

Annual College Magazine

# MONTAGE

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**Kantipur College of Management and Information Technology**  
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# MONTAGE 2009 TEAM



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## *The Editors' Column*

Allow me to recollect the memoirs on the making of the Montage 2009 on behalf of the editorial board that comprises of myself Babita Yadav, Lokraj Neupane, Pooja Badgami and, Sujan Ale. I take it as a proud privilege to render a few words in appreciation of Montage 2009. Let me at the outset, congratulate all those who so meticulously spent their precious time and effort to bring out this marvelous piece of work.

Working as a team is the main essence that I believe is the backbone for success of the Montage 2009. It was really a great experience working on the editorial board of the Montage 2009. I hope everyone will like it as it is the outcome of many talented minds and their hard work.

Everybody has put their best so obviously the outcome shall be great. Hats off to the working committee.

I consider Montage 2009 to be the album that depicts the moral ideas, attitudes and etiquette of KCMIT. I can't omit the programmes organized by the KCMIT CLUB at Lakure bhanjyang, Changu Narayan, Ramechhap and also the frequent visits to several commercial banks in the valley which I am sure all these ventures have been immensely beneficial to the students. The different projects accomplished by students will leave an indelible mark on the people comprising of diverse belief and culture and receive optimistic recognition. As far as possible, KCMIT will leave no stone unturned to bring about absolute educational expansion to the nation and no compromise will be made to create a congenial environment for excellent teaching and learning process.

Once again I would like to extend my profound gratitude to all who helped to bring out this magazine with a pinch of panache in it.



## *Message from Managing Director*

In the competitive era of 21st Century, excellence in academic field alone is not sufficient. To face the challenges posed by competitive world, one needs to develop multi-dimensional personality. We, at KCMIT, are fully aware of this. We provide opportunities for our students to develop practical knowledge as well as confidence so that they can easily enter to the challenging world after the completion of their study. Publication of “Montage’ is one such example.

I am pleased to note that “Montage’ has been published with active involvement of our students. I am fully satisfied with the quality of materials presented in the magazine. I am confident that it will also provide a glimpse of quality and caliber of students to our stakeholders.

This year has been very exciting for us. We have moved to new complex with better facilities for our students. We hope to make further improvement in our physical facilities soon. We have also organized various extracurricular activities, which, I hope, have given extra confidence to our students. With new facilities, we aim to introduce more activities in academic year 2009-10.

Personally, I am excited to see new edition of “Montage” and I assure all of you of our support in the publication of “Montage” in future as well.

Thank you.

**Nabindra Raj Joshi**  
*Managing Director*



## *Message from Academic Director*

On behalf of KCMIT's management, I wish to congratulate all students who are involved in the publication of "Montage". Going through the contents of "Montage", I am proud to say that it has achieved highest level of excellence as shown by the quality of materials presented in the form of articles, interviews and other contributions. What has been produced in a short span of time demonstrated sincerity, commitment as well as quality of our students. I appreciate the efforts put on by the entire team.

I am confident that publication of "Montage" in itself provided hands on experience on managing the project. Personally, I have noticed many ups and down in different stages of publication including conducting interviews with high profile person, collecting and editing articles, convincing organizations for providing advertisement and endless discussion on the layout of the magazine. Despite many difficulties and challenges, I think that it has provided great learning experiences for our students. These experiences are going to be extremely valuable in days to come.

I am pleased to inform you that apart from publication of "Montage", we have been organizing various extracurricular activities such as study visits programs to different organizations, field trips, seminars and social service activities through KCMIT Club, etc. We firmly believe that these activities will contribute to overall personality development of students. We promise to provide more opportunities in days to come. From this academic year 2009-10, we are providing laptop computers and wireless facility in campus. We hope that this will give extra stimulus for learning.

We are also aware that what has been provided is not sufficient. There is always room for improvement. We welcome suggestions and comments from our students, parents, faculties and well wishers for the betterment of the college.

Last but not least, I would like to thank all students for their efforts in the publication of the magazine.

Thank you.

**Shailendra Sigdel, PhD**  
*Academic Director*



## *From the Principal's Desk*

Dear Students,

It is a pleasure to see the third edition of the 'Montage' in all its luster. Between the second edition and the third edition we have seen a sea of changes in all spheres. The 'New Nepal' at its crawling stage, eagerly awaits your positive contribution to be nurtured into a 'Stable Nepal'. You are invited to create a society where harmony and peace reign supreme. It is a call to create a 'New Heaven and a New Earth' by abandoning whatever is evil in ourselves and in our society and accepting that which is good and positive. Therefore arise dear KCMITians of the past and present as you are the salt of the earth that gives flavor and the light of our nation that dispels the darkness of sin and evil. To bring light to the darkened scene is not an easy job, it takes a lot of effort, time and patience, but if you believe in yourself, nothing can stop you from achieving your goal and turning your dreams into reality. No matter how difficult a task it is to achieve your goal, do not be deterred by it because today is not the end of the world, there is always a 'tomorrow', which can be brighter and better- believe in it, work for it and see it come true.

May god help you all in your endeavours and guide you through life to uphold the KCMITian sprit of sharing and caring wherever you go.

Thank you.

**Lalita Chand**  
*Principal*

# Motivation Skills for Effective Performance

Dr. Shailendra Sigdel

Academic Director of KCMIT and Country Representative, AIT Extension Nepal

Motivation is a complicated subject that is studied by many and understood by few. Virtually every aspect of human life—from the mundane to the life changing—is guided, swayed and altered by motivating factors. For instance, what to have for the dinner may be motivated by a desire to lose or gain weight. Whether or not to attend a business seminar may be motivated by the speakers, location and cost. When and where to buy new clothing may be motivated by a long list of personal preferences as well as the changing seasons and weather conditions.

Staff performance is a function of the ability of staff to do the job and his/her motivation to do the job. Although environment forces mediate the level and nature of actual performance, motivation is a highly powerful variables influencing performance from managerial perspectives

**PERFORMANCE = f(abilities x motivation)**

Motivation may be defined as “an urge to perform certain act(s) willingly and enthusiastically toward the attainment of some common objectives.

*Some of the signs of motivation are:*

- High performance and out comes being achieved consistently
- The enthusiasm and determination to succeed
- Willingness of individual to accept responsibility, and
- Willingness to adjust to necessary changes

*Some of the signs of Low motivation are:*

- Indifference to work
- High absenteeism
- Disputes and grievances
- Lack of cooperation
- Unjustified resistance to change

## Motivating skills for manager

Successful managers know how to motivate their employees. Although everyone is motivated by different needs, most people will tell you that two of the most important things they look for in a company are MUTUAL RESPECT AND PERSONAL



INVOLVEMENT. When workers feel good about themselves, the work they do, and the company they work for, it is much easier to gain their cooperation. Below is a list of ways in which you can pull the very best out of your employees, benefiting not only yourself, but also those working for you?

### 1. Use Positive Reinforcement to influence behavior

- When people receive praise, encouragement and recognition they respond with increased effort and enthusiasm. Therefore, manager should provide positive reinforcement by giving appropriate praise and recognition for a job well done.
- Never use threats, intimidations, nonspecific criticism and humiliation to get the things done. It can work in the short run. People usually respond to the pain that fear creates with distrust, blame, anxiety, stress and a lack of enthusiasm and commitment, all of which negatively impact productivity. However, as a long

term strategy, it fails miserably because people will look to leave a situation where fear is an ever-present part of their jobs.

### 2. Built in Extrinsic and intrinsic motivators

- Employees are motivated to complete tasks when they perceive the outcome will be a satisfaction of one or more of their basic human needs such as acceptance, respect, fun, fulfillment, power, etc. Some managers make the assumptions that employee are solely motivated by rewards such as money, benefits and titles. These rewards are commonly referred to as extrinsic motivators; while they are important, they do not satisfy all of the basic human needs. In fact, they often provide only short-term results and behavior changes.
- To ensure long-term motivation, managers must create a work environment that provides employees with the opportunity to satisfy all of their needs. Such an atmosphere will foster the development of intrinsic motivation, where employees will be motivated by their own inner drives than extrinsic motivators.

### 3. Communication and Interactions

- Establish Clear Communication: Communication is the heart and soul of motivating employees. Employees are demotivated when they are unsure of managers' expectations and priorities. They are motivated when managers provide clear expectations, instructions,
- Establish Clear Communication: Communication is the heart and soul of motivating employees. Employees are demotivated when they are unsure of managers' expectations and priorities. They are motivated when managers provide clear expectations, instructions, information and time frames, creating within the

employees a sense of respect and control in their job. A good manager adopts following to motivate his/her staff;

- Outline job responsibilities. Make certain employees know exactly what is expected of them and how their performance will be evaluated. Provide an opportunity for employees to set goals for themselves
- Keep employees informed. Keep employees informed about changes that can directly affect them such as policy changes, procedure or rule changes, product information changes, and performance changes
- Maintain an open-door policy. Be approachable, available, and interested, not distant.
- Develop a caring attitude. A good manager trains, develops, counsels, guides, and supports her employees
- Be sure to listen. Always listen to and try to understand what employees are communicating
- Ask for suggestions. Be sure to invite suggestions and new ideas from employees concerning work. Be willing to put good ideas into action by making changes.

#### 4. Adopt Participatory Approach

- Involve employees in decision-making process. Give employees a share in decision making. If not deciding what is to be done, then how it is to be done, or when or in what way, by whom. Let their “share” increase over time.
- Creating Problem Solving based on the philosophy of employee involvement in task analysis, decision making and self-generated solutions motivates the employee to take ownership of problems and responsibility for the success of the resolution.

#### 5. Coaching and Recognition

- Frequently, employees don't have the strategies in place to complete a task. Consequently, they are less motivated and often experience stress and a feeling of being overwhelmed. Managers who coach employees enable them to experience a sense of power and purpose. More importantly, during the process managers often help employees discover personal success strategies they can utilize on future projects.
- Give “constructive” criticism. An effective manager gives

constructive criticism and never makes personal attack

- Always treat your employee with respect. Be thoughtful and considerate of the person you are dealing with.
  - Hold regular meetings to monitor and counsel on an individual's progress towards targets
  - Appreciate for the work done
- #### 6. Training and Development
- Employee becomes discouraged and demotivated when they lack the skills necessary to complete their responsibilities. By providing continuous training and growth opportunities, managers motivate employees by enhancing their self esteem, which enables the employees to experiences to experience feelings of power and control in their jobs.
  - Maintain high standards. By involving employees in establishing high standard of performance, you will build their pride and self-confidence.
  - Tolerate mistakes and take it as a learning opportunities ■

## Blast from the past, fantastic creativity

**Mr. Dinesh Bajracharya**

*Lecturer Tribhuvan University*

Film making is all about creativity, imagination, style. A movie is said well which can grab the attention of audience for a long period of time. Good Movie makers use their imagination and come up with beautiful script. It is the script of movie which makes movie worth or worst. Good movie makers write their own imagination, but it is not like that they don't get inspired from other movies or stories. But they make movies of their own; they use their own instinct, imagination and the do improvisation. Movies entertain audience, but some movies not only entertain but also have big impact on the life of human, even on society. Movies like pretty woman (Richard Gere, Julia Roberts), ghost (Demi Moore, Patrick Swayze), American beauty (Kevin Spacey), Godfather (Marlin Brando, Alpacino), Taxi Driver (Robert De Nero), Blast from

the Past (Alicia Silverstone, Brendan Fraser), E. T., Top Gun, Days of thunder (Tom cruise) and so on from Hollywood, have been able to entertain audience for long time, even now people love these movies. Other movie industries have been inspired from these movies. Makers of these movies have done fantastic job giving life to the script. Lots of creativity has been put on these movies. Movie “Blast from the Past” is a great example of creativity. The script of that movie is just simple but superb. That is among those movies which will be remembered by movie lovers as one of the best movie.

### Plot of movie

In the early 1960s, America was in the grip of Cold War paranoia. Calvin Webber was more paranoid than most and built his family a huge bomb shelter. Mistaking a plane crash for a nuclear attack, he moved

his family to the shelter, where son Adam was born and spent the first 30 years of his life. When Adam finally emerges, he knows nothing of the contemporary world. He is a man out of time. Then he meets Eve: young, feisty and cynical, she is definitely a woman of her time. But the more Eve watches Adam's innocence and incomprehension of the strange world around him, the more she begins to find herself falling in love. [Plot of this movie is taken from: [www.movies.yahoo.com](http://www.movies.yahoo.com)]. I strongly suggest everybody who loves watching good movies, give time and watch this movie and get the flavor of great creativity. Those who want to make movies, first watch how good movie makers make movie, learn the meaning of creativity, imagination and improvisation. Try to learn from good movies, learn how the test of audience changes. ■



*Death be not proud, though some have called thee Mighty and dreadful, for thou art not so...*

**John Donne, Holy Sonnets, X**

Death is not a topic which most people are fond of. In fact it is quite a gloomy, dismal subject for discussion. Even at hospitals and medical schools, doctors, nurses, and students avoid the topic of death and the dying. Death is taboo in hospitals, and even doctors feel uncomfortable with the fact of death. At big hospitals, one rarely sees a corpse. They vanish or are whisked out of sight, put in a van /ambulance and taken away.

In literature, death has been presented from another angle. Death is in vogue as a topic of scholarly articles, books, discussions in seminars, etc. The topic of death seems very elusive and shrouded in mystery, although it is obvious that death is inevitable and all living things have to die. There are so many poets and writers, who have voiced their feelings and thoughts about death. Here are a few quotations from some of the most famous and popular poets, who have aptly described and personified death. Horace in the Odes, I, 4 expressed, "Pale death, with impartial step, knocks at the poor man's cottage and the palace of Kings." The implication is that no one can escape death. In the Old Testament Genesis, III, 19, it has

# Life, Death & the Dying

Prof. Mahendra Jib Tuladhar

been expressed as the following: 'For dust thou art, and unto dust shalt thou return.' The lines portray how our bodies are made up of five elements of the earth, and after death, our bodies go and mix with the earth as ashes or through the decomposition of the body. In Virginia Woolf's essay, 'The death of the Moth', death is depicted as being more powerful than life. On the other hand, Is death really so powerful and victorious? In the New Testament, I, Corinthians, XV, 54, death is mocked and personified, as it says, "O death, where is thy sting? O grave, where is thy victory?" William Shakespeare has expressed in Hamlet, III, I, "...Death, the undiscovered country, from whose bourn, No traveler returns". No-one has returned after death to tell about the eternal truth of life after death. In his tragic play Macbeth, William Shakespeare has expressed the futility of life and the temporariness of life in the lines:

**"Out, out brief candle, life is but a walking shadow, A poor player that struts and frets his hour upon the stage, And then is heard no more. It's a tale told by an idiot, full of sound and fury, signifying nothing."**

If we contemplate about life, we realize how futile the transient world is. Many spiritual people counsel their followers to meditate about death and not be afraid of it. Death is a transition from life to the hereafter. In the Mahabharata epic, Yudhisthir is tested by the Yaksha. The Yaksha asks him, "What is the final truth?" Yudhisthir, a righteous person, answers that death is the final truth. Only after death, one can know the truth about what happens after death. Is there something, continuity or a force which passes on from this life to another? Both Hindus and Buddhists believe in rebirth or reincarnation.

They believe that after death one will be reborn according to one's Karma. Can we change the Karma? It is said that a dying person sees different images, such as Yamraj or hairy creatures or gods and goddesses in carriages, etc. before death. If the dying person sees hairy animal-like creatures or monsters, he might be born in the animal world. If heavenly maidens come to take him, he might be born in a heavenly world (but even this might be temporary, and he will be born as a human again until he attains perfection and becomes free from the cycle of rebirth). The matter gets deeper and deeper. Then why do people fear death? Why is it so ominous or fearsome? Nobody wants to die, not even a small creature. People want to cling on to dear life. When a person finds out that he has a fatal disease like cancer, it scares the daylights out of him, and he will face the five stages of grief, i.e. Denial, Anger, Bargaining, Depression, and Acceptance. The realization comes at the end that one has to die, and there's no use lamenting about it. In other words, one had better be prepared for it, and die like a happy man. Even then, most dying persons feel very depressed, morbid, and suffers from Melancholia (extreme sadness). They don't want to eat, talk, or do anything. Life seems so hopeless, and he cannot sleep. In such a state, the dying person needs spiritual help to soothe his pain and agony.

In some Buddhist societies in Myanmar or Sri Lanka, an experienced monk or Bhikchhu is called to recite the sutras to ease the pain of the dying person. The dying person might even tell what he perceives, before he dies and even make his last wishes before death takes him. Hindus and Christians believe that atonement and repentance before death washes

away the pardonable sins. It may not wash away all the sins, for one has to face one's Karma, but the Karma may be changed for a better life because one has realized one's mistake before death. In Buddhism, too, if prayers are recited for the dying person, and the dying person makes a last dying wish to give daan or donation to Buddhist monks /Vihara / or poor, deprived people, his Karma will change for a better condition. This kind of preparation before death will provide solace to a dying person so that he can die peacefully. We can take the example of Socrates, the great Greek philosopher, who was given the death sentence by the Greek rulers. Socrates was prepared to die and did not fear death. His followers wept for him, but he did not want to cling on to life. He believed that God would give him justice in another life. If some are prepared for death, there are many others, who while away their life as if they do not have to die, or they may follow the motto of the Epicureans, "Eat, drink and be merry for tomorrow you die." In this busy world, people are so occupied and tied down by their daily chores, they forget about death. They are unaware of death and totally unprepared for it. They are immersed in this temporary, illusory world. Here, I would like to quote a Parable of the Rich fool from the Holy Gospels according to St. Luke:

One of the multitude said to Jesus, 'Master, bid my brother give me a share of our inheritance.' Jesus answered, 'Why, man, who has appointed me a judge to make awards between you?' Then he said to them, 'Look well and keep yourself clear of all covetousness. A man's life does not consist in having more possessions than he needs.' And he told them a parable. There was a rich man, whose lands yielded a heavy crop, and he debated in his mind, 'What I am to do, with no room to store my crops in?' Then he said, 'This is what I will do; I will pull down my barns, and build greater ones, and there I shall be able to store all my harvest and all

the goods that are mine; and then I will say to my soul, Come soul, thou hast goods in plenty laid up for many years to come: take thy rest now, eat, drink and make merry.' And God said, "Thou fool, this night thou must render up thy soul; and who will be master now of all thou hast laid by?" Thus it is with the man who lays up treasure for himself, and has no credit with God.

The parable clearly explains how unprepared we are for death. We think this is the 'be-all and end-all out here'. We do not realize that time's clock is ticking and death approaches everyone every second. Another thing is the ritual surrounding before-death conditions and after-death conditions. In the Tibetan Book of the Dead, the ancient, sacred Buddhist scripture called Bardo Thotrol is recited before death, at the moment of death and after death. It concerns the nature of mind and its projections\_\_ beautiful or terrible, peaceful or wrathful\_\_ which seem to exist objectively and inhabit the external world. The projections appear immediately after death at a time when the consciousness is no longer connected

with a physical body. Terrifying seductive forms and manifestations appear after death, and through recognition of these forms, the dying person attains liberation or the state of enlightenment. The Bardo Thotrol is read aloud to the dying so that he/she is emancipated from this world and reaches salvation. Bardo means a gap or the interval of suspension after we die and also the suspension in the living situation. To learn more about this one must read the book itself.

In conclusion, as in the words of the Tibetan monk Milarepa, "All worldly pursuits end in sorrow". A person, who is detached from this world, will be prepared for death. In the words of Osho, "If you are ambitious you will fail". Thus, there should be no attachment or desires at the moment of death, if one wants to be free from the cycle of rebirth.

**Works Cited**

1. The Holy Gospels According to St.Luke.
2. The Tibetan Book of the Dead.
3. Kubler Ross: On Death and the Dying. ■

**Funny Computer Acronyms**



<b>PCMCIA</b>	<i>People Can't Memorize Computer Industry Acronyms</i>
<b>ISDN</b>	<i>It Still Does Nothing</i>
<b>APPLE</b>	<i>Arrogance Produces Profit-Losing Entity</i>
<b>SCSI</b>	<i>System Can't See It</i>
<b>DOS</b>	<i>Defective Operating System</i>
<b>BASIC</b>	<i>Bill's Attempt to Seize Industry Control</i>
<b>IBM</b>	<i>I Blame Microsoft</i>
<b>DEC</b>	<i>Do Expect Cuts</i>
<b>CD-ROM</b>	<i>Consumer Device, Rendered Obsolete in Months</i>
<b>OS/2</b>	<i>Obsolete Soon, Too.</i>
<b>WWW</b>	<i>World Wide Wait</i>
<b>MACINTOSH</b>	<i>Most Applications Crash; If Not, The Operating System Hangs</i>
<b>PENTIUM</b>	<i>Produces Erroneous Numbers Through Incorrect Understanding of Mathematics</i>
<b>COBOL</b>	<i>Completely Obsolete Business Oriented Language</i>
<b>AMIGA</b>	<i>A Merely Insignificant Game Addiction</i>
<b>LISP</b>	<i>Lots of Infuriating &amp; Silly Parenthesis</i>
<b>MIPS</b>	<i>Meaningless Indication of Processor Speed</i>
<b>WINDOWS</b>	<i>Will Install Needless Data On Whole System</i>
<b>GIRO</b>	<i>Garbage In Rubbish Out</i>
<b>MICROSOFT</b>	<i>Most Intelligent Customers Realize Our Software Only (for) Fools (&amp; Teenagers.</i>



# Dr. Yuvraj Khatiwada

Vice-Chairman, National Planning Commission

## ON ECONOMICS

**What effects have been seen so far due to world economic crisis?**

Crisis affects our country through 4-5 channels. First channel is trade market. Our main export is dependent on America and Europe. So the problem arises when we are not able to export to these countries. The second channel is service channel. One is tourism industry and another is labor market services. If there is less arrival of tourists, it will have an impact on national economy. If people become unemployed in international labor market, they return back to their home country empty handed. Foreign aids and loan are third channel which can be affected due to crisis. In the crisis time, industrial countries do not sanction loans, aid or grants for the reason that these countries have to provide money to their own bank, or insurance companies. Fourth channel is private capital flows. Due to world economic crisis, impact is seen on foreign direct investment (FDI) and short term capital flows. Another channel is commodity prices. Due to crisis, currency rate decreases which will have impact on export.

In the context of Nepal, tourism and service sector are visibly

affected. People are reluctant to spend during crisis time so they will curtail the visit thereby affecting the tourism sector as a whole. Because of the crisis, people started returning back from foreign countries, it will have adverse impact on remittance. In this situation, it is difficult to forecast remittance growth.

**If remittance is the main source of revenue in our country then wont it create a problem if there is no remittance growth?**

Remittance is the backbone of Nepalese economy, it is indeed an indispensable source of revenue and of course lowering of remittance growth will bring lots of problem in our country. Till last year it was 17-18 %, of GDP which is quite impressive. To maintain economy 15-20%, growth is necessary.

Compared to remittance, the role of foreign aid is negligible which will not affect our economy even though there is reduction in the aid. Since we are in immediate post conflict peace building process, we are hopeful of getting more aid in days to come despite global recession.

In the case of commodity price it will have positive impact. For instance, Petroleum price reached to peak of US \$ 157 which now have tumbled down to US \$ 65 dollars. Consequently, we can import goods on lower prices and people buy them in cheaper rate and this gain is called as welfare gain.

## ON PROFESSIONALISM

**What is professionalism mean to you and how important it is ?**

I view professionalism in two ways as a practitioner and academician. In our society we often find wrong people in wrong job. We don't find parents council their kids to choose a good profession. People rush in profession through peer pressure. We find diluted profession. Profession should be away from politics too. In our country even caste also affects professionalism. Caste determines the professionals of an individual. So these leads to the weak academic, intellectual, bureaucratic, civil society and even technocratic society get weak.

**Are you satisfied with your profession?**

I am happy with my personal life and satisfy with it. But with professional life, I think no one is fully satisfied. More than satisfaction, what I have achieved through professionally is important. I am not totally satisfied as I couldn't contribute as I wish because of my limitation as well as high level of expectations from my society.

## ON PERSONAL LIFE

**During your childhood, what were your core your wishes and aspirations ?**

When I was in primary school level, I even did not think about my career. During initial phase of my high school education I wanted to become a school teacher but during late high

school, I had to choose special subjects in which I could choose either physics or biology, or optional mathematics. During late high school, when I was in class 9, I chose science and thought of going to medical field and I wished to become medical doctor until S.L.C.

**What constraints you from being medical doctor?**

My purpose of being medical doctor was to serve more and more patients and societies but being students at school level do not have an idea about responsibility. What it actually takes to be a medical doctor and price to be afforded, you come 'down to earth.' I mean to say, when I knew the price for completing medical doctor, I came out of world of imagination and fantasy and thought could not be a medical doctor because I even did not get a chance to

study science. I had to choose Arts faculty as there were no options lacking behind strong financial support. I become doctor but of economics.

**What can we do to be successful?**

Success is all about hard work with some intelligence. But sometimes circumstances do not favor these two things. Some times people may make circumstances of hard work and intelligence in their favor but no always. But the thing is that your hard work does not go in vain. Ward work is a must to be a successful professional. What matters the most is that you should have certain ambition and set one particular goal. For instance, I passed S.L.C., completed intermediate, and list goes on from B.A. to M.A. but I never thought of beyond one immediate step ahead. But success does not come hand

in hand. The thing is that you should have vision and choice. If your first option does not work, you should jump into next one with full dedication, implementation, and interest with suitable supportive environment. Therefore while setting goals, you should think rationally that to what extent environment is favorable to your goals. For example, if you can not afford to buy a computer, there is no point in setting your goal to be a web designer or IT expert.

Compiled by  
**Rachana Shrestha**  
**Palwika Koirala**

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# The Thunder Struck . . .

Aastha Dhungana | BBA, 2nd semester Section A



The thunder struck of global economic crisis has shoved the global economy into a new point, but what really is economic crisis is? In general terms, economic recession describes the reduction in GDP (gross domestic product) for at least two quarters. The U.S government defines it as, "a significant decline in economic activity across the economy, lasting more than a few months, normally visible in real GDP growth, real personal income, employment, industrial production, wholesale and retail sale". Economic decline, change in personal income, change in national GDP and significant decline in job availability are building blocks of economic recession. Actually, imbalance or inequilibrium in demand and supply causes the economic recession. For example; if the demand for product A is greater than demand for product B. It's obvious that the supply of product B will be less. When supply is less, it implies that production is also less, when the production decreases, investment also decreases. The fall in investment compels the company workers to leave the job. This results the decrease in income causing decrease in the purchasing powers of the workers. As a result, demand for other types of goods also decreases. So, it is very important in economy for demand and supply to be in equilibrium. Mainly, United States, United Kingdom and some other European countries have been victimized by economic crisis. Among the Asian countries

Japan has been mostly affected. Presently, United States is burdened with deep rooted and unsuitable economic challenges. United States is now facing three major problems. The very first problem is that according to the official figures, more than 16,613 American companies have been sold out to foreign corporation in last 30 years because of which whatever, small or big profits that were made by the companies were all taken outside the country. The second problem is that; vital industries like steel, textiles, machinery tools, automobiles, electronics, movies and others are declining through bankruptcy, foreign predatory competitions and foreign acquisition, as a result of which the country's production and employment opportunities are decreasing and now the third major problem is that; American manufacturer have not been able to manufacture competitively. American manufacturer suffers 22percent of structural cost disadvantage compared to overseas competitors through taxes, health and pension benefits, and unequal environmental protection. This has discouraged new manufacturer to be established. Giving a deep thought to the Neplease economic sector, Nepal also has insignificant and harsh negative impact of global economic recession. Presently, Nepal's domestic economic activities are very sluggish. This implies that its already in the nearest point of recession. The hit of economic crisis globally have caused Nepal; basically face two types of problems. Firstly, deprive of huge remittances that is the major source of economy. This has been due to the result of millions of youths working in foreign countries are losing their jobs or have the possibility of non-providing jobs because of this mandatory situation. The return of these youths has created a kind of anarchical situation because it has doubled up the unemployment problem, which is seen as major

problem of our country. Besides these two problems, Nepal's tourism sector has also been somewhat indirectly affected by the global economic recession. According to the latest figures released, Nepal tourism board (NTB) suffered a sharp-down turn as tourist's arrival in January'09 dropped nearly by 16%. Even though Nepal has indirect effect of the global economic crisis, the government of Nepal needs to think about the challenges and immediately workout a manageable policy, before the country drowns and not develop the policy after it has drowned. Presently, the government needs to make investments on public expenditure like on industries that have closed down and those which are in critical condition, so that those infant industries can be recovered and regenerate the production as well as employment opportunities again. ■

## Is Windows a Virus



No, Windows is not a virus. Here's what viruses do:

1. They replicate quickly - okay, Windows does that.
2. Viruses use up valuable system resources, slowing down the system as they do so - okay, Windows does that.
3. Viruses will, from time to time, trash your hard disk - okay, Windows does that too.
4. Viruses are usually carried, unknown to the user, along with valuable programs and systems. - Sigh.. Windows does that, too.
5. Viruses will occasionally make the user suspect their system is too slow (see 2) and the user will buy new hardware. - Yup, Windows does that, too.

Until now it seems Windows is a virus but there are fundamental differences: Viruses are well supported by their authors, are running on most systems, their program code is fast, compact and efficient and they tend to become more sophisticated as they mature. So Windows is not a virus.

It's a bug.

# Mr. Manoj Bhattarai

## Chief Executive Officer, NLIC



### ● *Could you please confess the most memorable moment of your life?*

There're many moments which are very precious for me. Behind every happening there're some reasons and to reach up to this profile, I've come across many experiences. Remarkably, the most memorable moment was the day when I left Nepal Industrial Development Corporation (NIDC), the company which was a part of my life where I worked for 19 years. To reach up to this height today, the credit fully goes to NIDC.

### ● *Do you consider yourself as a lucky person?*

Indeed, it's a philosophical thing. Door does not open itself. Sometimes you may be upon the right door and sometimes upon the wrong one. To be lucky, you definitely need to work hard.

### ● *How do you take the Life Insurance Policy?*

I find it very technical and serious type of business that one should understand as we are playing with the sentiments of the people. We want to catch the sentiments. There is no certainty of any life and to make sure that your family behind will get social and financial support, life insurance is done. And, if you survive by the blessings of GOD, you'll get the return with the added benefits on it. We believe that insured people have longer life than uninsured, we pray for the long life because if a person dies early, the Insurance Company has to pay a lot of return. So we sell dreams and

sentiments of people and do business.

### ● *Is it worthy?*

Of course, it worths. There's no question about this. You shouldn't compare your life Insurance premium with anything. "Don't compare with any of the investment opportunities in the World". Life Insurance helps build up social status and the level of confidence as you will have you'll have more opportunities ahead. These kinds of opportunities cannot be compared with any monetary value or monetary return. In that sense, it worths.

Today, what people see is the bonus and the return. Life Insurance is not done just for bonus or return, return is one of the aspects but it is least important. Even the Risk Return Theory tells, return depends upon the degree of risk. Higher the degree of risk, higher is the return and in Life Insurance Company we're accepting your risk and rewarding you. In other institutions, to get return, you've to bear your risk but Life Insurance insures in transferring your risk to the company and getting the return out of it. So, it is worthy.

### ● *So you mean the company is taking risk in the case of life insurer?*

Exactly, company is taking the risk and paying reward to the policy holder. Well, we also don't do business in loss. It's the Theory of Pulling. But, this theory is also applicable only

up to one optimum level, up to when the mortality rate can be maintained, up to our level of expectation. If the mortality rate increases, we're gone.

Life Insurance is a very technical and very serious financial institution. We've to be very careful about it. But, these days random growths of Insurance Companies have created an unhealthy competition. But, in non-life insurance that doesn't matter. For non-life insurance, after the maturity of policy, if renewal premium is paid then only the risk is covered for another year, if not renewed, it is finished. Whatever money you've collected as a premium is in your pocket, deducting all the expenses and the losses. Whereas, life insurance isn't like that. If a person has a policy of 2 years then he gets opportunity to cover risk for another extra 1 year even if the premium isn't paid.

### ● *It looks like a kind of a scheme, is it?*

Yes, it is. If somebody doesn't pay the risk renewal premium today after continuing two continuous years then the risk is covered for another 1 year even if the interest is not paid.

● **Is it a kind of motivational tool for the public?**

We may also take it somehow as a motivational tool. We're honoring the sentiments that we're catching from the people. Due to some reasons if a person couldn't pay interest in first year, even then the company pays premium. Even after first year, if the person couldn't pay then the company doesn't cover the risk but the paid value will remain in the company and he/she will get back the money whatever he/she has paid deducting something out of it. So, you've every freedom to revive the policy within 5yrs. And the policy which isn't continued for 2yrs will not provide any benefits and such policy will be 100% lapsed .

● **In our country maximum people are seen not attracted towards Insurance Policy. What do you think is the reason behind this?**

In Nepal, proper education on Insurance policy is lacking. Also lack of awareness among the people is also another weakness. Compared to the past, these days quite a few people are conscious about insurance policy but still it has a long way to go. Study of insurance should also be included in the education system. Education of insurance should be taught in the Secondary or Lower Secondary levels as well.

● **What message do you want to convey to the young generation?**

No work should be compared.

You should not opt any work because you don't know how to do that instead you've to try. Whatever job you get, take it as your opportunity.

Never compare your job with remuneration. Just do it. Work hard. There is no substitution for hard working. Try to learn something new from every task you do. Go after work and money will follow you.

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प्रधान कार्यालय

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# The economics of Information Technology

**Mohan Timilsina**  
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The immense development of an Information Communication Technology (ICT) has not only cybernated the world but also has provided the framework to raise the country's economy. The economy that is based upon buying and selling of bits and its management is regarded as digital economy. Digital economy is very crucial for any ICT business to generate the revenue. Here the question arises, how the revenue can be earned by buying and selling of bits?

The information product is the major weapon for any ICT business to generate revenue. Information products are those which are the bundle of bits and give the maximum level of satisfaction whoever uses it for example software, movies, PC games and web. I would like to make it more vivid by giving the example of Nepal's leading public and private companies which are relying in information market such as Nepal Telecom, Mero mobile, United Telecom, Mercantile, World Link, Via Net, D2 Hawkii, America 2000 are leading companies in Nepal which became one of the indicator of Nations economy.

The notion of the information product is that it is hard to produce and cheap to reproduce. The information product is an intelligent product which requires high skilled human resource and patience to finish a product in a specified deadline but ones the product is completed then its copies are replicated in such a way that the cost of the product finally becomes zero i.e the marginal cost of additional copy of product tends to zero. This can be further explained by the fact that the mega Hollywood

block buster movies investing millions and millions of dollars are now sold in DVD, VCD for only the cost of DVD and VCD say fifteen to thirty Nepalese currency or less than one dollar but nobody is bother to know where is the cost of movie or is it free? The cost of original copy of the software or any information product is always expensive, due to this reason the information business organization calculates the estimated amount of profit in it and once it is fully satisfied with its pricing then only it provides its product to the customer or any other information vendors.

The software which we are using in our desktop and laptops are very expensive, we are using latest version of software like Microsoft Office 2007, Yahoo Avatars, Windows operating system VISTA, Windows XP service pack 3, Windows media player 11 and many more but have we ever imagined that how much will they cost for their genuine pack or what will be our conditions if we have to pay it in dollars. In the Asian continent we are all using the pirated version of proprietary software of Microsoft Company and we are now lock in for those product, which is also one of the strategy of Microsoft so that we cannot switch in to new open software like Linux because the switching cost is very high. Switch cost not only refers to cost but also time to learn new product and its functionality.

Now it's the world of free and open source software. Technology has been changed to open source. Nepal has also adopted the principles of Free and open source and registered the company called (FOSS). The

FOSS has developed the operating system in Nepali called NEPALINUX. People now donot want to be lock in for the proprietary version of software people are seeking change and change is only possible if there is no supremacy or dominance. Linux is the only platform to develop new information infrastructure to the open world for open software. ■

## फरक

बिनय रेग्मी (दृश्य)  
BIM 2nd semester

भमराहरू फुल चुस्न  
क्षितिज उघारदै उडछन्

किराहरू फुल कुहाउन  
अन्तराष्ट्रिय कोठीहरमा पुग्दछन्

फरक  
भमराहरू क्षितिज चुम्दै  
नवयुग जन्माउदै जान्छन्

किराहरू फुल कुहिसक्दा  
आफै मरेर जान्छन् ।



The first time I watched football was FIFA world cup was back in 1998. At that time I was little boy of 9. Since then football started growing very fast within me. I started watching every football game that comes in T.V. I started playing football with my friends and this is how I started football. When I was 10, I was sent to the hostel at Birendra Sainik Awasiya Maha vidyalaya (B.S.A.M). Everyday I waited eagerly for my classes to finish so that I could just head my way towards the ground to play football. Football became my habit, my passion and my dream. I just started dreaming of myself in a red

# FOOTBALL: MY DREAM MY LIFE

Sumin Kumar Bhattra | 2nd semester

jersey of national team, putting my hands across my chest and singing the national anthem.

Where all the people of my country prayed and wished the good luck to be victorious with this imagination and dream I continued to play football and from class 4 to 10, for seven long years I was there in the field for one and half hours everyday playing football. During the course of time I took part in many football matches and won laurels in many of them. I stepped on the first step of my dream when I played the national "C" division league after S.L.C. I continued my +2 level from the same institution B.S.A.M and my love for football grew ever deeper. As time passed my dedication and eagerness towards the game was grew more and more. After nine long years stay at B.S.A.M. I was ready for the battle of my life and to see my dreams come true.

It was 23rd of mangsir 2065, the day when I climbed the second step towards my destination i.e. national stadium for a clash in he national "B" division league. The team I played for was Boudha F.C. Our performance in he league promoted our team to the "A" division. Now when the battle starts for the top flight to become the number one contender, I will be there with full dedication, strength & passion hoping to move the ball and dribbling it here and there and making it sure that it will find the back of the net. To study is to build my career and football is My dream and till now I have been able to take it side. By side and achieve both in a fantastic way. Today I am here at KCMIT for both my career and my dream to be fulfilled. Football is my dream, my life because it runs through my veins as a blood everyday, every hour, every minute and every second. ■

## Phishing

Bishow Deep Dhungana | BBA 4th semester.

Day by day, we are using more & more online services. We are using e-mail service, bank services & also e-commerce. These services are becoming part of our lives & we are already used to them. But that creates a huge area for criminal reflective persons who are thinking how to get some profit without working hard. These persons are already to do a lot of things to get your money & they have a lot of methods how to make their nasty or dark desires come true.

### What is Phishing?

Phishing is a specific form of cyber crime. Phishing usually tricks computer users into disclosing

personal details such as usernames, passwords, PIN numbers, credit card numbers etc, which are linked to bank accounts or online shopping accounts. There are a lot of methods how to realize their bad intents.

### Phishing scams

The most common way how to do it is ; phishers set-up the fake webpage (copied from some source) of a well known company & send e-mails to the possible users. E-mail usually says that you have to go to the webpage because something is wrong with your account either someone have tried to attack it or you have to update it.

After user has swallowed the phishers bite-everything happens in such scenario. When you are trying to login into the webpage phisher saves your username & password. After

username & password are collected, phisher can use your account for transacting your money onto his account or steal your identity-use your identity for services he need. When you realize that you have been tricked-it's already too late.

### How to fight phishing scam?

First of all you should remember & follow one simple rule-never open an e-mail which you are not expecting. If you are so interested in the contents of the message that you cannot just delete it, then never click on provided link- better type it on your own in the browser. If you realize that the message doesnot come from legitimate site remember to report it, so nobody gets tricked in it. ■

# The JUNK which may or may not have any meaning

Dinesh Bajracharya  
Lecturer TU



Computer is one of the most versatile and effective innovation of science. With the time cost of computer and power of computing totally changed, cost of hardware decreased while power of computing increased. This changed has definitely influence everybody, and made almost everybody acquire computer. The computer has enormous advantages: like speed, accuracy, diligence etc. The knowledge of computer science and information technology (IT) is necessary for everybody; this knowledge makes people to have full advantage of computer and IT. So, different faculty like management, mathematics, science etc. are providing computer and IT related courses on their own in their curriculum.

But the course of computer science and IT is different from others course, this thing must be understood by anybody. There are lots of programming languages (C, C++, ruby on rails, python, Java C#, VB.net, prolog, lisp, Haskell etc.) and these languages have their own specialties and uses. So, users must know the features of programming language and field where they can be applied. These programming languages differ in their use and power. We can find lots of subjects in computer science and IT and lots of books; most of them have both theoretical and practical approaches. To implement theoretical knowledge into practical knowledge of different programming languages is required. And lots of people (especially in our country) find studying programming languages very difficult students of our country are basically taught in spoon feeding matter, as a result their

thinking and decision making power have degraded and which is the most important ingredient for the students of programming language. And also the approach to handle programming language needs very different approach, we can find lots of books on management, physics, chemistry accounts, sociology, psychology etc. but it is difficult to find books like learn management on 3 days or learn physics in 7 days, on those stream. But in case of programming languages we can find books like learn C in 3 days, Become Java guru in 21 days, etc. These kinds of books in programming language show that they are different that other subjects and they need different approach to master them. So, students must prepare themselves for mastering in programming languages. They have to focus and think while studying programming language. Especially students of computer science and IT who have learnt mathematics in their previous studies should find learning programming language little easy, but not that easy if they don't work hard. But for non science students who have little knowledge about mathematics and science, will definitely find learning programming language difficult.

But one very important thing everybody should understand is that: know to use computer does mean that programming also must be known. Just knowing how to use certain application programs and handle computer may be sufficient for most of the users as if they don't have to do any kind of programming. So, for non science students, it may be good to keep away them from programming language until they show immense

interest in programming and come on their own for learning programming languages exhibiting their knowledge of mathematics. There are theoretical like subjects which most of student must study in computer science and IT also. Subjects like Management Information System. Ecommerce. Database Management System etc. can be taught to the students of non computer and IT without considering too much practical elements. They will be benefited by these subjects and will be able to decide when and where and how and why computer and IT can be useful.

So, lastly it is up to the students what they want to study, they have to decide. But once thinking before talking certain course will definitely help them and also faculty boards also thinking what will be suitable for whom and when and how and why. For most of non computer science and IT students, it should be enough to know how to operate computer, how computer can be used as communication device, how it can be used for entertainment purpose, how to use certain application programs like word processor, spread sheet, presentation tools and most important how to protect computer from virus and keep computers up-to-date. Additional knowledge of other applications programs will also definitely help them. And all these, generally, don't require any in knowledge of programming. ■

# LIKE A THOUSAND TIMES BEFORE

Suraj Rai | BBA 2nd semester, Sec 'A'

She rushed and pulled out a photo from the drawer and finally, she cried, "my child, my son." The father from the other room wiped his tears and hurried to his wife. Their son had passed a year before and on his first death anniversary, the couple tried to erase him, like a thousand times before. From the world's fastest-growing economy, China has now become the world's fastest-sliding economy. Official statistics suggests GDP skyrocketed a staggering 13% in 2007 but last year, Beijing stated, GDP fell to 10.6% in the first quarter, 10.1% in the second, 9.0% in the third and 6.8% in the fourth quarter. As for the world trade, it was 17% lower in Jan 2008 as compared to that of Jan 2009. Furthermore, world trade during Nov 2008 to Jan 2009 was 40% lower! World Bank pointed out three main reasons for this crisis;

1. The downfall of housing sector in U.S. in Aug 2007 that led to a drastic fall in consumer's demand. One out of every six or seven dollars spent in the economy comes from an American consumer, so the Americans directly

affect the exports from elsewhere in the world.

2. The collapse of financial markets due to bankruptcy of giants of investment banking like Lehmann Brothers and Merrill - Lynch in Sep 2008. This caused credit freeze everywhere, so at the moment, no one wants to lend.
3. This financial crisis created a climate of uncertainty, so, international trade is at a halt, at this very moment.

Let's summarize the effects of this financial crunch on China by identifying three points;

- Its exports have dramatically shrunken since, US and the west are the largest market for Chinese goods. So, industries in China are closing down.
- There has been a steady withdrawal of foreign investments in China, further, enhancing the crisis.
- The working population now faces massive displacement. CNN reported that over 20 million migrant workers in China have returned to their villages since the recession began.

The estimates could be as high as 25 to 35 million people.

World Bank, earlier had predicted 9.2% growth for 2009 for the Chinese economy but a few weeks back, it ranged somewhere between 5.5 to 8%. It should be understood that anything below 8% is conventionally seen as hazardous from the viewpoint of maintaining political stability. But, for the Chinese, its banking sector remains a silver lining since this is the only sector that has remained unscathed by the crisis. The capital control policy of China is the reason. China has kept tight control over its currency, refusing to revalue Yuan or open up its capital account to international societies. At the moment, no one has a clear understanding of when this crisis will pass. Wall Street Journal, during the first week of April, suggested US recession will end in September. But for the rest of the World, no one is sure. There are clear signs that the end result could be a lot worse than the great depression of the 1930's. ■

## स्मरणशक्ति कसरी बढाउने

सम्झना सिग्देल | B.B.A. 4th Sem, Sec 'B'

कुनै कुरा पढेपछि बिर्सने कारणबाट हिजो आज धेरै मानिस पिडित छन् । स्मरणशक्ती बढाउने र छुटाउने काममा स्वयंले सुधार ल्याई स्मरणशक्ती बढाउन सकिन्छ ।

- पहिलो पटक पढेको कुरालाई मस्तिष्कले स्वीकार्दैन । स्मरणका लागि समय समयमा दोहो-याउनु पर्छ । हाम्रो मस्तिष्कमा बस्दा पहिले Short Term Memory मा बस्छ । त्यसलाई Repeat गरेमा Mid Term Memory मा बस्छ । त्यसलाई अफ Repeat गरेमा Long Term Memory मा बस्छ । यसर्थ जति दोहो-यायो त्यति नै स्मरणमा बस्छ ।
- मस्तिष्कलाई स्वस्थ र बलियो बनाउन मस्तिष्कलाई चाहिने मात्रामा रगत, अक्सिजन र शक्ति चाहिन्छ । यी

सबै आवश्यकताहरू प्रणायामबाट पुर्ति गर्न सकिन्छ, त्यसैले नियमित प्रणायाम, योग र ध्यानबाट स्मरणशक्ति बढाउन सकिन्छ ।

- क्रोध, लोभ, डाह, मोह, डर आदि स्मरणशक्तिका प्रमुख शत्रु हुन । त्यसैले यस्ता अनावश्यक सोच, विचारबाट टाढा रहनुपर्छ ।
- स्मरणका लागि निस्कने रसायन 'डोपामाइन' ले विशेष भुमिका खेल्छ । हामी खुसी भएको अवस्थामा 'डोपामाइन' निस्कने भएकोले सदैव प्रसन्न हुनुपर्छ ।
- मादक पदार्थ तथा धुम्रपान स्मरणशक्ति ह्रास गर्ने प्रमुख कारण हो । तसर्थ मादक पदार्थ तथा धुम्रपानबाट सधै टाढा रहनु बुद्धिमानी हुन्छ ।
- स्मरणशक्तिलाई भोजनले पनि प्रभाव पार्छ । त्यसैले धेरै अमिलो, पीरो तथा सडेगलेको बासी खानेकुरा खानु हुँदैन । त्यसको सट्टा ताजा फलफुल एवं सागपात खानुपर्छ ।

- पढ्न बस्दा कम्मर तथा ढाड भुकाएर बस्नु हुँदैन । यसले गर्दा मस्तिष्कमा आवश्यक मात्रामा रगत र अक्सिजन पुग्न सक्दैन ।
- विहान सुर्योदय हुनुभन्दा अघि उठेर स्नान र व्यायाम गर्नाले स्मरणशक्ति बढाउन सकिन्छ ।
- कुनै कुरा पढ्दा धैर्यपूर्वक पढ्नुपर्छ । अल्छी नगरी सधै नयाँ-नयाँ कुरा उत्साह साथ सिक्ने प्रयत्न गर्नाले स्मरणशक्ति बढाउन सकिन्छ ।
- दिनहुँ विहान घोडताप्रेका दशवटा पात सेवन गर्नाले पनि स्मरणशक्ति बढाउन सकिन्छ ।
- आँखाको सामुन्ने पहिलो रंगको ज्योतिको ध्यान गर्ने शीर्षसन गर्ने वा नियमित सुर्यलाई नमस्कार गर्दा पनि स्मरणशक्ति बढाउन सकिन्छ ।
- दैनिक कम्तीमा २ लिटर सफा पानी पिउँदा पनि स्मरणशक्तिमा सहयोग पुग्छ । ■

# Chirpy, Chirpy, Chip, Chip

Hear the BBA- 2nd Semester  
Chirp. Sec "A"

## Aastha Dhungana

*Aastha scares us a lot with her big eyes. But she is a cutie pie.*

## Bikram Mainali

*Bikram is the quiet soul.  
His academic achievement is  
a solid whole.*

## Binju Manandhar

*Binju is the pride of our class.  
She is not afraid to speak in a mass.*

## Binod Subedi

*Long hair, skinny look.  
Makes you Binod very cool.*

## Bisesh Bista

*Though Bisesh has got four eyes.  
We never hear him telling lies.*

## Bisnu Panthi

*Bisnu frolics about here and there.  
But when work comes his way,  
he is ready to do his share.*

## Bronisha Neupane

*Soft and polite, Bronisha's voice.  
She does not make any noise.*

## Damodhar Raul

*Damodhar doesn't ever say a hi.  
Because he is very shy.*

## Dipendra Kunwar

*Dipendra remains almost absent.  
But the day he is present,  
he remains silent.*

## Dipika Shahi

*Dipika stands confident and tall.  
Rides her scooty without a fall.*

## Kshitij Malla

*Kshitij always feels hungry.  
But he never gets angry.*

## Kusum Karki

*Blinking eyes and innocent smile  
are the characteristics of  
Kusum's style.*

## Mohan Rai

*Mohan is a front bencher.  
Shy and silent is his nature.*

## Nabina Khaitu

*Nabina speaks very slow.  
Her smile makes her face glow.*

## Prashant Gurung

*Prashant is a lover of music.  
His feelings for his fellows  
are altruistic.*

## Rabindra Munikar

*Rabindra has long hair.  
He and Sumin make the  
best cricket pair.*

## Ram Sundar Thapa

*Good smile and very shy.  
Ram you are an Adonish guy.*

## Rasna Shahi

*Sweet, jovial, expressive  
Rasna you are really impressive.*

## Rikesh Shakya

*Rikesh is soft and hidden away,  
Nevertheless he has the caliber  
to sweep us all away.*

## Sabita Paudel

*Friendly Sabita has a good name.  
Over this one year, she has  
gained a lot of fame.*

## Sadikchya Baral

*Sadikchya Baral is the leader  
of our class.  
She is an efficient C.R in  
all her tasks.*

## Sailina Shrestha

*Sailina is fun loving girl, with her  
smile she makes a stone a pearl.*

## Samir Paudel

*Samir is fine and tall.  
Be careful you might fall.*

## Samjhana Khadka

*Petite Samjhana has a  
charming smile, which works  
wonders all the while?*

## Saroj Karki

*Saroj is very thin.  
So he must join the Gym.*

## Shristi Khadka

*Shristi speaks very fast.  
And Khadka is her cast.*

## Sujata Singh

*Sujata's laugh is very loud.  
She turns the loneliness  
into a crowd.*

## Sumin Kumar Bhattarai

*Sumin the rising sports star.  
He is popular for his football  
skills wide and far.*

## Suraj Rai

*Suraj has his, seat in the front row,  
and pens his thoughts galore.*

# Chirpy, Chirpy, Chip, Chip

Hear the BBA- 2nd Semester  
Chirp. Sec "B"

## Anirod Shrestha

Anirod is from mechi zone,  
and he is always busy in phone.

## Anish Bhandari

Anish is a silent guy.  
Who loves thinking high.

## Ashok Gaire

Ashok has long hair, which makes  
the children wonder and stare.

## Dhan Bdr Kathri

Dhan bahadur is silent soul.  
He seeks no attention on the whole.

## Kiran Subedi

Kiran likes the letter "I"  
But God knows why?

## Lokendra Bdr Kunwar

Loks plays good cricket,  
during the matches he takes  
many wickets.

## Manisha Shrestha

Manisha can sing a sweet song.  
We usually find her chewing gum.

## Narendra Nath

Narendra seems to be  
always unconscious  
But at studies he is extremely  
conscious.

## Padma Yogi

Padma is a girl, which thin and tall.  
She seems to be liked by one and all.

## Prabesh Khatiwada

Prabesh is very cheerful.  
But sometimes his perception  
is very fearful.

## Raj Singh Pujara

Raj is thin and tall.  
He is very close to all.

## Rajendra Satyal

In studies, Rajendra is sensitive.  
So he always thinks positive.

## Ravi R. Chaurasiya

Ravi enjoys himself all the time.  
He is very fit and fine.

## Rochok Bhagat

Rochok is the C.R of the class.  
His heart is as clear as glass.

## Roshani Thapa

Roshani, the gorgeous lady.  
Is always in a mood to study.

## Rupa Karki

Rupa says she is always right.  
Often she is seen in a mood to fight.

## Sandeep Neupane

A very helpful and kind dude.  
For charity Sandeep is the  
perfect substitute.

## Saurav Rijal

Saurav is a book worm  
Ask him a question he will  
answer in fullform.

## Sher Bahadur Daral

Sher is a friendly and smiling guy,  
but when he faces girls he feels shy.

## Subash Shrestha

Subash is an intelligent boy.  
He looks like a little toy.

## Sugandha Subedi

Sugandha in academics is at  
the top rank  
Her dealings with her friends  
is very frank.

## Sujan Dahal

Sujan is a boy with an innocent face.  
His stylish gear is not every  
one can trace.

## Sunita Shrestha

Sunita has a sweet voice.  
Bara and yamari are her  
favorite choice.

## Susma Acharya

Susma is very simple and silent.  
But at work she is smart  
and brilliant.

## Tanka Joshi

Tanka is a totally fun loving guy.  
And no one in class wants to  
bid him good bye.

## Vikas Chand

Vikas is a person whom  
everybody likes  
As he has got a cool bike.

## Pooja Acharya

Pooja is very cute.  
But she is always mute.

## Bikas Rawal

Bikash is in the "B" section.  
Often he thinks himself to be  
Michael Jackson.

## Bisesh Raut

Bisesh is such a fellow,  
who never forget to say a "Hello".

# Nepal CRS Company

Nepal CRS company, the pioneer of social service oriented company in the country that has been promoting family planning, child health care, maternal health care and other health related products for the last three decades. It has launched various products related with family planning, common diseases, maternal health care and HIV/AIDS.

## AN INTERACTION WITH Mr. ROHIT SHRESTHA



Mr. Rohit Shrestha

**When was Nepal CRS CO. established and what's the main objective of this company?**

Well its been 3 decades as we have been providing services to the people and nation. But the exact date is 31 May, 1978 A.D. So its been 33 yrs. In previous days the objectives of the Co. is to make aware and provide services to people related with family planning but currently we have been working on various other sectors like child health care, maternal health care and even HIV/AIDS .So, our main focus is to cover all aspect with health activities.

**What are the major financial sources of CRS Co. as it the service motive Co.?**

CRS Co. is established by the help of US government. Annually they deliver us funds in terms of money product and services. Since 90's even German Development Bank provides us the donation and launch various products like E-con, antibiotics (STD/STI) is about to launch in the market. And even the government of the country is cooperative and fully supportive in terms of advertisement awareness programs as well as government do compliment for the supplement of the product. Currently CRS holds 27% share and government hold 65% and rest with donation to run an organization. Due to economic recession, besides government through donations, funds from other organization CRS is running.

**What are the impact of CRS on the society?**

We focus on the positive impact of society. Our main aim is to reach each and every corner of the nation, covering all 75 district. So that we could provide our services to all the people of the nation. Today we contribute ¼th of our services to every sector of the health related activities. So we hope society is positively influenced by our services.

**In this period of 3 decades ,how the CRS Co. is progressing?**

We started our Co. with family planning related services and product. But now we are launching various product yearly like; Panther, Pills, Condom, Injection, Nawa-jiwan, Virex sterilize, IV Norplant, maternity care product. Recently, we launched "Matri Shishu tabs" in Bardia. In this way we are growing in terms of different products for different related activities

**What kind of awareness program has this company organized yet?**

We have gone through lots of awareness program via mass media, ground level activities (drama), seasonal basis program like ORS ,Nawa-jiwan etc. We do organize various seminar, workshop for the employees and staff of an organization to get update with current products and diseases. For eg bird flu, swine flu, AIDS etc

**Why do we often find CRS is much more focused on AIDS**

**than other diseases like T.B. and others and celebs are used for promoting it ?**

AIDS is the most dangerous dises which do not have medical treatment till now so every group of people need to aware of it. Though there are other disease like T.B. but there is cure for that n AIDS is something that has no cure. Mainly youth are affected by it by the use of drugs so they need to be more aware of it and its consequences. We also help various rehab centre to create more awareness program on drugs as it is not only a nation's problem but a worldwide devastating disease.

**Do political instability affect the Nepal CRS Co.?**

I think nobody is isolated by political instability, so it does affect. But government is equally cooperative in terms of other matter.

**Lastly youth of our country can be benefitted and what would you like to suggest them?**

Today's youth are the tomorrows nation builders. Winding the youth can bring unto a revolution, so to change their attitude and behavior to some extent advertisement of our company plays a vital role. In totality what we want is, to build healthy habits regarding health factor among the people.



## The Less You Know, The More You Make

“Salary Theorem” states that “Engineers and Scientists can never earn as much as Business Executives and Sales People.” This theorem can now be supported by a mathematical equation based on the following two postulates:

1. Knowledge is Power.
2. Time is Money.

As every engineer knows:

$$\text{Power} = \text{Work} / \text{Time}$$

Since: Knowledge = Power

$$\text{Time} = \text{Money}$$

It follows that:

$$\text{Knowledge} = \text{Work} / \text{Money}$$

Solving for Money, we get:

$$\text{Money} = \text{Work} / \text{Knowledge}$$

Thus, as Knowledge approaches zero, Money approaches infinity, regardless of the amount of work done.

*Conclusion:* The less you know, the more you make.

## शुभश्री को-अपरेटिभ लिमिटेड

पुतलीसडक प्लाजा काठमाडौं पो.ब.नं. ४२८९, फोन: ४४३७९८६, ४४२७४४९ (अ), ५५७९००२ (आ)  
मोवाईल: ९८५९०२२३९८ फ्याक्स: ९७७-९-४४४५५३६, ई-मेल: suvasri\_co.op@hotmail.com

निक्षेप तर्फ ब्याजदर (२%-१२% सम्म )				
निक्षेप	अवधि	मासिक लिंदा	३/३ महिनामा लिंदा	एकमुष्ट लिंदा
मुद्दति	३ महिने	-	७ %	-
	६ महिने	-	७.२५%	-
	९ महिने	-	८%	-
	१२ महिने	९.२५%	९.७५%	१०%
	२४ महिने	१०.२५%	१०.७५%	११%
	३६ महिने	११.२५%	११.७५%	१२%
दोब्बर ७२ महिनामा हुने				

साधारण बचत-६.५%

घरदैलो बचत-४%

विशेष बचत-२%

कर्जा तर्फको ब्याजदर र सेवा शुल्क (१२%-१६% सम्म )			
कर्जा शिर्षक	अवधि	ब्याजदर	सेवा शुल्क
कृषि कर्जा	२ बर्षको अवधि	१६.५%	२%
	२ बर्ष भन्दा बढी अवधि	१४.५%	३%
व्यापारिक कर्जा	२ बर्षको अवधि	१६.५%	२%
	२ बर्ष भन्दा बढी अवधि	१५.५%	३%
शेयरधितो कर्जा	१ बर्षको अवधि	१४.५%	१%
प्रारम्भिक शेयर खरीद कर्जा	६ महिना अवधि	१२.५%	०.५%
आवास कर्जा	२ बर्षको अवधि	१६.५%	२%
	२ बर्ष भन्दा बढी अवधि	१४.५%	३%
अन्य कर्जा	२ बर्षको अवधि	१६.५%	२%
हा.पा. कर्जा	२ बर्षको अवधि रु. ५ लाखसम्म	१६.५%	२%
	२ बर्षको अवधि रु. ५ लाख भन्दा बढी	१५%	३%
मुद्दति सुरक्षण कर्जा पाउने ब्याज २% थप			

# SECRETS FOR SUCCESS... Think about it

Babita Yadav | 6th semester

## 1. Creativity takes time and silent space.

Each of us, who have creative talents needs to stake out some quiet time regularly. You can schedule time daily or a couple of days a week. This needs to be an appointment and commitment you keep with yourself.

## 2. There are cycles of creativity.

Just as there are seasons in a year and cycles in preparing, planting, nurturing, waiting and harvesting - there are creative cycles. We are not always in the harvesting phase. We do go through the dormant cycles of winter that feel as though nothing is happening. When we honor this, we complete the cycle and move into the planting and harvesting phases.

## 3. Select mentors, friends and dream partners wisely.

I will paraphrase Helen Gurley Brown's quote "Don't expect anyone to be happy for your success or big dreams. If you have a loved one and a friend or two who are happy for you, consider yourself lucky." Other people can stop your project or idea before you even act on it. So, carefully select who you invite to be on your creative team. Yes, still be friends with lots of people. When it comes to working creatively, choose like minds and train them to be honest, yet unconditionally constructive.

## 4. Commit to yourself.

Many women feel guilty when they take the time to engage in their projects. It may mean having a messy house, not over committing and saying no. In one study of women and creativity the biggest fear was fear of lost or weakened relationships. We still need to be connected. This may mean speaking with friends, lovers and children about staying connected and nurtured during this process.

## 5. Set strong boundaries.

"I say no to many things, so that I may say Yes to what gives me life." paraphrased from Oprah Winfrey - We need strong boundaries so that

we have energy and time for our creations.

## 6. Work from your strengths.

"If you were to spend 80% of your effort to become good at a weakness you might improve that area 20%. But if you were to spend that same 80% of your effort to improve an area of strength, you might improve it 100-400% or more!" Cheryl Lackie

## 7. Fear is a companion of creativity. Make friends with fear.

Unless you have a high risk, thrill seeking personality you will experience fear when you venture out into unfamiliar territory. You can pause, look at it, slow down for a moment. However, do NOT let it stop you! Susan Jeffers wrote in her book, FEEL THE FEAR AND DO IT ANYWAY, that the only way to lessen the fear is to do the thing we are afraid of. We are always in a higher state of emotional arousal when we try something new. Expect it, redefine it as performance energy and move on.

## 8. Stop criticizing yourself.

We can defeat ourselves before we start by constantly feeling we come up short. When you try something new always stay positive about your performance. Yes, you can polish it and improve, but you don't have to make yourself wrong to make something better.

## 9. Get over perfectionism.

When you have to do something perfectly, you will rarely try something new....because you can't do it perfectly the first few times. Yes, do great work, but don't hold onto it until it's perfect. By the time it's perfect, it'll probably be outdated.

## 10. Play, have fun, feel joyful, get in the flow

Finally, creativity is about play, fun and flow. When you lose track of time and have boundless energy, doing the thing you love, you know you've found your highest creative expression. ■

# What u wanna be? DIAMOND OR COAL!!!!

Babita Yadav | 6th semester

Well of course there is a vast difference between diamond and coal. Fundamentally both are made of carbon atoms, same constituents and origin; however everybody likes to watch a sparkling, twinkling and glittering diamond. It's preciously precious and vivaciously beautiful. You are as lucky as Richie Rich if you have it and if you wear, it will make you mesmerizing beautiful. It makes your presence precious. While coal is not pleasant to look at or touch, it is rather dirty and rough. Coal is just burnt and turned into ash. Nobody cares for it, but when the same thing is maintained at a proper pressure and temperature it turns into a shimmering, sparkling diamond. Diamonds have been precious, are precious and will always be precious. The same phenomenon happens in our life.

Don't think about past and worry for the future just give your best today, today's work certainly heralds a new dawn of inherent competence we possess that gets transformed into a fine performance. Self discipline, determination, consistent effort and self motivation will make our life beautiful and joyful. I often reflect on the saying of Shakespeare "Be great in act as you have been in thought", follow it and definitely you'll find success craving to reach you. And if you deviate it will turn your life to coal like darkness.

Hence become a diamond and make your life worth while. Life is an occasion rise to it. ■

# “Father of Modern Management” PETER DRUCKER

Peter Drucker was a well known economist and a leader in business management. Born in the early 20th century, Drucker revolutionized management theories and wrote over 30 books on business, many detailing managerial practices for practical use in every industry. Peter Drucker is also known as the father of modern management. A prolific writer, business consultant and lecturer, he introduced many management concepts that have been embraced by corporations around the world.

Peter Ferdinand Drucker was born on November 19, 1909 in Vienna, Austria to a civil servant of the Habsburg Empire. He grew up in a small village called Kaasgraben where he attended school until the defeat of Austria-Hungary during the First World War. There was a lack of employment in the area following the defeat and Drucker moved to Germany to work and study. After working as a banker and journalist, Drucker began studying at the university in order to earn his doctorate in international law. He left Germany in 1933 during the rise of the Nazi regime and moved to London. After four years he left London in favor of the United States to become a freelance writer and university professor. During his stay, he also became well known as a business guru and finally earned his U.S. citizenship in 1943.

Two years later, in 1945, the executive directors at General Motors, one of the biggest companies in the world during that time, gave Peter Drucker access to their management teams. As a result of his experiences in Europe, Drucker formed new ideas about management and authority and shared them with the administrative executive, Donaldson Brown. As a result of their collaboration, Drucker formed the Concept of Corporation which helped form GM's management structure with multiple divisions. The new concepts of management

and division of labor helped launch numerous written works that launched not only Drucker's career but also new ideas in corporate management.

Although Drucker's first work was published in 1939, it wasn't until later that he began to make major contributions to the world of business. The 20th century brought new types of mass production and large corporations that still functioned on an old management style. Drucker, having noticed the imbalance of information and power, began writing and giving speeches on how companies could rework their management structures in order to become more efficient and make better use of the people and knowledge within their company.

In 1950 Drucker began teaching Management at New York University and continued to teach until 1971. Between 1971 and 2005, Drucker was the Clarke Professor of Social Science and Management with the Claremont Graduate University. In 1975 he began working as an editorial columnist for the Wall Street Journal and contributed to the prestigious magazine, the Harvard Business Review. He also wrote articles for The Economist and The Atlantic Monthly. Wrote 30 Books

Drucker went on to become a business consultant and a prolific writer. For more than 50 years, he has counseled countless companies and written more than 30 books, which have been translated into 25 languages. His books generally break down into three areas: social and political studies, such as *The Future of Industrial Man* and *The Age of Discontinuity: Guidelines to Our Changing Society*; management books like *The Practice of Management* and *Management: Tasks, Responsibilities, Practices*; and management advice like *Management for Results* and *The Effective Executive*.

Drucker also wrote countless magazine articles for various business publications. From 1975 to 1995, he penned a monthly column in *The Wall Street Journal*. Many of his essays have been published as collections. He has also written two novels and a personal memoir, *Adventures of a Bystander*. His books reflect his diverse interests and draw from many of the topics discussed in his childhood home, including history, philosophy and medicine.

The concepts Drucker introduced in the 1940s and 1950s have endured. In 1954, Drucker wrote his first book that taught people how to manage. Titled *The Practice of Management*. It introduced the concept of “management by objectives.” He elaborated on the concept in subsequent books. Management by objectives requires managers to establish goals for their subordinates and devise the means for measuring results. Workers are then left alone to perform as they will and measure their performance. Drucker wrote, “It is not possible to be effective unless one first decides what one wants to accomplish.” He went on to explain that every worker must be given the tools “to appraise himself, rather than be appraised and controlled from the outside.”

Management by objectives has become an accepted business concept and is probably Drucker's most important contribution. In *The World According to Peter Drucker*, Richard H. Buskirk of Southern Methodist University is quoted as saying: “His emphasis upon the results of managerial actions rather than the supervision of activities was a major contribution for it shifted the entire focus of management thought to productivity-output and away from work efforts-input.”

Peter F. Drucker died of natural causes on November 11, 2005 in California. ■

# STEVEN COVEY

## THE GURU OF THE MANAGEMENT

Steven Covey was born in Salt Lake City on 24th October 1932 and has spent most of his life in the area, now living with his family in the Rocky Mountains, Utah. During his career Covey has received a BS in Business Administration from the University of Utah, an MBA in Business Administration from Harvard University, a DRE in Church History and a Doctorate from Brigham Young University.

Covey is widely acknowledged as one of the world's leading authorities on the subject of time-management. He has spent most of his career at Brigham Young University, where he was a professor of organizational behavior and business management. He is also the founder of the Covey Leadership Center in Salt Lake City and is the half of the Franklin-Covey Corporation, which makes planners and organizers and does management consulting. Organizations across the world, including many Fortune 500 companies, use his techniques on leadership, teamwork, and customer-focused service. Covey is best known for his self-help book "The 7 Habits of Highly Effective People" which was first published in 1989 and has since sold more than 12 million copies world-wide. Subsequent titles are similar in ways to his first book; "First Things First" which is a best selling time management book looks at time-management strategies and new ways of looking at priorities. "Principle-Centered Leadership" looks at character traits and "inside-out" ways of improving organizational leadership. Covey being a Mormon, has also written two religious books, "The Spiritual Roots of Human Relations" and "The DivineCenter". Covey has also received the Thomas More College Medallion for continuing service to humanity and has additionally been awarded four honorary doctorate degrees. The Seven Habits of Highly Effective People, first published in 1989, is a self-help book written by Stephen R. Covey. It has sold over 15 million copies in thirty-eight languages since first publication, which was marked by the release of a 15th anniversary edition in 2004. The book lists seven principles that, if established as habits, are supposed to help a person achieve true interdependent "effectiveness". Covey

argues this is achieved by aligning oneself to what he calls "true north"—principles of a character ethic that, unlike values, he believes to be universal and timeless.

The book was enormously popular, and catapulted Covey into lucrative public-speaking appearances and workshops. He has also written a number of follow-up books, such as Power of the Seven Habits, Seven Habits of Highly Effective Families, and Beyond the Seven Habits. A sequel to The Seven Habits is published in 2004. Also, Sean Covey (Stephen's son) has written a version for teens: The Seven Habits of Highly Effective Teens. This version simplifies the 7 Habits for younger readers to better understand them. In October 2006 Sean Covey also published "The 6 Most Important Decisions You Will Ever Make, a Guide for Teens" that highlights key times in the life of a teen and gives advice on how to deal with them. His oldest son, Stephen M.R. Covey has written a book titled "The Speed of Trust".

### The Seven Habits

The chapters are dedicated to each of the habits, which are represented by the following imperatives:

1. Be Pro-active. Here, Covey emphasizes the original sense of the term "proactive" as coined by Victor Frank. You can either be proactive or reactive when it comes to how you act about certain things. Being "proactive" means taking responsibility for everything in life. When you're reactive, you blame other people and circumstances for obstacles or problems. Initiative and taking action will then follow. Covey shows how man is different from animals in that he has self-consciousness. He has the ability to detach himself and observe his own self, think about his thoughts. He goes on to say how this attribute enables him. It gives him the power not to be affected by his circumstances. Covey talks about 'Stimulus and Response'. Between Stimulus and Response, we have the power to choose the response.
2. Begin with the End In Mind. This chapter is about setting long-term goals based on "true-north principles."

Covey recommends to formulate a "personal mission statement" to document one's perception of one's own purpose in life. He sees visualization as an important tool to develop this. He also deals with organizational mission statements, which he claims to be more effective if developed and supported by all members of an organization, rather than being prescribed.

3. Put First Things First Here, Covey describes a framework for prioritizing work that is aimed at long-term goals, at the expense of tasks that appear to be urgent, but are in fact less important. Delegation is presented as an important part of time management. Successful delegation, according to Covey, focuses on results and benchmarks that are to be agreed in advance, rather than on prescribing detailed work plans.
4. Think Win/Win describes an attitude whereby mutually beneficial solutions are sought, that satisfies the needs of oneself as well as others, or, in the case of a conflict, both parties involved.
5. Seek First to Understand, Then to be Understood. Covey warns that giving out advice before having empathetically understood a person and their situation will likely result in that advice being rejected. Thoroughly listening to another person's concerns instead of reading out your own autobiography is purported to increase the chance of establishing a working communication.
6. Synergize describes a way of working in teams. Apply effective problem solving. Apply collaborative decision making. Value differences. Build on divergent strengths. Leverage creative collaboration. Embrace and leverage innovation. It is put forth that, when this is pursued as a habit, the result of the teamwork will exceed the sum of what each of the members could have achieved on their own. "The whole is greater than the sum of its parts."
7. Sharpen the saw focuses on balanced self-renewal. Regaining what Covey calls "production capability" by engaging in carefully selected recreational activities. ■



# KCMIT Student Club

In order to enhance the performance and creativity of the students, the College has also created a platform where the students can initiate their own project. For this the student visits different schools located at the remote place and support the poor uneducated students by organizing social awareness programme. The concept was initiated to develop the managerial and IT skills of BIM and BBA students by involving themselves in different events beneficiating the society.

### **Objectives of the KCMIT club:**

- to bring the awareness in remote area's students and public about health.
- to eradicate the social evils like girl trafficking, witch craft, superstition etc. from the society.
- to bring the awareness about IT and it's contribution in the global world.

- to reduce the effect of the addiction of drugs in the society.
- to enhance the personality and adjustability of the student with the society.
- to spread the light of education in society.

### **Contribution by KCMIT club to the society:**

- Student visited shree Tamakoshi Janajagreeti Higher Secondary School at Khimti Beshi Ramechhap District where they provided basic computer education to the school by college student.
- Students visited Lakuribhangyang to give continuity to the social support activities where they focus on providing health education, sex education, prevention of drugs addiction and abuse and create a small library for school.

*Students of KCMIT club currently visited to Dolagiri Secondary School, Chagunurayan, Bhaktapur, where they imparted the knowledge about :*

- Drugs and the impact of drugs in the society.
- About swine flue and HIV-AIDS.
- Information about Cyber law and piracy.
- Natural resources conservation and national parks.
- Global economic crises.
- Conducted a quiz contest, showed the drama and provide books for the library.
- KCMIT club has also provided the token of love for the school.

These are the contributes done by the KCMIT club and it will be performing it's task with full dedication and responsibility. Since it is contributing towards the betterment of a society the club will be doing its best effort to continue its work. ■



# Interview with Ex Students

Name

**AMIT KOIRALA**

Job

SIPRADI TRADING PVT. LTD

Position

OFFICER

● **What credit do you give to KCMIT for achieving this position today?**

Well I would like to appreciate the efforts of all the teachers who have guided us through out the four years to make us come out into this competitive world as a graduate.

● **What have you gained, you think, from KCMIT?**

I have gained friends.

**What is the best part of being a KCMIT student?**

You get to learn things in a family environment.

● **What message would you like to**

**give to those who want to join this college?**

It depends on you where you want to get but with that you need to catch up the right path and I think KCMIT can just give that.

● **How do you feel being a KCMIT student?**

As a student being part of a college where education is always prioritized above all was very beneficial to me. I don't ever find myself difficult to stand viably with people of different aspects I meet in my day to day job. Being a KCMIT student I feel I am prepared with all the necessary gear that I need to compete in this competitive world today.

● **What credit do you give to KCMIT for being in this position today?**

The skills I discovered during my duration of study at KCMIT has been obliging me to do my job in ways that I can establish myself fruitful than others .But I have just

begun and I still have much more to achieve in life.

● **What is your most memorable moment in KCMIT?**

KCMIT has been full of good memories to me. But I most recall principal mam chasing us to go to classrooms from basketball court we used to go even between period breaks.

● **What message do you want to give to the new comers in KCMIT?**

Life is no good without fun but you will need knowledge to conquer your dreams. So have fun but still gain knowledge.

● **What do you consider is the best part of KCMIT?**

KCMIT is an institution where fun seems to be of no limit but meanwhile the smart ones prepare themselves with all the expertise they need to compete this big bad world, that's the best part of being a KCMITian.



Name

**TIKENDRA BD. CHAND**

KCMIT BIM Batch  
2004 -2008

Now  
Neolinx Pvt. Ltd  
Pulchowk, Lalitpur

Post  
Senior Web Developer

● **How has KCMIT education helped you in your job performance?**

KCMIT had given me the theoretical knowledge about the programming languages like C, C++, ASP, which set the base for me to start my career in web development. Although i am working on the non-taught scripting language(PHP), but the theoretical knowledge helped me on this area also; because PHP is also based on the same concepts as C,C+ +. So the sound knowledge of the subject matter was the key for the success to me.

● **KCMIT is the right platform to build your career. How do you justify it?**

Yes it is: It has well experienced teachers like Gyanman Bajracharya, Ramkrishna Shrestha, Dinesh Bajracharya

...., for giving the sound concepts about the subject matters and guiding your theoretical knowledge towards the practicality. Unlike other colleges, KCMIT has totally focused on the study, which improves the knowledge about subject domain. It directs students towards their right goal through good education.

● **How was your overall experience as student in KCMIT?**

It was good. It has given me good sound knowledge of subject matters. But one point, it focuses more on the theoretical study. It will be better if it focuses on the both areas of study i.e. practical + theoretical.

# KCMIT ALUMNI BATCH

**Batch No. 2001-2005**

**Macharaj Maharjan**

Citizen Bank

IT Department System Administrator

**Khagendra Lamsal**

Oracle (Bangalore)

Unix system Administrator

**Shraddha Achrya**

Standard Chartered Bank

**Aditi Rana**

Investment Bank

**Falgun Banerjee**

Standard Chartered Bank

**Subash Pandey**

IT Department, Bank of Katmandu

**Dipesh Malla**

IT Department, Bank of Katmandu

**Rupesh Sharma**

Card Department, Kumari Bank

**Manoj Atri**

Credit Department,

ACE Development Bank

**Prakash Chokhani**

IT Department,

International Development Bank

**Batch No. 2002-2006**

**Babina Pandey**

IT Department, Everest Bank

**Roji Shrestha**

Everest Bank

**Baikuntha Sigdel**

Lecturer

Thames college

Kist College

KCMIT

**Batch No. 2003-2007**

**Jayadeep Bhatta**

Marketing Department,

Pepsi Cola Company

**Deepesh Shrestha**

System Manager,

Diyals Development Bank

**Harendra Subedi**

IT Consultant, Prabina foundations

Lecturer

KCMIT, SCHEMS

**Roshan Bhattra**

Laxmi Bank

**Batch No. 2004-2008**

**Amit Koirala**

Junior Assistant, Sipradi Trading

**Snigdha Rana**

Standard Chartered Bank

**Yojana Timilsina**

Bank of Asia

**Subash Sangraula**

IT Department, Korean Airlines

**Tikendra Bahadur Chand**

Web Developer, Neo Links

**Mohan Timilsina**

Lecturer

KCMIT

**Shila Regmi**

Lecturer

KCMIT

**Binesh Manandhar**

Lecturer

KCMIT

**Sudin Shrestha**

Standard Chartered Bank

## Project Visit

### Glimpse of Human Resource Department of Nepal Rastra Bank

**Rochak Bhagat** | BBA 2nd Semester

The 1st semester of BBA in KCMIT paved our way towards the central bank of the country, Nepal Rastra bank located at Baluwatar as a part of our field visit. We were enthusiastic as it was the first of its kind for us. Nepal Rastra Bank was established on 4th of Baisakh, 2013 under the NRB act 2012. At the time of establishment it had one governor, a main accountant, 5 officers and 16 assistant employees with the total of 23 human resources. The main objective for the establishment of the bank was to introduce single monetary system, used of single currency, i.e., Nepali Rupees within the Country territory and to maintain a stable exchange rate.

We had a chance to visit the human resource department of NRB. Acquisition, Development, Utilization and Maintenance are the main and core function of the HRM in any of the organization. Different HR policies of the bank such as Recruitment Policy (so as to introduce well equipped and skilled manpower); Placement Policy (so as to place newly employed manpower on the outskirts of valley in accordance to priority); Transfer Policy (to maintain versatility of the manpower and get free of boredom on a single job); training and study policy (so as to meet the organization manpower according to international standard, once or twice in a year), other policies include VRS (Voluntary Retirement Service), maximum output utilizing minimum human resources, to lower the ratio of section officer and assistant employees from (1:1.7 to 1:1.5) According to the data of 2065, NRB has 1508 human resources at present. Long-term strategic plans were also made to enhance the human resources of the bank which includes the development of skilled and international standard human resources, important of rules and regulation of human resources during the selection process and within the organization too.

Our visit to NRB was a fruitful one as we came to know much about the working procedure of the Central Bank, the importance of the human resources in an organization, the system of maintaining human resources so as to get maximum output, the challenges that can be faced by an organization and its department due to change in external and internal environment. In short, our visit had widened our knowledge and shattered the wall of illusion that was checking the information about Human Resource Management of the central bank and guided us to the new horizon. ■

# INTROVERT

Rasna Shahi | BBA 2nd semester 'A'

I never competed in any competition or events at schools, I never participated in class activities and I never communicated well with my teachers and even friends, in other words, I was an introvert. I was the quietest girl in the class and hardly anyone noticed me.

Who knows how many people are there who just shy away to express their feelings, put into words their ideas and reveal their inner most desires. But it's not their choice to be an introvert and shy away from people. Its one phase of life, and everyone takes own time to give up being shy. For me, it wasn't up till now that I am feeling less shy. Being an introvert is not a bad thing but it isn't a good thing either more, so in a word like this there should be no room for under confidence. Today everything revolves around confidence. One should have confidence to achieve anything, be it a good job or admission in colleges and schools. So people wake up, have faith and confidence in yourself, there is nothing you cannot achieve. All you need to do is break out of your shells and fly high, then nobody can stop you, nobody will be able to break you apart. Obstacles will be in your way, confidence doesn't promise you a bed of roses, but yes, it will give you the courage to throw away all the thorns. You just need to be confident and remember that you are capable enough. And if along the way, you lose hopes just remember these lines from a popular T.V. show

May be it's your turn to lift up and fly  
You won't know if you'll never try  
Don't let anyone tell you that your  
not strong enough, don't give up  
if there a thing wrong then just be  
yourself its more than enough. ■

# प्रकृतिले भविभवाउ इलाम

लता खनाल | बि आई एम चौथो सेमेस्टर

विश्व परिवेशमा एक उज्जल र प्रकृतिक सम्पदाले भरिपूर्ण देश नेपाल वस्तवमै यही प्रकृतिक सुन्दरता र अद्वितीय प्रकृतिक वस्तुहरूको भण्डारले गर्दा आज विश्वसामु परिचित छ । एक सुन्दर देशको नामले सानो देश र थोरै क्षेत्रफल भएर पनि दक्षिणमा तराइका समथर भाग बीचमा हरिया थुम्का-थुम्की अनि शिरानमा दाँतका लहर जस्तै भनौ या तिहारमा दिदी बहिनीले दाजुभाइलाई आर्शिवादका साथ पहिराइदिने सयपत्री फुलको माला जस्तै गाँसिएर रहेका श्रृङ्खलावद्ध हिमपंक्तिहरू वास्तवमै विश्वको कुनै पनि ठाउँमा यति छोटो दुरीमा यति धेरै प्राकृतिक विविधता पाइँदैन ।

हाम्रो देश नेपाल विश्वसामु सगरमाथाको देश, प्राकृतिक सुन्दरताको देश अनि जलसम्पदाको देश भनेर चिनिन्छ । यति मात्र नभई यो देश प्राकृतिक सम्पदाको भण्डार पनि हो । यति धेरै प्राकृतिक विविधता भएको देश नेपाल क्षेत्रफलको दृष्टिले अत्यन्तै सानो छ । जसको क्षेत्रफल १,४७,९८९ वर्ग कि.मी. छ । पाँच विकास क्षेत्र, १४ अञ्चल र ७५ जिल्लामा विभाजित हाम्रो देशको कुनै पनि ठाउँको आफ्नै अलग विशेषता र पहिचान रहेको छ जुन विश्वको अन्य भागहरूमा पाउन दुर्लभप्रायः नै हुन्छ । जसमा इलाम नेपालको पूर्वाञ्चल विकास क्षेत्र अन्तर्गत मेची अञ्चलमा पर्दछ । यहाँका हरेक वस्तुमा नयाँ जीवनको सञ्चार गर्दै उदाउने सुर्यको पहिलो किरणले वास्तवमै त्यहाँका प्राकृतिक वस्तुहरूसँग मितेरी गाँसेको हुन्छ । त्यसैले त होला इलाम विश्वको सुन्दर र प्राकृतिक दृष्टिले अग्रस्थान ओगट्न सफल भएको छ ।

पूर्वको स्वर्ग इलाम साँच्चै स्वर्ग समानको छ । यदि स्वर्ग छ भने इलाम भन्दा सुन्दर र रमाइलो पक्कै पनि छैन होला भन्नेहरूको कमी पनि छैन । वास्तवमा इलाम सुन्दर छ । जताततै हरियो । त्यही हरियो रंगमा सेतो रेखी कोरे जस्तै नागवेली सडक इलाम पगेपछि लाग्छ, त्यसैको काखमा लड्डिडी खेलौ । हुन पनि इलाम कम्ती आकर्षक छैन । नागवेली परेको मेची राजमार्ग, त्यसको आसपासमा गलैंचा विछ्याए जस्ता

चियाका बोटहरू, बीचबीचमा फाटफुट र डाँडामा लहरै सदावहार र त्रिकोण धुपीका बोटहरू, लाग्छ स्वर्गको अनुभव यही ठाउँमा गर्न पाइन्छ ।

पहाडका थुम्का थुम्काबाट छङ्ग छङ्ग गर्दै भाका फेरी फेरी भर्ने छहराको सुन्दर जलले जो कसैको मनलाई पनि शान्त तुल्याउँछ । स्वच्छ पानीको वहावसँगै जङ्गलमा रमाइ रमाइ गीत गाइरहेका चराचुरुङ्गीहरूको चिरबिरसँगै इलाम जाने जोसुकैको मन पनि नरमाइ रहन सक्तैन । इलामका प्रायः सबै ठाउँ घुमौ घुमौ लाग्ने जता गए पनि रमाइला र अनौठा अनौठा प्राकृतिक दृश्यहरू देखिने ठाउँ भएकोले समग्र इलाम नै पर्यटकीय स्थानहरूको सङ्ग्रह स्थल हो । यहाँका मुख्य पर्यटकीय स्थलहरूको नाम लिनु पर्दा पाथीभरा, श्रीअन्तु, सिद्धिथुम्का, सन्तकपुर, कन्याम, माइपोखरी, गजुरमुखी आदि पर्दछन् ।

हावापानीको दृष्टिले अत्यन्तै उपयोगी ठाउँ इलाम कृषिको दृष्टिले पनि उत्तिकै महत्वपूर्ण छ । सात 'अ' को नामले चर्चित यस जिल्लामा 'आलु', 'अलैची', 'अदुवा', 'अम्लिसो', 'ओलम,' 'अकवरे' 'आगन्तुक' प्रशस्त मात्रमा उत्पादन हुन्छ । चिया खेतीको लागि प्रशिद्ध इलामका चियावारीहरूले इलामको सुन्दरतामा अफ बढी सुन्दरता भरेका छन् । पाखा भरि रातै फुल्ने लाली गुराँसले समग्र इलामलाई नै हसाउँछ । बेहुलीका पहिरनमा घुम्तो ओढि माइतीघरमा नव वरको प्रतीक्षा गरेर बसेकी यौवनले भरिपूर्ण स्त्री भै बादलको घुम्तोभित्रबाट चिहाइ प्रकृतिका सारा वस्तुहरूले सिगारिएकी बेहुली रूपी इलाम हरबखत नव आगन्तुक पाहुनाहरूलाई स्वागत गर्न तम्तयार छ ।

त्यसैले त तपाईंलाई निम्तो इलाम आउनलाई, इलामेलीहरूसँग रमाउनलाई, हाँस्न, नाच्न अनि माया साट्नलाई, इलामका पाखाहरूसँग प्रीती लाउनलाई अनि माइखोलाको पानीसँग रुझनलाई, माइ पोखरीको गुराँससँग हास्नलाई, देउरालीमा कुइरोसँग लुकामारी खेलनलाई अनि चिया बारीको चिसो पवनसँग जिस्कनलाई । ■



# Kumari Devi

## The Living Goddess

Rabindra Munikar | BBA 2nd Semester (A)

Not only does Nepal have many gods, goddess, deities, Bodhisattvas (near Buddhas), avatars and manifestations, which are worshipped and revered as statues, images, paintings and symbols, but it also has a real living goddess. The Kumari Devi is a young girl who lives in the building known as the Kumari Ghar, right beside Kathmandu Durbar Square. From time immemorial the practice of worshipping an ordinary pre-pubescent girl as a source of supreme power has been an integral part of both. Hinduism and Buddhism, a tradition which continues even to this day virtually in every household. They call this girl Kumari Devi and worship her on all the religious occasions.

The predominance of the Kumari cult is more distinctly evident among

the Newar community inside the Kathmandu Valley as she has become an inevitable feature of their worship almost in every Vihar and Bahal and including the nooks and corners of Newari settlements. However, it was the Vajrayana sect of Mahayana Buddhism that was responsible for establishing the tradition of worshipping a girl from the Shakya community as the royal Living Goddess. The selection of the Living Goddess is a highly elaborate tantric ritual. Upon passing the preliminary test, this is merely concerned with their 32 attributes of perfection, including the color of her eyes, the shape of her teeth and the sound of her voice. Her horoscope must also be appropriate. The 4 to 7 year girls from the Shakya community are made to confront a goddess in the darkened room. The sight of the Buffalo heads scattered around, the demon-like masked dancers, the terrifying noises they encounter scare some of these innocent babies. The real goddess is unlikely to be frightened, so the one who is calm and collected throughout the tests is the only girl who is entitled to sit on the pedestal for worship as the Living Goddess. Then as a final

test similar to that of the Dalai Lama, the Kumari then chooses items of clothing and decoration worn by her predecessor.

The god-house Kumari Ghar is a store-house of magnificent intricate carvings where the Living Goddess performs her daily rituals. During her tenure in the god-house, Guthi Sansthan, the government trust fund bears her entire expenses including that of her caretakers. Under normal circumstances, her days in the god-house come to an end with her first menstruation, but if she turns out to be unlucky, as they say, even a minor scratch on her body that bleeds can make her invalid for worship. She then changes back to the status of a normal mortal and the search for a new Kumari begins. It is said to be unlucky to marry an ex-Kumari. On Indra-Jatra, in September, the Living Goddess in all her jeweled splendor travels through the older parts of Kathmandu city in a three tiered chariot accompanied by Ganesh and Bhairab each day for three days. It is really a grand, celebration in which people in thousands throng in and around the Kathmandu Durbar Square to pay their homage to the Living Goddess. During this festival she also blesses the nation's leader, the king in keeping with the tradition in which the first king of the Shah dynasty, who annexed Kathmandu in 1768, received a blessing from the Living Goddess. ■

Like a thousand  
times before

SURAJ RAI | B.B.A 'A' 1st SEMESTER

She thought of everything and about the days of love. Not even a single moment resided there in her mind, that wasn't of him. She again remembered the days that were so precious and dear to her heart. She hadn't missed even a single day, she hadn't lost any of them at all, so she presumed. She thought she remembered everything so well, that every one of those days seemed like yesterday. She thought

of everything. The clock struck twelve and it didn't matter. She knew she was chasing after the wind but it didn't matter. She remembered she had a photo hid somewhere but she'd rather not take a look. She was so well into the past that she now relived. She only, felt him.

How he held her hands, how he kissed her cheeks and how softly he spoke to her. The day he came into her life she knew, she found a perfect reason to live. She then, believed she had lacked something before she held him and in every way, he belonged to her. The love she felt was magical, that nothing like she had come upon. Only thoughts of the times they shared, made her face shine bright. She hadn't

let the time pass-by. Then it struck to her that she had failed to erase these treacherous times. She had tried her best and yet, she found herself once more trying to grasp, all that she had lost then. Many a time, she had been subjected to this beautiful pain and there had been moments, she felt it was over. And then, her eyes betrayed her like a thousand times before. She rushed and pulled out a photo from the drawer and finally, she cried, "my child, my son." The father from the other room wiped his tears and hurried to his wife. Their son had passed a year before and on his first death anniversary, the couple tried to erase him, like a thousand times before. ■

# NETWORK MARKETING

**Shila Regmi**  
Instructor KCMIT



The definitions of network range from “collection of hardware and software that enables group of computers to communicate with each other and let network users share resources and peripheral devices” to “a supportive system of sharing information and services among individuals and groups having a common interest “. Most of youngsters like me are well known about the computer networking maybe more than me; so I want to focus in network marketing. When I read about it I realized that every one of us whose dream is to become a successful business person can come true without even causing others to suffer, thorough network marketing. I want to share with everyone what I understood so that we can all be the part of it. Network marketing is a general term for a type of marketing that is usually performed by an individual instead of a company. It refers to the use of interpersonal or social networks to market products and services for business purposes as opposed to the more traditional and common practices of wide-range advertising. In network marketing, each person can multiply his or her efforts, skills and talents by helping others become successful. Network marketing has proved itself as part of the new economy and a preferred way to do business around the world.

Network marketing business are truly Information age franchises simply because most network marketing business run almost solely on information, rather than land, factories and employees. With network marketing, there are no big capital requirements, no geographical limitations, no minimum quotas required and no special education or skills needed. Network marketing is a low-overhead, home based business that can actually offer many of the tax advantages associated with owning our own business. Network marketing is a people-to-people business that

can significantly expand your circle of friends. It’s a business that enables us to travel and have fun as well as enjoy the lifestyle that extra income can provide.

Network marketing isn’t about taking advantage of your friends and relatives. Only a few years ago, network marketing meant retailing to, and sponsoring people from, your “warm list” of prospects. Although sharing the products or services and the opportunity with people we know is still the basic foundation of the business, today we see more people using sophisticated marketing techniques such as the Internet, conference calling and other long-distance sponsoring techniques to extend their network across the country so as to strengthen direct marketing.

Network marketing is all about leverage. We can leverage our time and increase the number of hours of work effort on which we can be paid by sponsoring other people and earning a small income on their efforts. J. Paul Getty, who created one of the world’s greatest fortunes, said “I would rather make 1 percent on the efforts of 100 people than 100 percent on my own efforts.” This very basic concept is the cornerstone of network marketing. By helping the people we personally sponsor to sponsor others, we duplicate ourselves. As this process continues, we create compound growth that can lead to hundreds or even thousands of people coming into your business. You leverage your time by helping others be successful and earn an income from all their efforts. It’s called working smarter instead of harder.

According to Metcalf’s Law “A networks Economic Value = Number of Users<sup>2</sup>”. That means economic value of n/w increases exponentially, not arithmetically. In this Information

age the network of franchise is the best example of success of network marketing. America’s top franchises like Subway, McDonald’s, Liberty Tax Service, Pizza Hut etc are some of them. The other side of coin is that many believe that these networks facilitate information sharing, trade, and contractual enforcement in weak institutional environments. However estimating network benefits remains difficult due to data limitations, and identification concerns.

Network marketing gives millions of people throughout the world the opportunity to take control of their lives and their financial future. That is why network marketing industry will continue to grow, even though old world thinkers fail to see it growing. Now it is our turn to make our own network and benefit from this marketing. Every person we meet has the potential to help us to the extent he or she is willing, and able. Our mission is to stimulate their willingness as we discover their ability; relative to our situation and make them part of our network. If we have all the resources and knowledge then why should we stay behind?

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Leong and Chin Tiong Tan ■

# HAPPINESS

H\_Senib



Who is happy in this world? Earlier this question used to frequently strike my mind. So, I thought of making an experiment and then finally the answer I found was satisfaction. The key for the door of happiness is satisfaction or to be satisfied with the respective environment around. However, this is also a fact that if we begin to be satisfied with our environment then progress will stop.

He, she, and I...everyone in this world is unhappy because our desires are unlimited and when its not fulfilled it drives us to be sadness and dissatisfaction. We are not strong enough to enjoy with our very small moments of joy and neither can we close our eyes and look over the problems that we need to face. It is up to us how we will treat our problems, if we take it easily then it will be minor or else it will grow up to extremes. I didn't mean we should not triumph over our problems if they are minor but not being able to enjoy the moment due to such day-to-day problems would definitely

be a foolish act. However, we all try to gain more and more, and when we fail to reach our goal we begin to sink in our own shell and fail to get what life has to offer in simpler way.

During my research, I tried to read peoples eyes and judge the level of sadness or happiness it reflected. I was amazed to discover that above 90% of peoples eyes were full of pain. Their eyes were pale, like they were holding number of responsibilities and knew that getting their job done is like chewing an iron curd. Curd, because everything on it can be observed vividly. Among 10% remaining, about 6% eyes were hard to be understood, as if they did not want to show their pain. Nevertheless, the observation showed that even these people held different nature of problems within themselves because even if their eyes were trying hide the truth, it was reflected clearly on their face. Only 1% seemed to be satisfied but most of them were under 18 and remaining 3 % were just pretending to be happy. During my observation period, I have noticed that face and the way they behave with others shows a persons nature. People who are sad and have tension have dark circle around their eyes. Other cause of dark circle can be less sleep and in most cases stress can also be the reason.

Basically there are three types of life styles in the human world. These levels can be tagged as Poor, Middle & High class. I don't want to divide these levels further into sub-levels. Human wants are unlimited, one after another, wants never come to a halt and a day comes when human heart is filled with a mountain of desires. Human always

want to make their life joyful, without any pain and sorrow. They fight; creep and move on to seek happiness in their life. Unfortunately, most of them fail due to greed and increasing commas adding up to their desires.

I am again drawing your attention towards the different groups of the human world. Poor or lower class people dream of a house, loving family and small source of income that would satisfy their basic needs easily, that's all they want for sometime. Anyhow, the desires crop up one after the other. People from middle class usually have desires for superior goods like luxurious house, car and so on. Similarly, high-class people do have even higher desires. In one sentence we can say, 'Human wants are endless'. This however can be the major cause of dissatisfaction leading to unhappiness.

Now, I'm confused. Is desire the only reason for human dissatisfaction or sadness? Besides this there are countless reasons that leads to unhappiness. Is human wants and the pile of unsuccessful story or screaming desires to fulfill those wants is the reason for the unhappiness? If it is true, then will it be sensible to stop dreaming? As said by Yuddhisthira in Mahabharata, 'Man can be happy if he gives up his desires'. However this cannot be feasible in todays world as man without desire cannot catch the path of development. Therefore we can say that desire is a key to progress but man should have a controlled sense of desire which can be the source of happiness. 'We cannot find Happiness if we keep running after it. It is here in present and the only thing you need to do is discover it. Life is too short to wait for anything to come to you on its own'. ■



# a virusfull world

Suman Pandey

It's happened to the best of us, it's happened to the worst of us. And when infected, it feels like your world has just fallen apart. Call the doctor and head for the hospital: you've just been infected by a computer virus that's erasing your entire hard drive, as you speak. It's time to protect yourself before this happens, and take the necessary steps to make your computer virus-free.

There are simple steps to take, but remember that even if you do follow these steps diligently, you're still at risk of being infected with a virus; these steps will simply lower your chances of contracting a computer virus greatly. Before arming yourself with all the necessary preventative methods, you need to know what you're up against. So what exactly is a virus? A virus is described as a piece of code, usually written to create a negative effect, that attaches itself to a program or file under the disguise of something positive, and spreads to other files, program systems, or other recipients, without the users consent or knowledge. You've probably heard of some of the following types of viruses, but aren't sure what they mean.

**File infector:** Parasites that attach themselves to program files, usually with the extensions .exe or .com. They infect your computer when the program is launched.

**Trojan horses:** Disguise themselves as something desirable. They usually don't replicate, but if they are launched (by opening a program file or executing some other action to trigger it), they wreak havoc on your computer by destroying files or changing data. They usually come in the form of e-mail.

**Worms:** These are probably the ones that you've heard of the most. You might remember the "I Love You" worm. Like the latter, worms come via e-mail, and if opened, they replicate themselves, take up space in your hard drive and send themselves to everyone in your address book. It's not fun explaining to every client on your corporate address book that you're responsible for the virus they just received.

## Ways to protect yourself

### Stay prudent

Viruses can attach themselves to files that you download off the Internet, so make sure you know what you're downloading, and whether it's from a reputable and trustworthy website. Also, make sure you know where a floppy disk has been before you insert it into your own floppy drive, and make sure you trust whoever is sending you e-mail and attachments.

### Be cautious of e-mail

Speaking of e-mail, it can be a computer infection waiting to happen. Try to avoid opening attachments that end with .exe, .com, .vbt extensions, and always watch out for the subject headers. Remember that a subject line "Congratulations from Me" may seem innocent, but it could be one of those Trojan horses I referred to earlier. Be prudent if you don't recognize the sender, and even if you do recognize the sender, since they may not know that they sent you the e-mail (some viruses automatically send themselves to everyone in your address book). If you're unsure, you can always ask the sender to find out whether they intended to send you the e-mail you received. As long as you don't open the attachment itself, you're considered safe. Therefore, opt for an e-mail program that has a preview pane which allows you to read the e-mail without actually opening it. If it looks suspicious, delete it from your inbox and permanently delete it from your "Deleted Messages" folder. You don't want any viruses lingering.

### Install antivirus software

Antivirus software can identify if your computer has been infected, and inoculate a virus if you happen to let a virus slide past your watchful eye. The two most popular software brands are McAfee.com and Symantec (the maker of Norton Antivirus). If you use either of these, always make sure to visit their respective websites to make sure you have the updated versions of the software, update or reinstall the programs if there are new versions, and if you're using Norton Antivirus, don't forget to do the "live updates," which update the program via the Internet. Antivirus software allows you to scan diskettes and e-mail attachments to make sure they are virus-free, and quarantines and inoculates



the virus if you have been infected, preventing it from spreading throughout your computer.

### Stay informed

Part of protecting yourself is knowing which viruses are going around. So visit the antivirus websites and other reputable computer websites to stay informed on the latest ones. Knowing about specific viruses makes it easier to prevent from virus.

### Don't be fooled by hoaxes

Besides the e-mail urging you to help every person, country and animal, you'll also receive those messages telling you about phony viruses, and worse, giving you a specific course of action to avoid getting the virus. You can do whatever you like with your chain letters, but don't follow the directions that these types of e-mail offer, as they can be hoaxes. So while it's very tempting to rearrange your hard drive thinking you're doing your computer a favor, you should never pay attention to these types of e-mail; only follow the directions of reputable websites and newsletters.

### Always back up

Like I said, you can follow all the preventive measures to avoid receiving a computer virus, but you can never be 100% safe. That's why it's imperative that you back up your operating systems and all important data, in case you do receive a nasty virus. If you back up everything, you'll lessen the damage done and will simply have to replace everything; it's frustrating, but not detrimental.

If you feel that your life is on your computer, then consider it your "baby"; It needs the necessary care to keep it healthy and virus-free, so make sure to be cautious. Do your research and guard your computer against all those viruses. ■



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