

Southwestern Business College

NEWSLETTER

BAISAKH 2080

INDIVIDUAL FOCUS SERIES—50

Dr. Jayahari Raj Pandey

We were going through the many aspects covered by Individual Focus Series. We had found reason of socializing and how the character factor and faith-in-self helped. As we might have understood that all the factors and issues that we are discussing under this series are correlated, and they are not like one step then another step. Understanding them in totality, erasing inherent misconceptions, and moving ahead in peace should be taken as the final good outcome of this series. **Management is the art of living in present: then only you can notice, analyze and practice honestly, effectively and successfully. “If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present.” -- Lao Tzu**

Thus: LEARN THE ART TO BE AT PEACE!

Burning Question is: **How to be at PEACE?**

Answer is : By FINDING OUT : ‘WHAT IS YOUR GENIUS?’

In the words of Albert Einstein: ‘ EVERYBODY IS A GENIUS’

"If your parents ever measured you as a child, they had you stand against a wall, and made a little pencil mark on the wall to show your growth. They did not measure you against your brother, or the neighbor's kids, or kids on TV. When you measure your growth, make sure to only measure your today self by your past self. If you compare your relationships, your success, or your anything against anyone else, you are not being fair to you. Everyone has a different path, a different pace, and different challenges to face along the way."

-- Doe Zantamata

But the reality in most of the cases are people fail to see the truth of the results of such comparisons , and often are seen as announcing self-wisdom by comparing sons/ daughters with siblings or friends or relatives of their ages. Not only this, teachers, coaches, instructors, mentors simply follow this method with the expectation that those whom such comparisons have been thrown will ultimately realize their mistakes or lacking and will correct themselves towards following the footsteps of those whose illustrations and examples have been taken. Little do these people realize that such comparisons will only backfire and too in two directions: they don't like such comparisons and they will revolt silently or openly (developments of a kind of negativity), and even if some tried to take the

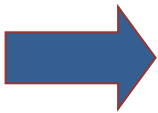
footsteps of others they will only stumble because their originality will get lost.

This Genius aspect prevalent within all of us is gaining more and more focus- but in the academic franchise only. It is generally taken that the academic life of a person is just 8 percent over the span of life (The calculation takes study years starting from 2 till 22 years of age and duration in average of each day being one fifth of the total time period. Thus, taking 80 years as the average active years of all of us, and deducting the sleeping hours of 8 hours a day as the non-conscious period, our clear awakened period for our lifetime will be 53 years. Within those 53 years of conscious time, just 4 years is the academic time on an average way: some might read for 9 hours a day and others 2 hours; similarly, some might study till PhD and others get dropped out after 12). For one thing, the things that we learn in our earlier stages of our lives become part of our beings as the agenda of life in those days are fewer and concentration on those few agenda becomes more acute. Simply, if this significant agenda are inserted within us right from the beginning (i.e. the earliest part of learning – at home and at school) and the focus continued from all angles of learning and shaping us, nobody will get confused. This can be regarded as the situation of perfection where everybody or most of us will be their original self. In such a situation, we, taking the task of providing BBA education would not have taken the responsibility of awakening our students into the ground reality. Let's go through one quotation by 'Stephen Covey'- as follows:

"Every human has four endowments - self-awareness, conscience, independent will, and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change."

The quotation speaks pure reality. That is the genius aspect. We all have them, and if we are not fed with wrong-information and confusing statements at different occasions/ courses/ periods of time, there can be no doubt that we all would have been our original self. However, the world has crude characters as well as ignorant mass- who either have ill intentions and thus create disturbing scenarios, or does not realize the repercussions of their sayings and actions, and unknowingly confuse others and instill fear as well uncertainty within them. Hence, the remedy is the outer counseling to throw away the layers of confusions/fears/dilemmas/uncertainties created by the above characters, and thus reawaken the parts.

The quotation of Albert Einstein tries to reach to the bottom of non-realization by us on the Prevalence of genius within us by forwarding a sound example of not to judge a fish on its ability to climb a tree. There is also one story of similar kind in which all the animals and creatures in a jungle decided to create a system of ruling in which able people are awarded and promoted further. They appointed a monkey (of certain post-holder) to draft or design a system. The syllabus that came out was based on the ability to climb. Naturally, all who could climb were proclaimed as genius, and elephants/camels/cows etc. were seen in queue to enroll their off-springs in the coaching centers of climbing. This can also be taken as a satire for the wrong education system. We, here, have no intention, to enter into the field. Our concern is the over-all development of the students who have joined us, and Individual Focus is the instrument chosen and designed by us as the remedial measure towards awakening them.



Welcome Program/ Farewell Program/ Annual Award Ceremony 2080

As again like last Year, we had the prestigious Presence of our Respected Vice Chancellor Prof. Dr. Yadav Raj Koirala as the Chief Guest of the Program. We took it as Rare opportunity for all of us- specially the students- that number one personality of our University was with us for such a long period of time awarding the winners under various categories, witnessing varied performances , and enthusing all through his thought-provoking and motivational speech. We all are so Grateful towards out VC Sir!

Our Chairperson Dr. Krishna Bahadur Karki graced the Program as the Chair; and our Directors Prof. Dr. Vishnu Pandey, Mr. Dhani Ram Oli, and Mrs Shova Devi Silwal gave their valuable presence as the Special Guests of the significant program. The presence of Mr. Sunil Nepali, Mr. Gokul Bhandari, Mr. Dol Raj Dhakal, Mrs. Sajani Nepal, Mrs. Sushma Shrestha, Mr. Rudra Hari Gyawali, Mr. Sagar Upadhyaya, Mr. Krishna Uchai, Mr.Dev Hari Gyawali as the Guests of the program acted like spices during the whole proceedings of the event.

The occasion awarded many performers under wide-ranging sorts which included winnings in sports and other regular competitive activities. The highlighted winners were Ms. Sajani Nepal as the Teacher of the Year winning a Cash Prize of Rs. 5000/-, a certificate and a memento; Aayush Kharel and Sushma Lama as the joint winners of Student of the Year winning a Cash Prize of Rs. 2500 each, and certificate and memento for each; and Rohit Khadgi and Manisha Rana as Mr. and Ms. FRESHER winning Sash and Cups.









Agenda of the Program

Date: April 24, 2023

First Part- Introductory

Emcee- Ms. Nani Maiya Dangol, PC

- 1) Call On Dias (Chairman, Chief Guest, Guest, BOD).
- 2) Garlanding the CHIEF GUEST and the Guests.
- 3) National Anthem.
- 4) Inauguration by the Chief Guest.
- 5) Welcome Speech by the Campus Chief.

Second Part- Welcome

Emcee by Second Semester (Ms. Anuska KC, & Mr. Chime Dorje Lama)

- 1) Name Calling of the New Students.
- 2) Badge Distribution to the Freshers.
- 3) Welcome Dance by Ms. Binita Malla, Swastika Baral, Sushmita Pyakurel, and Sanisha Maharjan (2nd Semester). "Gurung SONG"
- 4) GIFTS to new students
- 5) Group Dance: Puja Grung, Nisha Thapa, Sajana Khadka, Shruti, Barsha: Nepali Mixed Song
- 6) Welcome Speech by Ms. Sajita Shrestha.
- 7) FRESHER SHOW ROUND ONE- Introduction of Mr. and Ms Fresher and Ramp Walk (collaboration: **Sajani Nepal**)

Third Part- Farewell**Emcee: (Ms. Laxmi Sherma & Mr. Dipak Lamichhane)**

- 1) Name Calling of the Students (the pass-outs).
- 2) Badge Distribution to the Students (the pass-outs).
- 3) Farewell Song: Ayush Kharel : ‘Maya.....’
- 4) Farewell Speech by Mr. Pawan Neupane
- 5) Farewell Dance on Nepali Mixed Song: Rachana and Puja (6th Sem)
- 6) Memento to the pass-outs
- 7) Farewell Song: Pawan Neupane: English Song :
- 8) FRESHER SHOW ROUND TWO - Talent Show of Mr. and Ms Fresher (collaboration: **Sushma Shrestha**)

Fourth Part –Awards Distribution Program**Emcee- Ms. Nani Maiya Dangol, PC**

1. Attendance Focus Awards
2. Dance by Manisha, and Rasmita (1st Semester). ‘ Pritika Kura’
3. Academic Excellence Awards
4. Solo Dance by Sneha Khatri : English Mixed song
5. Appreciation Awards: (a) Teachers , and (b) students for activities
6. Dance by Mr. Santosh Magar and Sushma Lama ‘Malai Maitai Sukha Xa’ : (4th Sem).

Fifth Part- Major Awards Distribution Program for Year 2021**Ms. Nani Maiya Dangol, PC**

1. Students of the year
2. Prize Distribution
3. Teacher of the year
4. Prize Distribution
5. Cultural Dance: Nisha, Manisha Khatri, Barsa Gurung, Sruti Gurung, Juju Gurung and Anish Bogati: Janata Saili Jane ho Ghar

Sixth Part- Addresses**Emcee: Ms. Nani Maiya Dangol, PC**

- On behalf of BODs
- Chief Guest Prof. Dr. Yadav Raj Koirala, VC, PU
- Chair Person Dr. Krishna Bahadur Karki
- Memento to the Chief Guest
- Song: Samrat and Sima

Seventh Part- Mr. /Ms Fresher Show ROUND THREE by: Mr. Sagar Upadhyaya**(Judge Panel- (Ms. Sajani Nepal, Mr. Sagar Upadhyaya, and Shusma Shrestha)**

1. Distribution Sheet For Audience Marks
2. Question Answer Round

Song by Mr. Supraj and Nabin

- Mr. /Ms. Fresher announcement by the Judge panel.
- Congratulation and Prize Distribution to Mr. /Ms Freshers.
- Token of Love to Mr. / Ms Fresher of last year
- GIFTS to ACTIVE VOLUNTEERS

Awarded persons in the Ceremony 2020

S.N.	Recipients	Criteria	Ranking	Remarks
1.	Sajani Nepal, Faculty	Teacher of the Year	Number One	Cash Prize, Token of Love and Certificate
2.	Sushma Lama, 4 th Sem	Student of the Year	Number One	Cash Prize, Token of Love and Certificate
3.	AayushKharel, 8 th Sem	Student of the Year	Number One	Cash Prize, Token of Love and Certificate

4.	Satarkata Shrestha	Academic Excellence Award	3.675 in Board Result	Certificate
5.	Suzan tamang	Academic Excellence Award	3.665 in Board Result	Certificate
6.	SushmitaKunwar	Academic Excellence Award	3.665 in Board Result	Certificate
7.	Ajita K.C.	Academic Excellence Award	3.665 in Board Result	Certificate
8.	Amit Khanal	Academic Excellence Award	3.6 in Board Result	Certificate
9.	RanjuKhanal	Academic Excellence Award	3.6 in Board Result	Certificate
10.	Manish BahadurGurung	Academic Excellence Award	3.55 in Board Result	Certificate
11.	VarshaShahi	Academic Excellence Award	3.535 in Board Result	Certificate
12.	Rijan Shrestha,	Academic Excellence Award	3.49 in Board Result	Certificate
13.	NiteshBaniya	Academic Excellence Award	3.46 in Board Result	Certificate
14.	Sumana Shrestha	Academic Excellence Award	3.46 in Board Result	Certificate
15.	Bharat Tamang	Academic Excellence Award	3.41 in Board Result	Certificate
16.	PrakritiNeupane	Academic Excellence Award	3.4 in Board Result	Certificate
17.	Sajagta Shrestha	Academic Excellence Award	3.165in Board Result	Certificate
18.	Sangam Acharya, 8 th sem	Academic Excellence Award	3.625 in Board Result	Certificate and Gift Voucher
19.	Sobit Pant, 8 th sem	Academic Excellence Award	3.575 in Board Result	Certificate
20.	PawanNeupane, 8 th sem	Academic Excellence Award	3.525 in Board Result	Certificate
21.	AayushKharel, 8 th sem	Academic Excellence Award	3.475 in Board Result	Certificate
22.	AnupaBishwokarma, 8 th sem	Academic Excellence Award	3.42 in Board Result	Certificate
23.	DipakLamichhane, 8 th sem	Academic Excellence Award	3.375 in Board Result	Certificate
24.	AshmaRai, 8 th sem	Academic Excellence Award	3.35 in Board Result	Certificate
25.	SushmitaShahi, 8 th sem	Academic	3.35 in Board Result	Certificate

		Excellence Award		
26.	PoojaBishwokarma, 6 th sem	Academic Excellence Award	3.575in Board Result	Certificate and Gift Voucher
27.	RachanaPokharel, 6 th Sem	Academic Excellence Award	3.5in Board Result	Certificate
28.	ManishaTimalsina, 6 th sem	Academic Excellence Award	3.475 in Board Result	Certificate
29.	Salina Pyakurel, 6 th sem	Academic Excellence Award	3.15 in Board Result	Certificate
30	Sushma Lama, 4 th sem	Academic Excellence Award	3.475 in Board Result	Certificate
31.	Bibidh Khatri, 4 th sem	Academic Excellence Award	3.425 in Board Result	Certificate
32.	Shanti Gautam, 4 th sem	Academic Excellence Award	3.4 in Board Result	Certificate
33.	Ashish Giri, 2 nd sem	Academic Excellence Award	79% in Final Result	Certificate
34.	Puja Gurung , 2 nd Sem	Academic Excellence Award	77% in Final Result	Certificate
35	SushmitaPyakurel, 2 nd sem	Academic Excellence Award	76% in Final Result	Certificate
36.	AakritiRai, 2 nd sem	Academic Excellence Award	74% in Final Result	Certificate
37.	Shrijana Chaudhary, 2 nd Sem	Academic Excellence Award	74% in Final Result	Certificate
38.	SumanaSenchuri, 2 nd sem	Academic Excellence Award	73% in Final Result	Certificate
39.	Juju Gurung, 2 nd sem	Academic Excellence Award	73% in Final Result	Certificate
40.	BinitaMallaThakuri, 2 nd sem	Academic Excellence Award	73% in Final Result	Certificate
41.	Karina Bhujel, 2 nd Sem	Academic Excellence Award	72% in Final Result	Certificate
42.	Supraj Shrestha, 2 nd Sem	Academic Excellence Award	72% in Final Result	Certificate
43.	Sajita Shrestha, 2 nd sem	Academic Excellence Award	72% in Final Result	Certificate
44.	YujinaBasnet, 2 nd sem	Academic Excellence Award	71% in Final Result	Certificate
45.	SushmitaKumariPanjiyar, 8 th sem	Attendance Focus Award	78%	Certificate
46.	SunmayaGhartiMagar, 6 th sem	Attendance Focus Award	79%	Certificate

47.	NirmalaKhadka, 4 th sem	Attendance Focus Award	94%	Certificate + gift voucher and Token of love
48.	Sushma Lama, 4 th sem	Attendance Focus Award	94%	Certificate + gift voucher and Token of love
49.	AsthaSubedi, 4 th sem	Attendance Focus Award	91%	Certificate + gift voucher and Token of love
50.	Puja ThapaMagar, 4 th sem	Attendance Focus Award	85%	Certificate + gift voucher
51.	AasthaKarki, 4 th sem	Attendance Focus Award	78%	Certificate
52.	ReeyazManandhar, 4 th sem	Attendance Focus Award	78%	Certificate
53.	Sajita Shrestha, 2 nd sem	Attendance Focus Award	97%	Certificate + Gift Voucher and Token of Love
54.	LalitGotame, 2 nd sem	Attendance Focus Award	87%	Certificate and Gift Voucher
55.	Puja Gurung, 2 nd sem	Attendance Focus Award	84%	Certificate and Gift Voucher
56.	Srijana Chaudhary, 2 nd sem	Attendance Focus Award	82%	Certificate and Gift Voucher
57.	SajanaKhadka, 2 nd sem	Attendance Focus Award	82%	Certificate and Gift Voucher
58.	Karina Bhujel, 2 nd sem	Attendance Focus Award	79%	Certificate
59.	Supraj Shrestha, 2 nd sem	Attendance Focus Award	79%	Certificate
60.	SabiraAdhikari, 2 nd sem	Attendance Focus Award	78%	Certificate
61.	BinitaMalla, Thakuri, 2 nd sem	Attendance Focus Award	76%	Certificate
62.	Chime Dorjee Lama, 2 nd sem	Attendance Focus Award	76%	Certificate
63.	PoojaBishwokarma, 6 th sem	Report writing Competition	1 st	Certificate
64.	AsthaSubedi, 4 th sem	Report writing Competition	1 st	Certificate
65.	Sajanakhadka, 2 nd sem	Report writing Competition	1 st	Certificate
66.	RachanaPokhrel, 6 th sem	Report writing Competition	2 nd	Certificate
67.	Shanti Gautam, 4 th sem	Report writing Competition	2 nd	Certificate

68.	SushmitaPyakurel, 2 nd sem	Report writing Competition	2 nd	Certificate
69.	ReeyazManadhar, 4 th sem	Report writing Competition	3 rd	Certificate
70.	Utkrist Shrestha, 6 th sem	Report writing Competition	3 rd	Certificate
71.	Soniya Thapa, 2 nd sem	Report writing Competition	3 rd	Certificate
72.	Salina Pyakurel, 6 th sem	Speech Competition	1 st	certificate
73.	ReeyazManandhar, 4 th sem	Speech Competition	1 st	certificate
74.	Dinesh Bhandari, 6 th sem	Speech Competition	2 nd	certificate
75.	Shanti Gautam, 4 th sem	Speech Competition	2 nd	certificate
76.	ManishaTimalsina, 6 th sem	Speech Competition	3 rd	certificate
77.	Sushma Lama, 4 th sem	Speech Competition	3 rd	certificate
78.	SunmayaGhartiMagar, 6 th sem	Quiz Competition	1 st	Certificate
79.	Swastika Shrestha, 6 th sem	Quiz Competition	1 st	Certificate
80.	UshaChhyantyal, 6 th sem	Quiz Competition	1 st	Certificate
81.	SaritaDangol, 4 th sem	Quiz Competition	1 st	Certificate
82.	Puja ThapaMagar, 4 th sem	Quiz Competition	1 st	Certificate
83.	Anuska Chand Thakuri, 4 th sem	Quiz Competition	1 st	Certificate
84.	YujinaBasnet, 2 nd sem	Quiz Competition	1 st	Certificate
85.	BinitaMalla, 2 nd sem	Quiz Competition	1 st	Certificate
86.	LalitGotam, 2 nd sem	Quiz Competition	1 st	Certificate
87.	ShanisnaMaharjan, 2 nd sem	Quiz Competition	1 st	Certificate
88.	RasmitaGurung, 1 st sem	Quiz Competition	1 st	Certificate
89.	BalkumariGhale, 1 st sem	Quiz Competition	1 st	Certificate
90.	ChetanGhartiMagar, 1 st , sem	Quiz Competition	1 st	Certificate
91.	SudinDhakal, 1 st sem	Quiz Competition	1 st	Certificate
92.	SunmayaGhartiMagar, 6 th sem	Inter-Semester Quiz Competition	1 st	Certificate
93.	ManishaTimalsina, 6 th sem	Inter-Semester Quiz Competition	1 st	Certificate
94.	RejinaDahal, 6 th sem	Inter-Semester Quiz Competition	1 st	Certificate
95.	UshaChhyantyal, 6 th sem	Inter-Semester Quiz Competition	1 st	Certificate
96.	NirmalaKhadka, 4 th sem	Inter-Semester Quiz Competition	2 nd	Certificate

97.	ReyazManandhar, 4 th sem	Inter-Semester Quiz Competition	2 nd	Certificate
98.	NishaChhyantyal, 4 th sem	Inter-Semester Quiz Competition	2 nd	Certificate
99.	Shanti Gautam, 4 th sem	Inter-Semester Quiz Competition	2 nd	Certificate
100.	NabinBasnet, 2 nd sem	Inter-Semester Quiz Competition	3 rd	Certificate
101.	Chime Dorjee Lama, 2 nd sem	Inter-Semester Quiz Competition	3 rd	Certificate
102.	SamarpanaRaut, 2 nd sem	Inter-Semester Quiz Competition	3 rd	Certificate
103.	JuhiGiri, 2 nd sem	Inter-Semester Quiz Competition	3 rd	Certificate
104.	SushmitaKumariPanjiyar, 8 th sem	Inter-Semester Quiz Competition	4 th	Certificate
105.	AshmaRai, 8 th sem	Inter-Semester Quiz Competition	4 th	Certificate
106.	MamataRai, 8 th sem	Inter-Semester Quiz Competition	4 th	Certificate
107.	LaxmiSherma, 8 th sem	Inter-Semester Quiz Competition	4 th	Certificate
108.	RachanaPokhrel 6 th sem	Presentation Competition	1 st	Certificate
109.	ReeyazManandhar, 4 th sem	Presentation Competition	1 st	Certificate
110.	Sajita Shrestha, 2 nd sem	Presentation Competition	1 st	Certificate
111.	Asbin Shrestha, 1 st sem	Presentation Competition	1 st	Certificate
112.	DamberBishwokarma, 6 th sem	Story Narration Competition	1 st	Certificate
113.	AnjuGhale, 6 th sem	Story Narration Competition	1 st	Certificate
114.	Sushma Lama, 4 th sem	Story Narration Competition	1 st	Certificate
115.	Asbin Shrestha, 1 st sem	Story Narration Competition	1 st	Certificate
116.	PoojaBishwokarma, 6 th sem	Free writing Competition	1 st	Certificate
117.	Sushma Lama, 4 th sem	Free writing Competition	1 st	Certificate
118.	Sushma Lama, 4 th sem	Futsal (Girls)	1 st	Certificate

119	Pooja Lama, 4 th sem	Futsal (Girls)	1 st	Certificate
120.	Ronisha Shrestha, 6 th sem	Futsal (Girls)	1 st	Certificate
121.	NabinaGhale, 6 th sem	Futsal (Girls)	1 st	Certificate
122.	LaxmiSherma, 6 th sem	Futsal (Girls)	1 st	Certificate
123.	SaritaDangol, 4 th sem	Futsal (Girls)	1 st	Certificate
124.	Rijan Shrestha	Futsal (Boys)	1 st	Certificate
125.	Manish BahadurGurung	Futsal (Boys)	1 st	Certificate
126.	RewajManandhar	Futsal (Boys)	1 st	Certificate
127.	ApilLamichhane	Futsal (Boys)	1 st	Certificate
128.	Rabin Shrestha	Futsal (Boys)	1 st	Certificate
129.	ShrijanAdhikar	Futsal (Boys)	1 st	Certificate
130.	SulavKhadka	Futsal (Boys)	1 st	Certificate
131.	SagarDangol	Futsal (Boys)	1 st	Certificate
132.	Rijan Shrestha	Basketball	1 st	Certificate
133.	Manish BahadurGurung	Basketball	1 st	Certificate
134.	ApilLamichhane	Basketball	1 st	Certificate
135.	Rabin Shrestha	Basketball	1 st	Certificate
136.	SulavKhadka	Basketball	1 st	Certificate
137.	SagarDangol	Basketball	1 st	Certificate
138.	ShrutiGurung, 2 nd sem	Badminton (Girls)	1 st	Certificate
139.	Sajagta Shrestha	Badminton (Girls)	2 nd	Certificate
140.	ManojKumal	Badminton (Boys)	1 st	Certificate
141.	SagarDangol	Badminton (Boys)	2 nd	Certificate
142.	Sobit Pant, 8 th sem	Ludo	1 st	Certificate
143.	NirmalKhadka, 4 th sem	Ludo	2 nd	Certificate
144.	ReeyazManandhar, 4 th sem	Ludo	3 rd	Certificate
145.	ManojKumal	Chess	1 st	Certificate
146.	Manish BahadurGurung	Chess	2 nd	Certificate
147.	Swastika Baral, 2 nd sem	Table Tennis	1 st	Certificate
148.	ShrutiGurung, 2 nd sem	Table Tennis	2 nd	Certificate
149.	Juju Gurung, 2 nd sem	Table Tennis	1 st	Certificate
150.	NiteshBaniya	Table Tennis	2 nd	Certificate
151.	AayushKharel, 8 th sem			
152.	Sushma Lama, 4 th sem	Tug of War (Girls)	1 st	Certificate

153.	SajanaKhadka, 2 nd sem	Tug of War (Girls)	1 st	Certificate
154.	ShanisnaMaharjan, 2 nd sem	Tug of War (Girls)	1 st	Certificate
155.	Rabin Shrestha	Tug of War	1 st	Certificate
156.	SulavKhadka	Tug of War (Boys)	1 st	Certificate
157.	Dinesh Bhandari, 6 th sem	Tug of War (Boys)	1 st	Certificate
158.	DipakLamichhane, 8 th sem	Tug of War (Boys)	1 st	Certificate
159.	Sangam Acharya, 8 th sem	Tug of War (Boys)	1 st	Certificate
160.	Santosh Magar, 4 th sem	Tug of War (Boys)	1 st	Certificate
161.	NabinBasnet, 2 nd sem	Tug of War (Boys)	1 st	Certificate
162.	DolrajDhakal	FACULTY	Good Educator	Certificate
163.	SagarUpadhyaya	FACULTY	Good Educator	Certificate
164.	Sajani Nepal	FACULTY	Good Educator	Certificate
165.	Sushma Shrestha	FACULTY	Good Educator	Certificate
166.	NaniMaiyaDangol	FACULTY	Good Educator	Certificate
167.	Sunil Nepali	FACULTY	Good Educator	Certificate
168.	RudraHariGyawali	FACULTY	Good Educator	Certificate
169.	NabarajDawadi	FACULTY	Good Educator	Certificate



SPORTS WEEK 2080 Baisakh 6th to 10th (April 19th – 23rd , 2023)

This year, there were seven events as follows:

1. Futsal
2. Badminton
3. TT
4. Basketball
5. Chess
6. Ludo
7. Tug of War

All the games were again separated for the Boys and the Girls. In a way, there were 14 events. We can know the names of the winners in the Award Ceremony List.







