

# Southwestern Business College

## NEWSLETTER

POUSH 2080

### INDIVIDUAL FOCUS SERIES—58

Dr. Jayahari Raj Pandey

In the last episode, we had ended up talking on relationships. Let us start with a new quotation on the same, as follows:

“The possibility of rich relationships exists all around you – you simply have to open your eyes, open your mouth, and most importantly, open your heart.” – **Cheryl Richardson**

Till now, we have moved through many aspects related with Individual Focus Series. It might be the right time to revisit the areas and find out whether they come under different stages of ‘my SWBC’. To start with, the objective of Individual Focus program is to help the students in being conscious of their true self, and come out with it - submerged into the added practical worldly values.

Towards the same, there have been some divisions into a few stages which will ultimately goad the students to the main target. The stages are as follows:

1. **STAGE of SWBC WILL:** SWBC will or spirit is expressed within the program ‘Individual Focus’ itself. Thus, it will ask all to:
  - Find your Genius
  - Practice to be Real you
  - Be Conscious of Practical
  - Be Habituated to a Character-based life
2. **STAGE of SWBC WEALTH:** Money has its own significance, but of only good money. The inclination, with full realization of the power of money and its utilization, should be to encourage the students to create wealth through their ideas, labor, innovation, creation, skill, and hard-work.
3. **STAGE of MY SWBC:** It is to grow a sense of ownership to all the aspects in which one is involved. The student, everyday, is supposed to spend 4 plus hours in the college premises. During the period, they go through classes of different subjects divulging into new aspects, have new meetings with friends ( with newer angles and additional facets of new plus mixed feelings), go through varied conversations or dealings with the management staffs, and get involved in games or eateries ( canteen) or other leisurely aspects. Occasionally, there are competitions, activities, programs, participations, involvements, visits which need preparations, anticipations, expectations, comparisons, and analysis. All of them are valuable. If we see from long-term perspective, winning or losing, or below-par-performance does not matter much. Since, if we tried earnestly and understandingly, all of them have lessons. However, presence or absence makes a difference. In short, they grow each day individually and professionally. And, we design each of such portions to make all feel belonged. Habit of that sense spreads to other involvements also.
4. **STAGE of SWBC INTELLIGENCE:** Our brain and its power as well as quality can be enhanced through proper feeding. Understanding the material, time, quantity, style leads to the increase in the capacity. We often use the quotation of **Steve Harvey**: "You cannot drive your car

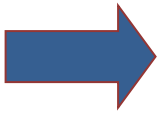
looking at the rear view mirror. Focus on going forward."

5. **STAGE of SWBC Research:** SWBC has a Research Wing: SWARC (Southwestern Academic Research Center), which not only offers varieties of avenues to the students in terms of projects, studies, seminars and data, but also provides them the opportunities to connect with others – mentors, supporters, co-workers, sponsors etc.
6. **STAGE of SWBC Existence:** Healthy ‘being’ is possible through proper and systematic equilibrium between mind and body. We, as human beings, need to be reminded from time to time in such issues till we are ‘Habitual’ into it. SWBC has heavy Focus on this issue, and devises varied modems for the hits of this center of attention. We, often, emphasize on the benefits of ‘being different’ with the help of a widely-used napkin story. It simply is based on the observation that when you put plain white napkin for use at the table, people often are seen using them carelessly or over-using them or throwing away even-unused napkins in the trash. On the other hand, if the napkin is of different bright color like red, they can be seen treating the napkin as something special – no waste rather careful use. It tries to analyze people’s psychological habit of giving importance to something different or better-looking.
7. **STAGE of SWBC Liveliness:** The force or the power which is to come from one’s inner side is based on ‘Motivation’ which is directly related with ‘Understanding of the situation’, and application of that understanding to the aspect-on-hand through experience-based handling. Thus, the program is research-based, and the analysis covers data collected at intervals, and there is enough use of ‘Raconteur’. Main aim is to forward more ways for the maintenance of positive attitude, which is the source of energy.
8. **STAGE of SWBC Vow:**
  - LOVE SELF
  - LOVE OTHERS
  - RESPECT SELF
  - RESPECT OTHERS
9. **STAGE of SWBC Awareness:**
  - USE GOOD FACULTY
  - NO COMPROMISE ON SYLLABUS
  - DEVISE NEWER METHODS OF QUALITATIVE DELIVERY
  - INVOLVE! INVOLVE! INVOLVE!
10. **STAGE of SWBC Privileges & Liberties:** make the students open to or let them have the right to-
  - Available Information
  - Especially Published Materials
  - Access to data
  - Opportunity to be a part of external involvements
  - Highlight themselves through College IT doors
11. **STAGE of SWBC Progression:** WBC recognizes the need of gradual increase in facility, upgrading of the system and delivery through inclusion and use of newest technology, and regular as well as timely trainings to all concerned.

Here, we should be honest that the above-mentioned matters are the ideal theories, and in the application front they have not been covered in full. In the cases of some stages like stage no. 7 and stage No.8, our initiations have not been enough. They are limited to circulars, notices, or off-and-on meetings. However, we have totally systematized the whole framework in terms of Stages 9, 10, 11, and 5. Further, we also are in full realization that the progression of time and the demands of new needs or inventions might require flexibilities on the raised issues and additions of some new one/s. As we know, Flexibility ‘**fosters a culture of collaboration and openness to ideas**’. At the end, Individual Focus is a kind of instrument to make us realize the value of ourselves: To end this session, let’s go through two quotations by **Vivian Greene** and **Gabriel García Márquez** respectively:

“It is not our circumstances that create our discontent or contentment. It is us.”

"What matters in life is not what happens to you but what you remember and how you remember it."



**INDUCTION PROGRAM: BBA and BHM: 2080 Poush 02/05/06(18/21/22 Dec 2023)**













## BBA INDUCTION PROGRAMME of 2023 BATCH (3 Days)

Days/ Time/ Title	<b>DAY 1: DEC 18 2023</b> <b>MONDAY</b>	<b>DAY 2: DEC 21, 2023</b> <b>THURSDAY</b>	<b>DAY 3: DEC 22, 2023</b> <b>FRIDAY</b>
6.30 am-7.30 am <i>Involve</i>	1. PANEL GAME ON BRAND		
6.30 am-7.15 am		<b>Management BINGO: Game</b>	
7.15 am- 8.15 am		<b>The FUTURE: Expert: TN</b>	
7.30am- 8.15 am			<b>A brief session with Pass outs</b>
7.30 am- 8.15 am <i>You all are most Welcome</i>	<ol style="list-style-type: none"> <li>1. Initial &amp; Badge Distribution – 10 minutes: P C/ Host – Mrs. Nani Maiya Dangol</li> <li>2. Diary, Pen, T’shirt distribution</li> <li>3. Willing to risk the usual- 20 min: Campus Chief Dr. J R P</li> <li>4. Welcome Speech- 15 min: Chairperson Dr. Krishna B Karki</li> <li>5. Induction by Lapen Pin</li> </ol>		
8.15 am- 9 am	<b>Take up one Idea: Ashish Kumar Mishra</b>	<b>SWBC Rules: Mr. Ashish Mishra</b>	
8.15 am- 9.15 am			<b>Tongue vs Patience: Expert SG</b>
9.00 am- 9.30 am <i>(Know us)</i>	1. Program Details –Arjun Upadhyaya		
9 am- 10 am		<b>Mgmt TUG of WAR : Game</b>	
9.15 am- 9.30 am			<b>Accounts, Library, Computer Lab: Anisha</b>
9.15 am- 10 am			
9.30am- 10.30 a	<b>RISK FREE: Game</b>		<b>Know Each Other: Game</b>
10 am- 10.30			



## **First Day: GREEN DAY: Freshness and Hope:**

Green is also traditionally associated with money, finances, banking, ambition etc. :

Winner of the GREEN DAY: Alisha Shrestha

## **Second Day: BLUE DAY: Freedom and Imagination:**

Blue also represents meanings of depth, trust, loyalty, sincerity, wisdom, confidence, stability, faith, and intelligence.

Winner of the BLUE DAY: Naresh Chaulagai

## **Second Day: RED DAY: Vigor and Courage:**

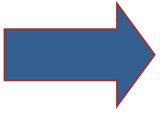
Red symbolizes life. It asserts itself with boldness and daring and expresses itself with pioneering spirit. Red represents the strength and determination. :

Winner of the RED DAY: Bishal Kandel

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### **Highlights**

- 1. Winners of PANEL GAME ON BRAND:** Alisha Shrestha, Anita Chhantyal, Bhim Tamang, Dipa Panjiyar, Panila Lama, Prem Balami, and Yurisha Gurung
- 2. Winner of ‘Take Up One Idea’:** Alisha Shrestha, Apekchhya Thapa, Bishal Kandel, and Sisam Rai
- 3. Winner of BADGE DISTRIBUTION:** Krisika Khadka
- 4. Winner of LAPELPIN DISTRIBUTION:** Krishika Khadka, Pranila Lama, and Sisam Rai
- 5. Winners of Risk Free Game:** Equal marks of all
- 6. Winners of Management Tug of War:** Sunita Baral and Ritesh Khanal
- 7. Winner of ‘The Future’:** Sunita Baral
- 8. Winner of Bingo Game:** Naresh Chaulagai
- 9. Winners of SWBC Rules:** Alisha Shrestha, Krishika Khadka, Naresh Chaulagai, and Kundan Man Shrestha
- 10. Winner of ‘Communication Game’:** Bishal Kandel
- 11. Winners of ‘Tongue vs Patience’ :** Bishal Kandel and Sunita Baral
- 12. Winners of ‘Pass-Out’ Session:** Alisha Shrestha, Apekshya Thapa, Bishal Kandel, Dipa Panjiyar, Krishika Khadka, Kundan Man Shrestha, Prem Balami, Sisam Rai, and Sunita Baral
- 13. Winners in ‘Accounts/ Library’ Session:** Bishal Kandel, and Harshika Shrestha
- 14. Winner of ‘Know Each Other’ :** Dipa Panjiyar
- 15. Pass-out Session by:** Nabina Ghale and Sangam Acharya
- 16. Tongue vs Patience Session:** Guest Lecture Santosh Gurung
- 17. The Future Session:** Guest Lecture Tulsi Niraula

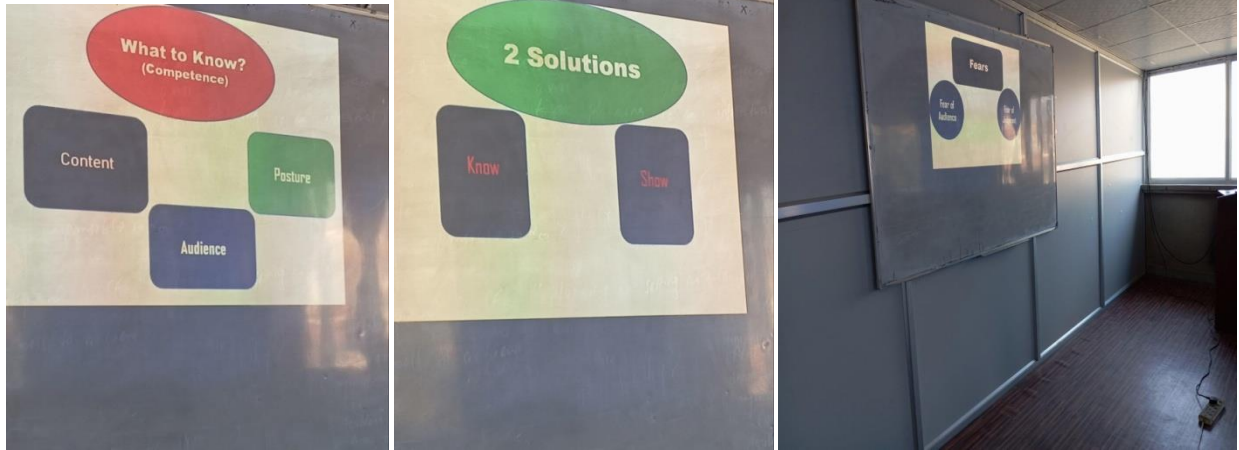


## ORATORY SKILL ENHANCEMENT PROGRAM – 1<sup>st</sup> Sem; DATE- 27<sup>th</sup> Poush 2080 ( 12<sup>th</sup> Jan 2024)

Dr. Salim Khan, Assistant Professor by Profession - with the credit of writer of 40 books on General Management, Public Speaking, and Motivation- thrilled the participants through his expert handling of the subject “ORATORY SKILL ENHANCEMENT”. The period of more than two hours was effectively utilized with the vibrant use of practical mechanisms, deep involvements, and one-to- one- dealing! This can be regarded as one of the rare role as the Resource Persons in our College in which 100 percent of the participants expressed highly in the ‘Feedbacks forms’ right after the program. KUDOS to you Dr. Salim Khan!

S.N.	Name	S.N.	Name	S.N.	Name	S.N.	Name
1.	Alisha Shrestha	2.	Dipa Panjiyar	3.	Rachana Khadka	4.	Puja Kumari Das
5.	Bishal Kandel	6.	Naresh Chaulagai	7.	Suraj Rajbanshi	8.	Kshitiz Gurung
9.	Raj Gurung	10.	Prem Shrestha	11.	Sunita Baral	12.	Parbati Giri
13.	Sushila Tamang	14.	Apekshya Thapa	15.	Ritesh Khanal	16.	Kundan Man Shrestha
17.	Ragini Gurung						



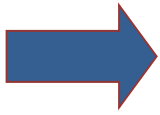


## MANAGEMENT GAME: 4<sup>TH</sup> Sem: 2080.09.23 (8<sup>th</sup> Jan 2024) Monday

The Game got its essence in the form of listening capacity followed by immediate action. Two Groups were formed out of the total participants, and the group was led by one student. They stood in two lines – each student facing another opposite her/him. The Game proceeded in a pair basis, thereby bringing the number of students to half after the end of round one. The same process continued with the remaining students, and the rounds would proceed till the final round with only two students left. Ashish Giri and Binita Malla were the finalists. The winner of the Management Game was Binita Malla.

S.N.	Name	S.N.	Name	S.N.	Name
	Ashish Giri	2.	<b>Binita Malla</b>	3.	Sanisna Maharjan
4.	Chime Dorge Lama	5.	<b>Karina Bhujel</b>	6.	Sabira Adhikari
7.	Nabin Basnet	8.	<b>Nisha Thapa</b>	9.	Yujina Basnet
10.	Srijana Chaudhary	11.	<b>Supraj Shrestha</b>	12.	Sajita Shrestha
13.	Sushmita Pyakurel	14.	Aakriti Rai	15.	Anuska KC
16.	Juhi Giri	17.	Sumana Senchuri	18.	Soniya Thapa

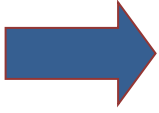




## BUSINESS PHOTOGRAPHY: 1<sup>ST</sup> Sem; 2080.09.22 (7<sup>th</sup> January 2024)

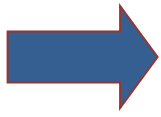
S.N.	Name	Product	Uniqueness of the Idea (5 marks)	Understanding of the Subject (5 marks)	Connection with the theme & Description (5 marks)	Analysis on some aspects (5 marks)	TOTAL (20 marks)
1.	<b>Bimala Dangol</b>	Sha Sha Restaurant	4	4.5	4	4	<b>16.5</b>
2.	<b>Alisha Shrestha</b>	Krishna Pauroti	4	5	4	4	<b>17</b>
3.	<b>Sapana Ghale</b>	Apple Computer	4	4	3	3	<b>14</b>
4.	<b>Naresh Chaulagai</b>	Solar Glass Panel	5	4	3	4	<b>16</b>
5.	<b>Puja Kumari Das</b>	Automatic Bell	4	4	3	3	<b>14</b>
6.	<b>Kundan Shrestha</b>	Khukuri House	4	4	3	4	<b>15</b>
7.	<b>Bishal Kandel</b>	Land Rover	4	4	4	3	<b>15</b>
8.	<b>Ragini Gurung</b>	KFC	3	4	3	4	<b>14</b>
9.	<b>Samundra Pathak</b>	Land Cruiser	4	4	3	4	<b>15</b>
10.	<b>Ritesh Khanal</b>	Kawasaki Brand	4	4	3	3	<b>14</b>

The competition had two parts namely the submission of the photography of Product/ Product and Service House, and the description of the various aspects of the subject respectively. Among the present students, only 10 students submitted the photography presentation. Alisha Shrestha, the highest scorer, submitted the photography of Krishna Pauroti with the descriptions on its history/ origin, and the present status. Similarly, Beemala Dangol, the runner up, shared the photography of 'Sha Sha Restaurant ( Newari Food) with explanations of the product and the process of food preparation.



## PRODUCT DUMB CHARADE: 1<sup>ST</sup> Sem, Poush 20 ( 5<sup>th</sup> January 2024)

S.N.	NAMES	GROUPS	Marks of Round 1	Marks of Round 2	Total Marks and Ranks
1.	Beemala Dangol	<b>GROUP A</b>	5	0	<b>5</b>
2.	Puja Kumari Das				
3.	Indu Adhikari				
1.	Sapana Ghale	<b>GROUP B</b>	5	5	<b>10</b>
2.	Harshika Shrestha				
3.	Aashika Guruwacharya				
1.	Kundan Man Shrestha	<b>GROUP C</b>	5	5	<b>10</b>
2.	Ritesh Khanal				
3.	Dikxant Limbu				
1.	Bishal Kandel	<b>GROUP D</b>	0	5	<b>5</b>
2.	Bhim Bahadur Tamang				
3.	Naresh Chaulagain				
1.	Alisha Shrestha	<b>GROUP E</b>	5	5	<b>10</b>
2.	Anita Chhyantal				
3.	Samundra Pathak				



## **MANAGEMENT COMMUNICATION GAME: 4<sup>TH</sup> Sem, Poush 11 (27<sup>th</sup> Dec, 2023)**

From this game, students were able to understand the concept of non-verbal communication, communication chain, and its complexity.

- |                                      |  |
|--------------------------------------|--|
| 1. Short message from short channel: | Complete message can be sent                       |
| 2. Long Message from long Channel:   | Create misunderstanding, and thereby problems too. |
| 3. Long Message from Short Channel:  | May create confusion                               |
| 4. Short message from Long Channel:  | Incomprehensible                                   |