

Southwestern Business College

NEWSLETTER

ASAR 2079

INDIVIDUAL FOCUS SERIES—40

Dr. Jayahari Raj Pandey

In the last episode, we had concluded on the beauty of ‘continuous analysis of Self’. It was many years ago that I was with my family members in the process of celebrating Bhai Tika at Mathura, India. The place is related with Yamaraj and Yamuna river. During the two weeks stay at Mathura, Brindawan and Delhi, we had a chance to attend a very popular speech on our daily life chores. It was natural that many of the illustrations taken during the discourse were related with the famous Mahabharat. One of the topics covered was the meaning of ‘Satchidananda’. It's a combined word consisting of three words: Sat, Chid, and Ananda, where Sat is Existence or Truth, Chid means the expression/ knowledge of it, and Ananda is the Bliss you get out of it. I am talking about this combined word here as it can describe the meaning of Individual Focus uniquely. It is strange to see and find that people, these-days, are obsessed to the habit of lying. It seems they are either taking the enjoyment from lying or they are afraid of some unknown thing. But, it is the common truth that when you lie, you are afraid to face the veracity.

"There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hope for a better world rest in the fearlessness and open-hearted vision of people who embrace life." -- John Lennon

The above quotation rightly tries to describe the situation in which people are unnecessarily hooked with falsehood, and they are taking themselves away from the actuality. In a situation like this, people are taking their wholeness away from what they should be actually. Individual Focus is showing them the beauty of sticking with the truth, and, in return, the power such truth generates within us to face the authentic circumstances. Of course, there are serious discussions and elaborations on the extent of truth and lie. It is not our intention to go into lengthy arguments on the subject. We are taking the ‘word’ in a simplistic way, the day-to-day use form, in which we lie to hide our activities or portray ourselves in other way. There is one quotation from Miriam Schulman: “Trivial fibs that hurt no one are acceptable; whoppers that injure others are not.”

I had read on the subject titled: “Why we Lie: The Source of Our Disasters” by Dorothy Rowe. I, out of my great admiration for the author and her exact analysis, would like to use few lines of hers, word by word, as follows:

“Why do we lie?”

Because we are frightened of being humiliated, being treated like an object, being rejected, losing control of things, and, most of all, we are frightened of uncertainty. Often we get our lies in before any of these things can happen. We lie to maintain our vanity. We lie when we call our fantasies the truth. Lying is much easier than searching for the truth and accepting it, no matter how inconvenient it is. We lie to others, and, even worse, we lie to ourselves.

In both private and public life, we damage ourselves with our lies, and we damage other people. Lies destroy mutual trust, and fragment our sense of who we are.

Lies have played a major part in climate change and the global economic crisis. Fearing to change how they live, many people prefer to continue lying rather than acknowledge that we are facing a very uncertain but undoubtedly unpleasant future unless we learn how to prefer the truths of the real world in which we live rather than the comforting lies that ultimately betray us. We are capable of changing, but will we choose to do this?”

All of us are quite aware of the fact that lying has a cumulative effects of losing trust of people and thereby self-value as a person, unnecessarily getting a feeling a discomfort due to fright of getting caught on the lie and thereby having some negative impact on health, pushing oneself to a vicious circle of bringing out more lies to cover previous lies, and hurting people in the same way when one feels hurt after finding out other’s lies.



OUR PARTICIPATION IN NATIONAL SPEECH COMPETITION: Culture through the eyes of YOUTH

2019 Asar 1st and 13th

Ragini Gurung represented Southwestern Business College. She was able to enter into the second round being 13th among the 40 plus contestants.

Dear contestant

Hearty Congratulations for being selected among the top-20 contestants in the first round of the National Speech Contest conducted on 15 June 2022 (Wednesday)! We wish you all the best for the next round of the contest. However, the organizing committee has decided to select 20 semi finalists instead of 15 due to the very competitive presentation of participants. We wish you all the best for the next round of the contest on 27th June 2022 via zoom.

For further procedure of the contest, as informed earlier, please submit your written speech no later than 22th June 2022 (Wednesday) by 5:00 PM to speechcontestonculture@gmail.com.



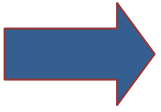
काठमाडौं । दया फाउन्डेसन, साउथवेस्टर्न स्टेट कलेज र रोटरी इन्टरनेशनल डिस्ट्रिक्ट ३२९२ ले संयुक्तरूपमा आयोजना गरेको वक्तृत्वकला प्रतियोगितामा प्रतिशा जोशी प्रथम भएकी छन् । त्रिभुवन विश्वविद्यालयमा अध्ययनरत जोशी 'युवाको बुझाइमा संस्कृति-२०२२' (कल्चर थ्रु द आइज अफ युथ) विषयक वक्तृत्वकला प्रतियोगितामा प्रथम भएकी हुन् ।

काठमाडौंको टोखा-७ बसुन्धरास्थित साउथवेस्टर्न स्टेट कलेजमा आयोजकले विजेताहरूको नाम घोषणा गरेको हो । प्रतियोगितामा बूढानीलकण्ठ स्कुलमा अध्ययनरत दीक्षा उपाध्याय द्वितीय हुँदा सिड्स फाइनान्सियल्स एकेडेमीमा अध्ययनरत प्रेरणा थापा तृतीय भइन् । साउथवेस्टर्न विजनेश कलेजकी रागीनी गुरुङ्ग सातौं भईन् ।

प्रतियोगितामा ग्रेसी न्यौपाने (नाइटिंगेल इन्टरनेशनल एकेडेमी) र सहारा सुबदी (साउथवेस्टर्न स्टेट कलेज)ले सान्त्वना स्थान हासिल गरेका छन् । साथै प्रतियोगितामा विशेष पुरस्कार अश्विन अधिकारी (साउथवेस्टर्न स्टेट कलेज) र बमबहादुर विश्वकर्मा (श्री त्रिनगर मावि, धनगढी, कैलाली)ले हासिल गरेका छन् ।

तीन चरणमा आयोजित प्रतियोगितामा देशभरका ४६ विद्यालयका ९४ विद्यार्थीको सहभागिता रहेको थियो । युवाहरूलाई नेपाली संस्कृतिप्रति आकर्षक गर्न सो कार्यक्रम गरिएको हो ।

२०७९ वैशाख ७ गतेबाट सुरु भएको प्रतियोगिता पहिलो र दोस्रो चरण जुम मिटिङबाट भएको थियो भने अन्तिम प्रतियोगिता सहभागीबीच भौतिक उपस्थितिमा भएको थियो ।



PROFESSIONAL MOTIVATIONAL SEMINAR Date: 2079/03/19

1. Call on Dias: Chairperson, Campus Chief, Directors, Special Guest, Guests, and Faculties : 7 am- 7.10
2. Short Address: Campus Chief : 05 min
3. Major Presentation FIRST PART: Ramchandra Thapa : 7.15- 9.00 am
4. High Tea : 9.00-9.15 am
5. Major Presentation SECOND PART: Ramchandra Thapa :9.20-10.20 am
6. Closing Address by the Chairperson : 05 min
7. Special Recognition to a Student : 03 min
8. Program Recognitions : 05 min
9. Token of Love to the Resource –person : 03 min
10. Adjournment Emcee: Binaya Kattel, Program Coordinator

It was a ‘Motivational Seminar’ for the beginning of 3rd, 5th and 7th Semesters. Selected 1st semester students also were allowed to participate in the program. Chairman Dr. Krishna Bahadur Karki, Campus Chief Sir; Board Directors Bijaya Sagar Pradhan, Sova Silwal Mam, and Rama Kandel Mam; SWSC Vice Campus Chief Hari Singh KC; SWSC International Program Director Sarita Pradhan Mam; Special Guest Resource Person Ramchandra Thapa; Faculty Members Sushma Shrestha, Sajani Nepal and Krishna Uchai were the highlighting personalities of the Program.



सजना रवडेकी

Date _____
Page _____

सारांश :

2019-3-19 गुरुवार दिन southwestern state college मा motivational speech कार्यक्रम आयोजित गरिएको थियो। त्यसै speech मा गएर हामी college को पनि student पनि गएका थियौं र दिन पनि हामी सँगै जानुभएको थियो। motivational speech र कार्यक्रम उपयुक्त थियो।

परिचय :

motivational speech मा आफ्नो राम्रो कुरा सुनाएर motivational speaker को शुरुवातको थियो। त्यसै motivational speaker को नाम 'रामचन्द्र थापा' थियो। motivational speech southwestern state college मा आयोजित गरिएको थियो। southwestern state college मा हामी college को 1, 2, 3, 7 semester का सर्वे student गएका थियौं। त्यहाँ विभिन्न डाक्टर विभिन्न field को का अर्थित को सहभागिता थियो।

विषयवस्तु :

motivational speech को कार्यक्रम राम्रो विषयवस्तु soft skills थियो। soft skills को जेमा speaker को हामी चल, भएका सर्वेलाई र हामी तालिम वक्ता अनुभव र कार्यक्रम राम्रो कुरा देखाएँ हामीलाई इतिहास

Report writing

Motivational speech by Ramchandra Inapa

In 2019/03/19th our institution organized motivational speech in order to motivated students and their spirit. The event was held at southwestern state college, Seminaw hall.

Mr. Ramchandra Inapa started the program by firstly introducing himself and with a story about camel (about how the curious camel child asked about their physical feature). In that content, the curious child camel asked his mother why he looks like that. i.e. their physical feature and his mother in response his mother told him about how they are desert animal and how and when they can utilize their feature and its importance.

Further, he divided his topic into various topic and the one that caught my attention was about personality, body language, communication and attitude and explained how they are importance in the field of Business Administration. As a student who is studying Bachelor in Business Administration this was quite informative and interesting. 'Attitude' this topic was quite interesting as he said that it is the most

Name: Soniya Thapa



Date _____
Page _____

Motivation speech.

The motivational speech program was held on 2079/03/29 in the seminar which was conducted by the South-Western Business as well as state college. The program was conducted by in the seminar hall of Southwestern ^{state} Business college. The ^{motivational} speaker of that program was very well recognized Mr. Ramchandra Thapa.

There, she taught us about the soft skills that are needed for our bright and successful career. We have also learned about the importance of communication. Communication is the one of the main components in this competitive market to run the organization or any institution successfully. We should communicate with people very politely and kindly. The main thing we learned there is 'ATTITUDE'. Attitude is the only thing that can determine the person's failure or success. But attitude is of two kinds, i.e. positive and negative. We should show our positive attitude towards people. Another thing we learned is that we should give right information at right time and use it in right place. Overall, the speech was very effective. We have learned many we can use those knowledge in our upcoming days and which can lead us toward successful future.

Feedback: The program was okay. But, the program did not start at exact time so, and that we have to wait for sometime, if program was started at exact time it would give impress us.

Thank you!!

Small gathering of staffs (finding relaxing time together)



GURU PURNIMA : Asar 29 2079 (13th July 2022), Wednesday

Southwestern Business College



FELICITATION OF THE TEACHERS
ON THE AUSPICIOUS DAY OF GURU PURNIMA

2079/3/29 Wednesday
Organized by:
All the Students of 3rd, 5th, and 7th Semesters



Honoring through Khada, Cake cutting and presents to all the Faculties were the highlighting aspects of the celebration.

CONCISE RESEARCH PAPER

On

Plus Two Students' selection of Field, Course, University, and Opting for Abroad

Preamble

We believe in knowing from time to time the students' choices. This helps understanding their feelings as well as policy making! We decided to have some idea on some very interesting subjects directly connected with those students who are waiting the result of Plus Two. From our previous experiences, we have found out that even a small data can demonstrate the direction of shift or non-shift on the opinions of the students. Hence, we decided to go ahead immediately with the collection of a small data.

Present Concern

1. **Field of Choice of the students:** Since last several years, we have witnessed major shift from science to management as the field chosen by majority of students. We wanted to see the new trend.
2. **Most popular course**
3. **Nepalese University most liked by the students**
4. **Percentage of Nepalese students wanting to go abroad for education**

Picture of Collected Data in Percentage

S.N.	Field of Study	Choice of Course	Choice of University	Opting to Go Abroad	Remarks
1.	Science : 39.22%	BBA: 32.35%	K.U. : 25.49%	Yes: 59.80%	
2.	Management: 57.84%	BHM: 08.82%	Pokhara: 02.94%		
3.	Humanities: 01.96%	BIT: 22.55%	Purbanchal: 07.84%		
4.	Others: 00.98%	Others: 36.27%	TU: 49.02%	No: 40.20%	
5.			Others: 14.71%		
	100.00%	100.00%	100.00%	100.00%	

Analysis of available data

1. 58 percent of the students are in the Management stream followed by Science with 39 percent.
2. BBA is the single most liked subject with 32.35%, followed by BIT with 22.55%.
3. 49 percent of the students favor TU, 25.49% like KU and put it in the second place, while Purbanchal has been put in the third place with 8 percent liking.
4. 60 percent of the students want to go abroad for further study.

(By: Binaya Kattel for SWARC)