

Southwestern Business College

NEWSLETTER

SHRAWAN 2080

INDIVIDUAL FOCUS SERIES—53

Dr. Jayahari Raj Pandey

The only journey is the one within.
- Rainer Maria Rilke

Talking of outside journey, we all are, sometime or other, engaged in some trips or voyages. They are of varied kinds and with diverse purposes. Many of the times, during the course, we miss the intended point, and rather get blessed with something surprising – either with a new awakening, or of some rewarding kind. Recently, I was in a family journey (6 members) to Kashmir. The journey got started with flight to Delhi on Day One followed by another flight to Sri Nagar on day Two. I remembered Kashmir from my college days through Hindi movies (back then it was a very popular destination for movie-shooting), and Hindi books. In between all these years, the intention of making a trip to this wonderful destination was not materialized owing to the fear factor originated from the disturbed situation around the area. Within last few years, the words had spread about the normalcy in the existing circumstances and the growing flow of the tourists in the area. Let's come to some related parts which have connections to this series.

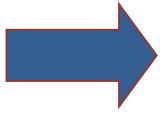
On Day 6th, our itinerary item was to go to Gulmarg (2 hours drive from our Hotel at Shreenagar), take the pre-booked Gondola ride, come back, take lunch while returning on the way, visit few shops, and if the time permitted go to the border for a 'take-a-glance' sort of thing. 3 things became very noticeable for me in a life-time way. First was, the suggestion made by our driver on how to deal with taxis and pony-owners. Second was the false information given to us previously by the tour makers regarding the Gondola ride. Third was the emphasis of the driver to cut short everything and rather focus on shopping. Human beings are blessed with intelligence. With it, we have been able to bring around lots of possibilities in our lives, create wide range of opportunities for all, and advent higher stages towards understanding many of the nature's mysteries. That has been possible through systematic utilization of our intelligence. Contrarily, our inability to organize our intelligence properly may become, ultimately, a source of problem, unhappiness, and sufferings to ourselves. Shortly, in such cases the same intellect which has been the root of our intense capability works against us. Linking this factor to the above-mentioned journey, it apparently seemed that the tour-maker and the driver had been of the habit to make short and instant benefits on the cost of the long-term result. We had been suspicious of the intentions of the driver on Day 3rd itself when he proposed a shop for saffron (our main item of shopping) and some dry fruits. Two of us had some idea about the price of Saffron, and the comparison gave a fair advantage. Tastes of some dry fruits (almond and walnut) were superb, and the saffron honey & apple honey sounded interesting. Till this point, we had no grudge against the driver though we were pretty sure that he had made some good commission out of our big bill. That happens everywhere. However, it should be within the pure understanding between the shopkeeper and the agent that the price of the goods will not get hiked and the quality will not be compromised. The

commission will be the usual one being offered as under customary basis. Next item of itinerary was the visit to the Cricket Bat Factory – there were so many in the area- which gave insight of a new understanding. Now it was lunch time. We were taken to one restaurant which was set within the compound of one Apple Farm. Apparently, one could easily understand that the Restaurant wanted to serve the visitors of the Farm. The look was not very promising. However, we were sure that the driver must have brought us here due to the food quality. To our utter dissatisfaction, the food was not good. None of us could eat properly. Not one item (of the total of nine items) was delicious. After the payment, I met one Nepali boy (from Butwal) who worked there and he was so happy to see me and do the talking. He shared about his dissatisfaction there due to two reasons: low salary, and dilution in food. As the days went by, his statement gained confirmation. From next day onwards after the food there, all of us were in problems related with digestive system. This was too bad. The driver, who was entrusted as the local guide, was, on high chance, compromising his role seemingly for the sake of his personal benefit on such matters which tampered with other's health. We had offered lunch to him also, and he had declined our suggestion. It gave us some ground for suspicion. We told him nothing. But, in later days on two occasions, we ignored his suggestion of lunch. In one occasion, we checked our itinerary to find out that our lunch that day was already covered and it had given the venue name also. However, he had tried to convince us by making a call to some staff at the trip-making-place that the lunch was not there. We went through the details of the itinerary and made a call to some senior personnel to get the confirmation. Another occasion was our last day at Shrinagar. He was repeatedly proposing for a very good place for lunch which was taken as unnoticed by us. The same day, we had found out that the Gondola ride at Gulmarg were of two phases, while we were told about only one and the booking was made of only one phase : thereby deputing the remaining time of the day for the border visit, shopping and lunch. After coming to know about another gondola phase, and non-possibility of making the extension due to non-booking, we decided to go there through pony ride. It will be mentionable here that previously while coming to the gondola station from the hotel the driver was emphasizing on the cheating practice of the locals and especially the pony owners. Perhaps, he wanted to make sure that we will not venture for a pony ride after his strong warnings. However, we wanted to be at the snow place, and were able to make a comfortable deal with the pony owners as well as the helper also. The half an hour pony ride, super quality fun time of more than one hour in the snow, and another half an hour for return at the gondola station proved to be a worthy decision than would-be almost the same time had it been spent for the shopping and a trip to the border. What I learnt from the entire trip was the reconfirmation of my own judgment based on trips to different parts of the world that you can never be sure of the intention of each and every person unless you meet and deal with him/ her. On the one hand, human beings are not good or bad on the entire content and context. It depends on the circumstance, relationship, time, understanding level, existing mood and reciprocation. Hence, it demands careful analysis which naturally demands alertness on the high level.

Similarly, life, in totality, is a journey within. Obviously, we are required to be alert all the time- judging the situations, and making ourselves able to deal with the demands of each of the steps of the situation. In doing so, our and only our originality matters – with our own thinking endorsing the awareness of one's goals and desires, signifying independence , and strongly believing that the self interests should gain precedence over others'.

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

-- Elizabeth Kubler-Ross



SPEECH COMPETITION 2080: 7TH SEMESTER, 2080.04.02

Topic: THE RISE OF E-COMMERCE

Judge: Mr. Nabaraj Dawadi

Rules

1. **Duration:** 3 minutes each
2. **Prohibition:** Use of mobile and note copy during speech
3. **Topic:** Same for all
4. **Facilitation by:** Nani Maiya Dangol
5. **Support from:** a student of the same batch (time management volunteer)

S.N.	Name	Rank	Content (20)	Org (15)	Voice (3)	Eloquence (3)	B.L. (3)	T.M. (3)	Ori (3)	Total (50)
1.	Rejina Dahal									
2.	Salina Pyakurel		15	12	3	2	2.5	2	2.5	39
3.	Swastika Shrestha		10	10	2	1.5	2.5	2	2	30
4.	Usha Chhantyal	Second	16	12.5	3	2.5	2.5	2.5	3	42
5.	Usha Pokharel									
6.	Usha Thapa									
7.	Manisha Timalsina									
8.	Rachana Pokharel	First	16	14	3	2.5	2.5	2.5	3	43.5
9.	Seema Bhurtel	Third	14	14	2.5	2.5	2.5	2	2	39.5
10.	Pooja Biswokarma	Second	16	12.5	3	2.5	2.5	2.5	3	42
11.	Dambar Biswokarma		14	12	2	2.5	2.5	2	2	37

NOTES: Org= Organization of Speech; B.L.= Body Language; T.M.= Time Management; Ori= Originality



FACULTY DEVELOPMENT PROGRAM: 6TH Shrawan 2080, 22ND July 2023

Objectives

1. To provide information on New Teaching Techniques as per PU's FDP (held recently in Kathmandu and participated by two Faculties of our College)
2. To share ideas among Faculty members of SWBC
3. To improve the performance of the Faculty

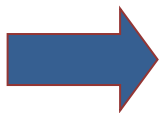
Proceedings

1. Program started at 10 a.m. (after scheduled Breakfast)
2. National Anthem
3. Campus Chief shed some light on the significance of the program
4. Academic Director started First Session of the One Day Workshop – by sharing the detail information about the required factors which can make the class joyful as well as maintain the interests of the students on the context.
5. Welcome of the Dean of Faculty of Management Prof. Dr. Biju Kumar Thapaliya with Khada
6. Inauguration of the Workshop from the Dean Sir by cutting the Ribbons

7. Welcome of SWBC Director Bijaya Sagar Pradhan with Khada
8. Dean Sir's class 'Why is it necessary to adopt the new Methodology in Teaching?' – with experience sharing and detailing of advancement in Pedagogy
9. Director Pradhan expressed on his understanding of FDP – which worked globally
10. Presentation of the Token of Appreciation to the Dean Sir
11. Lunch Break
12. Second Session started by Faculty Rudra Hari Gyawali Sir: it was on Case Studies – procedure to establish new Company, capital generation and market strategy
13. Simulation Game : facilitated by Ashish Mishra: formation of 5 groups (leader, physician, photographer, porter, and mountaineering experts) in which every group was given certain conditions requiring them to present their suggestions/ plans/ decisions to the Leader for final decision
14. Self evaluation : self-learning style
15. Distribution of Certificates
16. Photograph Session

Name	Status	Name	Status	Name	Status
Prof Dr. Biju Kumar Thapaliya	Present	Dr. Jayahari Raj Pandey	Present	Mr. Bijaya Sagar Pradhan	Present
Mr. Ashish Kumar Mishra	Present	Mrs. Nani Maiya Dangol	Present	Mr. Rudra Hari Gyawali	Present
Nabaraj Dawadi	Present	Mr. Dolraj Dhakal	Present	Mrs. Sushma Shrestha	Present
Mrs. Sajani Nepal	Present	Mr. Krishna Bahadur Uchai	Present	Mr. Sunil Nepali	Present
Mr. Rom Nath Rimal	Present	Mr. Prashant Raj Neupane	Present	Mr. Dev Hari Gyawali	Present
Mr. Babu Ram Sharma	Present	Mr. Prem Bahadur Bohara	Absent	Mr. Rajendra K.C.	Absent





SPEECH COMPETITION 2080: 3rd SEMESTER, 2080.04.15 Monday

Topic: Corruption in Business Corporate Practices

Judge: Mrs. Sajani Nepal

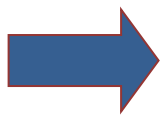
Rules

1. **Duration:** 3 minutes each;
2. **Prohibition:** Use of mobile and note copy during speech
4. **Topic:** Same for all
4. **Facilitation by:** Nani Maiya Dangol
5. **Support from:** a student of the same batch (time management volunteer)

S.N.	Name	Rank	Content (20)	Org (15)	Voice (3)	Eloquence (3)	B.L. (3)	T. M. (3)	Ori (3)	Total (50)
1.	Akriti Rai	NQ	10		3	2	2	3	3	23
2.	Anish Bogati	Volunteer								
3.	Binita Malla	Second	15	10	3	3	3	3	3	40
4.	Ashish Giri		5	6			1		1	13
5.	Lalit Gotame		12	8	3	2	1	2	1	29
6.	Nabin Basnet	NQ								
7.	Sajana Khadka	NQ								
8.	Sajita Shrestha	Third	14	10	3	3	1.5	2.5	3	37
9.	Srijana Chaudhary		13	8	3	2	1	2	3	32
10.	Sabira Adhikari		8	5	3	2	3	2	3	26
11.	Supraj Shrestha		13	10	3	2	1	2	2	33
12.	Sushmita Pyakurel	FIRST	16	11	3	3	3	3	3	42
13.	Sudip Pun	NQ								
14.	Manisha Khatri		11	5	3	2	2	2	1	26

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SPEECH COMPETITION 2080: 5th SEMESTER, 2080.04.16 Tuesday (1st August 2023)

Topic: Digital Banking- Emerging Challenges of Banking World

Judge: Mrs. Sushma Shrestha

Rules

2. **Duration:** 3 minutes each; 2. **Prohibition:** Use of mobile and note copy during speech
6. **Topic:** Same for all 4. **Facilitation by:** Nani Maiya Dangol
7. **Support from:** a student of the same batch (time management volunteer)

S.N.	Name	Rank	Content (20)	Org (15)	Voice (3)	Eloquence (3)	B.L. (3)	T. M. (3)	Ori (3)	Total (50)
1.	Aastha Karki	NQ								
2.	Anjila Rai		10	10	2	2	2	2	2	30
3.	Anuska Chand Thakuri		12	10	3	3	3	2	3	36
4.	Ashok Gurung		5	5	1	1	1	1	1	15
5.	Aastha Subedi		15	12	3	3	3	2	3	41
6.	Bibidh Khatri		15	13	3	3	3	2	3	42
7.	Ichchha Tamang		5	5	2	2	2	1	1	18
8.	Nirmala Khadka		10	10	2	2	2	2	2	30
9.	Nisha Chhantyal	THIRD	18	13	3	3	3	3	3	46
10.	Pooja Lama		10	10	2	2	3	2	2	31
11.	Puja Thapa Magar		10	10	3	3	3	2	2	33
12.	Reeyaz Manandhar	SECOND	18	14	3	3	3	3	3	47
13.	Sarita Dangol		17	14	3	2	2	2	3	43
14.	Shanti Gautam		17	14	3	2	3	2	3	44
15.	Shrena Amatya		10	10	2	2	2	1	1	28
16.	Sushma Lama	FIRST	19	14	3	3	3	3	3	48
17.	Baivab Bista		8	8	2	2	3	2	2	27
18.	Santosh Magar		5	5	2	2	2	1	1	18
19.	Melina Magar	Volunteer								

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DIGITAL BANKING LITERACY PROGRAM: 2080.04.29 (14TH Aug 2023) Monday

VENUE: College Hall

TIME: 8 am

Facilitator and Sponsor: Global IME Bank Ltd.

Team of Global IME Bank Ltd: Branch Manager Mr. Sudip Wagle, Instructor Mrs. Manisha Dhital & other 6 members

Decoration materials: Banner, Leaflets, and other subject-related materials

Role of Mrs. Manisha Dhital: (a) Detail information providing on Global IME Bank, its transactions, transactional procedures, its services and products; (b) reasons of making transactions through Bank; (c) ways of making Digital Banking more secure

Proceedings: (a) Summarization of the First Session by a participant Sushma Lama

(b) Summarization of the Second session by another participant Manisha Adhikari

(c) Tokens of Love to both the participants

(d) Interaction Session which was highly participative

(e) Sum up by Branch Manager: Encouraging to SAVE, and Urging to enter banking transaction

(f) Exchange of Tokens of Love (from College to the Bank, and to the College from the Bank)

(g) Lunch Box Distribution

(h) Group photo

3 rd	Sumana Senchuri	3 rd	Srijana Chaudhari	3 rd	Sabira Adhikari	2 nd	Sneha Khatri
2 nd	Aashrika Basnet	7 th	Suraj BK	2 nd	Manisa Rana	2 nd	Divya Malla
2 nd	Bal Kumari Ghale	3 rd	Supraj Shrestha	2 nd	Rasmita Gurung	3 rd	Nabin Basnet
3 rd	Ashish Giri	3 rd	Chime Dorje Lama	3 rd	Sudip Pun	3 rd	Juhi Giri
3 rd	Akriti Rai	3 rd	Anuska KC	3 rd	Sanisna Maharjan	3 rd	Binita Malla

3 rd	Sushmita Pyakurel	3 rd	Soniya Thapa	3 rd	Karina Bhujel	5 th	Nirmala Khadka
5 th	Manashi Adhikari	3 rd	Shruti Gurung	3 rd	Barsha Gurung	3 rd	Nisha Thapa
3 rd	Puja Gurung	5 th	Bibidh Khatri	5 th	Ghanendra Panjiyar	5 th	Aayush Shrestha
5 th	Nisha Chhantyal	5 th	Reeyaz Manandhar	5 th	Angila Rai	5 th	Sushma Lama
5 th	Astha Karki	5 th	Shanti Gautam	2 nd	Tulasa Poddar	2 nd	Sabin Ghimire
2 nd	Anisha Lamichhane	2 nd	Swastika Acharya	5 th	Sarita Dangol	5 th	Amisha Tamng
5 th	Anuska C Thakuri	2 nd	Chetan Gharti Magar	5 th	Puja Thapa Magar	2 nd	Sudin Dhakal
2 nd	Mrinal Adhikari	2 nd	Asbin Shrestha	2 nd	Dinesh Khadka	2 nd	Anup Mishra
2 nd	Nurbu Tamang	2 nd	Suman Karki	2 nd	Ram C Shrestha	2 nd	Samrat Srestha
2 nd	Mausam Basnet	2 nd	Arbin Gurung	2 nd	Sangharsa Tamang	2 nd	Rohit Khadgi
2 nd	Shital Maharjan	2 nd	Sneha Tamang	2 nd	Pratima Uparkoti	2 nd	Sima Rana
2 nd	Nirjala Soleman	2 nd	Sita Shrestha	2 nd	Simran Khadka	3 rd	Nabin Shrestha
5 th	Ashok Gurung						

