks, monitor equipment performance, and ensure precision in cooking.
- **Culinary Robotics and Automation:** Advanced robotic systems and automation technologies in cloud kitchens enhance efficiency by automating repetitive tasks in food preparation and cooking.

Cloud Kitchen in Nepal:

The Cloud Kitchen concept had been gaining traction globally, including in countries like Nepal. In Nepal, Cloud Kitchens are transforming the traditional restaurant landscape by offering a more cost-effective and flexible business model. Entrepreneurs in Nepal are leveraging the advantages of lower setup costs, reduced dependence on prime locations, and the ability to adapt quickly to changing consumer preferences.

Cloud kitchens are transforming Nepal's culinary landscape with an innovative approach, challenging the traditional restaurant scene. Among the notable players in this shift is Khaanpin, established in 2018, which has evolved into an internet restaurant service [6]. Operating round-the-clock, 365 days a year, Khaanpin uses a team of delivery riders to distribute a variety of cooked food, alcohol, bakery items, and groceries in Kathmandu and Pokhara. The Nepalese government is actively contributing to the digital economy, supporting the expansion of cloud kitchens. The rise in internet usage, reaching a broadband penetration of 135% by mid-July 2023, signifies a digital transformation fueled by smartphones and affordable broadband, impacting urban and remote areas alike [7]. This shift is propelling growth in various sectors, including e-commerce, fintech, e-learning, and startup ventures like cloud kitchens [8]. Despite these opportunities, Nepal encounters challenges such as infrastructure deficiencies, regulatory obstacles, limited digital literacy, cybersecurity issues, and a shortage of human and financial capital. Overcoming these hurdles is essential for the sustained advancement and prosperity of cloud kitchens in Nepal.

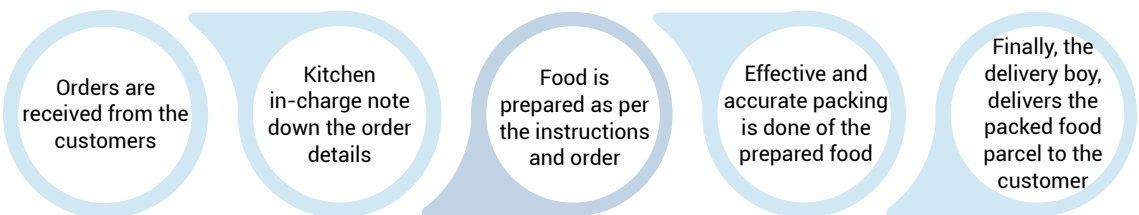
Visualizing the Culinary Cloud:

Embarking on a journey through the Cloud Kitchen, visual exploration vividly depicts the intricacies of a cloud kitchen. The work flow diagram (see figure 1) clearly describes the working of cloud kitchen in a simple way. Similarly, the table (see table 2) provides a basic overview of some popular cloud kitchen companies.

Table 2: Comparison of different Cloud Kitchen Companies

SN	Cloud Kitchen Company Name	Headquarter	Valuation of the Company	Website
1	CloudKitchens	California, United States	$15 billion [9] (in 2023)	http://cloudkitchens.com/
2	DoorDash Inc.	California, United States	$16 billion [10] (in 2020)	https://www.doordash.com/
3	Kitchen United	California, United States	$ 100M [11] (in 2002)	https://order.kitchenunited.com/
4	Kitopi Catering Services LLC	Dubai, United Arab Emirates	$1.55 Billion [12] (in 2022)	https://www.kitopi.com/
5	Lightspeed Commerce Inc.	Quebec, Canada	$1.87 Billion [13] (in 2023)	https://www.lightspeedhq.com/
6	Rebel Foods	Maharashtra, India	$1.4 billion [14] (in 2022)	https://rebelfoods.com/
7	Khaanpin	Kathmandu, Nepal	NA	https://khaanpin.com.np

Figure 1: Cloud Kitchen Workflow



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Fostering Reading Culture through Academic Libraries

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Reading culture thrives in an environment where reading is celebrated as a gift to humanity. Books hold limitless treasures that can intellectually transform readers. Despite the immense benefits of a strong reading culture, the majority of academic institutions in Nepal lack basic library facilities, the most needed foundation for cultivating this love of reading. Since we cannot expect students to develop a passion for reading in a vacuum. Only sustained initiatives from parents, teachers, the community, the government, and the institutions themselves can bring about a better reading culture.

Education, in its truest sense, shouldn't deny students intellectual freedom by restricting them to the curriculum. Educational institutions must strive to provide an environment that encourages exploration of the world of knowledge by offering well-resourced libraries. Ultimately, having better libraries is the only way to ensure this intellectual freedom for students by providing access to diverse resources capable of igniting the intrinsic human curiosity for knowledge.

Some might question the value of reading culture, arguing that getting better grades and high-paying jobs is the ultimate aim of education. But what if your loved one, despite an exceptional academic record and a high-ranking job, landed in jail for corruption? Would you be satisfied with an education system that produced someone academically strong but morally depraved? While the lack of reading culture may not solely cause moral degradation, studies show a strong correlation between a robust reading culture and the positive characteristics of individuals, societies, and nations.

One of the greatest benefits of reading culture is its role in language development. Resourceful libraries play a vital role in Nepal's multilingual education system, helping to prevent imbalances in language skills between mother tongues and English. Critical and analytical thinking skills develop alongside language proficiency, all of which contribute to students' academic achievement. Extensive reading also fosters higher emotional intelligence as students gain a deeper understanding of the world. Moreover, books can be a great source of entertainment for students who develop a love of reading, allowing them to use their time productively. By providing access to a vast collection of books, libraries can serve as a platform to foster a reading culture.

Academic libraries can go beyond simply providing access to reading materials. To actively cultivate a reading culture, libraries should strive for a balanced collection encompassing a wide range of genres. Marketing strategies, such as social media campaigns and library orientation programs, can inform students and teachers about the library's resources and services. Forming book clubs, hosting author sessions, and organizing contests can further foster a sense of community among library users. Librarians themselves should be passionate readers, acting as role models who can inspire and motivate students to embrace reading.

The 21st century's technological advancements necessitate libraries going digital. Reading is no longer confined to printed letters. Watching videos and listening to audiobooks play an equally important role in the new form of reading culture. The cognitive processes involved in reading books and listening to audiobooks share many similarities. Regardless of the medium, the vast benefits associated with reading books can also be gained from engaging with online resources. Modern libraries should make every effort to ensure maximum utilization of digital resources, both free and paid. Raising awareness about available online reading resources and how to use them effectively is crucial. Libraries must actively develop and promote their e-library facilities.

Improved libraries can significantly enhance reading culture, thereby raising the quality of education. However, the dream of having better libraries and a flourishing reading culture in Nepal cannot become a reality until we address the existing obstacles at the policy level. Making sufficient library facilities mandatory in every educational institution is a crucial step. The government should also invest in training skilled library professionals to address the current shortage. Finally, curricula should be designed to encourage reading habits among students.

In conclusion, fostering a strong reading culture goes beyond mere academic success. It's about nurturing well-rounded individuals with intellectual curiosity, strong moral character, and emotional intelligence. Academic libraries play a pivotal role in this endeavour by providing access to diverse resources, creating a welcoming environment, and implementing engaging programs. Embracing digital resources alongside traditional materials ensures libraries capitalise on the best the 21st-century offers. By overcoming obstacles through policy changes, increased investment in libraries and librarians, and curricular adjustments, Nepal's educational institutions can cultivate a generation of passionate readers who will be the architects of a brighter future.

Minimizing Absenteeism: A Teacher's Experience of Working with Frequent Absent Students

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Context Setting

I've been working in the field of education for almost two and a half decades. My career as an educator began at a public school. However, later on, I was appointed lecturer at Hetauda School of Management and Social Sciences, Makawanpur, Nepal. Initially, I taught at the undergraduate level. The classes would be in the morning from six to ten, and there would be an average of 45 students in the classes. In the beginning, the students were regular in their classes and actively participated in academic activities; however, gradually, I found some of the students began to be irregular in their classes and rarely shared about the reasons for their frequent absence, which caused a colossal impact affecting almost all the sectors of teaching and learning. In addition, some of the students who were regulars also appeared approximately ten to fifteen minutes late in the classes. Such a trend among the students posed a question for my teaching career as well as for the future of the college. Thus, in this paper, based on my personal experience, I discuss specific causes for the absence and delay of students in the classes and provide some practical solutions to address the problems.

Introduction

The problems of absenteeism among students in the classes can be solved by the joint efforts of the school, family, and community by conducting several programs such as workshops, visiting students' families, managing awards for regular students, and providing parents with a contact person to have effective communication (Epstein & Sheldon, 2002). Focusing on the role of schools to minimize the problem of absenteeism, Chang and Romero (2008) argued that schools needed to have effective communication with the families of the absent students to understand the reasons for their absence and provide the importance of regularity in the class to promote effective learning. This reflected that absenteeism has adverse consequences as students miss out effective learning opportunities. In addition, Aurellana (2019) argued that a notable problem in the modern classroom is students' tendency to drop classes or arrive late in the classroom, which ultimately impacts their academic performance. Furthermore, Shahzada et al. (2011) suggest that a lack of relevant curriculum, teachers' insufficient incentives, and the attitudes of students and their families regarding education are some of the reasons for student

absenteeism. Moreover, Sanchez et al. (2015) claimed that chronic absences of students can be minimized by providing adequate teachers' time for them. By highlighting the impact of absenteeism, a study by Whitney and Liu (2017) claimed that the regular absence of students in classes increases the risk of students' involvement in unlawful activities and drug use. Moreover, Sarkodie et al. (2014) claimed that students' economic problems, illness, and distance to school were fundamental reasons for delay and absenteeism in the classes. This reflected that absenteeism and dallying in the classroom have a devastating impact on teaching and learning, and there can be multiple reasons that motivate students' absenteeism and delay in their respective classes.

The above scholarships indicated that absenteeism and delay in classes were significant barriers to students' academic success and provided some solutions to deal with the problems. Moreover, chronic absences may result from a variety of reasons, which include student or family health issues, parental job obligations, family duties, transportation issues, or a number of other circumstances. However, how teachers experience the problems of absenteeism and delay of students in the classroom and how they address such problems to promote the academic excellence of students would always have significant values. Therefore, to solve the problem of some students' irregularities and delays in the classroom, I attempted to find the real reasons for the absenteeism by developing friendly relationships with them. In the beginning, the majority of the irregular students made various excuses for their absenteeism and delay in their classes, such as family problems, mental health issues, illness, and transportation problems, just to name a few. However, gradually I overcame the obstacles and succeeded in reducing the absenteeism and tardiness. Therefore, in this brief reflective paper, based on my experience, I discuss some of the reasons for student absenteeism and how I minimized the rate of absenteeism in the classes to enhance better academic achievements.

Causes of Absenteeism and Delay in Class

I investigated some fundamental causes of absenteeism and delay of the students in their classes by keeping friendly relationships with them, visiting their families, and their other teachers. They were as follow:

1. Lack of Motivation

I investigated some fundamental causes of absenteeism and delay of the students in their classes by keeping friendly relationships with them, visiting their families, and their other teachers. They were as follow:

2. Lack of Family Support

I discovered some of the students were irregular in the classes due to a lack of family support for their education. They reported that they had stressful home lives because of conflict among family members. In addition, their parents did not pay attention to their education.

3. Lack of Proper Time

I found the majority of the irregular students had their own jobs, and they reported that due to their jobs, sometimes they would be overloaded and tired. In addition, they would have their trainings and meetings, which made them irregular in their classes.

4. Lack of Student-centric Learning Environment

Some of the absent students reported that they did not have passion for attending the regular classes as they did not enjoy the classroom teaching and learning activities, which were almost based on traditional ways of teaching without adopting the latest technologies and teaching methods.

Ways Forward for the Solutions

In this section, I discuss some ways forward to deal with the problem, such as motivating the students for regular classes, coping with the students' problems, and transforming the classroom teaching and learning environment, which I discuss below:

1. Motivating students

By establishing an inspiring environment, I minimized absenteeism. As a teacher, I presented the objectives for learning outcomes and emphasized the benefits of achieving them. I made an effort to clarify their wrong assumption that wealth is superior to education. I presented the examples of number of successful people together with their academic qualifications for this. I stated how their knowledge and talents helped them to succeed both financially and socially. They weren't politically connected or wealthy, yet they managed to succeed through their academic abilities. Their monetary concerns and materialistic assumptions were what made students seek jobs overseas. I presented numerous scenarios regarding family life. The extent to which, they will miss their relatives, the holidays, and their social bonds. When they ultimately return, they could feel isolated and lonely. I also advised them to consider going overseas once they had reached a certain degree of academic success. This managed to reduce absenteeism gradually.

2. Coping with Students' Problems

To address family-related issues I managed to get in touch with the family members directly. I presented complaints about their children and their disappointment. I asked them about the circumstances that created a stressful home situation and also about the explanations for which they did not support their children. Additionally, I informed them of the negative effects their actions had on their children's health and learning. I conducted a joint meeting to establish an open environment for children and parents to communicate their feelings and expectations. They were misunderstood, and this helped me clear it up. Parents realized their mistakes and promised not to repeat such activities again. Students were also felt sorry for keeping their wrong perceptions towards parents. I also suggested the parents to have regular followed up in college so that remain Parents admitted that they made mistakes and promised not to repeat such activities again. Students felt guilty for carrying wrong perceptions about their parents. Additionally, I advised the parents to follow up with their children on a regular basis so they could keep in touch with the institution and be aware of how well they were doing. in touch with.

3. Transforming Teaching and Learning Environment

To make a classroom innovative, interactive, and interesting, I tried and shifted the traditional classroom to the flipped classroom. This strategy keeps student learning at the center of teaching. For effective application of this strategy, I provided the educational materials in advance for students to study at home and then made them work in the classroom. I also suggested that they watch videos related to the course content.

On applying this strategy, I realized students were more responsive, and actively participated in their learning through interaction with me and their peers. They were receiving and providing valuable & meaningful inputs. The use of this strategy gradually reduced student absence, and there was also a noticeable improvement in their academic results.

Conclusion

In this article, I discuss some of the causes contributing to tardiness and absenteeism in a classroom and provide some practical solutions to minimize the problem. I adopted the strategies of motivating them, coping with their possible problems, and transforming the classroom environment by utilizing the latest technologies and teaching methods. These procedures not only lower the rate of absence and delay among students but also promote the teaching and learning environment in the classroom. In this concise reflection, I concentrate on the actions that I carried out to reduce absenteeism and tardiness among students.

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Night Dreams

Flying towards the sky, walking with dreamer
Persuasion the nirvana, in virtue of smoother
Twinkling Etoile, descendant from the sky
En route lane, neath the undisturbed cushy

I treasure thee silent crisis of night,
For delighted dreams may then arise,
From midnight water astir night
The dark, unexplored sums of brace

Wish upon a star, dun upon a candle
With congeneric, stays were we addle
High above all a yarn of state was spared
And a blest throne, as blithe as sprinted

As the moon sparkling so bright
It makes each sight so pretty
As the radiance sight of the night
Dreams only of your destiny.

Gia Lama Lo
Management

AM I HAPPY ?

They said, "Put your makeup on"
So I started to smile,
They said, "Maintain your body"
So I started
to eat less,
They said, "Level up your dressing sense"
So I started loving myself,
They said, "Follow this generation" to be loved
But do I love myself?
Is this the real me?
Am I happy?

I said, "Stop cursing me"
And they questioned about my existence,
I said, "Stop judging me"
And they questioned about my looks,
I said, "Stop comparing me"
And they questioned
about my choice,
I said, "I love who I am"
But this time I questioned myself, do I?
But do I love myself?
Is this the real me?
Am I happy?

Now I stopped letting people question me;
I am me, I'll be me and I'll do it for my own,
I am ready for the world, is the world ready for me?

Sarika Poudel
Management

Nature & Me

I don't know how to be expressive
Maybe I'm like a Mimosa Pudica
I don't know my aim
Maybe I'm like water
I love the way the sun sees me
Without inequalities and judgments
I want to be a great warrior like a stone
Facing every difficulty,
I'm like a moon
Who has got scars on the face
Just the difference is–
It is far away from this place and
I'm breathing here day by day.
I want to y like other birds
But, I realized I'm a prison bird
Kept under people's words
I'll not fade like a rainbow
I'll try until the happiness arrives in life.

Sanisha Ranabhat
Management

Staying Safe Online: A Simple Cybersecurity Guide

Ishwar Sapkota
BCA

Introduction:

In this era of technology, when everything is purchased and communicated via the internet, cybersecurity is crucial. Maintaining one's own personal information and security online is of utmost importance. Even though convenience and connectivity are two advantages of existing in the digital age, there are also risks. In the light of the critical nature of internet in our daily lives, cybersecurity must be an absolute priority. It is not only recommended but also critical to safeguard one's personal information when utilizing the internet.

Create strong passwords

For your online accounts, establishing robust passwords is the initial step in fortifying them. Disclosure should be avoided regarding any easily surmised information, including names and births. Create something new using a combination of lowercase and uppercase letters, numerals, symbols, and special characters. Rather than reusing passwords across multiple accounts, frequently alter them.

Keep Software Updated

Software updates should be regarded as a cyber defense for your device. It is essential to regularly update your antivirus software, computer, and other applications. These revisions often include critical security updates that protect against potential intrusions. Constantly updating one's systems decreases the likelihood of falling victim to cyberattacks.

LIFE BEGINS WITH YOU

I saw the stars in your eyes
You are so far-
Your name echoes all the time
When I heard your voice.
The sun shines perfectly
The moon chases me,
The birds start chirping,
My life revolves round you.
Your eyes are like the ocean
Where you make me swim deep,
The way you look at me
melts my heart like a cream;
Your shadow comes to hug me
Your sound comes to touch me
Your presence is like a wind
Which touches my soul, but I can't see
Flowers bloom gaily,
The day I saw you
All the birds started teasing me
Since the day I liked you
All the leaves fall
And my heart is dying
the pain is becoming less
But still, it makes my heart a mess
Moon stares at me closely
I come through the stairs and cry softly
The tears were like pearls
It seems beautiful as it falls

The wind tried to stop me
But my heart wants it more
How may I stop loving you?
If my heart belongs to you!

How can I handle you?
If you asked me to leave away
How do I hold my tears
If all the tears are your memories

Jeshika Paudel
BIM

Beware of Phishing

Protect yourself against phishing attacks, which are a way that online fraudsters deceive people into sending sensitive information. Be cautious when clicking on unexpected links, emails, or texts, particularly if they ask for personal information. Check the sender's validity before opening any links or disclosing private information.

Use secure Wi-Fi connections

Make sure your home Wi-Fi is safe by using a strong password. Avoid using the default one that comes with your router because it's easy for hackers to figure out. Also, use WPA3 encryption for enhanced security. Public Wi-Fi networks can be risky, so avoid accessing sensitive information when connected to them.

Enable Two-Factor Authentication (2FA)

Enable two-factor login to provide your accounts with an additional degree of safety. Even if they're familiar with your password, gaining unauthorized access to your accounts requires them to enter a code into your mobile device. This adds a barrier to their path.

Regularly back up your data

Regularly creating backups of your critical data will protect it. Preventing the loss of critical data due to a computer malfunction or cyberattack can be accomplished through the practice of regularly updating backups. For quick and secure backups, external hard drives and cloud storage are both excellent options.

Monitor your online accounts

Maintain alertness by frequently reviewing your online accounts. You must act immediately upon spotting anything dubious, such as fraudulent transactions or suspicious logins. If necessary, change the passwords and contact the platform's support staff.

Educate Yourself

Stay up to date on common hacking threats and the best ways to deal with them. Knowing about threats on the internet is the best way to protect yourself. If you know about the newest tricks and plans online scammers use, you can spot any threats and stay away from them.

Conclusion

In the world where individuals are constantly on the move, you must ensure the security of your online profile. By implementing these straightforward measures, you are not only enhancing your online security but also assuming control. Therefore, exercise caution, secure your digital entrance with robust passwords, and navigate the web with confidence. A dedication to safety in an ever-evolving digital world will make your online experience more secure and enjoyable.

Existentialism: An Inquiry on the Meaning of Life

Satkar Syangtan
Science

Existentialism is a philosophical inquiry into finding meaning in life, morality, the absurdity of existence, suffering, rational thought, and so on. It is a philosophical thought rooted within the fundamental question of what it is to live and to truly find oneself content with whichever situation one may find oneself in. Within the constructs of our modern industrial society, which is finding itself rooting more and more in the sciences of the physical world, we are realizing the indifference of the universe around us. The increasing realization that we are not invincible and that we are not to be forever is causing more and more people to fall into depressive nihilism, with self-deprecation and self-harm becoming more and more prevalent. In this day and age, we are abandoning ourselves in the garden of pleasure, as a hedonistic man would suggest, but rather, we should struggle and find our meaning by coming to terms with ourselves.

We live in a modern and technocratic world where science is taking over religion and where agnosticism and disbelief in God are becoming more and more of the norm. It is becoming more and more apparent that we, the masses, suffer in silence from an indifferent universe that gives no care to us. Through our sciences of the universe and a gradually filling pool of knowledge, we are straying away from whom we all held as the true master: God. To quote Friedrich Nietzsche, "God is dead. God remains dead. And we have killed him. How shall we, murderers of all murderers, console ourselves? That which was the holiest and mightiest of all that the world has yet possessed has bled to death under our knives." We are becoming more and more jaded by all of the hardships that have been breaking us down and that have been making us endure the burden of realizing the futility of life. The more we know, the more we realize how ignorant we have been.

Within all of the pain and decay of God, we turn to nihilism, which is the belief that the universe lacks any true meaning and that it can't possibly have any meaning. It adds that there is nothing we can do to bring meaning to life and that we are powerless before the universe. It is the belief that, within the universe, everything is hopeless and useless. Nihilists propose that living is pointless and that there is no real reason for us to live. This is a dangerous path for a person to undertake because it leads us to only two ultimate conclusions: suicide or depressive indifference. From an existentialist point of view, nihilism is the worst possible conclusion for us to take and the most undesirable ending to the inquiry into the meaning of life. This view of existentialism cements it in stark opposition to and criticism of nihilistic beliefs. In this scenario, existentialism comes in to propose that there is no inherent meaning in life and that

Mom and Dad

In the garden of our hearts,
there lies beautiful soul,
Their guidance and care,
a priceless story yet untold,
A father, whose heart is of gold
and strength of might,
A mother, whose love
makes the world bright.
In their presence,
all we feel is love and peace,
Parents are a treasure
that will never cease,
With hearts full of grace
and hands intertwined,
They nurture and guide,
there love undefined.
Mom and Dad, your affection is
a blessing and true,
This poem is a token of my love
for both of you.

Asif Miya
Management

one is to create it by himself. The meaning of life is in creating oneself rather than accepting the status quo and letting things go by on their own. We have to fight our own battles, and we have to face the challenges ourselves rather than letting things occur by themselves. Within an existentialist perception of the world, it is still devoid of any inherent meaning. The Sun and the Moon do not care about us; there is no meaning or reason for their existence. Yet, we, who can perceive and feel, can find our meanings relating to the world around us. It is in our hands that we struggle against the world to better ourselves and to better everyone around us. Existentialism, at its core, is centered around the concept of "amor fati," which is Latin for "the love of fate." What is before us and what is to occur to us can be controlled by us, and that is how we create meaning in life.

A good way to understand existentialism is in parallel with Buddhist ideals. A Buddhist believes that he will reincarnate over and over and over again, countless times. Each time, he is bound to suffer and find himself in pain due to his desires and temptations. It is only by rejecting those temptations and earthly desires that he truly finds peace. In a similar sense, existentialism posits that we also go through a similar process of reincarnation. Throughout our lives, we change and find ourselves metaphorically reincarnating as a new person. Each new experience and each new memory allow us to reincarnate over and over and over again, similar to the Buddhist. It is only through acceptance of change and the futility of resistance against change that an existentialist truly finds happiness and contentment. In addition, the existentialist finds meaning in the process of change and how he can change himself to be a better person. Each day, he is looking to live life as he finds fit and to reincarnate and develop himself anew. This way, existentialist ideas lead to a more positive outcome where one becomes a better man.

According to existentialism, existence precedes essence. It is through existing that a person can shape themselves in coordination with their surroundings, rather than having an already preconceived form that is then defined to be the essence. Similarly, knowledge, according to existentialism, is not a concrete and unchanging fact but rather a subjective view of a topic. This idea is in stark contrast to rationalism, which is built on the philosophical premise that knowledge of a given subject can be objective and not a subject of individual experience. Similarly, existentialism postulates that humans are not rational beings and that they cannot make rational thoughts unclouded by any subjective experience. A man cannot make a decision independent of the things that he has experienced before him and is thus dictated by his experience, making him irrational. This is one of the core ideas of existentialism: that we are more driven by our personal feelings than logical and rational thought.

Similarly, morality is also handled equivalently, meaning that morality is not based on knowledge but on his judgment of right or wrong based on subjective experience. A man cannot make a moral choice without taking into account his thoughts of morality that are not predetermined or handed down by a higher power. This is also a major concept for the existential perception of free will in that we have free will, but that is largely dictated by our bearings. We are free to do what we want, but we cannot do everything that we want and are limited by various factors that are out of our control. It is only by embracing our free will and the ability to make moral decisions, be it from the sway of our own experience, that we can change ourselves for the better. This is the main reason why existentialism has found itself relevant within modern society, as the death and decay and lack of morality among men have torn the veneer of what religion set out to do. It is by abandoning religion, embracing our ability to control what we can, and finding meaning in what we ought to do that we can find satisfaction.

To conclude, existentialism is the answer to the most fundamental question of the meaning

behind life, that being that there isn't any inherent meaning; just the meaning that we choose to make ourselves through our actions. The main role of existentialism within modern societies is to fight against the plague of nihilism, which leads us down a dark path of depression and angst. We can find meaning and optimism amidst the indifferent universe. To do what we want to do is in our hands, and it is our own free will with which we dictate our fate. By embracing change and the inability to attain the desire of constancy, we can truly find the meaning in life that we so seek and that we so live our lives. An existential man is an irrational mortal man; he is unable to live forever. Yet, he can live life to the fullest by embracing change and his fate. It is through that that he finds himself content, even when his mortality faces him. It is through the fear of death and pain that he truly lives a fulfilling life.

Scars as Stars

A sky full of stars,
moon being centered,
A face full of flaws;
Eyes are glanced.
While your light enhanced,
So darling just do see your scars as stars,
feel how your cosmos being entirely distinct,
Don't ever let your beauty get harsh-
let all the glamour get inked
beneath your skin.
A whole new amour within
Halcyon with magic,
Ebullient but not tragic!
Hope you know,
all the precious junctures are yours;
like symphony and miracles.
Gazing at every star in the midnight,
They stare back and give a glimpse of twinkle-
soft fluffiness but not wrinkle!
Assure as if they have clues,
pouring all the hues.
But how do I reflect that a simple peek,
can smash deeply into your heart?
With every art-
Every word you create about your virtue
each stride you pursue
nothing will come of forcing yourself
to compete your way out of trauma
Take this time to look at the sky
Take this time to look at the stars
The Universe beckons you to enjoy the fare
through a heart
that beats rhythm of your cosmic melody
despite any sort of clarity
the melodies will never leave you
as deepest feeling exposed like a throbbing wound
with every swat your veins pound
as the breathtaking radiance that emits your eyes
light
reflecting your whole soul
discovering new language of yours
unlocking all the nostalgic doors
in the raw gale of the new world
Sour with sweet as an orange
Scars with lovely as you darling
Fresh as the winter breeze
Feeling it on a balcony
Staring at the sky
Stars, Moon and I
We three having a good trio
Moon with scars and so do I
Stars being pretty and assuring us to see
our flaws shining as them
Darling just be a soul with stars;
Look how your stars shining for you.
Stars shining for you

Subichya Baniya
Science

Rust

It feels like a yearning terror
Our name on the stone, I carved it all alone
Mist of longing ache's getting clearer
Your presence at my wake, darling it just suffocates My tomb would get buried with your sense
I'm glad you didn't touch
Fog shilled glass is getting down as I'm all soaked in blood
All my patience
Waiting for you in bus stand
Dreams of holding your hands
Now I'm losing it all
Chain of hope got all rust
Hope you'll remember
My heart poured on the paper
I couldn't place it on your palm cause
Chain of hope got all in rust
We could draw some confine margins- Or a wall between us, and let go all the cuts
Head hung in the bustle harness
Lost my life every time, you gave me a perplexed sign
I escaped form trap of your eyes sign
you used to light up
To shove me in hell for something i didn't do but now I'm done
And I will never look back
At your face again
Won't look for you in all men
Dreams of walking in rain
Now I'm losing it all
Chain of love got all rust
Hope you'll remember
Our first gaze in September
Now I don't feel the same at all cause
Chain of love got all rust
Why would you still not pick her
You can't just keep quiet, you're ruining three lives
Sense of leaving you still triggers
But I know it's best
If I will let
My heart filled with unrevealed truth
Hang on the roof
Still no clue from you
This time I'm feeling I'll lose you
I really feel I'll lose you
You could make the sunset bonny
But you poured the rain, that flooded on my brain
Giving guilt free eyes when everything starts to get fine
I will no more be tricked
By your mixed cue
My heart all covered in blues
hope you'll find someone new
Cause I'm setting you off
Frame of dreams got all rust
Hope you'll remember
I tried to get us together
Now I will no longer search for you cause
Frame of dreams got all rust
I'm setting you off
I know it hurts
But I'm setting you off
cause Chain of faith got all rust.

Anshu Siwakoti
Science

Fearless

Dark side of road
Where her clothes were torn,
Tears fell down
But there was no one to wipe it off,
They used her body
Like she gave it in willing,
After all they throw her like a trash
Family and peers asked what happened?
People said society has changed
But the eyes still asked her
Where you were the last night?
She couldn't meet her eyes with other,
Like she murdered
She built herself again.
She fought for her justice.
But nothing happened,
At last everything that left was
She could never be fearless again!

Sanisha Ranabhat
Management

Head Tall and Shoulders High.

Kshitiz Chhetri
Science

The cat licks its paws instinctively, while dogs do the same for similar reasons. But humans are different, right? The lives we lead consist of their own duties, and that which you know you are born to do gets buried deep inside, in a cemetery whose location is unknown. Many lives operate on autopilot, minds filled with uncertainty, facing risks at every turn, while hearts ache with regret for not pursuing the right path.

The word 'purpose' has become so naive that it is used only to paint the already sugar-coated conversation. As the day begins, it eventually ends. As your life begins, it eventually ends and with it, the monster faced, heart stroking, uncomfortable word or presumably the unfulfillable ideal, purpose While you might not believe in ghost, you take it synonymous to believing in yourself. Life offers time and energy and the freedom to use it as we like it. It is safe to say that, the desire of wanting the autopilot car cannot be fulfilled by living life on auto pilot. Nevertheless, we acquiesce competing against mediocrity which often prevails. So, we live by our base desires and let our irrational, unconscious, limbic self to guide us and lead our apparently far away future. We say yes to anything and everything, use our free time by not using it and "going with the flow".

It is said that we fail our way to success. We might fail while we succeed because of the challenges we confront due to the risk we dare to accept.But we never fail as we never try. Every time there is a decision to take, we either delay it or never make it at all.The courage to be disliked that is required to take the right decision despite the criticism we face is a virtue of a superior man. Nowadays, it is rarely implemented and seen. However, purpose demands it. It asks you to choose it over other seemingly important tasks. We fail to choose the path of purpose not because we are unworthy but because of our system and lack of understanding of human nature. We are also afraid to fail, so we never get out of our zone of comfort and extend our boundaries. In other words, for lobsters, octopamine has taken over dopamine. Instead of blaming for the nature of things, it is wiser to improve ourselves and daily routine. Shame resilience is essential for doing so. Purpose defines the quality of life to the equal proportion that we prioritize it. So, prioritize! See the fear it its eye and open yourselves and your

WHERE DID YOU GO?

In the silence of the night, I heard your voice calling
Echoing through my heart, like a song that's falling
The memories we shared; they haunt me all alone
I long for your touch, your smile, your warmth, your home

Oh, my favorite person, where did you go?
Why did you leave me here to weep and moan?
My heart is shattered, my world is torn apart
Without you by my side, I'm lost, adrift, and worn apart

I wander through the streets, searching for your face
But all I find is emptiness, a vacant place
The laughter we once shared, it seems like a distant dream
Now all I'm left with is sorrow, a heart that's consumed by a burning gleam

I've searched the corners of my soul, but I can't find your trace
I've begged the heavens for a sign, but all I see is a vacant space

In the depths of my despair, I hold on to a hope
That one day you'll return, and mend my broken heart's rope
I'll wait for you, my jerry, until the very end
Through the darkness and the pain, our bond will transcend.

Aaryan Das
Management

heart to kaleidoscope of experiences.

Now, you are old and feeble, yet with a beating heart and a pensive mind and you realise that you've done nothing purposeful in your life. When you make purpose your last priority or none then as time passes by, so does the powerhouse of energy and so...you slowly begin to settle for the mediocrity you are in. That is the point of irreparable regret as you can't change it now. It may sound threatening or exaggerated but is the reality that most of us are in. Not only we should wish that this may never happen to us, we should do something about it now. For that the wisdom of psychiatrist Dr Victor E.Frankl becomes useful who quoted "Live

as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!".

Answering our calling and sharing the gifts we're born with are essential for making world a little better. Life is short and we have only so much energy. We unconsciously think that we are immortal but that's a fallacy and we surely die. Before that, let us sprinkle our truest gifts to the world and make it more brilliant.

In a nutshell, unlike the rest, humans contain within themselves the consciousness. Man is distinguished from animals only when he is able to follow the path of Athena (goddess of wisdom) and dare to walk towards the path that was less taken, the path of purpose. Avoiding sleepwalking in day is as vital as facing our greatest fear and leaving no space for regret so that we could keep our head tall and shoulders high.

Hope and Religion

R. Humagain.
Science

What is the most basic need of a human being for survival? You all might be thinking its water, food, shelter, clothes and so on. But let me tell you, the first and foremost need of a human being is hope. A person can live for a certain time without these so called six basic needs but can't live for a minute without hope. Hope which is defined as a feeling of expectation is not just a feeling but it is the feeling that keeps a human alive. We all live in the present because of the presence of hope i.e. hope of a better future.

Let me tell you a short story. There was a prisoner who was sentenced to prison for 25 years for the crime that he didn't commit. Although he was innocent, he was falsely accused of the crime. But the prisoner was an optimist and a believer of god. He was away from his beloved family for about 23 years. But instead of being depressed, he used to pray god and had hope of meeting his family soon. He had already suffered in the prison for 23 years and only 2 more years were left to go. He was very happy that his misery was going to end soon. But one day, he received a news that his family died in an accident. He was then found dead the next morning. So what really killed him? Was it his fate or the lack of hope?

There are several ways of creating hope within a human being. Out of them "Religion" is the most effective one. Religion, in my view, is a set of rules and limits provided by very intelligent group of people for the creation of hope within people which ultimately results in their wellbeing. "God" is also another concept of a supernatural, extra-terrestrial and superior being given by religion. Religion is a true contradiction yet important. Religion has become a base for the survival of human beings. Similarly, the concepts of "Heaven" and "Hell" were also created to discipline a human and to force him/her to be ideal with the greed of spending a better afterlife. I am not accusing religion to be false but it doesn't really add up that why should a person hope to spend a better afterlife rather than living in the current life happily. And if god, according to different religions, is the most powerful and all good

being, he should be responsible for all the events in the space and time including the evil, cancer, murder, violence etc. If god is not responsible for all these, then he is not really omnipotent.

Nowadays everyone is searching for an alternative for religion and the day people find something as a better source of hope, religion will suddenly come to an end. Science and technology is a leading concept in the race for being an alternative of religion AKA a better source of hope. Science and technology is slowly replacing religion because it has partially became successful to create hope within people for a reliable future. Accounting of myself, I was born in a Hindu family and I believe in god to some extent because it just fulfils the requirement of hope in my life and I am a human after all. But I am also shifting my hope directly for a better future rather than including god as a medium which for me is the best decision that I have ever made in my life.

There is no such thing as meaning of life. It is just an over exaggerated concept. Life itself is just an event which was, is and will always be sustained on hope. The development of human race is not the attainability of big skyscrapers or a technological based world but is the transfer of hope to a more reliable and true seeming concept. So if we really want to contribute in the development process, we should find a reliable and everlasting source of hope.

In a nutshell, a human feeds on hope and lives for the future. He/she also spends a big chunk of his/her life to find the true meaning of life itself. We all should realise that life is the present and we should spend most of our time to live rather than searching "why we live?".

What is War?

War is the destruction of humanity,
It extinguishes mercy. War is the wrath of evils,
It leaves tears in children's eyes.
War is the silence of lifeless bodies,
It reeks of blood drops.
War is the brutality of war crimes,
It snuffs out innocent lives.
War is the biasness of the world,
Its burden lies in horrifying news.
War is the silence of intellectuals,
Its narrative engrains.
War is the corruption of leaders,
It brings forth scarcity of food.
War is one step towards making paradise,
A double standard in the eyes of God.
War is the end, Yet also a new beginning.

Shivam Mishra
Management

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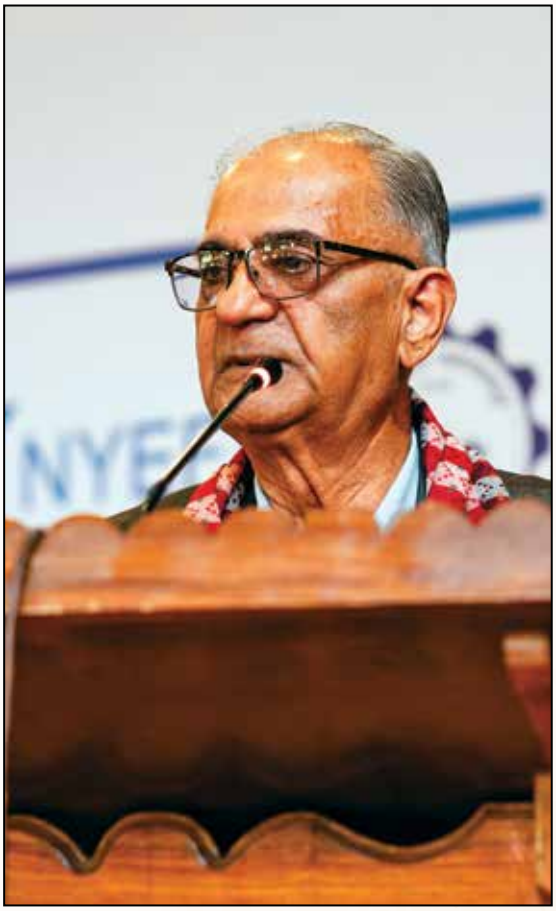

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VERSES by HSMSS

बाल अधिकार

दाजुभाइ दिदीबहिनी साथीलाई
सम्बोधन छ , आदरणीयलाई
अधिकारको कुरो आयो थोरै म नि बोल्छु
मनमा भाका तिता मिठा कुरा कविताबाटै खोल्छु
अधिकार पाछौँ हामीले पालना पनि गरौँ
अज्ञानताको बाँझो खेतमा ज्ञानको बिउ छरौँ
पढौँ लेखौँ ज्ञानी बनी सक्षम हुनुपर्छ
तिमी हामी चुप बसे विकास कसले गर्छ
आज हामी कोपिला छौँ भोलिका हामी फूल
हामीलाई कमजोर सोच्ने नगरौँ है भुल
कयौँ सडक बालक भय कति श्रम शोषित भए
कयौँ बालकहरू त धनको प्रलोभनमा बोचिँदै गए
कति गोष्ठी सोमिनार भए बाल अधिकारको नाममा
तर सबै क्षणिक कुरा चासो देखाएनन् काममा
बाल हिंसा बढ्दै गयो कानुन कहाँ गयो
नियम कानुन जति त कागजमा नै सीमित रह्यो
अधिकार मागी मागी कहाँ पाइने रहेछ
आफ्नो हक अधिकार त खोसी लिने रहेछ
सिकाउ बाल अधिकारको कुरा नेपाली सारामा
बालबालिकाको अधिकार सीमित छैन ३९ औँ धारामा
आउ हामी ज्ञानी बनौँ धेरै धेरै पढौँ
आजैबाट मिहेनत गरौँ अल्छीपनलाई छोडौँ
हामी सबै शिक्षित बनौँ ज्ञानको सिढी चढौँ
बाल अधिकार व्यवस्था गरी देशमा अघि बढौँ ।

सम्पदा सापकोटा

कलेजको यात्रा खै !

कहाँ गए ती यादहरू
पहिलो दिनको हिचकिचाहट
अनि थोरै डर
शिक्षक फरक, साथी फरक
अनि सहर फरक
खै !
कहाँ गए ती साथीहरू
जसले सबै अपूर्ण सम्बन्धलाई पूर्ण पारिदिन्थ्यो
अन्जान भई भिडमा हिँड्दा हात थामिदिन्थ्यो
जुन हुरीसँग छरपष्ट भई उडिगए
खै !
कसरी बयान गरौँ
कलेजका यादहरू
ती साना साना झगडा
त्यसभित्र लुकेका मस्तीहरू
यी सबै मस्तीहरू याद मात्रै त हुने होलान्
बुढेसकालको उत्तरार्धमा एक्लै बसेर सम्झिँदा
आहा !
कस्ता अविस्मरणीय पलहरू रहेछन्
गुरुबा आमाले गरेको त्यो माया
दिएको साथ सहयोग

कसले गर्ला र त्यस्तो माया
कसले देला त्यस्तो साथ
बेफिक्री भई खुल्ला आकाशमा
उड्दै हिँडेको त्यो मन
अब कहिले पाइएला
त्यस्तो छुट र मस्ती
कहिले आउला
साथीसँग घुम्ने दिन
मनमनै सोच्छु
के, आउलान् र त्यस्ता पलहरू ?
थाहै भएन यो दुई वर्ष
कति चाँडो बितेछ
लाग्थ्यो हिजो भर्खर आएको जस्तो
अब छुटिने दिन पनि
कति छिटो आइसकेछ
जिन्दगीको यात्रामा
कलेजका याद भेटिन्छ होला
साथीसँगै बसेर बेन्चमा लेखेका नाम
समयसँगै मेटिन्छन् होला
कास ! मसँग समय रोक्ने शक्ति भएको भए
यो समयलाई ठ्याक्कै रोकिदिन्थे ।

हरि पौडेल

सहर

कल्पनाको ठाउँ सम्झिएँ जसलाई
मन निराश भो देख्दा त्यसलाई

म गाउँ बसेकोलाई सहरको रहर
असलमा बिषालु जहर रहेछ सहर ।
आज त्यही सहरमा बस्नुपर्याछ
मानिसको थिचोमिचो खप्नुपर्याछ
जुन सहरको अदभूत चाहना थियो
त्यही सहर जहर भई निस्किदियो ।
म जस्तो सोझोलाई यो होइन रहेछ
सहर आएर मबाट गल्ती भएछ
कोलाहल र प्रदूषणको यो राजधानी
चल्दो रहेछ यहाँ ठुलाठालुकै मनमानी ।
अपराध र झगडाको यहाँ धेरै कथा
गाउँ भन्दा धेरै रैछन् यहाँ व्यथा
गाउँ छाडी सहर पसी गल्ती गरेछु
स्वर्ग छाडी नर्क रोज्ने म अभागी परेछु ।
पैसा हुनेहरूलाई यो महल रहेछ
नहुनेहरूलाई यो काल भएछ
म जस्ता आम मानिसका व्यथा
हराउँदो रहेछ सहरमा कता कता ।
गाउँ झैँ दयालु नहुँदो रहेछ सहर
सोझोमाथि बर्साउँदो रहेछ कहर
सानैदेखि सहर बस्ने थियो मेरो रहर
असलमा यो रहेछ सृष्टिकै विशालु जहर ।

मणिराम आचार्य
व्यवस्थापन

मलाइ अन्धकार मनपर्छ

मलाई अन्धकार मनपर्छ
भन्छन् अन्धकार नकारात्मकताको प्रतीक हो
तर मलाई उज्यालो मन पर्दैन ।
जहाँ अन्धकारमा मिठो निद्रा आउँछ
त्यहीँ उज्यलोले सारा निद्रा भगाउँछ ।
उज्यलोमा मानिसले झुठो नकाब लगाएर
मुस्कुराउँछ ।
अन्धकारमा मनिसको मनको सबै पीडा
आँसुको रूपमा बाहिर आउँछ ।
मलाई त उज्यालोमा लेख्न पनि
आउँदैन अक्षरहरू त कोरिइन्छन्,
शब्दहरू बन्दै जान्छन् कापीका
रेसाहरू पनि देखिइन्छन् तर उज्यालोमा
अन्धकारको जस्तो भवनाहरू आउँदैन ।
अन्धकार त मेरो प्रेरणा हो,
जहाँ म म नै हुन्छु मैले कुनै नकाब
लाएर मुस्कुराउनु पर्दैन कसैप्रति
झुठो माया जताउनु पर्दैन,
जहाँ म दिल खोलेर हाँस्न अनि रुन सक्छु,
अन्धकार मेरो ऐना हो । मलाई मन पर्दैन
सूर्यका ती किरणहरू जसले मेरो आँखा खान्छ,

मलाई त बरू दाग लागेकै चन्द्रमा मन पर्छ
अन्धकारलाई मेरा सबै गोप्यता थाहा छ ।

अग्रिमा सिवाकोटी
व्यवस्थापन

म गलत की तिम्रो सोच ?

तिम्रो जस्तै महङ्गो सोच मलाई नी किनाइदेउन
तिमीले चिनेको मसँग मलाई नी चिनाइदेउन ।

म आफैं अपरिचित छु, म आफ्नै परिचयबाट
गलत भन्दै हिड्ने मलाई कहाँ पायौ यत्रो आँट ?

म बाँचेको जिवन नबाँच्ने तिमी, मेरो को नै हो र?
मलाई हेर्ने बिच नजरले आफैंलाई हेरेका छौ र ?

थिएनौ तिमी तब जब मलाई साथ चाहिएको थियो
म आफैं उठें त्याँहा जहा मलाई लडाइएको थियो ।

मेरा आँशुबाट बञ्चीत तिमी मेरा हाँसो पनि नदेख
दुई शब्दका मेरा होतिले, बिन्ती मेरा इतिहास नलेख,

भयो चाहिएन । महङ्गो तिम्रो शोचले त मुटु पोल्दो रहेछ
नदेखिने रगत र नमेटिने घाउ दिने बोली बोल्दो रहेछ ।

सहि भन्दिन म आफ्नो शोचलाई तर गलत पनि छैन म
हुर नै घोवे नी तिमीले मलाई, औंला उठाउने छैन म,

अरुलाई नराम्रो भन्दा तिम्ले के साचै दुःख भाग्छ र ?
आफ्नो कारण अरु रुदा के साचै निन्द्रा लाग्छ र ?

एक मनले तिमी जस्तै बन भरन्छ फेरी क्षणमै डराउँछ
आफ्नो अस्तीत्त्व आफैं कुल्चेलास भनि अर्को मन
कराउँछ ।

होला, मैले सोचे जस्तो कुरूप त पक्कै तिमी छैनौ ।
तर गल्ति बिना दण्ड दिने तिमी असल पनि हैनौ ।

के तिमीले सुनाए जस्तै नजिकै पर्ने नहुने हुर म?
नराम्रो त भन्यौ, के सङ्त गर्ने नहुने छु र म ?

मेरो बारे भन्नु अघि मलाई प्रष्ट चिन
मेरो छुट्टै संसार देखाउँला कुनै दिन मसँग हिडँ ।

कुनै दिन यदि बदलीए सोच तिम्रो, म भएको ठाउँ आउनु
तिमीले दिएको मेरो व्याख्या गलत लागे मलाइ अङ्गालोमा
सदा सजाउनु ।

रस्मिता प्याकुरेल

न जाऊ यो देश छाडी...॥

देश बिगारेको सरकारले होइन हामी जनताले हौं,
भोट राम्रालाई होइन भष्टचारीहरुलाई हामीले देका
हौं ।
देश बिकास नहुने कारण सरकार होइन हामी हौं,
देश छाडे र सरकारले होइन हामी हौं,
न जाऊ यो देश छाडी॥

देशको जनसंख्या कम हुँदै गएका छन्,
दशैं तिहारमा आफन्त हराउँदै गएका छन् ।
पैसा कमाएर के गर्छौं ?

यदि आफन्त पीडा मा हुँदा तिमी आउन सकेनौ ।
न जाउन्यो देश छाडी,

सरकार राम्रो चुनी बिकास गरी देशलाई,
विदेश भन्दा नी राम्रो बनाऊ देशलाई ।
पढलेख र जागिर खाऊ यही बसी,
बिकास गरी देशको असल नागरिक बनी जाऊ यो
देश छाडी ।
तर न जाऊ यो देश छाडी,
न जाऊ यो देश छाडी ।

आराध्य श्रीवास्तव
विज्ञान

HSMSS WITZARD!

Introvert / Extrovert Quiz

Answer the following questions T or F, then add up your True answers and check the scoring at the end of the list to see if you're an introvert, fall in the middle of the continuum, or are an extrovert.

1	When I need to rest, I prefer to spend time alone or with one or two close people rather than with a group.
2	When I work on projects, I like to have larger uninterrupted time periods rather than smaller chunks.
3	I sometimes rehearse things before speaking, occasionally writing notes for myself.
4	In general, I like to listen more than I like to talk.
5	People sometimes think I'm quiet, mysterious, aloof, or calm.
6	I like to share special occasions with just one person or a few close friends, rather than have big celebrations.
7	I usually need to think before I respond or speak.
8	I tend to notice details many people don't see.
9	If two people have just had a fight, I feel the tension in the air.
10	If I say I will do something, I almost always do it.
11	I feel anxious if I have a deadline or pressure to finish a project.
12	I can "zone out" if too much is going on.
13	I like to watch an activity for a while before I decide to join it.
14	I form lasting relationships.
15	I don't like to interrupt others; I don't like to be interrupted.
16	When I take in lots of information, it takes me awhile to sort it out.
17	I don't like overstimulating environments. I can't imagine why folks want to go to horror movies or go on roller coasters.
18	I sometimes have strong reactions to smells, tastes, foods, weather, noises, etc.
19	I am creative and/or imaginative.
20	I feel drained after social situations, even when I enjoy myself.
21	I prefer to be introduced rather than to introduce others.
22	I can become grouchy if I'm around people or activities too long.
23	I often feel uncomfortable in new surroundings.
24	I like people to come to my home, but I don't like them to stay too long.
25	I often dread returning phone calls.

26	I find my mind sometimes goes blank when I meet people or when I am asked to speak unexpectedly.
27	I talk slowly or have gaps in my words, especially if I am tired or if I am trying to speak and think at once.
28	I don't think of casual acquaintances as friends.
29	I feel as if I can't show other people my work or ideas until they are fully formulated.
30	Other people may surprise me by thinking I am smarter than I think I am.

Add up the number of Trues. Then read the following to see where you fall.

20-29 True: Pretty darn introverted. As a result, it is extremely important for you to understand how to keep your energy flowing and how your brain processes information. You relate to life through your ideas, impressions, hopes, and values. You are not at the mercy of your external environment. This book can help you use your inner knowledge to create your own path.

10-19 True: Somewhere in the middle. Like being ambidextrous, you are both introverted and extroverted. You may feel torn between needing to be alone and wanting to be out and about. So it's very helpful to notice when and how you consistently feel more energized. You judge yourself by your own thoughts and feelings and by the standards of other people. This gives you a broad view, but at times you may get caught up in seeing both sides of a situation and not know where you stand. It is important to learn to assess your temperament so you can maintain your energy and balance.

1-9 True: You are more extroverted. You judge yourself in the light of the values and reality of others. You work within the bounds of what exists to bring about change. As you reach midlife and your body slows down, you may surprise yourself by wanting to take a break from socializing or needing time to yourself and then not knowing what to do. You can develop techniques to help yourself remember what is best for you to do when you need solitude. To do this you will have to balance your extroverting skills by learning more introverting skills.

From 'The Introvert Advantage (How To Thrive In An Extrovert World)' by Marti Olsen Lany

Riddles

1	You see a boat filled with people. It has not sunk. But when you look back, you don't see a single person on the boat. Why?
2	Q: What is it that no one wants to have, but no one wants to lose either?
3	Q: I welcome the day with a show of light, I stealthily came here in the night. I bathe the earthy stuff at dawn, But by noon, alas! I'm gone.
4	Q: What goes through cities and fields, but never moves?
5	Q: What can be touched but can't be seen?
6	Q: In a bus, there is a 26-year-old pregnant lady, a 30-year-old policeman, a 52-year-old random woman, and the driver who is 65 years old. Who is the youngest?
7	Q: When it is alive we sing, when it is dead we clap our hands. What is it?
8	Q: What can go through glass without breaking it?

9	Q: What gets bigger the more you take away?
10	Q: I have no life, but I can die. What am I?
11	Q: What kind of room has no walls, door or windows?
12	Q: It belongs to you, but your friends use it more. What is it?
13	Q: What 2 things can you never eat for breakfast?
14	Q: I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?
15	Q: It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?
16	Q: I'm orange, I wear a green hat and I sound like a parrot. What am I?
17	Q: What runs all around a backyard, yet never moves?
18	Q: Take off my skin - I won't cry, but you will! What am I?

Honouring our **Graduates**

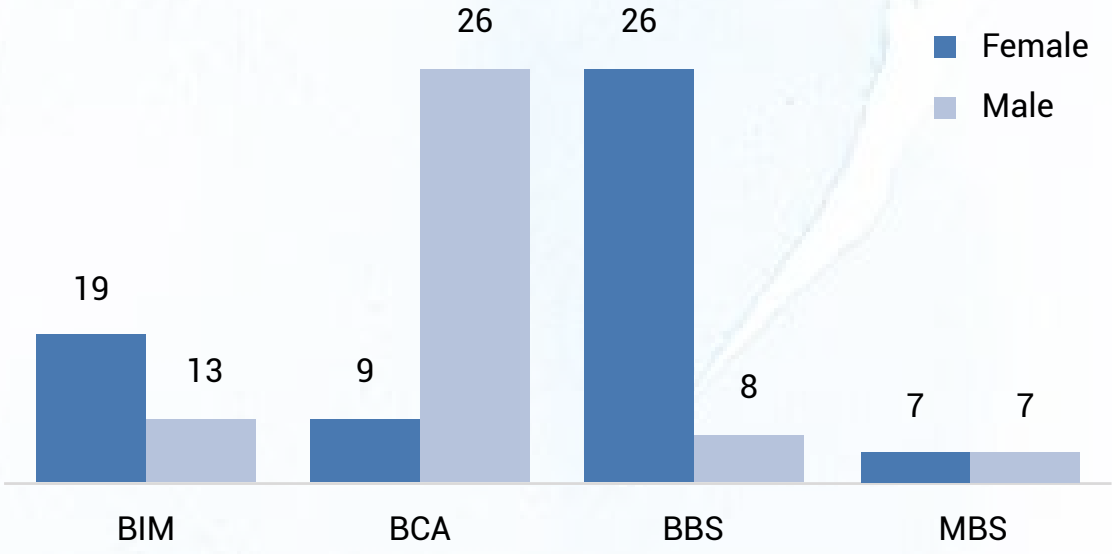
Grade 11 and 12 Programme	Affiliation	No. of Year
1. Science (Grade 11&12)	NEB	2
2. Management (Grade 11&12)		
3. Hotel Management (Grade 11&12)		
4. Beautican and hair Dressing (Grade 11&12)		
Bachelor's Programme	**Affiliation**	**No. of Year**
1. Bachelor's of Business Studies (BBS)	T.U.	4
2. Bachelor's of Information Management (BIM)		
3. Bachelors of Computer Application (BCA)		
Master's Programme	**Affiliation**	**No. of Year**
1. Master's of Business Studies (MBS)	T.U.	2

Geographic **Location**

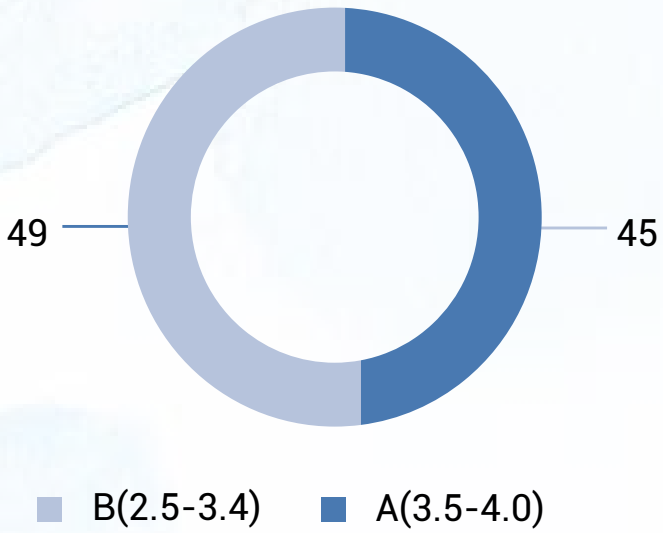
College has welcomed students from 11 districts and 5 Province in the year 2023.

New Batch Enrollment Report

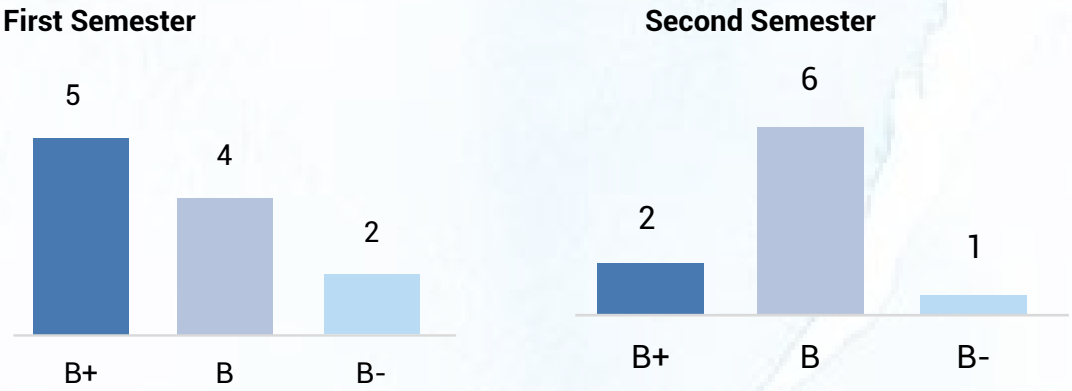
Total Number of Student 2023 Batch Enrolment



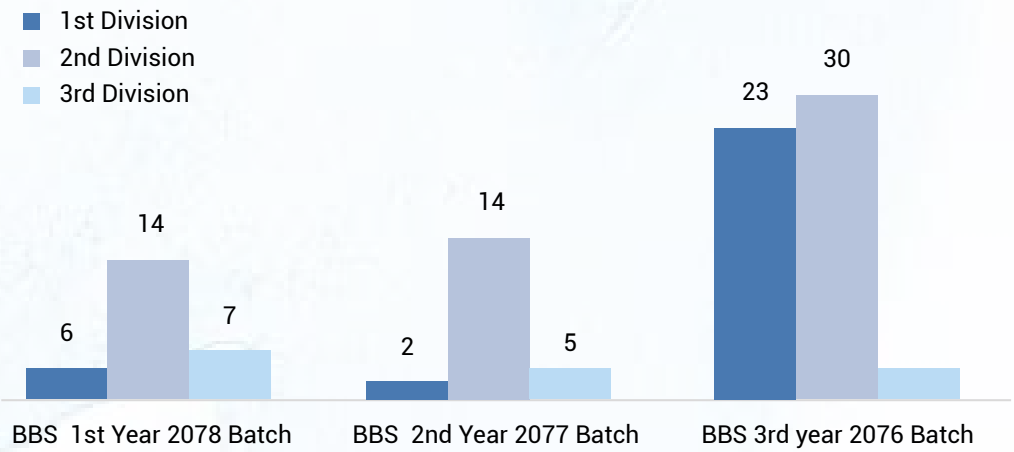
BIM Academic Performance 2022-23



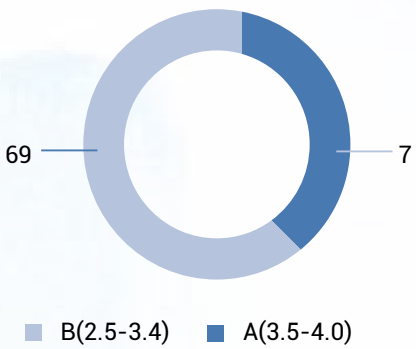
MBS Academic Performance 2022-23



BBS 1st, 2nd, 3rd year Academic



BCA Academic Performance 2022-23



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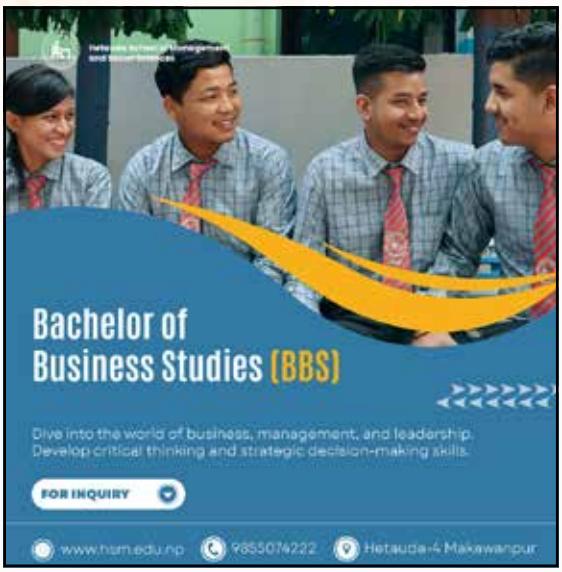

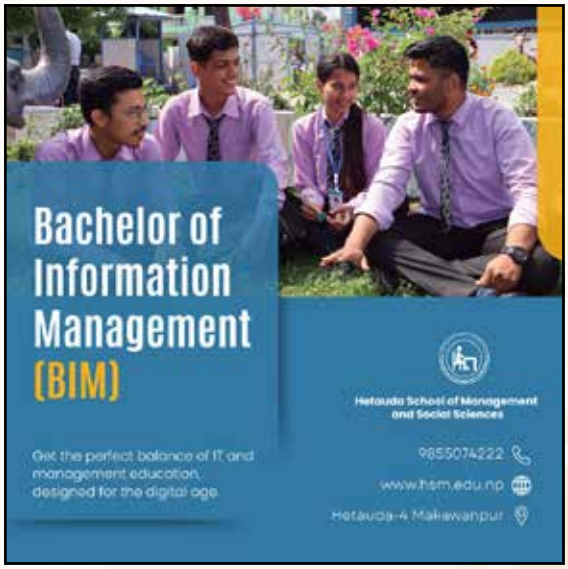

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