

Southwestern Business College

NEWSLETTER

MANGSIR 2080

INDIVIDUAL FOCUS SERIES—57

Dr. Jayahari Raj Pandey

If one is an Indian film follower or watcher, he/ she would know Hrithik Roshan, the renowned actor, who had given many successful films since last twenty plus years and is known for his distinct dancing ability. But, it seems odd or unbelievable to know that he was very shy during his school years, was a bad stammer, and lacked friends or girl friends. Further, as per the doctors he had problems with his spine due to which the prediction was that he will not be able to dance. However, the determination and the sheer practice brought out the actual person. That is called the ability to discover and know the real 'you', and working genuinely hard to make the inner 'you' surface out so that you could live authentically – without pretence and with contentment. This is one simple example taken as a case in point to make the perceptible of our previous discussion effortless. However, when we talk on practice, we should clearly understand that the practice should be smart, and one should not go on practicing dumbly or repeating the same thing over and over again without the application of thinking. Practice demands total awareness of what one wants, what are the lacking, what are the areas to improve, and constant realization of improvements- if any as well as when, how and where to intervene so as to gain satisfaction towards the movement to excellence – not perfection: since the word is unachievable. These days, new group of words are in use rather than practice makes perfect, and they are: practice makes progress. However, our own words, which we use often to our students, are that practice makes one habituated. It is the state of coming out from within you automatically.

The above discussion of habit making relates with the areas which concerns our work-skills development. We all must have realized that there are other major skills which relate with effective dealing with the people. In a way, it can be described as the 'Psychological phenomenon' which converts itself into the frequency of trust. It is the relationship- building mechanism, and there are many tips for the same from the experts. Few examples will certainly help us towards realization of the areas which can be or should be developed into the habit pattern. Similarly, there are several examples of instances in which people have learnt the mastery to sideline or control their unnecessary/ disadvantageous emotions. I have tried to deal with them by going through some quotations of which seven is related with the relationship aspect, and the last one is linked with emotion. Additionally, sociological concept of tolerance is regarded as another vital aspect towards relationship building.

"Immature people always want to win an argument, even at the cost of a relationship. Mature people understand that it's always better to lose an argument and win a relationship."

~ Author Unknown

“Blessed is he who has learned to admire but not envy,
to follow but not imitate, to praise but not flatter,
and to lead but not manipulate.”

- William Arthur Ward (1921-1994 writer, educator, and church lay leader)

"Whenever you are about to find fault with someone, ask yourself the following question: What fault of mine most nearly resembles the one I am about to criticize?"

-- Marcus Aurelius

It is also described in another way in a book I have read many years ago which urges us to remember, before criticizing anyone, that other people might not have the advantages that we had.

Many of us must have read or heard about **Mahabharat**, Sanskrit epic of ancient India famous for its worldly practical teachings, in which the central figure Shri Krishna - sharing his wisdom while guiding the Pandavas – says that there are 5 reasons of downfalls of human beings and they are **Over-Sleep, Anger, Fear, Tiredness and the Habit of Work Postponement**. I am taking the reference of this primeval teaching because they seem to be exactly applicable always and everywhere.

"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

Let no one think that flexibility
and a predisposition to compromise
is a sign of weakness or a sell-out.

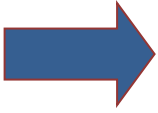
- Paul Kagame

If I feel depressed I will sing.
If I feel sad I will laugh.
If I feel ill I will double my labor.
If I feel fear I will plunge ahead.
If I feel inferior I will wear new garments.
If I feel uncertain I will raise my voice.
If I feel poverty I will think of wealth to come.
If I feel incompetent I will think of past success.
If I feel insignificant I will remember my goals.
Today I will be the master of my emotions.

- Og Mandino

From the above lines from many, we can also surmise that getting in touch with our emotions and having a healthy mechanism of healing (we should find our own system) will automatically make us capable of building relationships. In short, positive relationship building is a very significant soft skill

which applies equally in our personal as well as professional lives. This skill added with the technical work-skill becomes our internal and external skills which are so essential for our overall success.

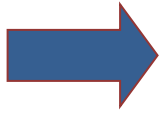


PRESENTATION COMPETITION – 4TH Sem; DATE- 22 Mangsir 2080 (8th Dec 2023), Friday

Optional Topics (Selection of one)

1. Five small efforts to fight Climate Change
2. Life on social media vs Real life
3. Water scarcity and conservation
4. The dark side of AI
5. 12 common skills of a successful business

S.N.	Name	Marks	S.N.	Name	Marks
	Ashish Giri	39	2.	Binita Malla	41
3.	Chime Dorge Lama	33	4.	Lalit Gotame	31
5.	Nabin Basnet	40	6.	Sajita Shrestha	39
7.	Srijana Chaudhary	34	8.	Sumana Senchuri	40
9.	Sushmita Pyakurel	42 WINNER			



PRESENTATION COMPETITION – 6TH Sem; DATE- 21 Mangsir 2080 (7th Dec 2023), Thursday

Optional Topics (Selection of one)

1. Five small efforts to fight Climate Change (**ONE**)
2. Life on social media vs Real life (**TWO**)
3. Water scarcity and conservation (**THREE**)
4. The dark side of AI (**FOUR**)
5. 12 common skills of a successful business (**FIVE**)

S.N.	Name	Marks	Chosen Subject	S.N.	Name	Marks	Chosen Subject
1.	Aayush Shrestha	43		2.	Bibidh Khatri	37	ONE
3.	Nirmala Khadka	41		4.	Nisha Chhantyal	44	ONE
5.	Reeyaz Manandhar	44	FOUR	6.	Sushma Lama	42	FIVE
7.	Puja Thapa Magar			8.	Sarita Dangol		
9.	Anuska Chand Thakuri			10.	Shrena Amatya		
11.	Baivab Bista			12.	Ashok Lama Gurung		
13.	Astha Subedi			14.	Angila Rai		

The presentations were evaluated on the basis of Content, Organization of Presentation, Voice, Eloquence, Body Language, and Time Management.