Nesfield Reflection

Innovation | Creativity | Literature | Activities

LIMITED EDITION
EXCLUSIVE
LIMITED EDITION

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ISSUE I VOLUME 1



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Welcome to the Inaugural Issue!

A New Chapter Begins

It is our immense pleasure and excitement to introduce the very first issue of Nesfield Reflection. We assure it provides an ample platform to capture the vibrant spirit of our students, faculties and staffs.

The editorial board is grateful to College Management Committee's idea of launching a biannual college magazine as one of Nesfield's attempts to create a space where voices from all corners of the college could be heard, experiences shared, and ideas flourished.

Our attempts veered round delving into diverse topics in this inaugural issue. Our students, faculties and staff have used this platform for artistic expression, featuring diverse genres of literary writing viz. poems, short stories, and visual art and the like.

It is a collaborative effort, and the editorial board expresses its sincere gratitude to the writers, artists, photographers, and editors who rendered their contribution; provided time and talents to bring this magazine in this form. Your contributions have translated our dream into reality.

We have tried our best to be as inclusive as possible regarding programs, sections and semesters. However, we have realized to progress more in this regard. Embarking on this new journey, we invite more students to be the active participants in the evolution of Nesfield Reflection. Your invaluable feedback, suggestions, and contributions are vital as we strive to make succeeding issues better.

With warmest regards,

[Disclaimer: The opinions and views expressed in the articles are solely those of the individual authors and do not necessarily reflect the official policies or positions of the institution.]

MESSAGE FROM CHAIRPERSON



"It is a supreme art of the teacher to awaken joy in creative expression and knowledge." *- Albert Einstein*

It is my pleasure to welcome to this inaugural edition of Nesfield Reflection. This publication serves as a platform to celebrate our journey, share our accomplishments, and inspire one another as we look to the future.

I want to take a moment to acknowledge the hard work and dedication of editorial team. Your passion and commitment have been the backbone of our success, and I am incredibly grateful for your contributions. Looking ahead, I am excited about the opportunities that await us. Together, we can build on our successes and strive for even greater impact in the coming issues.

Thank you for your ongoing support and for being a vital part of the journey. I invite you to engage with the write ups and insights shared in this magazine, and I hope they inspire you as much as they have inspired us.

Warm regards,
Prof. Santosh Raj Poudyal, Phd.
Chairperson
Nesfield International College

MESSAGE FROM PRINCIPAL



I am so excited to announce the launch of our college magazine, a vibrant reflection of our college's spirit, achievements, and stories. This biannual magazine will serve as a platform to celebrate our accomplishments, share insights, and foster connections within our college family.

I want to extend my heartfelt gratitude for your dedication and enthusiasm. Our college magazine reflects the vibrant spirit and achievements of our college, showcasing the hard work and creativity of our students and staff.

Let's continue to inspire and support each other, striving for excellence both in and out of the classroom. Together, we make our college a place of growth, discovery, and achievement.
Excited to congratulate the writers, artists and editors!

Warm regards,
Arun Kumar KC
Principal
Nesfield International College

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BLANK



Anup Subedi
BBS 2023 Batch

Came to form: The episode is already decided. Fate has already started to play. Searching for meaning in everything. That's where the mistake begins. How about keeping it blank? Where you are free and in peace. Freedom is where it all ends or does it? Until the darkness falls upon you, there is no end. Who knows what fate is? Maybe each episode can be named by different fates.

Again, you have started searching for the meaning in my words. Just let it go, there is nothing to gain or lose here, it's all in your mind and you can't force it to understand my perspective clearly. Either you understand more or less. 'Exact' is only a word that I like to understand as 'closest'.

Now, can you change my inner perspective? - Maybe or maybe not. I might hold that power, or I might not. Just keep flowing with the universe. The darkness will teach you everything you ever wanted to know. Because everything is decided solely by the conclusion.

UNTIL NEXT TIME, KEEP IT 'BLANK'

HOPE



Mr. Pradip Parajuli
Faculty

"Hope is being able to see that there is light despite the darkness ."

- Desmond Tutu

The conversation between Red and Andy Dufresne in the movie "The Shawshank Redemption" is still vivid in my mind. Andy and Red become friends, and the subject of hope comes up at lunch one day. Andy responds to Red's hopeless statement by saying "Remember, Red, hope is a good thing, may be the best of things, and no good thing ever dies." Perhaps, hope is a good thing to have, and it gives us a feeling of expectation; and desire for a particular thing to happen. During my childhood, my mother used to tell me that I should not have much hope that might drive me insane if that didn't manifest in reality. But I was always against that, and I have been pretty hopeful since my childhood, and I still have some sort of hope for my future.



Dr. Curt Richter conducted a significant experiment in the 1950s involving rats, which highlighted the concept of 'hope' in the realm of psychology. In the experiment, Richter placed rats into a high-sided bucket of circulating water and observed how long they would swim before they gave up and sank. On average, the rats swam around 15 minutes before giving up.

However, if he removed them from the water just as they were about to drown, dried them off and let them rest for a few minutes, and then placed them back into the water, the rats would swim for a much longer time before giving up. This time, they swam for up to 60 hours, a dramatic increase in endurance.

The significance of this experiment lies in its demonstration of the 'hope' factor. When the rats were saved and given a rest before being put back into the water, they seemed to gain hope or a sense of survival, which helped them persist much longer.

This experiment is used to illustrate the power of positive expectancy and the importance of hope in human psyche.
It suggests that even in dire and adverse situations, having a sense of hope or a belief that relief is possible can dramatically improve resilience and endurance.

Let's hope for self and create hope for others as well.



GRIEVANCE

"Knowledge is a treasure, but practice is the key to it."
- Lao Tzu



Nirdeshika BK
BBS 2022 Batch

In the depths of night, sorrow sings its tune,
Grievance whispers, beneath the silver moon.
A heavy burden, a heart weighed down,
With words unspoken, in silence down.

Each tears a story, untold and vast,
Woven in shadows of the past.
The ache within, a relentless tide,
In solitude, the soul does bide.

Yet from the depths, resilience springs,
Hope's gentle melody softly sings.
For in each grievance, a speed of light,
To guide the lost through the darkest night.

So let the stars above, witness and see,
The strength within, the will to be faced.
For in the heart's lament, there lies a choice,
To rise above, and find one's voice.

ARTIFICIAL INTELLIGENCE IN ART: EXPLORING CREATIVITY AND EXPRESSION

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will".

- George Bernard Shaw



Irtika Bajracharya
BASW, 2019 Batch

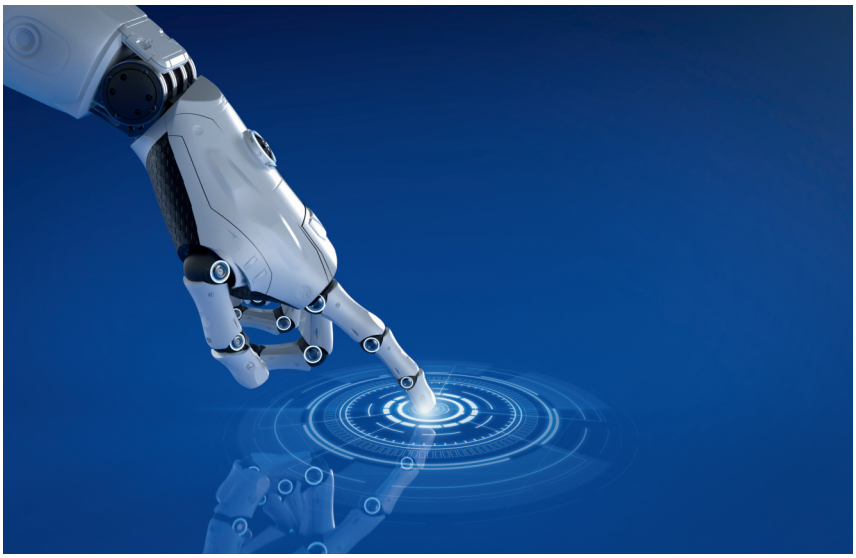
Artificial Intelligence (AI) is not limited to the domains of science fiction; it has risen above into the world of craftsmanship, pushing the boundaries of imagination and expression in uncommon ways. From creating mesmerizing depictions to composing music, AI is revolutionizing the creative world, challenging our discernments of what it implies to be inventive.

Join me on an immersive journey, as we investigate the fascinating intersection of AI and art, and dive into the complexities of human expression through the eyes of machines.

At first glance, the notion of AI making art could seem conflicting – after all, isn't art and creativity assumed to be the product of human feelings, emotion and imagination? Whereas it is true that AI needs the awareness and subjective encounters that characterize human imagination, it has an exceptional capacity to analyze tremendous amount of information, identify patterns, and produce novel outputs. In essence, AI may be an instrument, a tool that opens up and amplifies the inventive capabilities of its human creators, offering new avenues for investigation and expression.

One of the most captivating applications of AI in art is the era of visual content. Through strategies such as profound learning and neural networks, AI calculations can analyze thousands of images and learn to imitate imaginative styles with astounding precision. From reproducing the brushstrokes of Van Gogh to imitating the surreal scenes of Dali, AI-generated art obscures the line between human and machine, making us reevaluate our ideas of creation, originality and inventiveness.

But AI's impact on art amplifies far beyond mere impersonation and imitation; it has the control over motivating collaboration and co-creation between humans and machines. Take, for instance, the



collaboration between artist Mario Klingemann and Google's Expressions & Culture Lab, which caused in the creation of "Memories of Passersby I," an AI-powered installation art that persistently produces and shows representations of nonexistent imaginary people. By combining Klingemann's aesthetic vision with the computational ability of AI, the installation gets to be a living, breathing craftsmanship that advances and adjusts over time, reflecting the ebb and stream of human existence.

Music, as well, has gotten to be a playground for AI experimentation, with calculations composing perplexing tunes and harmonies that equal those of human composers. Companies like Open AI have created AI models such as Muse Net, competent of creating music in a wide range of styles and genres, from classical orchestras to avant-garde jazz. Whereas AI-generated music may need the emotional depth and subtlety of human compositions, it offers an interesting look into the inventive potential of machines and the plausible outcomes for hybridization between human and AI artists.

However, perhaps the most significant effect of AI in art lies in its capacity to democratize access to creative tool and assets. With the rise of AI-powered program stages like Deep Art and Runway ML, artists of all background and expertise levels can use the strength of machine learning to upgrade their creative process. These tools empower artists to experiment with modern methods, investigate unorthodox creative styles, and drive the boundaries of their art in ways that were unfathomable.

Nevertheless, the integration of AI into the art world isn't without its challenges and moral contemplations. As AI calculations has gotten to be progressively capable

CREATIVE BRUSH

at producing art, various questions arise about the role of human artist in an AI-dominated scene. Will AI-generated art devalue the work of human artists, or will it inspire modern shapes of collaboration and advancement?

In conclusion, the genuine power of AI lies not in its capacity to imitate human creativity, but in its capacity to stir us to see the world through new eyes. As we explore the ever-evolving scene of AI in art, let us grasp the conceivable outcomes it presents and celebrate the combination of human creativity with machine intelligence. With the blend of man and machine, we may discover a more profound understanding of what it implies to be genuinely inventive – evidence to the boundless potential of the human spirit and the unrestrained curiosity of the machine.



Ishani Shrestha
BASW 2022 Batch



Nirmal Gurung
BASW 2020 Batch

DISCOVER THE ENCHANTING CHARM OF NEPAL - SHIVAPURI NAGARJUN NATIONAL PARK



Manik Thapa
BHM, 2023 Batch

"The mind once enlightened cannot again become dark."

- Thomas Paine

Nepal, situated in the lap of Himalayas, encourages travelers with dazzling scenery, a rich cultural tapestry and friendly locals. Travel through historic temples, breathing mountain and colorful marketplace incite a discovery journey. One of such a journey I have made recently is that of Shivapuri Nagarjun National Park, located in Gokarneshwar Municipality, Kathmandu. This park was established as a wildlife reserve in 1985 AD and was designated a national park in 2003 AD.

This park is also known as the oxygen filter of Kathmandu valley where different flora and fauna make their habitat. This national park is rich in floral diversity, having 2,122 plant species such as rhododendron, oak , pine, 102 species of butterflies, 177 species of birds, and 129 species of mushroom .



It was one of the suitable places for hiking. I went with my siblings, and we enjoyed with nature. The starting point of the Shivpuri hike starts from the Shivpuri national park gate, from Sundarijal side, where army check points provide you entrance ticket at very affordable price, leading to various places such as Nagi Gumba, Bagdwar, Dandagau, Tarebhir Okhreni-waterfall and Dhap Dam.

So, we decided to visit Dhap dam while visiting the national park, following rules and regulations, not even polluting and making it dirty. The 24 m high and 175 m long dam has a storage capacity of hoarding 861000 cube meter volume. It was made to boost the water flow of Bagmati River during the dry season.

The best route for hiking ranges from Sundarijal to Dhap dam, with sightseeing of beautiful landscape. The dhap dam is stunning artificial lake on the edge of the hill. Although the journey might not be as comfortable as expected because most section is rocky, twists and turns of uphill and downhill, I am sure, it allures you.

THE UNFORGETTABLE EXPERIENCE



Sandhya Khadka
BBS 2022 Batch

"What we do in life echoes in eternity."
-Maximus

The story goes back five years ago. I was a high school student who used to live freely and open minded. I was just always curious and always have to know answer to every question.

It was the summer vacation. I and my friend Riya decided to stay in her house as she suggested. It was really peaceful, and her parents had gone out of valley for a day. So, I agreed to stay in her house, Chobar, a small village nestled near the edge of Kathmandu valley. It is known for the breathtaking view and the mystical Chobar Gorge. However, amidst the natural beauty and ancient myths, there lies a darker, more sinister take that local speak of in hushed tones. Riya and I were talking about some random stuff; then I realized there was a bridge visible from her window. I kept looking at it and got really curious about its history. Riya explained me that the bridge there was cursed and lots of ghosts and spirits could be seen there. I ridiculed at the point that she still believed in supernatural elements such as ghosts and evils.

Her reply was, "I am not sure but lots of people believe and so do I." The night was approaching and hence, we decided to watch movie and have fun.

In the evening, as the sun dipped below and shadows lengthened, strange things began to happen. Riya and I were watching movie in living room and then I heard a faint whisper near my ear. I looked around and saw Riya was already sleeping. Shaking off the eerie feeling, I continued watching movie. Moments later, the whisper grew louder and more insistent. It sounded like someone was calling my name.

Curiosity getting the better of me, I decided to get up and looked through room. I followed the sound; it was coming through the kitchen.

Temperature dropped suddenly and I started having goose bumps. The whisper was now clearer as I passed through the hallway to kitchen. My heart was pounding as I reached there. I opened the door of kitchen but I saw no one there but the kitchen window was open.

I went to shut the window and all of a sudden I could see that bridge again.

Suddenly, I saw something that I can still understand. I remember clearly I saw a woman in white dress, crossing the bridge and then making a hault.

I was frozen in the place when she turned to my way and started pointing at me. I kept looking at her but I couldn't speak or even move. I had lots of questions in my mind but I was even scared to look behind me.

As I was watching her, she jumped off the bridge. I screamed out loud with fear and thinking I witnessed something I shouldn't have. Riya heard me and ran towards me. I was in fear and could not believe my eyes.

Then I started to tear up. I explained Riya and she called her parents. Her parents even called police for inquiry but till morning nobody was found.



I still remember every single thing about that day and I still cannot explain what I witnessed. May Riya's story got best of me and I was having delusion or maybe that day I really interacted with a supernatural thing.

This question still remains unsolved but whenever I go near Chobar area it still scares me and I got chills every time.

CREATIVE BRUSH



Dipanker Shakya
BBS 2023 Batch

NATURE'S CHARM

"In the end, it's not the years in your life that count. It's the life in your years"

- Abhraham Lincoln



Niru Shakya
BBS 2022 Batch

We should be grateful for these surroundings.
It is full of unimaginable things.
Nature is just so amazing.
Between us, there's always an invisible link.

How colorful it looks, a pond with fish.
This is the symbol of harmony and peace.
How beautiful stars look in the sky.
Sometimes I wish I could fly.

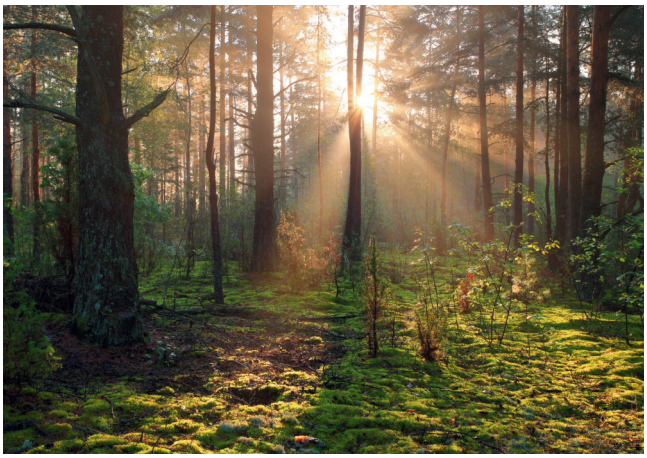
How beautiful it looks during the sunrise,
It is a pleasure to the eyes.
It smells good when rain meets the earth.
It makes me feel living is worth.

How amazing it is to capture this scenery.
It gives joy to see how birds fly free.
How peaceful it is to see the garden around.
It makes my heart happy to hear the bird's sound.

How extraordinary and welcoming these mountains are.
Their beauty is just so insane.
How joyfully these clouds move.
It feels like they are dancing with a groove.

How glittery it looks when the sun shines above the sea.
We should stop destroying them and let them be.
Every time it just makes me speechless.
It gives me peace and snatches away my stress.

It is unrealistic and just a piece of art.
It is restfulness to both mind and heart.
I am thankful to be part of this territory.
I feel everything carries its own story



LIFE



Latisa Maharjan
BBM 2021 Batch

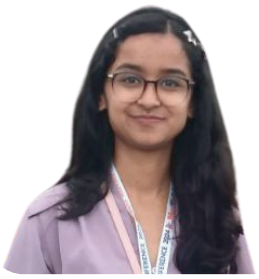
"Life" is an interval of being from its first heartbeat till the last, from its first breath till its last breath, from its first to its last respond. It is an actuality of an existence with definite ending. It is an actuality of an existence with definite ending. It is a mixture of feeling; a question of unknown answers; a dilemma of suspense; a mystery box full of surprises; and an unsolved puzzle which needs to be solved in every step of our journey.

The term "Life" is the existence of an individual but it differs accordingly within person. Taking an example of our own society, many individuals live here in society who are same in name but differ in characteristics, quality, inherent features, and lifestyle, in kind, nature and in oneself.

Talking about context of our society I, you we all dedicate oneself in our duties, work for bustling in present for making our future brighter and better tomorrow. We spend our blood, sweat and tears for earning fame, name, fortune, wealth and luxury. We struggle and work hard with determination for achieving splendor life, to be opulent, prudent, and famous and to be complete as a being. So, this is why we forget ourselves to be known; who am I? What is the definition of my existence? And thus conclude life without any meaning.

So, as life is a gift that we get once, to be known to this world, to be equally part of this vast cosmos, celebrate each and every moment that you live, live life with positive beliefs , be optimistic, make others life blissful with your great deeds be concern about own self about others and about the whole world.

सपना



रानी प्रधान
बिबिएम, 2021 Batch

शान्त रातमा सपनाहरु उड्छन
जहाँ छायाहरू नाच्छन र ताराहरु प्रज्वलित हुन्छन।
संसार खुल्छ, दिनले नदेख्ने
क्षेत्रहरु जहाँ इच्छाहरु आफ्नो बाटो फेला पार्छन ।

तीन अक्षरको शब्द 'सपना'
थाहा छैन कति कुराले समेटिएको छ ।
यसमा मेरो सम्पूर्ण आकांक्षा लुकेको छ।
सानो भनौं या ठूलो भनौं यो सपना
संसारमा उदाहरणीय बन्नु छ।

सूर्य जस्तै प्रकाश त छ मसँग
तर पनि शिक्षाको उज्यालोले
नेपालीको आँखा खोल्नुछ
छोरा र छोरीमा भएको भेदभाव हटाउनुछ।
छोरीलाई पनि छोरालाई झैं हक दिलाउनु छ।

भनिन्छ छोराले त आमाबुवालाई
मरेपछि स्वर्ग पुर्याउँछन रे
तर मलाई त यही स्वर्गको अनूभूति गराउनुछ।
छोरी भइ जन्मिएको हैसियतले
छोराको भन्दा ठूलो कर्तव्य पूरा गर्नुछ।

सपना बुनेर मात्र त भएन
पुरा गर्नको लागि तयारी गर्नुछ
सपना पूरा गर्नुछ।

PROMOTIONAL STRATEGIES OF NEPALESE ORGANIZATION

Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

- Denis Waitley



Abhisek Chandrabansi
BBS 2021 Batch

Promotional Strategy

Promotion is the element in an organization's marketing mix that informs and reminds the market of the organization and its product. Promotion is one of the most important elements of marketing mix.

Promotion is the communication mechanism of marketing. In other words, Promotion is any form of communication used to inform people about an organization's or individual's goods, images, and ideas. Promotion strategies for Nepalese organization can vary based on the industry and target audience. However, some common strategies might include maximum use of social media platforms such as Facebook and Instagram, participating in local events and festivals, offeing discounts and promotions, partnering with influencers or celebrities and utilizing traditional advertising channels like newspaper and billboards. Additionally, highlighting the cultural aspects and unique selling points of their products or service can express well with Nepalese Consumers.



Some examples of Nepalese organizations' products and service promotional strategy are:

1. For service promotional strategy, we can take an example of Buddha Airlines. Buddha Air, as a well-known airline in Nepal can employ various promotional strategies to enhance its service and attract more customers. Some of their promotional strategies are Digital Marketing Campaigns, partnership with Tourism Entities, Frequent Flyer Programs, Targeted Advertising, Sponsor and Event Participation, Customer Referral Programs, Customer Experience Focus and so on.

2. For products promotional strategies, we can take example of CG (Chaudhary Groups). CG a diversified chain group in Nepal can be suitable to highlight in various product categories and brands. Some strategies of CG to promote its product are integrated marketing

campaigns, collaboration of brand ambassador and influencer, products placement and sponsorship, Digital engagement and E-Commerce initiatives, customer loyalty programs and so on.

In conclusion, Nepalese Organization hires a diverse range of promotional strategies to effectively market their products and services. By embracing digital marketing, leveraging traditional media, engaging with influencers, and prioritizing community involvement, these companies strive to stay competitive and enhance their brand visibility in the dynamic Nepalese market.



MAGICAL RAIN



Krishpa Khatri
BBS 2022 Batch

"Friendship is certainly the finest balm for the pangs of disappointed love."
- Jane Austen

Ah, the streets during rain, a sight so serene,
Where droplets dance on pavements, like a dream.
Glistening pathways, reflecting city lights,
As raindrops fall, painting the urban nights.

The rhythm of rain, a soothing melody,
Echoes through the streets, a symphony.
Umbrellas bloom like flowers in the mist,
As people walk, hand in hand, they persist.

Each step creates a ripple in the puddles,
Splashing joyously, like childhood chuckles.
The city's heartbeat, synchronized with the rain,
Bringing life to the streets, washing away the pain.

So let's wander these streets, my dear friend,
Embracing the rain, our spirits are on the mend.
For in these moments, love and beauty intertwine,
In the poetry of the streets, where raindrops shine.

PRESERVING OUR LEGACY: THE SACRIFICE OF HERITAGE SITES IN NEPAL

"There's no better agony than bearing an untold story inside you".

-Maya Angelou



Aayuska Budhathoki
BBS 2022 Batch

Heritage sites are window of our past, encapsulating the essence of our cultural, historical and natural legacies. These sites stand as testament to human endeavor, architectural brilliance and the marvels of nature offering invaluable sights into civilization long gone.

Nepal boasts a wealth of heritage sites that tells the story of rich cultural and historical legacies. From the ancient temples of Kathmandu valley to the breathtaking views of Mt. Everest, these are the jewels of Nepal's crown. The Kathmandu valley, a UNESCO world heritage site, is a treasure of architectural marvels with its intricate temples and stupas. It reflects the artistic and spiritual favor of the past.

Beyond its religious and cultural significance, Nepal's heritage sites are vital economic assets, driving tourism and local community. However, rapid urbanization, natural disasters, and climate change pose existential threats to these sites, highlighting urgent need for conservation efforts.

Through collaborative initiatives involving government agencies, local community and international organization. Nepal is taking proactive steps to safeguard its resources, restoration projects, tourist base community initiative and sustainable development is helping to preserve our heritage and culture.

In essence, Nepal's heritage sites are not just monuments of past even they were living testaments to the country's identity. By nurturing and protecting these treasures, Nepal is not only safeguarding its legacy but also enriching the lives of the people and inspiring world.

मेरो सोच



कविता वस्नेत
बि.एच.एम.- २०२३

“घर चिन्न घर छौड तर घर नबिर्स ।”
- महाकवि लक्ष्मीप्रसाद देवकोटा

बादलले ढकमक्क आकाश ढाक्यो । एकै छिनमा सिमसिम पानी पर्न थाल्यो। यो सबै म घरको झ्यालमा बसेर हेरिरहेकी थिएँ । एक्कासी पानी धेरै परेकोले होला, मलाई कता–कता चिसो भएको महसुस भयो र झट्ट बिस्तारामा गएर कम्बल ओडेर पर्ल्टें ।

“हेलो!” फोन गर्नासाथ आमाले फोन उठाउनुभयो । आमाले फोन उठाउँदै गर्दा पछाडिबाट बाबाको आवाज आयो, “को हो फोन गर्ने?“ आमाले जवाफ दिनुभयो, “हाम्री छोरी कविता ।” अनि मैले थाहा पाएँ कि बाबा पनि आमासँगै हुनुहँदोरहेछ । त्यसपछि मैले भनें, “आमा, म यो दशैंमा घर आउँदैछु ।” यति भनेर मैले फोन राखें । आमासँग कुरा सकिएपछि मेरो मनमा एक प्रकारको नराम्रो एक्लोपनको आभास भयो । हुन पनि किन नहोस्, आमाबाबासँग नभेटेको करिब बाह्र वर्ष भएको थियो ।

भोलिपल्ट मैले घर जान सबै तयारी गरें र बसपार्कमा गएर आफैंले काटेको टिकट हातमा लिएँ। बस पनि आइपुग्यो र म बसमा बसें । बसमा चढेको केही बेर पछि मेरो यात्रा सुरु भयो । यात्रा गर्दैगर्दा मैले बाटोमा डाँडाकाँडा, हरियाली वनजंगल देखें । यी सबै देखेर म सानो हुँदा आमाबाबासँग नजिकैको जङ्गलतिर गएको याद आयो । बिगतका यस्तै कुरा दिमागमा खेल्दै गर्दा म भुसुक्क निदाएछु। तीन दिन दुई रातको यात्रापछि म मेरो आफ्नै ठाउँ जाजरकोट पुगें, जहाँ मेरो सानो गाउँ थियो । हेर्दा डाँडाकाँडा मात्र जहाँ अहिलेसम्म न राम्रोसँग बत्ती पुगेको छ, न राम्रोसँग बाटो नै । यो सबै देख्दा मलाई नराम्रो लाग्यो । मेरो ठाउँ पहिला पनि त्यस्तै, आज बाह्र वर्षपछि आउँदा पनि त्यस्तै । घर जाने बाटो पनि उस्तै भिरालो, जहाँ एकपटक लड्ने बित्तिकै सिधै भेरी नदीमा पुगिन्छ । अनि म आफैं होसियारी साथ हिँडेर घरनजिकै पुगें । हाम्रो घरको बारीको नजिकै के पुगेको थिएँ, मैले आमालाई झ्यालमा बसेर मेरो बाटो कुरीरहेको देखें । जब आमाको नजिकै गएँ, मैले आमाको आँखामा निस्वार्थ माया, झर्न साईत पर्खेर बसेको टलपलाउँदो आँसु अनि चाउरी परेको मुखमा मन्द मुस्कान देखें । यो सबै देखेर म पनि भावुक भएर आमाको अघि गएर “आशीर्वाद दिनुहोस्“ भनी शीर झुकाएको के थिएँ, आमाको आँखाबाट बलिन्द्र आँसु झर्यो । नझरोस पनि किन, बाह्र वर्षपछि जो भेटेको थिएँ । म त आमालाई खुसी बनाउन, आमासँग सुखदु:खका पलहरू साट्न आएकी थिएँ ।

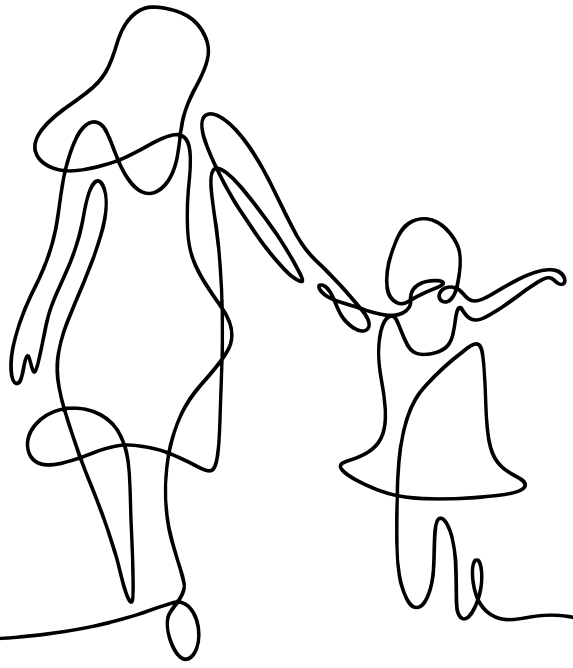
मैले के गरें, यहाँ उल्टै आमालाई रुवाएँ । अनि हामी आमा–छोरी कुरा गर्न लाग्यौं । केही घण्टापछि बाबा पनि बाहिरबाट आउनुभयो। बाबासँग आशीर्वाद लिएँ । मलाई देखेर मेरो आमा–बुबाको खुसीको सीमा नै रहेन । हामीले धेरै बेरसम्म बसेर समय बितायौं । मैले आमाबाबा बिना बिताएका हरेक दु:खका पलहरू अनि आमा–बुबाले म बिना बुढेसकालमा बिताएका पलहरू सुनायौं । यतिबेला हामी बिचको माहोल छुट्टै प्रकारको भएको थियो ।

म घर पुगेको एक दिन पछि दशैं थियो । आमाले दशैंको टीकाको सबै तयारी गर्नुभयो र हामी सबैले टीका लगायौं । यो समयमा छुट्टै प्रकारको खुसी घरमा छायो। अनि मलाई भित्रभित्रै यस्तो महसुस भयो कि यसैलाई भनिन्छ होला एउटा पूरा परिवार जहाँ आमाबुबा र उनका सन्तान रहन्छन् । अर्कातिर यस्तो महसुस भइरहेको थियो कि काठमाडौं जहाँ म दुई दिन अघिसम्म बसेको थिएँ त्यहाँका कोठाका भित्ताहरूले आनन्द मानेका होलान् कि आजदेखि म तिर हेरेर रुने मान्छे

छैन भनेर । मलाई दुःख पर्दा साथ दिने मेरो एकमात्र नजिकको साथी सिरानी पनि एक्लै भएको होला, मेरो काँधमा आफ्नो शीर राखेर रुने मान्छे गयो भनेर । आकाशले पनि भन्दै होला कि हिजो मसँग रुने मान्छे आज अर्को ठाउँमा गएर आफ्नो आमा–बाबाका लागि आयु र खुसी मागिरहेकीछे भनेर ।

त्यत्तिकैमा एक्कासी ठूलो आवाज आयो । म झसङ्ग भई बिउँझिएँ । ओहो ! कस्तो मिठो सपनामा डुबेछु । एक्लिएको जीवनलाई शायद सपनाले आमाबुवासँग यसैगरी जोडिदिन्छ । त्यस्ता हजारौं मानव बिच म पनि एक पात्र हुँ ।





MOTHER

"Curiosity is one of the permanent and certain characteristics of a vigorous intellect."
-Samuel Jonson



Reshma Thapa Magar
BBS 2022 Batch

She's always been there for me,
Just talking to her can make me happy.
She tells me of the hard times
She's been through,
In hopes that I won't go through them too.

She's an independent woman
Of stature and grace.
She has beautiful eyes and a lovely face,
An audacious strength from deep inside;
In her, I know I can confide.

She's my guardian angel who will always be
A very special part of me.
She takes pride in caring for her kin,
She gives us hope and things to believe in.
If I didn't have her there for me,
I wouldn't be half the woman I turned out to be.
My mother is special in the world to me.

NOT NATURISM



Sandip Singh Nayak
BBS 2021 Batch

"The naked truth is always better than the best-dressed lie."

-Ann Landers

Call him an abundant or sparse group of individuals with a personal belief of propitious benefits like: improved health conditions, acquisition of eternal pleasure, ultimate bliss, all of those arising from a consistent practice of being bare, all exposed and as undisguised as a maple tree in a dishabille.

He is the self-proclaimed 'nudist' who always aspires to attain the highest level of contentment by this very action and finds tranquility in it.
He comprehends, contemplates and ventures out to see and perform that others possibly cannot imagine of performing. He looks through objects and creatures and supposedly makes his foremost attempts to learn the significance in the merest of all.

They say he has been in the society over since the period of Nile Civilization and as of now, at some parts of the world, he is still opting for this form of 'yoga'. Like for him when viewed through a social construction of reality is a constant journey which is fully lived is provided with the utmost justice. In other respects, time is all gone in vain. This also implies to the fact that he has undergone certain act of brutality in life just like us. He forms a vision so as to obliterate all of such baneful thoughts from even striking his mind and has forever bid a goodbye to the things in life that might harm him. As demonstrated, his dainty little mind is filled with innovative ideas so as to pay a tribute to Mother Nature who has been binding him in her Platonic body and soul. He too longs to bind everyone charismatic attraction, he bows down before his supporters. Revel in practice of natural way of living, is a normal as we claim ourselves to be all blood, flesh and bones. No any trucks or silicone compass his body parts but something exceptional lies within him. So, he follows not the common ideology of the society or the general principles that ought to be followed, but he is far beyond the obvious because although he acts outrageous at times, he is all reluctant so as to pipe out the words from his job, more than enough to twist the mentality of the ones, even the ones who are miles away from him.

Well, what does he practice? He practices abstinence from materialism, devotion towards the most pious of all, the most supreme of all, the Lord. He submits every once in a while, every twice in a

while, every twice in a while and lays bare in the arms of those angels. Every bite of grain that he gulps down his throat, every particle of energy and courage that he musters up at the early morn as he prepares to play as a 'saint' in the playground of 'life', all of his actions are submitted.

Not any piece of clothing of whatsoever fabric does he ever dressed in, for the only thing that he harnesses in the coarse-textured skin, which alternates as a real clean glass to some insipid alligator scats. He is skin for he's covered in it, just the skin and nothing else. Doesn't long to provide him with attire as in a suit and tie for he feels that disregards the possession that he has already been blessed with. No longer poisoned by the venomous civilization of the modern era, he intentionally escapes away from the trend where books and medicines have been replaced by bombs and missiles. He flies high up in the sky, hoping never to walk upon the land, hoping forever to become lost in his own mind and soul. Forever is just a myth. Mythology has proven to be disputable, and yes your guess is as good as mine, but I am not referring to a nudist in here, the only thing that I have been referring to is you, I, our neighbor, the society, the community, the nation and the global citizens. All this reference is to us, for us. Let the powerful play of life go on and we shall contribute a verse or two. We will all be alive with life, following the rules of cancellation of promise. So, nothing can or even will bring us to an end.

LOVE:WORDS FROM THE HEART

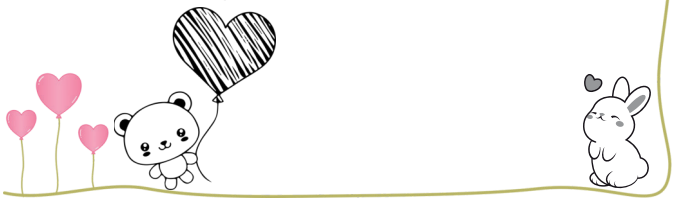


Praful Kunwar Ramtel
BBS 2021 Batch

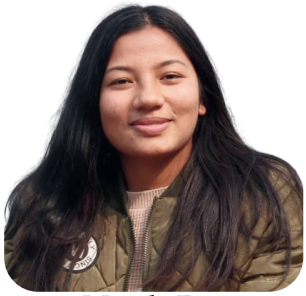
Hearts entwined in loves sweet hold,
A dance of souls, pure and divine
In laughter's glee or tear's import,
The eternal flame of Love which is finally put to its rest.

The whispered words, worth gentle touch,
Here two spirits meet, one soul they must not hurry.
Love's great hymn in every tune,
A melody where hearts belong.

In every trial, every storm,
The unbroken light at love sustains its Love
is true, and Love persists
in every beat, a symphony,
The everlasting spree of Love.



NATURE-CULTURE CONFLICT IN THE BOTE INDIGENOUS COMMUNITY OF NEPAL



Manila Desar
BASW 2019 Batch

Introduction

Nepal is home to several indigenous communities, each with distinct cultural identities and deep connections to their natural surroundings.There are 142 different ethnic groups living in Nepal, according to the National Population and Housing Census of 2021. Among these groups, Botes make up one of Nepal's 142 ethnic groups, with 11258 individuals, or 0.04% of the nation's overall population. The Bote community stands out due to its unique relationship with the rivers and forests of the lowland Terai region. This article explores the complex nature-culture conflict faced by the Bote indigenous community, particularly focusing on their struggles within the buffer zones of Chitwan National Park (CNP). The conflict arises from conservation policies that prioritise wildlife and environmental protection over traditional lifestyles and livelihoods, leading to significant socio-economic and cultural disruptions.

The Bote Community: An Overview

The Bote community, residing in the Baghkhor village of the Nawalparasi district, has a rich cultural heritage and a traditional lifestyle closely tied to the natural resources of their environment. Traditionally, the Bote people are known for their skills in fishing, boating, and gold panning. These activities have not only provided sustenance but also defined their cultural and social identity. However, the establishment of Chitwan National Park in 1973 brought significant changes to their way of life. The park's strict conservation regulations, aimed at protecting wildlife, have severely restricted the Bote's access to the rivers and forests, effectively disrupting their traditional occupations and leading to a host of socio-economic challenges.

Impact of Conservation Policies

The primary conflict between the Bote community and conservation efforts stems from the regulations that prohibit traditional fishing practices within the park's boundaries. Fishing, a cornerstone of the Bote's livelihood and cultural identity, has been curtailed, pushing many community members into unskilled wage labour and other insecure forms of employment. This shift not only affects their economic stability but also threatens their cultural heritage as traditional knowledge and practices are lost.

Moreover, the relocation of Bote families due to park expansion and river course changes has compounded their problems. With limited access to land and resources, many Bote households struggle to maintain a sustainable

livelihood. The transition from traditional to modern forms of employment has not been smooth, as many community members lack the necessary skills and education for alternative jobs.

Cultural Suppression and Loss

The cultural impact of these conservation policies is profound. The Bote language, songs, dances, and other cultural expressions are endangered as younger generations adopt the dominant Nepali language and culture in response to changing socio-economic conditions. The lack of formal recognition and support for their cultural practices further exacerbates this loss. The traditional ecological knowledge of the Bote, which includes sustainable fishing techniques and river management practices, is also at risk of being forgotten as these practices are no longer in regular use.

Human-Wildlife Conflict

Another dimension of the nature-culture conflict involves direct human-wildlife interactions. As conservation policies prioritise wildlife protection, the Bote community often finds itself at odds with wildlife that encroach on their limited agricultural lands, leading to crop damage and even threats to personal safety. This has led to resentment and a sense of injustice among the Bote, who feel that their needs and rights are secondary to those of the animals being protected by the park authorities.

Efforts for Co-management and Sustainable Solutions

Recognizing the detrimental effects of exclusionary conservation practices, there have been calls for more inclusive and equitable conservation strategies. Co-management approaches that involve local communities in the decision-making processes and acknowledge their traditional knowledge and rights are seen as potential solutions. These approaches aim to balance conservation goals with the socio-economic and cultural needs of indigenous communities.

Programs that support alternative income-generating activities, such as eco-tourism, farming and Rickshaw, have been suggested to alleviate the economic hardships faced by the Bote. These initiatives can provide sustainable livelihoods while preserving cultural heritage and reducing dependency on traditional but restricted practices like fishing.

Recommendations and Future Directions

To address the nature-culture conflict in the Bote community, several recommendations have been proposed:

1. Alternative Livelihood Programs: Initiatives that provide alternative income sources, such as vocational training and microfinance, can help uplift the community economically while respecting their cultural heritage.
2. Cultural Preservation Efforts: Government and non-government

organizations should support the preservation of the Bote language, traditional practices, and cultural expressions through documentation, education programs, and cultural festivals.

3. Inclusive Conservation Policies: Conservation strategies should involve the Bote community in planning and decision-making processes to ensure that their rights and knowledge are respected and integrated into conservation efforts.

4. Human-Wildlife Conflict Mitigation: Implementing measures such as crop protection schemes, compensation for wildlife damage, and community-based wildlife management can reduce the negative impacts of human-wildlife interactions on the Bote community.

Conclusion

The Bote indigenous community's experience highlights the complex interplay between nature conservation and cultural preservation. The current conservation policies in Chitwan National Park, while successful in protecting wildlife, have inadvertently marginalized the Bote community, threatening their livelihoods and cultural identity. Moving forward, it is crucial to adopt more inclusive and participatory conservation approaches that recognize and integrate the needs and knowledge of indigenous communities. By doing so, it is possible to achieve a balance that promotes both biodiversity conservation and the well-being of the Bote people, ensuring that their rich cultural heritage is preserved for future generations.

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Social Work Camp for BASW 2nd and 3rd year

A social work camp was held from 6, 20 and 27 May 2024. The event was organised by the Department of Social Work and Psychology, with Mr. Purushottam Ghimire and Ms. Prabha Hatawal serving as supervisors. Key activities included school projects, a community survey, and a presentation of the survey findings. Additional events featured recreational activities for students and visits to religious sites.

Data Center Field Visit

A Data Center Field Visit was held on 2080/12/25. The event was organized by the Department of Computer Application. The key activities focused on cloud computing and data centers, the nerve centers of modern computing, which house the servers and networking equipment that power online experiences.





Celebration of Social Work Day

Social Work Day was celebrated from 2080/12/06 to 2080/12/07. The event was organized by the Department of Social Work and Psychology and chaired by Prof. Santosh Raj Poudyal, PhD. Attendees included the Principal, Vice Principal, coordinators, department heads, faculty members, and students. Major activities included the opening ceremony, cultural programs, a speech competition, and a blood donation drive. Additional activities included the distribution of prizes and certificates.

Research Report Presentation to Research Management Cell

A research report presentation to Research Management Cell was held from 2081/01/07 to 2081/01/14. The event was organized by the Department of Social Work and Psychology, and Department of Linguistics, and chaired by Prof. Santosh Raj Poudyal, PhD. Attendees included the Principal, Vice Principal, coordinators, department heads, faculty members, and students. Major activities included the presentation of research reports, their evaluation, and feedback sessions.

Social Work Camp for 1St and 2nd year

A Social Work Camp for BASW 1st and 2nd year was held from 2081/01/13 to 2081/01/15. The event was organized by the Department of Social Work and Psychology, with supervisors Ms. Shobha Dahal and Mr. Ratna Bir Tamang. Key activities included school projects, a community survey, and the presentation of survey findings. Additional activities featured recreational events for students and visits to religious sites.



Library Visit and Book Review

Library visit and book review was held on 2081/01/21. The event was organized by the Department of Social Work and Psychology and was chaired by Ms. Shobha Dahal, with distinguished guests Mr. Rocky Maharjan and Mr. Surya Bahadur Parsai. The main activities included book reviews and presentations.



Training for IT project

A training session was held on 2080/11/08. The event was organized by the Department of Computer Application with key speaker Er. Himal Bhandari. The session aimed to equip students with essential presentation skills for effectively communicating their IT projects. Major activities included shedding light on effective communication, structuring presentations, visual aids and design principles, delivery techniques, and utilizing technology and tools.

Training on Leadership and Personality Development

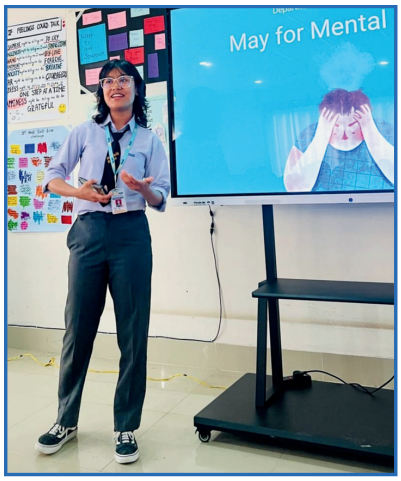
A training on leadership and personality development was held by the Department of Linguistics and hosted by Sapna Rana Gurung with key speakers Ms. Jaya Dhakal (HoD of the concerned department), Mr. Yubaraj Gautam, Mr. Surya Bahadur Prasai and guests Vice principal Mr. Kamal Bahadur K.C. The major activities included session on captivating introductions and content organization, focus on grammatical accuracy and citation, discussion on non-verbal cues, and the workshop concluded with a comprehensive video recap, with feedback from Vice-Principal Mr. Kamal Bahadur K.C. confirming its success.

Project Guidelines Session

A project guidelines session was held on 2080/10/07. The event was organized by the Department of Computer Application with key speaker Er. Himal Bhandari, focusing on the requirements of the project work for the 4th semester of the BCA curriculum, as well as the guidelines and standards recommended by the university. Major activities included understanding the project objectives, project planning and management, defining roles and responsibilities, research methodology, literature review, and documentation and reporting.

May for Mental Health

A May for Mental Health program was held on May 6,13, 20 and 27 2024. The event was organized by the Departments of Social Work and Psychology and featured key speakers Mr. Pradip Parajuli, Ms. Sadhana Thapa, Ms. Prabha Hatawal, and Ms. Jaya Dhakal. Major activities included an orientation on mental health, mood check sessions, sharing sessions, art therapy, and a sugar cube session.





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