

Southwestern Business College

NEWSLETTER

BHADRA 2080

INDIVIDUAL FOCUS SERIES—54

Dr. Jayahari Raj Pandey

In the last series, we had ended up with the grasping of the journey within. I think it will still be more relevant and our understanding more focused if we analyzed it from another angle. Mahabharata is considered as a famous reading by many viewpoints: the then portrayal of the society, the prevalence good and bad sides within the same human being, significance of ego factor in the destruction of a human being and his/her total areas of control and influence, and, most significantly, the emphasis on the workings of the natural force which make it sure that anything that you throw comes back. Bottom line is: 'do good and receive good'. In the words of Swami Sachchidananda: **“All your actions are echoes.”**

Our focus is, definitely and necessarily, to make each and every student smart. Smartness is the basic requirement for all of us to be satisfied and thus become successful. However, we see and find many who have cultivated a feeling that smartness is the power to outsmart others. Outsmarting means finding ways to make others believe in you or your methods/deliveries. This is totally different than making others see the realities and thus be convinced. That way, nobody needs to think of the ways of impressing others! The originality and the simplicity are always highly convincing.

It is always the simple that produces the marvelous.

- Amelia Barr

When you are simple, you become free of unnecessary tension. You become free of needless suspicions. Few days ago, we were in an Annual General Meeting. Towards the end of the meeting, a participant thought it wise to share a story – being circulated widely, of late. A poor person was without a job, and had difficulty in even managing two meals a day. One day, he was invited for a Prasad at a religious ceremony inside a Palace- like house. After getting the tasty full meal of the Prasad, he was asked to come again for another 10 days at exactly the same time. He was very happy, and reached there always on time. On the last day, he was also offered some clothes, and an envelope with money. With excitement, he asked the reason of being fed as well as presented with clothes and money. The priest replied, knowing the ignorance level of the person, that the God was happy with him. With more exhilaration, the person asked: where does the God live? 'At Brindavan' was the reply of the priest. After a few days, when the money in the envelope was finished, he tried to find some job – but in vain. Then, sensing the helping nature of the God, he decided to write a letter to the God. The letter was not long, but he thanked the God for his food and gifts, and his inability to find a job; and requested to send him Rs. 2,000 as the survival amount for some time. Putting his short letter inside an envelope, he closed it, wrote the address as 'Bhagawan, Brindawan', and posted it at the post office affixing a stamp on it. He put his name on the left side of the envelope, and had given his address as the same Palace-

like house from where he had got delicious food for 11 days. The post office people, while screening the letters, found this one as strange, and put it aside on a pile of incomplete or wrong address. The person began to visit the Palace-like house everyday enquiring whether there was a letter for him. After a week, he sent another reminder letter to the God; waited for another five days, and resent still another reminder. Repeatedly, the post office people were puzzled. They decided to open all the letters sent by the person. After getting five such reminders, the post office people were impressed by the level of innocence of the person, and, with a sense of pity and kindness, decided to help the person by donating from themselves at the rate of Rupees three hundred per person. The five persons collected a sum of Rupees fifteen hundred, and sent the money to the person at the mentioned address. At last, the person was very happy by receiving a letter from the God. However, next day it was the turn of the post-office people to get a big shock by another letter from the person again addressed to the God which read: "Thank you so much God for sending me the money! However, from next time kindly send me the money directly in my given-address since the post office people seemed to be greedy, they have kept five hundred Rupees with themselves, and handed over only fifteen hundred to me".

Hence, many people have a strange habit and tendency of judging others with suspicions-oblivious of their own lacking of knowledge on the issue. The above-mentioned story-type narrative is just an example of a person who is lazy, who does not go into the depth of the subject matter, and who develops a habit of distrust to all the issues unknown to him. Our experience has a finding that such strange habits can be cured through developing another habit of regular reading. I just would like to share something which might be relevant here. I have read somewhere that an attendant of an international flight was asked "what do intelligence people do in their free time?" The attendant, though not wanting to offend the economy class passengers in general, replied that most of the passengers in the economy class spent most of the time watching a movie or playing games or engaging in some kind of entertainment, while most of the people in the business class read books. Relevantly, we also strongly advise our students to develop a habit of reading books not only because of the knowledge factor, but also because this habit stimulates the brain as well as improves the imagination capacity and empathy factor- all of which are directly related with our over-all aptitude of dealing with life's challenges. It is often heard and also read constantly that human beings are the masters of avoidance. To overcome the intense shortcoming, emotional grittiness is determined as the main ingredient. In other words, regular reading habit enables a person to turn into the reality. This is a stage when one would be able to laugh at himself/herself. This is also the phase when one believes in self. The following quotations try to reflect on both the above-mentioned stages- which, many a times, become synonyms.

"If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself."

-- Charles M. Schulz

"Confidence sells - people believe in those who believe in themselves. No one wants to be stuck in a room with other people who feel like they don't deserve to be there. Stop wondering if you're good enough. Know you are and start acting like it."

-- Simon Black

HIKING PROGRAM: 3RD AND 7TH Semesters: 2080.05.01 (18th August 2023)

It was a unique experience for the 23 students led by Program Coordinator Nani Maiya Dangol and supported by Faculty Krishna Uchai Sir. The bus drive to and fro Sundarimal gave solace to the morning expectations of progressing to the main agenda of hiking as soon as possible and reaching home soon in the evening after tiring exertions of the whole day. The hiking started immediately after completing the ticketing procedure, and completed at around 6 pm in the evening.

Manisha Timilsina, 7 th	Nabin Paudel, 7 th	Pooja Biswokarma, 7 th	Rachana Pokharel, 7 th
Rejina Dahal, 7 th	Salina Pyakurel, 7 th	Sunmaya Gharti Magar	Swastika Shrestha, 7 th
Usha Chhantyal, 7 th	Usha Pokharel, 7 th	Usha Thapa, 7 th	Aakriti Rai, 3 rd
Anuska K.C., 3 rd	Binita Malla, 3 rd	Chime Dorjee Lama, 3 rd	Juhi Giri, 3 rd
Manisha Khatri, 3 rd	Nabin Basnet, 3 rd	Nabin Shrestha, 3 rd	Shanisna Maharjan, 3 rd
Supraj Shrestha, 3 rd	Sushmita Pyakurel, 3 rd	Lalit Gotame, 3 rd	Anish Bogati, 3 rd





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INTER-SEMESTER SPEECH COMPETITION (3RD, 5TH, & 7TH):2080.05.15

Subject: The Right to Education: Empowering Minds;

Date: September 1, 2023

Content of Speech (20), Organization of Speech (15), Voice (3), Eloquence (3), Body Language (3), Time Management (3), and Originality (3) made the total of 50 marks as the basis for judgment for the 3 judges Sushma Shrestha, Sajani Nepal and Nani Maiya Dangol.

Binita Malla: 47.50 FIRST	Nisha Chhantyal: Absent	Pooja B.K. : Absent	Rachana Pokharel: 44.50 Second	Reeyaz Manandhar: Absent
Sajita Shrestha: 44.00 Third	Seema Bhurtel: Absent	Sushma Lama: Absent	Sushmita Pyakurel: 35.00	Usha Chhantyal: 23



Participants with the judges



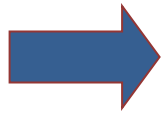
Rachana, Binita , and Sajita



TEEJ CELEBRATION PROGRAM: 2080 Bhadra 22 (8th September 2023)

The informal program, participated by students of 7th, 5th and 2nd Semesters, was hosted by Salina Pyakurel of 7th Semester. It had the music-based performances like Group Dance and Free Dance as well as Musical Chair Competition followed by HANDI FORNE competition. Winners were: Anisha Shrestha, Krishna Uchai, Rasmita Gurung, Manisha Timilsina, Nabin Poudel and Sunmaya Gharti Magar from Musical Chair game; Ashok Gurung from Handi Forne Game. The program was followed by Lunch.





Purbanchal University FOOTSAL CUP 2080: 2023 September



PURBANCHAL UNIVERSITY FUTSAL CUP 2080 KATHMANDU, NEPAL

Tie-Sheet

Round 1

Date	Match	Team	Time
September 3 rd	Match 1	KAHS Football Team VS Acme	11:30 AM
September 3 rd	Match 2	Team Gateway VS Acme A	12:30 AM
September 3 rd	Match 3	SWBC Team VS White House A	01:30 PM
September 3 rd	Match 4	Khwopa Engineering College VS The Kist Code	02:30 PM
September 4 th	Match 6	Team KCC VS Kasthamandap College of Management	09:30 AM
September 4 th	Match 9	Hillside College VS Team Geomatic	10:30 AM
September 4 th	Match 10	Team Sagarmatha VS ACAS	11:30 AM
September 4 th	Match 11	Orchid College VS Kantipur United A	12:30 PM
September 5 th	Match 5	Team Zenith VS Team Karnali	09:30 AM
September 5 th	Match 7	White House Team B VS PU GPCAR/PUCEF	10:30 AM
September 5 th	Match 8	PUSOE VS CBEAS	11:30 AM
September 5 th	Match 12	Kantipur United B VS Khwopa	12:30 AM
September 5 th	Match 13	KDBC VS PUSOM	01:30 AM

Round 2

Date	Match	Team	Time
September 7 th	Match 14	Winner of Match 1 VS Winner of Match 2	09:30 AM
September 7 th	Match 15	Winner of Match 3 VS Winner of Match 4	10:30 AM
September 7 th	Match 16	Winner of Match 6 VS Winner of Match 7	11:30 AM
September 8 th	Match 17	Winner of Match 8 VS Winner of Match 9	09:30 AM
September 8 th	Match 18	Winner of Match 10 VS Winner of Match 11	10:30 AM
September 8 th	Match 19	Winner of Match 12 VS Winner of Match 13	11:30 AM

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★ Not yet rated (0 reviews)

Purbanchal University Futsal Cup
1h · 🌐

Doubling the excitement! 🎉 Welcoming 'Southwestern Business School' and 'Kantipur City College' to the Purbanchal University Futsal Cup lineup. The stage is set for an epic clash of skills and determination on the futsal pitch! 🏆🔥

#PurbanchalFutsalCup #NewContenders #FutsalFever"

📍 Sujan Gurung

📖 1 🗨️ 🔄

