

Southwestern Business College

NEWSLETTER

ASAR 2080

INDIVIDUAL FOCUS SERIES—52

Dr. Jayahari Raj Pandey

So, Individual Focus is also to make everybody understand the simple theory of nature that use of force in the matters of our daily lives are usually done by either those who want short term result (but not permanent) or those who are ignorant and inexperienced. Force always backfires- time factor applies. And the irony of the matter is that those who use force are not able to read the resistance caused by the force. We have earlier examples of historic short – World War Two (for example), or day-to-day resistance in the business world (may be employee resistance to change). We have the example of parachute opening due to which the speed of the skydiving slows down a lot: this is the cause of the air resistance. For our purpose, we are talking about the force that our anger or attitude produces and are applied to fellow human beings. If we try to enter into more complicated issues than human beings, it will require enough evidences and materials as well as analysis of a new kind requiring research-based tactics.

To simplify the argument, we have a few valuable quotations from the great and experienced personalities of the world at different time frames, as follows:

“A tree that is unbending is easily broken.”

- Lao Tzu

“When you encounter difficulties and contradictions,
do not try to break them, but bend them with gentleness and time.”

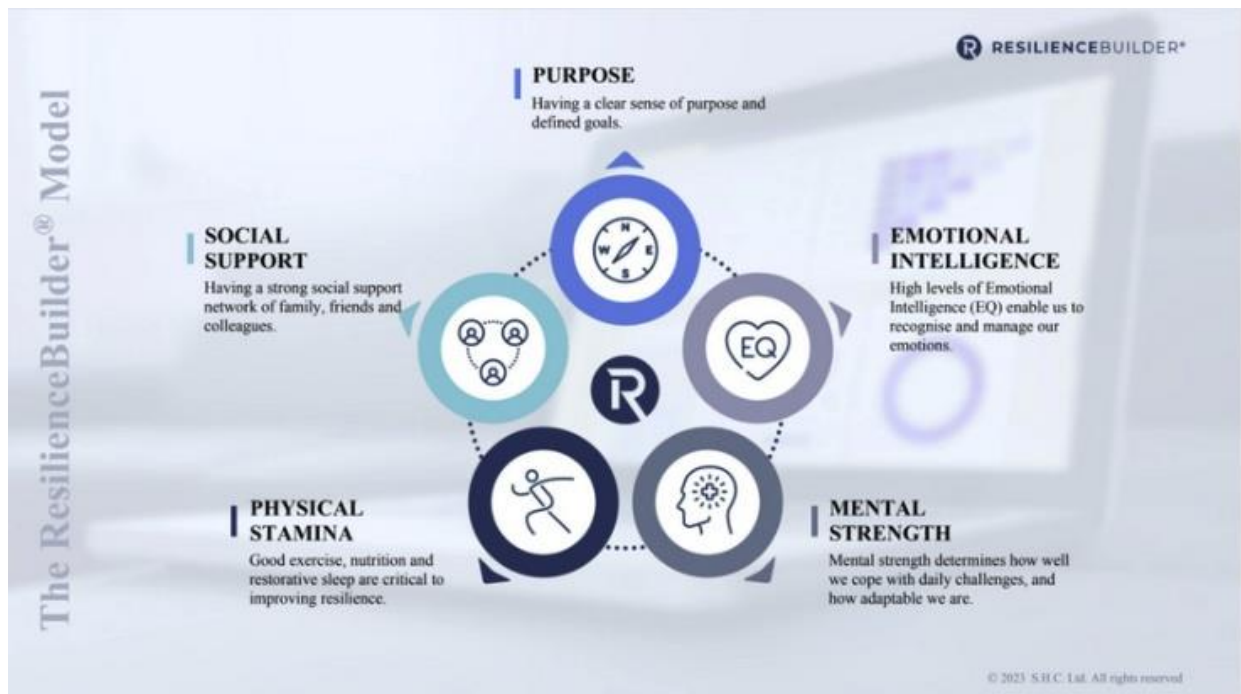
- Saint Francis de Sales

“Do not attempt to conquer the world with force,
for force only causes resistance.”

- Lao Tzu

However, we should not take the matter in the sense that we should always be far from force. There are various aspects of our applications which need force, and they can be force in expressing ourselves correctly, force in showing our concerns to our loved ones/ friends/ families, force in remaining firm so as not to be dominated by those whom we don't like, force in concentration so as to get ourselves involved completely, force in dedication to complete our deeds properly, force in remaining self-confident, force in listening exactly, force in self-control so as not to be swayed in wrong-doings, force in maintaining character, and so on. Similarly, the force is needed in maintaining the correct composure with a mix of all the ingredients while facing difficulties. During my MBA, as a student at TU, Ram Prasad Rajbahak Sir- who later became State Minister for Industry and Commerce under PM Dr. Tulsi Giri, had related a very interesting fact on difficulties. Our dear Sir, who was famous for his unique style of taking vivid examples and analyzing facts on the surface level, had said that ‘difficulties will not be same for

everyone'. He had taken an example of how dropping three objects potato, egg, and tea leaves in the hot water will have three different reactions: potato will become soft, the egg will be harder, and the tea leaves will immerse. It will be notable here that nature of your difficulty and another's might be the same, but your thinking level, consciousness level, the resilience factor will create the difference. Of late, we are using the elaborate model developed by Steve Howe, founder of RESILIENCEBUILDER® to make our students understand the prominent issues (5 pillars of resilience within an individual which also determines its level in a company) that play vital role in solving the difficulties. With deep appreciation to Steve Howe, we are using his model for the benefit of our readers: as below:



Resilience is recognized as the inner vehicle within us which creates a Force to be optimistic, be more resourceful, and maintain emotional stability. Hence, we should develop Force within us to have resilience which makes us socially competent with an extra edge of self-regulation. In short, it is the capacity to adapt oneself to new challenges and circumstances which demand high level of force to own needed flexibility in thinking, behavior, and execution in terms of internal and external demands.

We had started this series with the clear message that use of Force hampers relationship with the people (the term has been used to indicate all spheres of activities which involve dealing with one or more persons) and the result gained there from will either be negative from the beginning, or it will be short-lived. However, use of Force inside us and thereby changing our perspective, thinking, maneuvers, styles, behaviors, and manners is considered as the most needed aspect. Hence, use FORCE internally, not externally. Nonetheless, there is another side of the use of Force. Force also might be needed externally for justice cause, or for the sake of raising voice or making bold statements against wrong-doings! There is one recent example. In September 2023, Ford came up with one-day symposium named 'Free Future 2023: Preventing Gender Violence Around the World' which saw personalities like Professor Anita Hill, Catalina Devandas, Dr. Fatima Maada Bio, Tarana Burke, Geeta Mishra, Roxane Gay, Tarcila Rivera Zea, Amada Nguyen, among others, voicing their perspectives and presenting arguments forcefully. Such

forces in ideas and putting point of views are also the products of internal force – since they are not directed towards one or some individual/s with personal distaste or self vendetta; rather they are against some evil, a number of crime, and injustice.

DEBATE COMPETITION 2080: 7TH SEMESTER, 2080.03.08 (June 23rd 2023)

Topic: STOCK MARKET IS SIMILAR TO GAMBLING

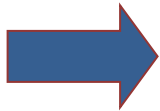


Judge: Ms. Pramila Nepal **Proceedings**

1. Honoring the Judge by Khada presentation
2. Self Introduction with brief outline of the significance of DEBATE by the Judge
3. Briefing of the rules : step one- presentation of self-views in 3 minutes, step two- 5 minutes to all to present arguments for and against self-case and preceding case respectively, step three- conclusion of the view within three minutes.



| Group | | | Group Type | Comments | Position |
|-------|----------------------|-------------------|------------|------------------------|----------|
| A | Pooja Biswokarma | Rachana Pokharel | FOR | Nice Voice, no gesture | SECOND |
| B | Sunmaya Gharti Magar | Dambar B K | AGAINST | Gesture & Voice so -so | THIRD |
| C | Dinesh Bhandari | Seema Bhurtel | FOR | Good Gesture, Conf | FIRST |
| D | Usha Thapa | Manisha Timalcina | AGAINST | | |



DEBATE COMPETITION 2080: 3rd SEM, 2080.03.11 (June 26th 2023)

Topic: SOCIAL MEDIA BRINGS MORE HARM THAN GOOD

Judge: Ms. Pramila Nepal

Proceedings

1. Honoring the Judge by Khada presentation
2. Self Introduction with brief outline of the significance of DEBATE by the Judge
3. Briefing of the rules : step one- presentation of self-views in 3 minutes, step two- 5 minutes to all to present arguments for and against self-case and preceding case respectively, step three- conclusion of the view within three minutes.



| GROUP | | | GROUP TYPE | Comments | Position |
|-------|-------------------|-------------------|------------|------------------|----------|
| A | Nabin Basnet | Ashish Giri | FOR | | |
| B | Srijana Chaudhary | Sajita Shrestha | AGAINST | | THIRD |
| C | Shruti Gurung | Nisha Thapa | FOR | Strong Contender | |
| D | Sajana Khadka | Lalit Gotame | AGAINST | Strong Contender | |
| E | Akriti Rai | Pooja Gurung | FOR | | |
| F | Binita Malla | Karina Bhujel | AGAINST | | FIRST |
| G | Yujina Basnet | Chime Dorje Lama | FOR | | |
| H | Sushmita Pyakurel | Shanisha Maharjan | FOR | | SECOND |

INTER-SEMESTER QUIZ COMPETITION 2080: (28TH June, 2023) 2080.03.13



This was the Annual Program between the winning teams of the respective semesters. The lottery system allotted 1st Sem as Group C, 3rd Sem as Group D, 5th Sem as Group B, and 7th Sem as Group A. The completion had four rounds: (a) GK and Current Affairs, (b) History, (c) Business & Management, and (d) Rapid Fire. Each Team had the privilege of choosing Q.N. from each group of questions in every round.

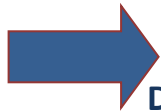


In every round, teams were asked 5 questions each. The Team got 30 seconds for a fresh question, and 10 seconds for a Passed question. Right answer for fresh question got 10 points, while it was 5 points for the passed one. There was no negative marking for wrong answer in the first three rounds. In the Final Rapid Fire Round, 5 sets of questions of 9 each were prepared all of which, one by one, were open to be replied by all the teams within 50 seconds (under the initiator system).





| GROUPS | ROUND 1 | ROUND 2 | ROUND 3 | ROUND 4 | TOTAL | RANKING |
|---------|---------|---------|---------|---------|-------|---------------|
| Group A | 15 | 20 | 15 | -5 | 45 | |
| Group B | 40 | 35 | 20 | 20 | 115 | FIRST |
| Group C | 20 | 20 | 35 | 05 | 80 | SECOND |
| Group D | 20 | 05 | 25 | 05 | 55 | THIRD |



DEBATE COMPETITION 2080: 5TH SEMESTER, 2080.03.15 (June 30th 2023)

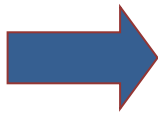
Topic: KNOWLEDGE IS MORE IMPORTANT THAN CREATIVITY



Judge: Ms. Pramila Nepal **Proceedings**

1. Honoring the Judge by Khada presentation
2. Self Introduction with brief outline of the significance of DEBATE by the Judge
3. Briefing of the rules : step one- presentation of self-views in 3 minutes, step two- 5 minutes to all to present arguments for and against self-case and preceding case respectively, step three- conclusion of the view within three minutes.

| Group | | | Group Type | Comments | Position |
|-------|------------------|----------------------|------------|-----------------|----------|
| A | Baibav Bista | Sushma Lama | FOR | | FIRST |
| B | Angila Rai | Nirmala Khadka | FOR | Missed narrowly | |
| C | Aayush Shrestha | Ghanendra K Panjiyar | AGAINST | | THIRD |
| D | Nisha Chhantyal | Ashok Gurung | AGAINST | | SECOND |
| F | Reeyaz Manandhar | Sarita Dangol | AGAINST | Missed Narrowly | |



INTERN AT START-UP WORLD CUP- 2023: 2080.03.21 (6TH July 2023),

- Venue:** Rashtriya Nach Ghar, Jamal, Kathmandu
- Nature of Program:** Partnership/Collaboration of Start-Up Hub Nepal with some Govt. and Non-Govt stakeholders
- Goal:** Select one Best Business Idea: who will participate the Final Event at US
- Opportunity for Intern:** Learning about the whole mechanism, and event mgmt. techniques
- Recognition to Intern:** Through Certificates
- Winner of the event:** Galli Map & Raj Bikram Maharjan
- Judge:** Lokraj Sharma, Hempal Shrestha, and Pradeep Kadel

| S.N. | Name | Marks of Report | S.N. | Name | Marks of Report |
|------|------------------|-----------------|------|-------------------|-----------------|
| 1 | Akriti Rai | 7 | 2 | Lalit Gotame | 7 |
| 3 | Soniya Thapa | 8 | 4 | Karina Bhujel | 7 |
| 5 | Susmita Pyakurel | 8 | 6 | Chime Dorje Lama | 7 |
| 7 | Sajita Shrestha | 9 | 8 | Srijana Chaudhary | 7 |
| 9 | Anuska KC | | | | |

