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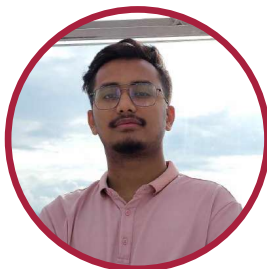
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# KATHMANDU YOUTH CONCLAVE 2023

## ■ Interview with the Event Head of KYC 2023, Mr. Raju Tandan



***Could you provide some insights into the origins of KYC.***

We aimed to break away from the traditional approach of organizing events that primarily focused on benefiting our own college. Our vision was to go beyond such boundaries and make a positive impact on the youth of Nepal, regardless of their institutional affiliations. Our ultimate goal was to inspire and empower the young generation who will become the future leaders of our nation. This event was designed not only for the betterment of our college students but also to provide opportunities for students from other institutions and those seeking a chance to grow. Our objective was to create a win-win situation, benefiting all parties involved.

***What has been the driving force behind organizing this event on such a grand scale?***

Nepal offers abundant opportunities, and you can make a significant impact right here in our own country. One of the major challenges we face is the allure of foreign studies, especially among students who have completed their +2 education. Our aim is to shift the focus of students from merely seeking an international degree to realizing that they can achieve their dreams and ambitions right here in Nepal. Creating an environment that fosters growth and success within the country is our primary goal. If this event can contribute even in a small way to address the brain drain issue and encourage more youths to stay and thrive in Nepal, then we would consider it a successful endeavor.

***What strategies do you believe will be effective in motivating students?***

Motivating every student through a single event may not be feasible. However, I see this event as a chain reaction that can set off a positive cycle of inspiration. When one student discovers their area of interest and becomes actively involved, their growth and progress will serve as motivation for others to participate in similar activities in the future. This positive influence continues to propagate.

In today's employment market, education goes beyond mere academic marks; it encompasses the skills one possesses and the professionalism they can exhibit. Events like KYC provide a platform for students to explore their potential sequentially, helping them uncover their strengths and talents. By engaging in such activities, students can broaden their horizons and prepare themselves for a successful future.

*In its fourth edition, KYC has been inviting successful personalities from diverse backgrounds. How do you believe these individuals have influenced the audience throughout the event's history?*

Each student has their unique interests and fields of passion, which differ from one another. As a result, the idols and role models they look up to are also diverse. When successful personalities who have thrived in Nepal gather on one stage, they become beacons of hope for all those who have chosen to stay and pursue their dreams in the country. The collective impact of these accomplished individuals is substantial, creating a profound psychological influence on the young minds attending the event. Their presence reinforces the belief that success is attainable within Nepal and inspires the youth to believe in the possibilities within their own nation.

*How does a student engaged in KYC distinguish themselves from their peers?*

When students first participate in our event, they come in with a thirst for knowledge and a strong focus on learning. As they engage in KYC, they not only acquire valuable knowledge but also develop essential managerial, leadership, and communication skills that set them apart from their counterparts.

*What are the common obstacles you face while organizing KYC?*

Like any event, organizing KYC comes with its share of challenges. However, with unwavering determination, honesty, discipline, and dedication to our work, we have successfully overcome these obstacles. The strong support from our team, collaborators, speakers, organizers, and most importantly, the students, acts as a driving force that keeps us moving forward.

*Where do you envision KYC in the future?*

Currently, KYC is primarily centered in Kathmandu. However, considering its rapid growth, we see KYC becoming the largest youth-centric event in Nepal. Our long-term plan is to expand it into a national event within a decade and eventually take it to the international stage, representing Nepal.

# EDITORIAL

Education empowers individuals with knowledge, skills, and the capacity for analytical thinking. The scope of education has expanded in the modern world. Along with their academic success, a person should equally prioritize developing their creativity and skills for their personal growth. The only places where you may refine your potential are in school and in colleges. With the aim of bringing out the intuitive and hidden thoughts of every student, we delightfully present you with the latest edition of 'The Harvest'.

The Harvest is a small yet knowledgeable compilation of creative minds. The theme of this edition's magazine is heavily influenced by Kathmandu Youth Conclave (KYC). The college magazine serves as a platform to strengthen the voices that often go unheard. The magazine not only promotes the enhancement of your writing skills but also encourages intellectual exploration. Throughout the pages, the magazine includes a diverse range of articles and poems. Hellen Keller said "Alone we can do so little; together we can do so much." As per the spirit of Hellen Keller, the successful publication of this magazine is only possible because of the collective effort of everyone who supported us throughout this incredible journey.

The editorial board extends its heartfelt and genuine gratitude to our honorable Principal Dr. Shiba Datta Gnawali, Academic Director Raju Tandan, Academic Coordinator Sibahari Mainali for their constant support and encouragement. We are equally grateful to our teachers Bishnu Pandey and Binayak Kuikel for their unfailing support and guidance. Also, we are very thankful to our Assistant Coordinator Upama Gautam for her guidance in preparation of this manuscript. Our team is greatly thankful to every student who contributed their creative works. Our team encourages every student to actively participate in forming future editions of the magazine. We hope that you will enjoy reading this magazine as much as we have enjoyed compiling them together. We gratefully appreciate your insightful comments

# FROM NOVICE TO INSIDER: CHRONICLES OF MY KYC EXPERIENCE

**Namrata Gajurel** (BBA 3<sup>rd</sup> Semester)



**M**y participation as a volunteer in the 2021 Kathmandu Youth Conclave proved to be an extraordinary and highly rewarding experience. The event, guided by its inspiring slogan "Inspiring Youth, Leading Nation," provided an excellent platform for young individuals like myself to engage actively. I was fortunate to be selected as a volunteer for the Startup Pavilion Department, where I had the opportunity to contribute and support the event's objectives. The overall experience left a profound impact on me, and I am eager to share the details of this remarkable journey.

### **Experiencing KYC's Vibrant Diversity:**

KYC marked the initial event in which I participated as a volunteer. Prior to this, I had never engaged in such a big event. Despite having been selected as a volunteer, I possessed no prior knowledge of how to fulfill my responsibilities in the chosen department, as it represented an entirely new experience for me. The volunteering journey for KYC commenced a month earlier to the

actual event, encompassing pre-event meetups where the organizers not only briefed us about the plans and preparations but also provided various personal development trainings.

The event featured renowned guest speakers, performers and different stalls, including food, sponsors, gaming, and startup stalls. As a volunteer, my primary role involved ensuring that the audience visited all these stalls. One particularly gratifying moment was receiving appreciation from an inquirer for my answer to his question, "What is KYC?" My response was delivered in simple, clear, and comprehensive language, and the recognition I received made me realize that it was a direct outcome of the personal development trainings provided by KYC. This incident served as a profound motivation and transformed my perspective towards the event, leading to an enhanced dedication and hard work in my contributions. Encouraged by this experience, I enthusiastically joined and participated in various similar events, which allowed me to explore a more confident and dedicated version of myself. Through relentless dedication and hard work, I eventually earned the esteemed position of a core team member for KYC 2023. The learning behavior I cultivated during this event undoubtedly guides me towards the path of success.

### **Elevating Youth Leadership Nationwide:**

My aspirations for KYC extend far beyond its current local boundaries in the Kathmandu Valley. I envision KYC becoming a celebrated national event, inspiring youth from every corner of Nepal. Presently, the event enjoys recognition mainly among the youth in the valley, but I firmly believe that KYC's empowering and transformative experience should reach every aspiring young mind in the nation. My dream is for attendees of today's KYC to eventually become

### Nurturing "Made in Nepal" Startups:

At KYC, I recognized the importance of fostering the growth and appreciation of homegrown start-up ventures bearing the label "Made in Nepal." These enterprises embody our collective potential to build a stronger nation, instilling a sense of pride and unity in supporting local initiatives. I firmly advocate for increased support and encouragement for such startups, as they play a vital role in driving the growth and development of our beloved country. By nurturing these ventures, we can collectively pave the way for a brighter and more prosperous future for all Nepalese citizens.

### Conclusion :

Thus volunteering in Kathmandu Youth Conclave was a life changing experience. The event in which I realized my potential. It was an extraordinary journey of self-discovery and inspiration. It showcased the power of youth leadership and the impact that a collective of determined minds can have on society. I am deeply grateful for the opportunity to have been a part of this transformative event and I eagerly anticipate the day when the youth of Nepal will lead the nation to new heights of progress and prosperity. KYC's vision of "Inspiring Youth, Leading Nation" will undoubtedly become the driving force behind our collective journey towards a brighter and more prosperous future.

## KATHMANDU YOUTH CONCLAVE

# KYC REFLECTIONS

■ **Mahtab Alam Khan** - College Representative, Ritz College



I am writing to express my heartfelt gratitude and appreciation for the incredible work that KATHMANDU YOUTH CONCLAVE does for the youth in our community. Your dedication and commitment to empowering young people have left a profound impact on not only me but also countless others.

Since becoming involved with KYC I have witnessed firsthand the positive influence you have on the lives of students. Your programs, initiatives, and mentorship opportunities have provided invaluable support and guidance to the youth, helping them realize their full potential and preparing them for a successful future.

I am particularly grateful for mentorship, leadership program and Communication and networking environment. Through these experiences, I have grown both personally and professionally, and I am confident that many others have experienced the same transformation.

Your team's passion, enthusiasm, and unwavering dedication are truly commendable. You have created a safe and nurturing environment for young people to thrive, fostering a sense of belonging and purpose within the community. Please extend my gratitude to all the staff, volunteers, and supporters who contribute their time and effort to make KYC inspiration motivation for the youth. Your collective efforts are changing lives and making a lasting difference in our community. Once again, thank you for everything you do. I am honored to be part of KYC family and look forward to continuing to support your impactful work.

With warmest regards,

**M**anish Adhikari is a visionary entrepreneur, who has been acting as the Executive Director of "Rupakot Resort" and co-founder of "Garage Entertainment" a top artist management company in Nepal. Garage Entertainment represents prominent artists like Sushant Kc, Swopna Suman, Samir Shrestha, The Elements, and Pravesh Kumar Shrestha, playing a vital role in shaping Nepal's music industry. With a passion for hospitality and a love for music, Manish's ventures have left an indelible mark, inspiring both the business and artistic communities.





# INTERVIEW

*Co-founder of Garage Entertainment Executive Director of Rupakot Resort.*

Thank you for taking the time to speak with us, Mr. Adhikari. Let's start by discussing Garage Entertainment. Can you tell us more about the services your company provides to artists?

Manish Adhikari: Thank you for having me. Garage Entertainment is primarily an artist management and event management startup. We take care of all the management tasks for artists, such as show bookings, releases, and recording, allowing them to focus on their music, engaging with fans, and performing. We also manage online distribution, handle calendar management, and ensure a strong public presence, so the artists don't have to worry about their schedules.

*That sounds like a valuable service for artists. Could you share the background story of how Garage Entertainment was founded?*

The journey of Garage Entertainment began in August 2019, but we officially established our office in partnership with Sudeep and Amar in December of the same year. After a brief pause because of Covid in 2020, we began full-fledged operations in 2021. My vision for starting this venture was to make music sustainable for Nepali artists, so they wouldn't feel compelled to go abroad to make ends meet financially.

*Taking a risk in business is often a crucial step. Why did you choose the music industry, and how has your background influenced this decision?*

Indeed, every business involves risks, and the greater the risk, the greater the reward. I chose the music industry, especially in Nepal, because of my passion for music events, which I was actively involved in while living in Belgium. Upon returning to Nepal, I had the opportunity to meet Neetesh Jung Kunwar and Amar Neupane, and with their expertise in the music field, I felt confident to start Garage Entertainment. The experiences gained from organizing events, collaborating with top artists, and learning from my partners have been invaluable.

*It's great to have a well-experienced team. What are some of the notable events Garage Entertainment has organized, and are there any future plans for expansion?*

We've been fortunate to organize numerous events, including a huge one with Sushant KC in March 2021, the GE Fest in 2021, and another event at Silver Oak with Sushant KC in April 2022. Currently, we are planning a mega event featuring Arijit Singh. As for expansion, we have many international opportunities, and Australia appears to be a promising market for us. However, our current focus is on making our existing operations efficient and catering to artists needs while keeping an eye on potential expansion opportunities for the future.

*How did Garage Entertainment, a relatively new company manage to attract and collaborate with the country's top artists?*

At Garage Entertainment, we take immense pride in our strong connections with the country's top artists, which stem from our teams profound expertise in the Nepalese music scene. Amar, with six to seven years of experience in the field, and Rashik, with a background in media, bring valuable insights to our company. Personally, I have three years of hands-on experience in this industry, contributing to our collective knowledge. Our successful track record includes organizing numerous events, totaling around 60 to 70, which has honed our event management skills. Moreover, extensive travel to different locations has provided us with the ability to effectively engage with diverse groups of people, while closely observing these events has been instrumental in enriching our experience.

*Your dedication to the growth of the music industry in Nepal is admirable. What challenges have you faced while doing business in Nepal, especially when compared to your experience in Belgium?*

Doing business in Nepal comes with its own set of challenges, particularly concerning the education and understanding of the workforce. In Belgium, the workplace is highly educated, but in Nepal, we often have to start from scratch and provide extensive training to the staff. Additionally, the lack of support from the government in terms of policies and incentives has made conducting business more challenging in Nepal. The bureaucratic processes can be time-consuming, hindering effective time management.

*It's interesting to note the differences in workplace environments. Despite the challenges, what advice would you give to young aspiring entrepreneurs, especially business students in Nepal?*

To young aspiring entrepreneurs, I would emphasize that degrees may not be the most critical factor for me when hiring. Loyalty and willingness to learn are essential qualities. If their family background is strong and sustainable, I would suggest sticking to Nepal for a couple of years to explore the better opportunities here. Ultimately, taking risks and facing challenges are essential for success. Stay curious, confident, and determined, and you will find your way to success.

*Thank you, Mr. Adhikari, for sharing your insights and experiences with us. Your dedication to supporting Nepali artists and fostering the music industry is commendable. We wish you and Garage Entertainment all the best for your future endeavors.*

Thank you for having me. It was my pleasure to share my journey and thoughts with you. I hope it can inspire and motivate others in their entrepreneurial pursuits.

# KYC: A TRANSFORMATIVE EXPERIENCE

■ **Ishana Shah Thakuri** (BBA 3<sup>rd</sup> Semester)



Hello, I would like to start this article by introducing myself. My name is Ishana Shah Thakuri. I am a 3<sup>rd</sup> semester student at Universal College located in Kathmandu. My purpose of writing this article is to provide a personal perspective of my experience throughout the whole event of KYC. I would like to begin by saying that this has been by far the most significant and best event of my life so far, as a 19-year-old individual.

I had just completed my +2 and had just joined Universal College, so I was a fresher at that moment. Everything was new - new place, new people, and everything was unknown to me. During that time, I also heard about the event called KYC along with its motto "Inspiring Youth, Leading Nation." The title itself explains that it's all about inspiring today's youth for the betterment of the nation tomorrow because many new and creative ideas are being brain-drained. As we know, present youth are the future of the nation. Since I was just hearing about it for the very first time, I was unaware of it and was

also afraid to participate in it. However, I was planning to do something new or participate in new events to gain new experiences, so I decided to take part in it. We were selected based on interviews, and after being selected, there were various seminars and practical meetings that boosted my confidence. I was elected to the Supervision team, so the pressure was building upon me, but getting to know various people and receiving help from seniors and other networking made it a lot easier than I expected. Now the main task was to advertise KYC, so as a team, we started a flash mob where we visited various places like Patan, Basantapur, Bhaktapur, Civil mall, Chaya center, and various other places to showcase our talent and gather an audience for the main event.

Throughout this event, we worked very hard and learned various new things as supervisors and volunteers. Since I was in the supervision team, I had to look after everything and make sure that everything was going according to the plan. I had to oversee the Escort Team, Back Stage, Stalls, guest handling, seat planning, and other volunteers, and guide them. The main event took place at Pragya Pratisthan located in Kamaladi. The crowd was huge as there were many high-profile guests, including the present Mayor of Kathmandu Valley, Mr. Balen Shah, along with various public speakers and trending singer Sushant KC. The event was going as planned, and we didn't have to worry about anything. I, along with my team members, were also enjoying the event. So I have to say that this was the best event I had supervised and the best event of my life.

During the first week of completing the event, I was overwhelmed by the work and responsibilities that were placed on me, but with the help of my supervisors and the directors, who have had years of experience in events, I felt more confident and had a higher level of confidence than before. I also received a lot of support from my supervisors and all the team members and directors, which made the event more successful. I also knew that my work would be double-checked, and any uncertainties were explained. By observing and learning from them, I managed to pick up tips and learn different types of skills, from learning and communication to dealing with various uncertainties and different types of plans. Finally, the event ended successfully.

# THE RISE OF ESPORTS AND ITS IMPACT ON GAMING.

■ **Niraj Kumar Pal Gareri** (BBA 3<sup>rd</sup> Semester)

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**E**sports, also known as electronic sports, is a form of competitive video gaming that involves professional players and teams competing against one another in organized leagues, tournaments, and events. Esports has become a major force in the gaming industry, with millions of people tuning in to watch professional gamers compete against each other and a growing number of companies investing in esports as a legitimate form of entertainment. The industry is expected to reach \$1.6 billion in revenue by 2024, with major companies like Coca-Cola, Intel, and Redbull investing heavily in esports.

The esports industry has taken rapid growth in recent years, with more and more people getting involved in competitive gaming. Esports events are now widely streamed online and televised, reaching millions of viewers worldwide. The clear growth of esports has attracted more attention to the potential career opportunities it offers. Many people now see esports as their career

options who are willing to put in the effort, dedication, and skill development needed to succeed. Many people are building their career in gaming as a professional esports player, coach, manager, analyst, commentator and content creator. Nowadays esports players are treated as celebrities, with fans all over the world cheering for them. What has helped this sector expand is the easy access to computers and mobile devices and the outreach of the internet network. And one of the other reasons it became so popular is because esports is now incredibly accessible. YouTube, Facebook, Twitch and other platforms can be used to broadcast live coverage for free, and fans are also able to interact with their favorite players on these platforms.

There are over more than 540 million esports viewers globally as of 2023, and it is expected that the number will reach 640.8 million in 2025. More than 60% of esports fans are aged between 16 to 35. Today esports has become a global phenomenon. In esports, players compete against each other in video games, with the aim of winning prizes and becoming champions. Some of the most popular games include League of Legends, Dota-2, Counter-Strike: Global Offensive, PUBG Mobile, Fortnite, and Street Fighter V. These games are played professionally, with tournaments held on a global level. These tournaments have massive prize pools, with the winners taking home huge sums of money. The popularity of esports has grown so much that it is now considered a legitimate sport, with many universities offering esports scholarships to students. The rise of esports has also led to the creation of new jobs, such as esports coaches and analysts.

In 2021, the Free Fire World Series set a record of 5.4 million viewers which was held in Marina Bay Sands, Singapore, while the 2021 International Dota 2 Championships saw a surprising total prize pool of \$40 million.

This can influence and motivate millions of people who want to develop their career in gaming and do something while playing games. Many gamers are making their living by streaming their games online and showing their skills and

sharing their strategies with others. There are so many platforms for streaming like Twitch, YouTube Gaming, Facebook Gaming, and these platforms provide influencers with sponsorship, and they earn a good amount of money while enjoying their passion.

Millions of gamers across the globe are competing in tournaments and on streaming platforms for the chance to be crowned as the most successful esports player.

Esports is not restricted to PC games only. Mobile games are also gaining massive popularity throughout the world. As mobile phones are easily accessible, offering a low-cost alternative to traditional gaming that anyone can enjoy. As mobile gaming is getting more popular, mobile esports have become more prominent, attracting a large and engaged audience. One of the most played mobile games is PUBG Mobile. PUBG was released for mobile in 2018 and it took about a year for it to gain popularity among the gaming community. In a recent PUBG Mobile World Invitational (PMWI) 2023, Nepali PUBG team named DRS Gaming won more than Nrs. 2 crores from the biggest esports event held in Saudi Arabia and represented Nepal on the global level. In Nepal esports has started taking root, many local level and provincial level tournaments are being organized all over Nepal, even educational institutions like Patan College, The British College, Apex College and Kathmandu University have welcomed esports by hosting inter-college gaming tournaments.

One of the biggest changes that esports have brought about is the way that games are designed. Developers are now starting to design their games while keeping esports in their mind, creating titles that are easy to watch and understand for spectators. The rise of esports has also increased the demand of gaming hardware which has led many companies to develop specialized gaming equipment such as high-performance gaming monitors, gaming keyboards, gaming headphones with good quality of in-built mic and so on.

With the popularity of esports growing, there are more opportunities for businesses to get involved. Businesses can get involved in esports by sponsoring teams, organizing esports events, creating merchandise related to esports, and investing in esports organizations. The rising popularity of esports has resulted in a surge of revenue for the gaming industry. Esports has become increasingly popular in recent years, and as a result, the gaming industry has seen a significant increase in revenue. Esports tournaments and events have become major sources of revenue for the industry, generating income through sponsorships, advertising, and ticket sales. This has led to a greater interest in esports from both gamers and investors.

The new trends in esports are emerging technologies like Virtual Reality (VR) and Augmented Reality (AR) have started to impact the esports space, introducing new possibilities for immersive gaming experiences and spectator engagement. As VR and AR technologies continue to advance and become more accessible, their impact on esports is expected to grow. Esports companies, game developers, and tech firms are constantly seeking ways to utilize these technologies to improve player experiences, engage fans, and expand the limits of competitive gaming.

As esports continues to gain popularity, it is expected to become a mainstream form of entertainment, opening new opportunities for gamers and businesses. The rise of esports will have a significant impact on the gaming industry, from increasing popularity and revenue to influencing game development and creating new opportunities for professional gamers, and we can expect to see continued growth and innovations in this space.

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# REFERRAL MARKETING

■ **Aashrit Khanal** (BBA 3<sup>rd</sup> Semester)



**S**hare this article with your friends and get 200 rupees transferred to your account. **ATTENTION ALERT.**

Just kidding... It is said that the first referral was done by Julius Caesar in 55 BC. Caesar offered 300 Sestertii (ancient Roman coin) to any soldier hiring another into the Roman army with the reward of one-third of Soldier's annual pay through his referral. Referral marketing is something word of mouth strategy which came into existence during the mid 1990s. This concept encourages customers to recommend their product or services to other people so that the first individual gets benefit. You know how some companies have these cool Refer and Earn programs? Well, it's a smart marketing trick where they reward us, the customers, for spreading the word about their awesome products or services to our friends, family, and co-workers. It's like getting a little bonus just for telling people about something we genuinely like! So, when we tell others about the company, and they end up becoming customers too,

we get some sweet rewards as a way of saying thanks. It's a win-win for everyone involved! Referral marketing is a clever way for companies to encourage customers like us to talk about their products or services to others, and they give us rewards in return. It's like saying, Hey, tell your friends about us, and we'll give you something cool as a thank-you! So, when we spread the word and bring in new customers, we get rewarded for being awesome advocates for the company. It's a fun and rewarding way to share the love!

## Word-of-Mouth Marketing

When happy clients tell their friends and family how great a consultancy is, it creates powerful word-of-mouth marketing. People trust recommendations from people they know, so when someone suggests a consultancy, it's a compelling way to attract new clients. It's like sharing a fantastic secret with your close ones and helping the consultancy grow through the power of personal recommendations.

## Increase advertisement

Refer and earn programs are a good way for companies to get new customers by having happy customers bring in friends. When satisfied customers share their positive experiences, it spreads the word about the company and builds trust. This also makes the brand more recognized and keeps customers coming back. It's like having a secret weapon to stay ahead of the competition, and the best part is, it doesn't cost as much as traditional ads. In the end, it's a smart and effective way for businesses to get more customers and make their customers feel more involved. How brands of Nepal are using refer and earn advertisement.

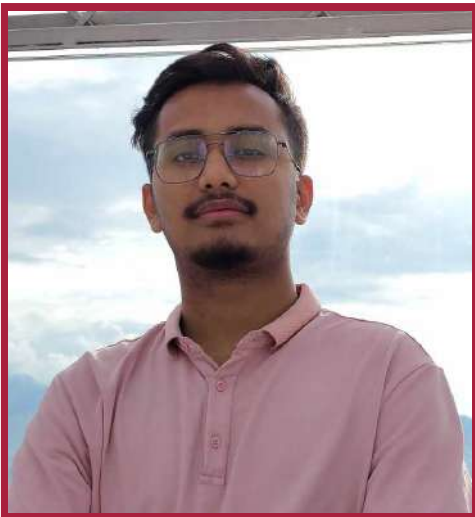
Pathos Refer and Earn program allows existing users to share a unique referral code with friends and family. When new users sign up using the code, both the referrers and referees get rewarded with discounts on rides or deliveries. Pathao tracks referrals through codes and has specific terms and conditions, like referral limits and reward validity periods. They occasionally run promotions with better rewards to encourage more participation.

You can earn money with the IME Pay referral program without spending anything on SMS. When your friend clicks on your referral link and downloads IME Pay, both of you get Rs 25 in your wallet. The more you share the link, the more chances you have to earn. It's a win-win situation for you and your friends!

In your Bhoj App, we can see an option called Refer a friend's When your friends order food, tell them to enter the code at checkout. You'll receive Rs. 100 in your

# UNPOPULAR OPINION

■ Sarbesh Shrestha (BBA 3<sup>rd</sup> Semester)



Everything that we look at and observe around us seems to be so habituated to our daily lives. The cycle of money that flows from the services exchanged makes up the whole economic cycle, but have we ever thought about the breach made upon the system that has been used as a loophole to create a shortcut glitch for wealth creation or maybe a national loss?

The context of Nepal seems to be the same in this case. The old tales about corruption, bribery, and smuggling are the major attractions, but what's more? The dark secrets that remain unidentified are very vast in terms. In recent context, some popular faces were caught up regarding cases on promotion of online gambling. The things that are termed illegal on the market are still being used on a frequent basis especially on sports betting.

Betting culture across the globe is very popular and also one reason it is legal. The transaction is even done through the banking system. The Aussies seem to enjoy this activity the most. Besides, there are many western countries that

are familiar with this activity. These legal and regulated online gambling systems generate tax revenues and provide investment opportunities in technology and the market. The culture develops as people can connect more during their leisure periods with their favorite sports and games.

The feeling of attachment towards a certain sport gets stronger. The gambling opportunities have also attracted tourism as their interests are available, and it certainly helps to develop the relationship and the economy of the country. It can drive technological advancements in digital payments, cybersecurity, and online entertainment platforms, which can have broader benefits for the host country.

As everything has two sides, it has various negative impacts. If online gambling is not properly regulated, it may lead to revenue leakage as citizens participate in unlicensed offshore gambling sites. This means potential tax revenue is lost to the host nation. Excessive online gambling can lead to addiction and associated social problems like financial problems, family issues, and mental health problems. The countries with weak regulatory measures may face a surge in problem gambling cases. It often involves transactions across international borders making it difficult for the countries to enforce their own regulations on foreign working mechanisms. The case is even harsher, it can exploit the crime of money laundering in countries which have improper regulations. It can be used to legalize suspicious capital through the casino.

Nepal is undoubtedly an underdeveloped nation, as our observation and the economy is quite unimpressive. Even under these circumstances, the people around us tend to do all sorts of online gambling. It ultimately escapes our national wealth outside the boundaries. Well, what if this thing is legalized in our country? It is hard to pitch this idea into the normal lives of people because our country still has a long road to develop in the technical sector. Our nation needs to work on developing the laws and policies attached with the technical field as per the record of data for these activities.

Legalizing online gambling could contribute to the country's economy by generating tax revenue from licensed operators. It could also create job opportunities in the gambling industry. Website development, customer support, and marketing can be a very good sector for job possibilities. Therefore, it will stop the outflow of our national capital to the foreign host nation and certainly retain the leakage in the economy. Furthermore, the tourist may widely be attracted to our country to participate in these activities which also helps in generating revenue sources.

There are some casinos available which provide slots for the rich and foreign classes. It is seen on major streets of our capital and some developed cities. Normal people cannot afford to participate in these things. As online gambling can provide a strict bet limit system for minimum bets on the stakes, it can look upon the quantity of the participation rather than a single high amount. This way, the culture gets developed for the common people, and all the involved parties can be satisfied with the services and get the income generated. The government will have an additional source of revenue. Despite all these possibilities, the opinion is very unpopular and not acceptable. It needs high-end technical advancement to be able to detect all the ongoing activities around the whole business. This business also creates a risk of loss on different aspects, as mentioned above. So, it's very hard to implement this system in our country. Thus, this can remain only as an opinion to be channelized into the future if the possible conditions are met to set up a proper gambling culture. Thus, this situation is hypothetical.

## KATHMANDU YOUTH CONCLAVE

# MY EXPERIENCE IN KYC

■ **Sandhya Kafle** (BBA 3<sup>rd</sup> Semester)



**K**YC (Kathmandu Youth Conclave) is one of the biggest events among the youth with the motto "Inspiring Youth, Leading the Nation." Many influencers were there last time, sharing their experiences and motivating people along with lots of entertainment.

Last year, I joined KYC as a volunteer. I was in the registration department, and the event was a success. I was and still am very happy and grateful for the opportunity. Taking part in such an event as a volunteer, I was a little afraid if I was capable of doing the job right. However, with the guidance of the organizers and core team, I was able to come out of my shell and enhance my skills. I met new people and was able to grow my social circle. The work and dedication of the seniors inspired and motivated me to complete my tasks. As I was in the registration team, I could not see the program's first half, but luckily, I could attend the second half, and it was amazing.

As KYC 2023 is approaching, I am very excited to join and gather an amazing experience this year as well. I hope this year's event turns out to be more successful than last year, and youth from different parts of the country could join and gather amazing experiences.



# ROLE OF MEDITATION ON STUDENT PERFORMANCE

■ **Amrendra Kumar Chaudhary** (BBA 3<sup>rd</sup> Semester)



**D** Meditation is a practice in which an individual uses techniques such as mindfulness, or focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation is practiced in numerous religious traditions. First and foremost, meditation is a focusing and balancing technique. When balance increases between our internal and external experience, our awareness expands, and all the benefits of meditation begin to unfold.

You can meditate by sitting and closing your eyes and focusing within. In this way, you eliminate external distractions and focus on your internal experience. A regular meditation practicing helps in creating a balance between your internal and external experience.

Life changes as emerging adults, social adjustment, and higher academic responsibilities, college students face tremendous stress. College students have

found mindfulness training to be an effective strategy for lowering stress and enhancing psychological well-being, with immediate therapeutic advantages like decreased anxiety. The link between preexisting features and early mindfulness meditation (MM) effects has, however, been studied. Increases in state mindfulness and decreases in state anxiety were found.

A study by Yamaya (2023) evaluated the immediate effects of single-session MM. These findings appeared to depend on the trait mindfulness levels. Results showed that students with “unlock” trait mindfulness were still able to reach a comparable level of state mindfulness, even if the therapeutic effects were greater for students in the “high” trait mindfulness group. In contrast to a control group of students, we anticipated that students taking a sociology course that incorporated contemplative exercises (such as mindfulness meditation) would score better on higher-order cognitive skills (executive functions) throughout the course of the semester. Between the two groups, there was no discernible difference in the change in executive function performance. However, when examining the meditation group as a whole, the amount of time spent meditating predicted the amount of change in executive function, indicating that the duration of meditation is substantially correlated with the degree of improvement. This finding offers some evidence that meditation has positive effects on pupils' higher order cognitive capacities. Training in meditation may have an impact on the cognitive abilities necessary for effective knowledge retention.

The current investigations looked at how meditation affects students' ability to retain information. In three research investigations, participants from three introductory psychology courses were randomly assigned to receive either brief meditation instruction or rest. Participants then listened to a lecture in class and completed a post-lecture exam to gauge their understanding of the lecture material. In each of the three experiments, the findings showed that meditation increased students' memory of the knowledge presented during lectures. The meditation instruction had no impact on students' mood, level of relaxation, or level of interest. There is discussion of restrictions and repercussions (Ramsburg, 2013).

Meditation instruction may affect the mental processes required for efficient memory retention. The current studies examined how students' capacity for memory was impacted by meditation. Participants from three introductory psychology courses were randomly assigned to receive either brief meditation training or rest in three separate study studies. After that, participants took a post-lecture exam to see how well they understood the lecture topic. The results of all three tests demonstrated that meditation improved students' retention of the information taught during lectures. The pupils' state of mind, amount relaxation, or level of interest were unaffected by the meditation training. Restrictions and consequences are discussed (Fergusson et al.,2022).

### **Easy steps for meditation**

#### **Duration of meditation**

Although how long you should meditate is a personal choice. Meditating for half an hour twice a day would be sufficient. Meditation early in the morning and before bed at the night is best time for doing meditation.

#### **Schedule a time**

You should schedule a time and follow that schedule for meditating in a consistent manner. Regularity is very important for effective meditation. And if you follow the schedule regularly you will be able to see the effective results.

#### **Selection of right place**

Place is very important for meditating. Selecting the right place where you can sit comfortably and peacefully without any distractions and disturbance would be the best place for meditation.

#### **Comfortable clothes**

Comfort is important so wearing loose and comfortable clothes are very important while doing meditation. You can sit cross legged or in lotus position on the floor.

#### **How to start meditation**

First sit comfortably then close your eyes and slowly start breathing then hold the breath. Repeat this process five to six times and you feel calmer.

#### **Settle in and enjoy**

After the intro breath work, relax and breathe normally with your closed eyes. Sit quietly, There's nothing to do during this time. If you feel impatient then you can open your eyes and then again close your eyes and keep meditating.

#### **Think positive**

Your mind is active now, give it something positive to grab on to.

For example you can count your breath like inhale and exhale in a particular manner.

#### **Affirmation**

Repeat a positive statement to yourself. For example, when you breathe in say to yourself: "I accept myself." When you breathe out say: "I realize what doesn't serve me. All is well."

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# NETWORK IS NET WORTH

■ **Suraj Upreti** (BBA 3<sup>rd</sup> Semester)



In today's connected world, networking has become an essential skill for personal and professional development. The concept of networking is about creating meaningful connections and relationships with people from all industries and backgrounds. In this article, we look at the importance of networking, its impact on personal and professional life, and its relevance in the modern landscape.

Networking isn't just about exchanging business cards or adding contacts on social media. At the core of networking is fostering genuine relationships, mutual support, and collaboration. It is about creating networks that can lead to new opportunities, more knowledge, and access to valuable resources.

Networking opens doors to a variety of benefits. Building relationships with like-minded industry experts, mentors, and peers can lead to valuable advice, job recommendations, and connections to potential employers. Networking allows you to enter a hidden job market and access opportunities that may not

be publicly advertised. Networking allows for the exchange of knowledge and skills. Working with a variety of professionals, individuals can learn from their experiences, gain insights, and stay abreast of the latest industry trends. This continuous learning process is crucial for personal development and adaptability in an ever-changing world.

Connecting with others in a professional setting can boost confidence and communication skills. Networking provides an opportunity to practice and improve speech, public speaking, and interpersonal skills essential to making a lasting impression in a variety of situations. For aspiring entrepreneurs, networking is a gateway to potential investors, co-founders, and business partners. This allows them to pitch ideas, seek feedback, and form strategic alliances that can help realize their vision.

Networking goes beyond professional life. It provides emotional support, camaraderie, and a sense of belonging. In difficult times, the network can act as a safety net, offering encouragement and advice to those who have faced similar challenges.

The advent of technology has revolutionized networks. Social media platforms, professional networking sites, and virtual events have made it easier than ever to connect with people from all over the world. These digital platforms break down the barriers of distance and time, allowing people to connect without physical limitations.

Today's world is increasingly networked, and companies and industries operate across borders. Networking helps bridge cultural differences, promotes understanding, and creates opportunities for international collaboration and partnership. The modern job market requires diversity and diverse skills. Networking provides access to experts in different fields and allows people to discover new interests, acquire additional skills, and diversify their knowledge.

Hence, mega events like the Kathmandu Youth Conclave gather a large number of young individuals from diverse backgrounds, interests, and industries. Such gatherings provide an excellent platform for youth to interact, exchange ideas, and form connections. KYC features prominent speakers, industry experts, and successful youth leaders. The Kathmandu Youth Conclave offers a unique and dynamic environment for young individuals to network, collaborate, and grow, helping foster a generation of interconnected and empowered youth ready to make a positive impact in their respective fields and communities.

# F1SOFT INTERNATIONAL

■ **Sailesh Poudel** (BBA 3<sup>rd</sup> Semester)



**F**1Soft International Pvt. Ltd. is a leading FinTech Company of Nepal which provides digital products and services which ensures easy access to financial services for Nepali consumers. Biswas Dhakal founded F1Soft International Pvt. Ltd. in 2004. eSewa and Fonepay are the subsidiary companies of F1Soft International Pvt. Ltd. It is the largest Digital Financial service organization with over 19 years of operating experience in Nepal. The F1Soft group comprises several production lines that enable digital transformation. The company offers a variety of digital payment options, including mobile banking, internet banking, and digital wallets.

F1Soft was first introduced in 2004 but it was not successful in its early days. F1Soft secured its place in the market soon after the launch of its digital payment app E-Sewa. As there was a lack of internet access, the launch of esewa was a very risky task. In the context of Nepal, digital financing was a new concept so the chances of failure were high. But after the rise in use of

smartphones, the result came positive. Shortly after that, the competitors were also rising. But in 2019, when Fonepay was launched, it gained a huge popularity and it was a great success. The COVID pandemic came out to be positive for the company since businesses and institutions were closed during pandemic. Many people started using mobile banking and since fonepay was partnered with many banks, it became a huge profit to the company.

As Winston Churchill said "Success is not final; failure is not fatal. It is the courage to continue that counts". There was a massive failure of eSewa around 2009 due to the low penetration of the internet in the Nepalese market. During that time only 2% of the people were using internet services. There was always the need for time saving instruments for business dealings. After the failure of the objective and goal of eSewa, the market needs were evaluated and to control the loss, the whole system went through re-engineering. Later on, the agents were registered and it really saved lots of time for every individual.

F1 is more focused towards B2B whereas eSewa is more focused towards consumers. eSewa and Fonepay are more successful to create value to the customers creating a better brand image and brand positioning. Fonepay's QR payment system has a revolutionary impact in the Nepalese market. The evolution of digital payment platforms and increasing consumers preference towards e-payment secured the bright future for QR payments. F1Soft became the highest tax paying institution in Nepal (IT sector) and they were honored by the Inland Revenue Department for their contribution.

Biswas Dhakal, CEO of F1Soft believes in welcoming every talent that exists in Nepal and ones who went abroad to get higher education. He believes that every undergraduate and graduate student should be given proper training regarding the organizational culture. The students must be given training for at least a year even though they don't create any value to the organization. We must be able to train our people to let our businesses grow. FDI can create a broader version of the businesses and help us to flourish. He portrayed the features of FDI in the Nepalese market in a recent interview. FDI can bring better skilled manpower to our country and we can have a better version of technology. Private institutions must not be too dependent on the government to take them to the global map. Everyone should be able to take the risk and effort to create a company recognized globally.

## ECHOES OF KYC

■ **Bishesh Shrestha** (BBA 3<sup>rd</sup> Semester)



**K**athmandu Youth Conclave (KYC) is among the biggest national youth centric leadership events organized by educational institutions. The young audience, composed mostly of students, industry learners and scholars, will attend the event. KYC's theme revolves around "Inspiring Youth, Leading Nation", a motto it lives by.

My experience as a former member of KYC was very inspiring. I was able to experience various emotions such as hardship, happiness, pride and many more. It was a grand event with thousands of audience and motivational speakers. As a member of KYC, we made a lot of groups such as, crowd department, security, stall, photo booth, etc. Groups were divided on the basis of their interest. From the beginning, we had a lot of expectations from KYC because it was going to be one of the biggest events. Hence, all the members participating in KYC were very hyped. After the formation of groups, we had to attend a lot of meetings. We got the chance to make connections with many people. We

were also able to learn various things from our seniors who guided us throughout the KYC journey. The main thing that we could learn from this event was that we were able to build our mass communication and leadership skills. This event is the biggest platform to overcome the fear of those people who are unable to speak or express their feelings in front of a huge of those were unable to deliver their message. The main event was very thrilling and I was very much excited by the huge number of audience. It was held at Pragya Pratishtan. As a member of the crowd department, I was assigned to manage the group. First of all, we were assigned to manage the crowd who were about to enter the hall. It was a very difficult task because there were a lot of people. After letting all the people inside the venue, we went inside in order to manage the crowd. The entire hall was filled with people and those who were unable to sit were either standing or sitting in the stairs. And during the event, many motivational speakers were present and while they were speaking more than half of the audience were bored. And it was a challenging for us to manage them. Supplying water was also a very difficult task because we were unable to move from one place to another due to the huge mass. Most of the people attending the program were there to watch Mr. Balen Shah and Mr. Sushant KC. While Sushant was performing, the audience went crazy. They started jumping and shouting and we had to manage them. Managing them during that time was very difficult. And after the event was finished, we managed the whole crowd to make their exit properly without having any casualties. And after it was over, we were so relieved and enjoyed it.

This was one of the biggest experiences of my life as I had never participated in such kinds of events. I was overwhelmed by the things that took place in the event. And this event had a lot of positive impact on my life. I was never able to speak in front of small nor huge amount of mass but after participating at the event. I was able to overcome my fear and I was freely able to speak in front of others. I could easily share my ideas and the things I want to say. This event also helped me to realize that we can never achieve something all by ourselves and we need to work as a team. We all worked together as a team and it was a huge success for us. And this event also helped me to make some social networkings. I was able to know a lot of people and they shared their experience with us. And we were under the proper guidance of our seniors who helped us to solve our problems. And the main motto of this event was to let the youths stay in Nepal and make them believe that "we don't need to go outside to study or work and rather than that we could actually work and study in Nepal". As a member of KYC I would like to encourage the youths to participate in these types of events because it is a once in a lifetime opportunity and we can learn various things from this event and it has a lot of impact in our day to day lives. This experience can also help us in different fields

# LGBTQ IN CONTEXT OF NEPAL

■ **Rispa Lama** (BBA 3<sup>rd</sup> Semester)



LGBTQ is a hot topic in Nepal nowadays due to different social and legal developments that have brought changes in the community's rights. LGBTQ stands for Lesbian, Gay, Bisexual, Transgender and Queer. It describes the community of individuals who identify them from these gender or sexual identities. Looking through the history of Nepal, they had faced a lot of challenges including discrimination, harassment and violence and they still do in many parts of the country despite being legally recognized. However, there has been progress in recent years and Nepal is also one of the country who have number of laws towards legal recognition and social acceptance of LGBTQ individuals in comparison to the other South Asian countries. But there is still a long way to go in terms of social acceptance and ending the social stigmas and discrimination.

LGBTQ people in Nepal continue experience substantial obstacles, despite recent legislative and social developments. Numerous LGBTQ people regular-

ly have to deal with harassment, and other forms of intolerance, and victims of hate crimes are not given enough legal protections. This is especially true for transgender people and people who don't fit into conventional gender roles, as they frequently experience the harshest types of abuse. LGBTQ people are unable to participate fully in society due to considerable cultural and societal hurdles. Many LGBTQ people must live in secrecy and isolation because they are rejected by their families and communities. This may result in psychological problems, and other problems. Furthermore, there is still a lack of understanding and awareness of LGBTQ problems in Nepal, which can make it challenging for people to obtain healthcare, education, and other crucial services. It can be challenging for LGBTQ people to get job and accommodation due to this lack of understanding, which also contributes to the stigmatization of LGBTQ people. Despite recent advancements, there is still much work to be done until LGBTQ people in Nepal are treated equally and have their human rights fully respected. The societal and cultural obstacles that made LGBTQ people from leading fulfilling lives must be removed via campaign and education. When it comes to LGBTQ rights, Nepal has a complicated and varied past. When it comes to gender and sexuality, Nepal has always been a very progressive country, with a long history of recognising third gender individuals and a general acceptance of same-sex unions. In Nepal, there have been significant advances in the legal and societal acceptance of LGBTQ rights in recent years. In 2007, Nepal's Supreme Court recognised the rights of third-gender people and ordered the government to provide legal recognition and protection for this population. This ruling was a key for LGBTQ rights in Nepal, and it gave the path for greater legal and societal advancement. Similarly, Nepal approved a new constitution in 2015 that included safeguards against discrimination based on sexual orientation and gender identity. This was a significant step forward for LGBTQ rights in the country, establishing Nepal as a regional leader in terms of legal recognition and protection for LGBTQ people. Nepal made history in 2021 when it legalised same-sex marriage, becoming the first country in South Asia to do so. This was a big step forward for LGBTQ rights in the area, and it contributed to Nepal's reputation as a progressive and forward-thinking government.

The Blue Diamond Society, which was created in 2001 to campaign for the rights of sexual and gender minorities, is one of many significant personalities and organizations that have inspired the LGBTQ movement in Nepal. The organization has been promoting awareness about LGBTQ issues in Nepal, as well as advocating for legal and societal acceptance of LGBTQ rights in the country. Sunil Babu Pant, a famous LGBTQ activist and politician who has been a leading voice in Nepal's campaign for equality and human rights, is another important figure.

## POEMS

# हाव्रो KYC

■ **Sujal Poudel** (BBA 2<sup>nd</sup> Semester)



नमस्कार, पैचो मागरिछु समय हजुरको,  
सुनिदिनिहोस् कुरा लेखरिछु ली प्वाख मयुरको।

अवसर र उमंगको कथा सुनी दनि बसी,  
हजुर, कुरा हो KYC को साथी,  
यात्रा लामो छ जीवनको अझै छ बाँकी,  
त्यै यात्राको एउटा पाटो हो KYC पर्ना साथी,  
नयाँ अनुभव र ज्ञानको भण्डार हो KYC,  
डाक्टर सनदुक रुइत, स्वस्तमि खड्का, रविलामछिने सरको कुरा  
सुने पछि,  
अब भन्नुस्, हुन्न त यो कार्यक्रम यादगार भादर ९ गते नेपाल  
प्रज्ञा प्रतिष्ठान पुगेपछि।

यस बारे केही जजिजाशा भए राख हामी माझ,  
चपिा को चुस्की लौंदि मेटाम्ला जजिजाशाहरु साँझ।।

# KATHMANDU YOUTH CONCLAVE: EMPOWERING THE LEADERS OF TOMORROW

■ **Mallika Mahata** (BBA 5<sup>th</sup> Semester)



### **I**ntroduction

In the heart of Nepal's vibrant capital city, a powerful and transformative event takes center stage, igniting the spirits of the nation's young minds. The Kathmandu Youth Conclave stands tall as a beacon of empowerment, uniting the youth from all walks of life under one roof. With a vision to inspire, educate, and foster leadership, this remarkable conclave has become a catalyst for change, shaping the leaders of tomorrow and propelling Nepal towards a brighter and more inclusive future.

### **Uniting Youth, Inspiring Dreams**

The Kathmandu Youth Conclave serves as a grand congregation, bringing together ambitious young individuals from diverse backgrounds and interests. By embracing the spirit of unity and inclusivity, the conclave transcends cultural, social, and economic boundaries, providing a platform where dreams can be shared and nurtured. Through engaging talks, interactive workshops,

and panel discussions featuring accomplished speakers and experts, the conclave fuels the flames of ambition and curiosity, empowering participants to envision a world full of possibilities.

### **Nurturing Leadership and Skills**

Recognizing that leadership is not merely a title but a set of qualities to be cultivated, the Kathmandu Youth Conclave places significant emphasis on leadership development. Through tailor-made sessions on effective communication, problem-solving, and decision-making, attendees are equipped with the tools they need to become change-makers in their respective spheres. Whether it's in the realm of social activism, entrepreneurship, or public service, the conclave aims to inspire a generation of leaders who can steer Nepal towards progress and prosperity.

### **Empowering Through Knowledge**

In a rapidly evolving world, knowledge is the key to unlocking potential and driving innovation. The Kathmandu Youth Conclave understands this fundamental truth and curates a diverse range of educational sessions that cater to various interests and fields of study. From technology and sustainability to arts and culture, the conclave ensures that participants receive exposure to a wide array of disciplines, encouraging them to become well-rounded and informed global citizens.



## A Hub for Collaboration and Networking

Beyond the acquisition of knowledge and skills, the Kathmandu Youth Conclave fosters an environment that encourages collaboration and networking. Attendees have the unique opportunity to interact with like-minded peers, mentors, and industry experts, forming invaluable connections that extend far beyond the event itself. These networks serve as a support system and a bridge to future opportunities, propelling young individuals towards their aspirations with newfound confidence.

## Catalyzing Social Impact and Civic Engagement

At the core of the Kathmandu Youth Conclave's mission lies a deep commitment to fostering social impact and civic engagement. The conclave encourages participants to think beyond personal success and embrace a sense of responsibility towards their communities and society at large. Through workshops on community service, sustainable development, and social justice, attendees are inspired to become active agents of positive change, leading to a ripple effect that elevates the lives of countless others.

## Conclusion

The Kathmandu Youth Conclave stands as a testament to the power of collective empowerment and the boundless potential of the youth. With each passing year, this transformative event leaves an indelible mark on the lives of its participants, instilling a sense of purpose, passion, and commitment to building a better Nepal. As the conclave continues to inspire and galvanize the leaders of tomorrow, its impact radiates far and wide, shaping the nation's destiny and fostering a generation of compassionate, innovative, and resilient trailblazers.

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## EMBRACING KYC

■ **Saurav Kumar Thakur** (BBA 3<sup>rd</sup> Semester)



It was my first time on KYC. It was a huge event with lots of people organizing and planning the event. I was not sure whether I would fit in. I met lots of members, some well experienced, and some just as perplexed as me. I learned to work together, build connections, and cooperate with one another. Well experienced seniors and team leaders created a supportive team which motivated us to give our best performance. I was a member of the dance team in this event. Our team worked together to give our best possible performance for the event. I loved the interaction with my team members. All of them had different attitudes, perceptions, behavior which made the team more interactive and engaging. We had some problems regarding time management but our ability to cooperate with each other has created an understanding between us which helped us to solve our problems.

One of the best experiences that I had during KYC 2021 was to closely observe the speakers share their success stories and their own experiences. Two of the

most intriguing entrepreneurs among the multiple entrepreneurs and business tycoons were Chandra Prasad Dhakal and Anil Keshary Shah. Chandra Prasad Dhakal is the first generation serial entrepreneur of Nepal. He co-founded the aggregate IME business. He strongly believes in and sticks to the ethics of professional financial conduct and governance. He set the exemplary model for the successful merger and acquisition of banks and financial institutions. Talking about his past, he came from a poor family with no father as a supportive member of the family. He took on all the responsibilities of his family as he was the oldest among his siblings. He kept on doing his best and he kept on exploring his potential to achieve what he desired. His hard work and dedication led him to being a successful man who is now well known as one of the best entrepreneurs in Nepal. His speech in the KYC event inspired lot's of Nepalese youths including myself. As he said, Nepal has countless opportunities in the field of business. Youth these days tend to think that going abroad is the only path to successful life. They fail to recognise the opportunities and potential to gain success in their own homeland. This inspired me to explore opportunities in Nepal.

Anil Keshary Shah is a retired Nepalese banker. He is the former chief executive officer of Nabil bank. He was also the CEO of Mega bank and the president of Nepal bankers association. He has been an inspiration and source of motivation for countless youths including myself. Many people take his success for granted as if his success came through inheritance, but they don't understand his years and years of dedication and commitment to achieve that level of success. He taught me the importance of taking risks and having a positive attitude towards any outcomes. Some of his inspiring words were, "A butterfly needs to crawl like a caterpillar at some point of its life cycle before being able to flap its wings and fly away" and "Look inside yourself, try to find the strength and the qualities within you that makes you happy and build a career around it".

As a BBA student, I wanted to gain an understanding of how businesses operate and what it takes to be an entrepreneur. KYC was a perfect platform that provided much needed exposure on entrepreneurship and businesses. I had a better perception of business.

This event made my communication skills better due to the interactions with new people. I even got the chance to interact with well known guests which was a rare opportunity. I got the rare opportunity of interacting with Balen Shah, who at the time, performed as a rapper in the KYC event. There were lots of other entertainment related artists like Sushant KC, Sabin Karki etc.

In conclusion, KYC is an excellent platform that inspires youths to explore opportunities in Nepal. I'm thankful to be a part of this mega event and I'm glad that I got inspired along with many youths. This event was not only inspiring but also entertaining and interesting. I'd definitely like to be a part of this event in the upcoming days.

## KATHMANDU YOUTH CONCLAVE

# MY EXPERIENCE AS A CORE TEAM MEMBER AT KYC 2021

### ■ Nikesh Thapa (KYC Core Team Member)



I was proud to be a core team member of KYC 2021, a massive event that attracted over 4,000 students. The motto of the event was "Inspiring Youth, Leading Nation," and it certainly inspired me too. The three months of preparation for the event were challenging but rewarding, as I learned a great deal about event planning and management. I also had the opportunity to interact with hundreds of students and sponsors, which further enhanced my professional development.

One of the most valuable lessons I learned at KYC was the importance of teamwork. As a core team member, I was responsible for coordinating the efforts of several different departments, including crowd management and the mobile department. This required me to communicate effectively with my team members and the students who came to attend the event. I also learned the importance of being flexible and adaptable, as things inevitably changed during the course of planning the event and on the day of the event itself.

Another valuable lesson I learned at KYC was the importance of customer service. I was the lead in SIM distribution, which was the most hectic job of the pre-event. I distributed over 3,500 SIMs to people of different backgrounds. I had the privilege of engaging with hundreds of people, and this experience enhanced my skills in providing exceptional service. I ensured that each student received the necessary assistance and information, and I was able to resolve any problems that they may have encountered.

I am excited about KYC 2023, and I am eager to learn more from my new teammates. I am positive that we can make KYC 2023 a massive success, and I am committed to giving 100% to make that happen.

In conclusion, my experience at KYC was a positive one. I learned a great deal about event planning and management, and I also had the opportunity to develop my professional skills. I am confident that the skills and knowledge I gained at KYC will be valuable to me in my future career.

# KATHMANDU YOUTH CONCLAVE: A PLATFORM TO LEARN

■ **Riya Shrestha** (BBA 2<sup>nd</sup> Semester)



In a world driven by the passion and potential of younger generations, the highly anticipated youth unleashed event is set to take center stage, scheduled to kick off next month (26th August 2023). KYC, a youth-centric extravaganza, aims to empower and inspire young minds, offering them a platform to explore, create, and shape the future in their own motherland. Among the biggest national youth-centric events organized by educational institutions, KYC falls in one of them. Its motto is "Inspiring Youth, Leading Nation." In the era of mental disturbance among youth, KYC encourages them towards social engagement and outreach to bring much-needed change in the traditional educational ecosystem. KYC's youth-centric events play a crucial role in shaping the mindset and aspirations of young individuals. These events provide an inclusive environment where young people feel valued, encouraged, and empowered by participating in them.

As the countdown to the Kathmandu Youth Conclave begins, expectations are running high among the youth. The event provides a diverse range of activities focusing on dynamics like speakers and cultivating entrepreneurship, innovation, and personal growth. KYC is poised to become a milestone event in the lives of young individuals. As someone who has been a part of KYC since the fourth edition, I sincerely feel that these events provide me with the opportunity to gain confidence, learn new skills, and discover my passions for my future. Whether it's a musical festival, a sports competition, leadership conference, or a social activism campaign, KYC has created opportunities for my personal growth and self-expression. By participating in this event, I benefit from cultivating a sense of community and often feel a strong desire to connect with like-minded peers who share similar interests and values. These events foster a supportive community, allowing participants to form lifelong friendships, collaborate on projects, and build networks that can propel their future endeavors.

Moving to my journey towards KYC as a core team member, as a first-time participant in KYC, in a position with great responsibility and challenges, I was initially scared to death and questioned myself if I could do well. Will I be able to meet everyone's hopes? Day by day, working in KYC made me feel that I can enhance my own skills; I saw my own hidden talents and got a chance to nourish them. I received full support from my seniors, teachers, and friends. The best part of working in KYC is that I made a lot of memories, learned new things, and met many high-profile people. KYC has provided me with a great platform to learn and encourage myself to face the world. On the other hand, many people questioned my passion towards KYC, asking what I would get by engaging in it. Such questions made me feel down at the moment, but my inner self never let me down. I gathered myself together and said to myself that "I will show them on the event day how our work paid off." My expectations were never failed towards KYC; it has always met my expectations.

My expectations towards the event are not just about participation; it is also about leadership and life skills development. By engaging in various activities, workshops, and seminars, young participants can cultivate essential skills such as communication, problem-solving, and decision-making. These skills, honed through experience, will serve them well in both personal and professional aspects of life. Inclusivity and a sense of belonging are crucial expectations towards this event. Creating a safe and supportive space for all participants, regardless of their background or experiences, is essential to foster a thriving community. When everyone feels valued and respected, they can freely express themselves and contribute to the event's success.

## KATHMANDU YOUTH CONCLAVE

# KYC REFLECTIONS

■ **Anurag Sharma** (BBA 5<sup>th</sup> Semester)



**K**YC as in Kathmandu Youth Conclave is now planning for its fourth edition giving continuation to its remarkable legacy from past 4 years. Undoubtedly, the journey of KYC has itself been such an inspiring and motivating one. From the beginning days, KYC has been leaving a remarkable footprint in the youth's mind. In different editions, KYC is seen building a different brand value in the market itself. As KYC happens every year, I see KYC in a different topmost level from my side. By the theme of KYC itself "Inspiring Youth Leading Nation", most of the youth will be seen seeking opportunities in Nepal itself, rather than applying for abroad which will gradually decrease the brain drain in the country. Also, as a result of KYC, many new start-ups will start kicking off the market.

Not only youths, but the entire nation shall be proud of KYC itself leaving an inspiration to achieve something for the country. Also after listening to the different inspiring stories from the speakers themselves from the different editions,

many of the youths shall start to work even harder to achieve their goals without having a fear of failure giving their best effort from their side. As KYC has been non-commercialized from the initiating phase, it has been contributing in CSR as in Corporate Social Responsibility as well. KYC will have a positive mindset in everyone's mind because of this non-profit initiative which only focuses on contributing the best for the welfare of the nation rather than earning a purpose. The vision of KYC will be seen and foresighted by everyone.

Kathmandu Youth Conclave { 2034 } shall not need any of the marketing activities as it would be trending and will be in the tongue of every youth of 2034. KYC in coming years will be promoting its popularity all over Nepal. The next ten years will witness a surge in youth-driven social entrepreneurship. The Kathmandu Youth Conclave will provide mentorship programs, incubation opportunities, and access to impact investors, nurturing young changemakers to transform their ideas into viable ventures. By equipping the youth with the necessary skills and resources, the conclave will create a thriving ecosystem of socially responsible enterprises. With sustainability at the forefront of global concerns, the Kathmandu Youth Conclave 2033 will emphasize a holistic approach to sustainable development. Workshops, seminars, and panel discussions will center on climate action, environmental conservation, and the preservation of cultural heritage. Participants will be encouraged to devise innovative solutions that balance economic growth with ecological preservation, aiming for a greener and more sustainable future.

# OPPENHEIMER: BRILLIANT OR HYPED?

■ **Shreyans Raj Giri** (BBA 2<sup>nd</sup> Semester)



**O**ppenheimer is biographical film based on life of Julius Robert Oppenheimer, a physicist who played vital role in developing first nuclear weapon as a part of Manhattan Project. It is written and directed by Christopher Nolan. Cillian Murphy, Robert Downey Jr., Emily Blunt, Matt Damon, Florence Pugh, Josh Hartnett, Casey Affleck, Rami Malek and Kenneth Branagh is the cast of the movie. “Oppenheimer” was released on 21<sup>st</sup> July, 2023 in Nepal. Its runtime is 3 hours. “Oppenheimer” is really hyped up right now. It’s everywhere on the internet. But is it really that good? Or is it just hyped up because of Nolan and the movie’s cast? Let’s find out.

Firstly, while marketing the film Christopher Nolan stated that no CGI was used in this movie. Everyone was amazed including me but after watching the movie you will realize that not much CGI and visual effects were shown. Christopher Nolan also stated that this film was shot in 70mm IMAX. But because of unavailability of IMAX theaters in Nepal unfortunately we could not experience that.

With normal theater perspective the visual was good but the thing that really attracted me were the sound effects and the background score of the movie. The explosions felt massive. When Oppenheimer, thinks or imagines about the atomic fission, it’s visualization was good but the sound effects associated with it were amazing. The background score helped to make the scene intense and serious. 90% The movie was just a conversation. The immersive background score made the film intense.

If you are familiar with Nolan’s film making style, you would know that he isn’t a fan of showing the movie in linear way. “Oppenheimer” isn’t linear as well, the time is flipped from past to present and vice versa. It is the most confusing yet the most beautiful part about it because it keeps creating a genuine interest and leads to a thrilling climax.

Now let’s talk about the acting of the cast and direction of the movie. Since “Oppenheimer” is biopic of J. Robert Oppenheimer and he met a lot of people during his story, this movie has many characters which are portrayed by different actors. They were brilliant at portraying their roles. Cillian Murphy’s performance was stunning. The viewers who have watched “Peaky Blinders” know the potential of Cillian Murphy. He was perfect for the role of Oppenheimer. Robert Downey Jr. was excellent as well. What comes to mind when you think about Robert Downey Jr.? Ironman or Tony Stark obviously. It’s hard to imagine him in any role other than that. But in this movie, I never saw him as Tony Stark. He wasn’t RDJ for me neither Ironman nor Tony Stark, he was Lewis Strauss. He was amazing. Emily Blunt, Matt Damon and Rami Malek did fantastic too.

Now speaking about the direction of “Oppenheimer”, after seeing the first scene you would instantly know that this is movie directed by Christopher Nolan although he tried to implement some new directing ideas in the movie. The black and white scene to differentiate timeline was one of the newly introduced idea of Christopher Nolan. Generally, in movies we see the bomb blasts with sound effect but in this movie bomb blasts we see the light whereas the sound effect is late just like in real life because light travels faster than sound. It was awesome detailing from Nolan.

A certain question may be going around your mind. Is this movie difficult to understand? How to watch this movie in the best way possible? So, firstly the movie is tightly packed. In every conversation there’s loads of information. If you

If you miss a certain part, you feel like you missed tons of information. So, for proper enjoyment of movie before watching it I would suggest that you learn something about J. Robert Oppenheimer. Nolan designed the picture in such a way that he assumes viewers know everything about the character Oppenheimer. Also, there are many characters in the movie. When they are called by their names it's confusing. So, it will be easier if you have some knowledge about J. Robert Oppenheimer.

So, Is "Oppenheimer" really good? Yes, it is another masterpiece from Christopher Nolan. It's really good and entertaining. Is it the best one of Nolan? Probably not. Overall, the film's great. There are many characters, many conversations, there's science, politics, and courtroom drama also. If you read something about J. Robert Oppenheimer it will be easier and will create less confusion. At last, yes Oppenheimer is an amazing movie with so much going on which will keep you at the edge of your seat until the end.

## KATHMANDU YOUTH CONCLAVE

# KYC PATHWAY

■ **Sainju Varati** -College Representative, Baylor College



The Kathmandu Youth Conclave is a remarkable platform that celebrates the power of youth. The theme of KYC 2023 is "Inspiring Youth, Leading the Nation". It encourages youth to unleash their untapped potential and make positive impact on the nation. By focusing on education, social impact, collaboration and policy advocacy the conclave empowers young individuals to become change agents.

My experience as CR is a great pleasure that I introduce myself as a College Representative at the esteemed Kathmandu Youth Conclave. It helps me to emphasize my capabilities and provide a platform to learn, inspire and motivate me to become a change-maker. In KYC I had the prerogative to learn and explore different things like improve leadership, public speaking, problem solving and analytical thinking. It gives me the opportunity for building networking and connection with Ncell, E-sewa to work together in finding innovative ideas. KYC believes that young people can manifest the best in

humanity and that is a light that will share for generation to come.

One of the key takeaways is the importance of youth leadership in shaping the future of the country. The conclave also highlighted the power of collaboration and networking with attendees sharing their experience and inside with one another. KYC gives opportunities that initiate and resourcefulness that motivate Nepal's outstanding youth.

There will be the presence of those types of personalities who have achieved victory in their own field by staying in Nepal. Those speakers will share their success stories, give advice and inspire the young audience to achieve their goal while still empowering them to have a positive impact on the society. I am very grateful to give I see for providing this opportunity to grow personally and very excited for Bhadra 9. Looking forward to joining the national biggest youth-centric event.

# EMPOWERING MINDS AND INSPIRING CHANGE: EXPERIENCING THE KATHMANDU YOUTH CONCLAVE

■ **Avinash Karki** (BBA 5<sup>th</sup> Semester)



In a world where the youth's voice and aspirations hold the power to drive positive change, events like KYC play a crucial role in empowering young minds and igniting their passion for social progress. As a participant in the KYC, I had the opportunity to witness the convergence of young leaders, change makers, and inspirational figures, creating an atmosphere ripe with knowledge sharing, skill building and transformative experiences. In this article, I share the valuable experience gained from the KYC and its impact on my personal and professional growth.

### **Networking and collaboration**

One of the most significant takeaways from the KYC was the opportunity to network with like-minded individuals from diverse backgrounds, emerging with fellow participants and speakers that transcended geographical boundaries.

### **Inspiring stories of change**

The KYC featured an array of inspiring speakers who shared their personal journeys and stories of change. Listening to individuals like Anil Keshari Shah and other personalities who had overcome immense obstacles to create positive transformation instilled in me a deep sense of hope and determination.

### **Confidence and public speaking skills**

As a participant, I had the opportunity to engage in public speaking during the KYC. The supportive environment and constructive feedback from mentors and peers boosted my confidence significantly. Learning to articulate my ideas effectively has proven to be an invaluable skill that has opened doors for me in various aspects of life.

### **Cultural exchange and diversity appreciation**

The KYC attracted participants from different cultures, languages and traditions. The experience of connecting with individuals from diverse backgrounds taught me the importance of cultural exchange and fostered an appreciation for the richness of human diversity. After experiencing it as a participant in KYC, many thoughts were circulated in my



mind. Going to foreign country and giving up the dream, for youths like us, can't ever be an option. Every word that I heard from the guest/speakers really touched my heart. Personally it inspires and motivates me to be 'me', contribute to myself and contribute to the nation.

The kathmandu youth conclave served as a transformative and empowering experience that left an indelible impact on all its participants. From skill development and networking opportunities to exposure to inspiring stories and the fun and entertainment parts, the KYC provided a fertile ground for personal and professional growth.

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# GLIMPSE OF KATHMANDU YOUTH CONCLAVE 2019





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**GLIMPSE OF  
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2021**



# TRANSGENDER ATHLETES AND WOMEN'S SPORTS

■ Savyata Gurung (BBA 3<sup>rd</sup> Semester)



**L**GBTQIA+ stands for “lesbian”, “gay”, “bisexual”, “transgender”, “queer”, “intersexual”, “asexual” and so on. A transgender person that falls under lgbtq+ identifies themselves as the opposite sex/gender they were born with which can also be known as the disagreement in acceptance of their biological sex. The talk about the lgbtq+ has been spoken widely and viewed from both positive and negative perspectives. There is a hugely controversial issue that has been in upraise over the country about whether having trans person participation in the field of sports.

## Impact on Women's Athletes

The woman's opponent states that the sport is being treated unfairly as the transgender has the upper hand in sports and may endanger the ciswomen due to their strong birth physiology. Though in every childhood, both boys and girls play soccer together for example, there is no big difference in their physical body but scientist doctor has proven that growing up; men go through

puberty where they gain biological advantages in athletic abilities and start building up the strong anabolic hormone also known as testosterone. The doctors have also analyzed that the physiological hormones of male increase as they grow up, they naturally have a larger bone structure, higher bone density, stronger connective tissue, and higher muscle density than females. This has led to unfairness in sports to the woman competing against the transgender who has a male biological body. Mack Beggs, a trans woman playing against women in wrestling and has won the Texas Wrestler Girl title. Similarly, Hannah Mouncey, also a trans woman, has dominated the women's handball, overpowering the woman. Women athletes have shown a genuine concern that the trans person has seized the opportunity of them winning in the field. Lia Scheneberger a mountain bike racer who has won the race three years in a row but then a former men's cyclist transitioned and competed as a woman winning, breaking the record of Scheneberger. Lia Scheneberger exclaims her furious frustrating emotion on competing against a biologically male body which she thinks is unfair to her she said, “To watch transgender female ride away from me like it was nothing and there is nothing I could do about it, it was a torture. I just want to be able to compete on a fair playing field.” In light of this situation, many women are feeling profoundly disturbed, yet they find themselves hesitant to voice their concerns, fearing potential criticism and being labeled as transphobic.

## Transgender Experience in Athletics

Joanna Harper a trans athlete is a scientist who said that the trans person loses her natural muscle, strength, and endurance with hormone therapy. In the realm of transgender advocacy, supporters assert that transgender individuals are conspicuously underrepresented. Invariably, there exist biological variations among individuals from birth, wherein some males may possess a slender physique with relatively lower strength, while some females may exhibit robust health and physical prowess. It is often contended that inherent advantages exist in various sports due to these biological distinctions. So, it shouldn't be a shock that transgender are participating in the game. Laurel Hubbard



is a trans woman competing in International Olympic Committee(IOC) weightlifting and became the first trans woman to compete at the Olympics in 2021. She did not complete her lifts and won no medals proving that not always transgender wins and that they are no threat to any woman. The transwoman athlete feels discriminated against and demands equal treatment to compete alongside any other female because they are doing what they love and aiming for their goal.

#### Summarization

Is it possible that some transgender individuals are fabricating their experiences and transitioning solely for attention, or is their identity and decision to transition an authentic expression of their true selves? In the sphere of public discourse, diverse opinions abound among individuals, reflecting the intricacies of human perspectives. According to the policy the trans woman has to maintain testosterone levels below 10 nmol/L to compete against the woman. World Athletics has recently made a decision to ban the trans person to participate and compete in track and field and other running women's events at international competitions on April 4, 2023, which came into action on 31 March. The rule was prioritized for fairness and integrity of the female competition. Joanna Harper, a trans person herself who studies transgender athletes' performance disagrees with this decision since they are snatching the rights of transgender to freely do what they love. In contrast, the International Olympic Committee(IOC) has released the framework on Fairness, Inclusion, and Non-Discrimination on the Basis of Gender Identity and Sex Variations. It is based on the support in relation to the participation of transgender (trans) athletes and/or athletes.

Consequently, equitable measures must be implemented in the realm of sports to ensure fair opportunities for both women and transwomen, allowing them to compete freely and with a sense of fulfillment.

# IS TECHNOLOGY CAUSING INSECURITY AND MENTAL HEALTH ISSUES IN TEENS?

■ **Salina Maharjan** (BBA 3<sup>rd</sup> Semester)



With the development in technology in this digital era, along with merits, comes various demerits that an individual can use against others with an intention to hurt and harass mentally and create an everlasting negative experience and impact on one's mental health, causing emotional instability and mental breakdown. Cyberbullying is one of the major concerns that affect an individual's mental health, causing insecurities arising due to the misuse of technology through various mediums, i.e., social media platforms. Cyberbullying can be expressed as an intentional technological misuse act that is carried out against a victim, sharing their private or personal information, causing humiliation and embarrassment while facing others.

In this digital era, teenagers are the highest victims of cyberbullying. According to the Social Media Victims Law Centre, the feeling of insecurity caused by cyberbullying on teenagers results in severe mental and emotional effects. Mental effects show up in various forms like depression, anxiety, low self-esteem,

and suicidal thoughts, which are the main reasons that they harm themselves. Emotional effects show up in the form of powerlessness, humiliation, and anger issues. Cyberbullying can have long-lasting effects on an individual's life and comes with lots of insecurities.

The rise in excessive use of social media platforms and online interactions has made cyberbullying much easier for bullies to choose a particular victim. Social media platforms like Facebook, Instagram, and Twitter are the major sources for bullies. Among these, Facebook is the leading social media platform in the context of cyberbullying. According to the Official Journal of the American School Health Association, around 75% of incidents related to cyberbullying arise through Facebook, and the rest arise from other social media platforms like Instagram and Twitter. There are chances of cyberbullying through other social media like Snapchat, TikTok, but the most frequent causes of cyberbullying are Facebook, Instagram, and Twitter. The main intention of cyberbullying is to hurt people, specifically teenagers, by triggering them mentally and causing them harm.

Cyberbullying shows up in various forms, but to be specific, these are the most common forms of cyberbullying:

1. Online shaming: It refers to sharing embarrassing private photos and videos about someone without consent.
2. Impersonation: It refers to creating a fake profile of someone online to misinterpret their actions and posting fake information to harm their reputation.
3. Harassment or threat messages: It refers to sending offensive and hurtful messages online through social media, messaging apps, or emails.

4. Trolling: It refers to posting embarrassing content online without consent to get embarrassing reactions through a large group of people online.
5. Spreading false rumors: Cyberbullies build up fake stories and then spread false rumors online, which destroys the reputation of that person.
6. Flaming: It refers to using offensive language and broadcasting offensive messages online with the intention of provoking that person to react harshly in that content.

Cyberbullying can have a harsh impact on the mental health of teenagers, creating insecurities due to a lack of belief in themselves due to offensive contents posted online against the victim. As teenagers are easily influenced, it makes them doubt their self-esteem, questioning their own existence. The offensive contents and comments posted online against them lead to symptoms of anxiety and depression, making them think that they are not good enough for any activities. This bullying can cause such an impact that is neither memorable nor forgettable. Teenagers having an introverted personality are most likely to be victims of cyberbullying as they have limited social networks and are more reserved, making it easier for cyberbullies to provoke them. Introverted teenagers are less likely to seek help from others and are more likely to stay quiet, avoiding conflict. There is very little chance that introverted teenagers confront cyberbullies, which makes them even more powerful.

Compared to teenage boys, teenage girls are more likely to be victims of cyberbullying as they are much more insecure in terms of every possible factor. Teenagers are mostly active on social media and chatting. While chatting, a random person as a friend may ask them to share their private and personal images, which they may later use as proof to blackmail them by threatening to embarrass them in front of the whole public. As strangers, bullies may constantly provoke them by asking where they are, what they are doing, or who they are with, and may threaten them by spreading false rumors online, which will destroy their reputation. Teenagers tend to seek only positive behavior and comments from the social environment, avoiding negative comments, but when they get one, they are the ones bearing huge and adverse effects. They are most likely to bear severe mental health-related issues. Most importantly, teenagers bear those issues alone, which is much more harmful to their mental health. They bear the issues of insecurities like:

1. Low self-esteem, i.e., reduced feelings of self-worth, creating self-doubts.
2. Anxiety and depression, causing insecurities and tension.
3. Humiliation from their friend groups or social circle.
4. Anger issues like acting out violently, impulsive reactions.
5. Feeling of isolation and fear, which creates a distance between them and their close ones.
6. Suicidal thoughts and attempts caused by depression mainly.
7. Increase in cases of eating disorders, specifically found to be more prevalent in girls involving online bullying relationship problems.

Real evidence of some teenager victims with depression caused by insecurities and fear who took their life due to unbearable harassment is presented below:

1. In 2014, University of Wisconsin-River Falls straight-A student Alyssa Funke, took her own life after bearing harassment online after it was revealed that she had appeared in an adult video with private details.
2. In 2010, Rutgers University Freshman, Tyler Clementi, jumped to his death from George Washington Bridge after he found that his roommate and a friend had secretly recorded an intimate encounter he had with another man (they threatened to post about it online).

The different forms of cyberbullying have a different impact on every teenager's mental health. The insecurities imposed upon teenagers through cyberbullying are the main factors affecting their well-being. Cyberbullying may leave a long-lasting mark on anyone's reputation, which leaves a long-lasting harm on teenagers' psychology. The meaningless and irrelevant comments and online shaming lead to severe harm on teenagers' feelings of secureness. It affects them in many ways, causing depression, anxiety attacks, feelings of hopelessness, doubting their existence and self-worth, and many more. To take care of cyberbullying, it is most important to focus on building a culture of empathy, respect, and a sense of digital responsibility among all users.



# KATHMANDU YOUTH CONCLAVE (KYC): INSPIRING YOUTH LEADING NATION

■ **Riddhi Singh** -College Representative, Shanker Dev Campus



In the bustling heart of Nepal lies an event that has become synonymous with inspiration, empowerment, and positive change for the nation's youth. The Kathmandu Youth Conclave (KYC), inaugurated in 2019, has rapidly grown into one of the most significant youth-centric gatherings in the country. With generous sponsorship from various companies and organizations, KYC has become a platform for young minds to come together, share experiences, learn from eminent speakers, and be motivated to shape a better tomorrow.

In a country like Nepal, where a considerable portion of the population comprises young individuals, harnessing their potential is crucial for the nation's progress and development. The KYC plays a pivotal role in providing a much-needed platform where the youth can explore their talents, voice their opinions, and discover avenues for personal and collective growth.

1. **Networking and Learning:** KYC brings together young minds from diverse backgrounds, allowing them to interact and form valuable networks. The event offers various workshops, seminars, and discussions on a wide range of topics, including entrepreneurship, technology, arts, social change, and more. This exposure broadens the horizons of the participants, allowing them to absorb knowledge from experienced professionals and experts.
2. **Inspiration and Motivation:** One of the most significant aspects of KYC is the opportunity for attendees to hear from accomplished speakers who have overcome challenges and achieved success in their respective fields. These speakers share their experiences, struggles, and triumphs, serving as beacons of inspiration for the young audience. Such interactions instill a sense of self-belief and determination among the youth, motivating them to pursue their dreams fearlessly.
3. **Awareness and Advocacy:** Beyond individual growth, KYC also serves as a platform to raise awareness about pertinent social issues and encourage youth to actively participate in social advocacy. By discussing critical topics like sustainability, gender equality, education, and mental health, the event nurtures socially responsible citizens who can contribute meaningfully to society.

2. Coordination and Support: During the event, I act as a point of contact for my college mates, assisting them with any logistical issues and ensuring a seamless experience for everyone. I facilitate communication between the college group and the event organizers, streamlining the process and maximizing our engagement.

3. Feedback and Reflection: After KYC concludes, I collect feedback from my college peers about their experiences and the impact of the event on their personal growth. This valuable feedback helps the organizers improve future editions of the conclave, making it even more impactful for the youth.

4. Inspiring Others: As a college representative, I lead by example, sharing my own experiences and takeaways from KYC with my peers. By demonstrating how the event has empowered me and broadened my perspective, I aim to inspire others to make the most of such opportunities for their growth and development.

In conclusion, the Kathmandu Youth Conclave (KYC) stands tall as a beacon of hope for Nepal's youth, empowering them to become catalysts for positive change in the nation. With its inclusive and dynamic approach, KYC ensures that young minds are equipped with knowledge, inspiration, and motivation to shape a brighter future. As a college representative, my role in this transformative event allows me to contribute to a larger cause, bringing the power of KYC to my college community and inspiring my peers to unleash their potential and make a lasting impact on society.

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# KYC Youth Icons Through The Years



**Paras Khadka**  
KYC YOUTH ICON 2019

## MR. PARAS KHADKA KYC Youth Icon 2019

Mr. Paras Khadka, the captain of the Nepalese cricket team from 2008 to 2019 was honored with a cash prize of Rs.1 lakh for the title of Youth Icon 2019. Mr. Khadka was honored with the accolade in recognition of his contribution to Nepali sports and his inspirational impact on young individuals.

He is a prominent Nepalese cricketer and former captain of the Nepalese national cricket team. Mr. Khadka is widely regarded as one of the greatest cricketers in Nepal's history and has played a significant role in the development and popularization of cricket in the country.

Mr. Sandeep Lamichhane is a Nepalese cricketer known for his leg-spin bowling. He gained international recognition at a young age and became the first Nepalese player to be a part of the Indian Premier League (IPL). Lamichhane has represented various franchise teams in T20 leagues around the world and has made significant contributions to the development of cricket in Nepal.

Apart from his individual achievements, Lamichhane has been actively involved in the development of cricket in Nepal. He has played a crucial role in inspiring and mentoring young cricketers in his home country.



**Sandeep Lamichhane**  
KYC YOUTH ICON 2020



**Sushant K.C.**  
KYC YOUTH ICON 2021

Sushant KC is a Nepali Experimental Pop singer, songwriter, guitarist, and performer. He is known for his unique and innovative approach to music. Sushant KC's music blends elements of pop, rock, and experimental sounds, creating a distinct and captivating style. He gained popularity through his heartfelt and emotive performances, showcasing his powerful vocals and skillful guitar playing.

His music often explores a range of themes, including love, relationships, and personal experiences. With his talent and artistic vision, Sushant KC continues to make a significant impact in the Nepali music scene.



