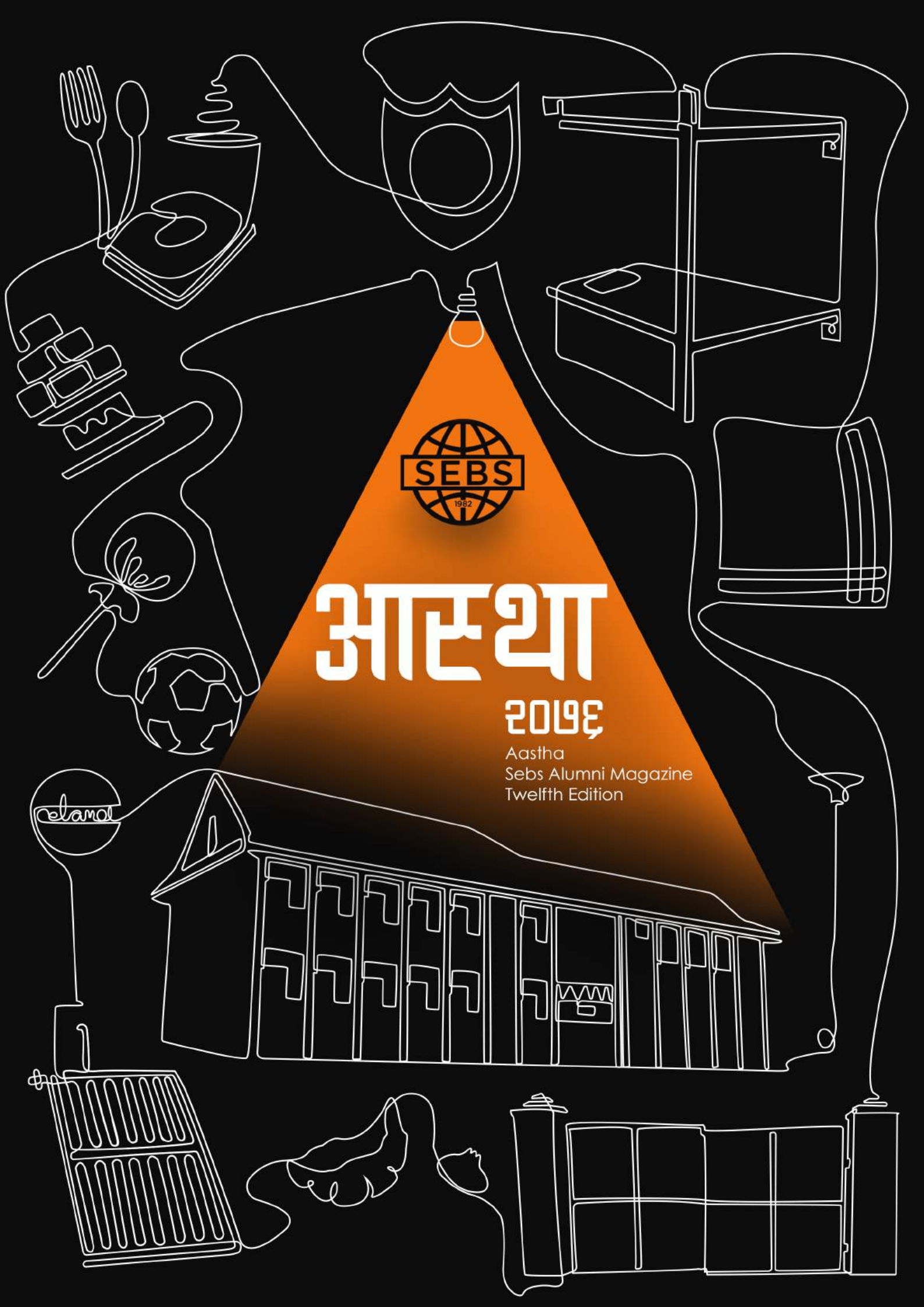




# आस्था

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Aastha  
Sebs Alumni Magazine  
Twelfth Edition



# Recap



**Budhanilkantha School**

(Higher Secondary)  
P.O.Box 1018, Kathmandu, Nepal

☎ 4370249  
Principal's Office



## The Previous Edition...

Aastha Magazine Special Edition | 2017  
Earthquake Edition

Dimensions : US Letter Landscape | 80 pages

The edition highlights the contribution of the Sebs community in the 2072 Earthquake Relief Mission.

## Message from the Principal of Budhanilkantha School

It gives me immense pleasure to note that Society of Ex-Budhanilkantha Students (SEBS) is publishing yet another issue of its magazine 'Aastha' this year.

I am happy that SEBS has come a long way from its inception and has been established as a strongest BNKS alumni organization not only in the country but also in other parts of the world. SEBS has not only been working as a service motive organization, it has become an integral part of Budhanilkantha School. The representation of SEBS in Board of Trustees (BOT) and School Management Committee (SMC) itself proves that it is one of the major stakeholders of Budhanilkantha School.

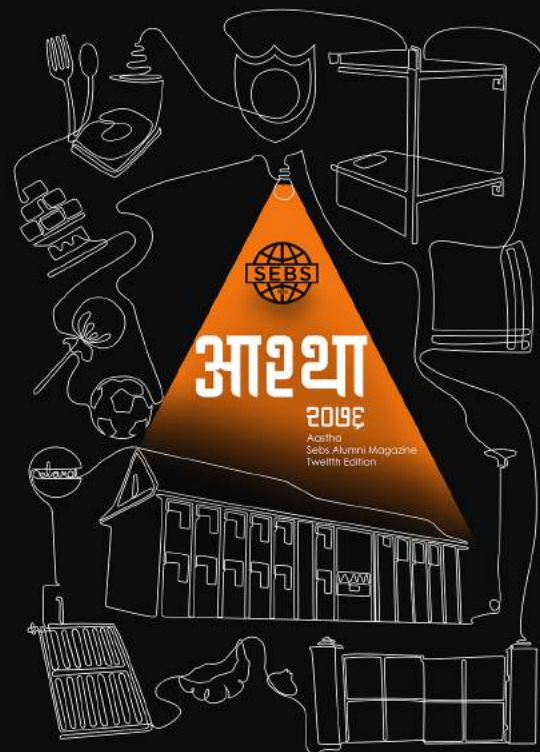
I truly appreciate this organization for striving with dynamism to uphold the ideals and protect the fundamental philosophy of the school. The school has been receiving different types of physical and moral support at organizational and individual levels from SEBS and that has enabled us to take the school forward hope that Budhanilkantha School will receive even more help and contribution from the SEBSers to protect and enhance its glory and reputation at national and international level.

The true success of any educational institution depends upon the success of its graduates. In this regard, Budhanilkantha School has been proven highly successful as its graduates (SEBSers) are successful in almost all the areas of their involvement and have made great contributions nationally and internationally, I feel extremely delighted by the success of our graduates and express my commitments to produce even more dynamic, dedicated and quality graduates in the days ahead.

Finally, I Take this opportunity to express my sincere thanks and appreciation to the editorial team of "Aastha for their noble initiative in bringing out this magazine.

H. N. Acharya

Principal



## This Edition...

Aastha Magazine 12th Edition | 2019

Dimensions : A4 Potrait | 56 pages

Front Cover : BNKS artefacts drawn with a single line stroke (symbolizing the close-knit community of SEBS through BNKS memories).  
See how many artefacts you can relate with.

Cover : 9072 D Samip Khulal  
designed by

The edition celebrates the achievements of some Sebsers and also encompasses their life experiences and opinions about recent happenings.





# President's Notes

Dear Members,

The Executive Committee of 2017-19 is extremely pleased to bring this year's electronic edition of the Aastha Magazine. SEBS today boasts a global community of over 4,500 members who are eager to support not just our alumni community but are also looking to play a constructive role at our alma mater, Budhanilkantha School.

As part of our community service activity, SEBS was able to successfully complete the construction of Shree Devi Primary School and hand it over to Suryabinayak Municipality in June 2019. The project was undertaken through funds raised during the earthquakes of 2015. I would like to thank the School Reconstruction Committee for its tireless efforts to ensure that the project was completed successfully and under the budget allocated for the program.

Another major milestone during our term was the restarting of Nationwide Scholarship Program (NSP) after the program had remained idle for several years. SEBS signed an agreement with Bloom Nepal School, a school located in Lalitpur started by SEBS members from 700'C batch with a vision similar to Budhanilkantha School to provide quality education to needy and deserving students from around the country at an affordable cost. We are currently providing full scholarship to a female student who was displaced from Sindhupalchowk as a result of the earthquakes of 2015.

At the beginning of our term, there was a lot of confusion about the status of our alma mater, Budhanilkantha School, as the nation's newly adopted constitution of 2015 stated that all public school would come under the jurisdiction of local authority - in our school's case - Budhanilkantha Municipality. During our term, our Executive Committee was able to successfully lobby the Ministry of Education to ensure that Budhanilkantha School maintains the status of national school and continues to be governed at the Federal (central) level.

This edition of Aastha Magazine is an attempt to highlight the good work done by our members in various fields. I would like to show my sincere appreciation to Devananda Yadav (000'C) who coordinated with the team of volunteers from 9000'D - Rachit Rijal, Samip Khulal, Aastha Neupane and Pratistha Karmacharya - to successfully publish this magazine.

Sincerely,  
Vidhan Rana  
President (2017-19)



**Devananda Yadav**  
002 C  
Chief Editor



**Samip Khulal**  
9072 D  
Graphic Designer & Editor



**Rachit Rijal**  
9065 D  
Graphic Designer & Editor

# The Editorial Snippet

Namaste readers!

We are pleased to have you subscribed and appreciate our efforts in this new edition of Aastha, the official publication of the Society of Ex- Budhanilkantha Students. This issue is a celebration of the achievements of various Sebsers around the globe accompanied by interesting narratives of how they received it. The magazine aims to gather multiple opinions and have healthy debates on current affairs in the SEBS community, the nation, and the wider world.

It has been a wonderful experience leading a team of fresh 9000 D volunteers for this edition. I am highly impressed by the creativity, professionalism, and energy that they have shown. On behalf of the SEBS Executive Committee and as the chief editor, I would like to thank 9072 Samip, 9065 Rachit, 9002 Aastha, and 9020 Pratistha for their support in publishing the magazine.

I am very thankful to all the SEBSers who kindly made time for the interviews. Because of time and logistics constraints, we couldn't accommodate more opinions and personalities. Thus, I apologize to have missed out on many other interesting stories and discussions.

I hope that you have a wonderful time going through the magazine.

Best regards,  
Devananda Yadav



**Aastha Neupane**  
9002 D  
Writer



**Pratistha Karmacharya**  
9020 D  
Writer

We should not be divided  
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Life is a good mixer for Mr. Saroj Tamrakar. An aspiring entrepreneur, he currently is the managing director at Good Mixer (Restaurant and Bar), Snow Traffic (Women apparel based in London), operational director at Resilience EAC (Engineering firm) and development director of Garage Café (Automobile Garage). A Hitesh Taylor Prize awardee graduate of Business Studies, he holds an MSc degree in Qualitative Finance from London South Bank University, UK.

He also is a lecturer for bachelor level students at ISMT and Malpi College.

In this interview with Samip, Mr. Tamrakar recalls his memorable days at BNKS, discusses entrepreneurship and his views and role with SEBS.

#### Most memorable moment in BNKS

This happened when I was in seventh grade. It was Annapurna House's presentation. We were performing the song 'Maya Meri Maya' by Sanjay Shrestha. The team consisted of four

## "Life is a Good Mixer"

singers and me- the guitarist. It was our first performance on stage we were all scared to death. As I was sitting on a chair in the middle of the stage adjusting my guitar, suddenly, the curtains opened and I was exposed, alone, in front of the massive crowd. Hurriedly, I dashed out of the stage.

But, that proved to be the point which gave me a unique identity among the crowd. Although people tagged me as the *Bhagney Guy*, I started getting recognized more often than I had ever been.

#### The story of 'Momo ra Coke'

Back in 1998, 14 year old me and my friends, with lots of *jaangar* formed a band and immediately started to compose a song. We came up with a melodious tune and a fantastic 2 paragraphs about how we grew together and moved on with life.

2008:  
One fine morning, reflecting upon our good old school days, I and 238C Sumeet finally completed the song and immediately recorded it on my computer.

The new lyrics focused on life after moving onto the senior years, the mischievous things we did in and outside the wall, all along reflecting how we managed to make the song. Fully satisfied with the end results, we recorded the song at Titian House Home Studio, London.

#### Thoughts on entrepreneurship

The core point- we don't run away from problems. Rather, we search for problems, analyze them and try to solve them. With solving might also come profit for we also need to sustain our livelihood and of the company. But the world never runs out of problems. So, we also keep developing and diversifying.

#### Charity: A different take

Immediately after the 2015 earthquake, like most other Nepalese living abroad, I too felt guilty of not being in Nepal to support the victims directly. So, I made a vouch that I should extend my solidarity but in a different way. My entrepreneurial brain thought of a new idea- printing

Scan the qr code to stream the song in Youtube.







'Nepal' T-shirts and selling them with the profits fully for donation. I raised about two lakhs Nepali rupees in total.

**Back home after 14 years in the UK**

Working for a long time in London in my apparel company, I felt a strong necessity to give back to my country. The 2072 earthquake further beckoned me back home. As I wasn't bound by any social responsibilities in the UK then, it was easy to pack my bag and head home. My company still functions as before in London while I do many more things here in Nepal. The earthquake was a blessing in disguise for me.

**'Boy': Feelings about the My story series at BNKS**

'My story' is a series of talk show organized by our Alumni Officer Dolma ma'am inviting SEBSers to come and conduct an hour-long session with the current students at BNKS. 'Boy' is the title I borrowed from Roald Dahl for my session, inspiration being Khulal sir who had a huge positive influence in me during my grade 8-10 at BNKS. Many short stories of my personal experience and learning outcomes were revealed with lots of fun activities. It was great to come back to school and make a contribution. I feel that SEBSer must do this session once in a lifetime . The speaker feels like a magician re-living their memories. Great moments!

**Being a member of SEBS and its rewards?**

It's not about advantage. We've already got so much from our school. SEBS is about giving back, giving back to the school, the community and the nation as a whole. If something comes out, such as a strong linkage of sister and brotherhood, it can be considered as a plus point.

**Suggestions to all the aspiring fellows at BNKS**

Keep being innovative. Don't hesitate to try newer things because you learn ten times more in failure. Action and performance are the most important factors. Once you are on it, success is inevitable and your failures don't matter then onwards.

# Heartfelt Condolence



## Sheela Regmi Atreya

We express our heartfelt condolences to 290C Prakash Atreya for the loss of his wife Sheela Regmi Atreya, the daughter of Mr. Ramji Regmi and Mrs. Sushila Regmi, on 18th May 2019. Our thoughts and prayers are with the family and we wish that her soul rests in peace.

*From 200'C Batch*



# For or the love of Literature

991 B Suvani Singh is the founder of Quixote's Cove and the Director of Satori Center for the Arts. Currently managing the US Embassy Book Bus project, Suvani has been working to flourish the modern nepali literary scene.

In this interview with 9002 Aastha, she reflects upon her days at Budhanilkantha School and discusses about the challenges of co-education at the school in its early years.



## Could you very briefly introduce yourself?

I studied at Budhanilkantha from grades 7 to 10, after which I went to India where I studied Literature and Media Communication. I returned to Nepal in 2004 and have been working here since. In 2009, I opened a bookshop called Quixote's Cove in Jhamsikhel. Our work through the bookshop has lead us to set up an arts and culture organization called Satori Center for the Arts to continue working on different arts, education and literary projects. We currently manage the U.S. Embassy

Book Bus project and support the Word Warriors, a spoken word group. We also publish books under our imprint, Safu, including the literary magazine La.Lit.

## How would you describe your experience at Budhanilkantha School?

There were a lot of new things to get used to as we were one of the first batches of girls to join when co-education was introduced at Budhanilkantha School. I hadn't been part of such a large school before but it was great to be able to make friends from such diverse backgrounds.

## Talking about the co-education status at your time in Budhanilkantha School, were the co-curricular activities distributed equally?

From what I remember we were always encouraged to be a part of every extracurricular activity along with the boys, be it sports or the arts. I especially remember our P.E. teacher, Mr. Maharjan, demanding we run the same number of laps around the field as the boys did. It was great to have that kind of encouragement, though at that point in time it might not have felt that way. Being a teenager one would tend to shy away from sporting activities or any other types of extracurricular activities. But in hindsight, I really appreciate having had so many opportunities to participate in extra-curricular activities like debates, school plays, and music programs, where both girls and boys were expected to participate actively and equally.

## How would you describe the co-ed atmosphere at BNKS, focusing on your time?

There were 15 girls in my batch and around 75 boys. Our batch had a more difficult time trying to get along with each other because at that point in time, both the girls and boys were just entering into our teens and felt very awkward with each other, so lots of comical things would happen in class. We would try to be friends with the boys but we would also get into heated arguments. Contrary to our situation, I think the younger batches of girls that joined in grade 4 and 5 had a better experience because they were likely able to be friends with the boys before the teenage hormones and awkwardness set in.

It was only much later that we were able to hang out and have fun with our batch mates. One of the school traditions back then was a cultural program that grade 10 students had to put up, it used to be one of the highlights of the year. Our batchmates really came together to put on that show and that's when we got to know each other and became good friends. A lot of us are still in touch and still hang out, especially the ones who are back in Kathmandu. We still reach out to each other if we need any kind of help.

## How do you think coeducation helped you develop personally?

I was studying in an all-girls school in India before I joined Budhanilkantha School and I hardly had any friends in Nepal. I feel if I hadn't come back and studied in Budhanilkantha, I really wouldn't have this network and circle of friends today. So having had the opportunity to study in the school, when it opened up as a co-ed, continues to give me opportunities in the work that I do.

## What is the one thing that you miss the most about school?

I miss the monsoon seasons in Budhanilkantha School. It was beautiful as the school would turn into a verdant and wild space with the waterfall and grey clouds as the backdrop. The vast sports fields, wooded areas along the path up to the temple, the hills, the waterfall, the spectacular sunsets and starry night skies; are some of the things that I am really grateful for. It was the ideal place to grow up in especially for an ardent reader. When I see different schools in the city now, it's difficult to imagine how concrete buildings ignite a student's

imagination and curiosity for learning.

## Is there any specific memory that you would like to share with our readers?

After teatime, my friends and I used to walk around the school talking amongst ourselves without inhibition - having that space to be ourselves, getting to know each other and forming long lasting friendships, is a memory I will always cherish.

## You mentioned before that girl's ratio was quite low, so did you experience a problem like bullying?

Yeah, we did experience ragging from the boys but the girls would come together and we would fight back. There were girls from different parts of Nepal and those of us who didn't study in Kathmandu, including myself, was incredibly shy. But the other girls who did their schooling from Kathmandu would never hesitate to point out wrong doings. So I feel we rubbed off on each other really well and eventually the shy girls also gained the confidence to speak up.

***"It is very important to respect each other's differences and perspectives."***

I think those experiences really grounded us as feminists because we were all forced to stand our ground. The boys likely expected girls to be subservient so, they were quite taken aback by this

dynamic that was introduced. There would be a lot of arguments with different groups of boys but I think it was important that they happened as a lot of us wouldn't have had the space to experience that kind of dynamic and learn what it means to respect each other. So despite all the awful memories, I hope it created a space for both girls and boys to begin to understand what equality means.

## Is there any message you would like to deliver to the present Budhanilkantha students?

For those who are in school right now, I think it is important to create safe spaces for each other, respect each other's differences and listen to each other's perspectives as it helps your understanding and learning become richer.



# SUSHANT

# KC

5094D

5094 Sushant KC is a rising singer/ songwriter, bringing in diverse modern tastes of music and constantly influencing the rapidly evolving Nepali pop culture. With chart breaking hits such as Maya Ma, Muskurayera and Aama, he has over 500 thousand subscribers and over 96 million views on his YouTube channel. Currently studying at UNSW, Australia, he believes that one can contribute to their motherland irrespective of where they live.





In this interview with Babita, he talks about his musical journey, the present musical industry and suggestions to newcomers in this field.

### How was your childhood? Could you give details about your family and home place?

I was born and raised in Kathmandu. I don't remember much about my childhood. But one thing for sure, I was a happy chap. I am thankful to mom and dad for always trying to make me feel that way.

### School Days at BNKS???

Every time the topic 'Budhanilkantha School' comes up, I want to desperately go back. I feel immensely lucky to have experienced BNKS and being a part of it. I get nostalgic when I think of BNKS. So, I prefer staying away from such emotions (laughs). Well, the bond with my peers is still strong and I still live with them together at my university campus in Australia. Every now and then, when I am back in Nepal, my friends and I gather in BNKS and play basketball.

### What was your best moment at BNKS?

There are so many that it's almost impossible for me to choose.

### Three ways how BNKS helped in shaping your career and life?

I received almost everything from Budhanilkantha. Mentioning only three of them isn't fair enough. But if I had to choose, they would be that learned to be a better version of myself. Moreover, I learned to survive- I can easily overcome the obstacles and difficulties that life brings on its way. Also, of course, I learned music. Haha!

### Have you met with any difficulties in life? If so, what were those and how did you overcome them?

I struggled to know what I wanted to do in my life. I believe this is one of the major difficulties that anyone could face. Eventually, I found out that

music as my thing. I just knew that I loved music and I could go well with it. Also, I had problems with girls which I still don't know how to overcome.

### Your message to the fresh graduates of BNKS regarding their career options?

Do what you love.

### Today, you have millions of listeners and well-wishers. How do you feel, when you see yourself at this distinctive position?

I feel overwhelmed and blessed to be who I am today. Dear listeners, thank you for all the love and support.

### What are your inspirations behind your compositions?

Some are based on my own life stories while some are inspired by my friends. Most of the lyrics are just my imagination of relatable situations that randomly came into my mind.

### Would you like to introduce music as your career? What have you planned for the near future?

I still am moving on with my studies at UNSW, Australia, but I'll continue music which is my passion. That is all I know for now. Let's not plan, that's boring.

### How do you see the country's situation of the music industry today? Are there any rooms for improvement?

There is always room for improvement, always something to learn for everyone. But at present, the Nepalese music industry is growing and is doing very well. We constantly have been seeing a lot of budding talented artists in the country.

### What is your suggestion to all the aspiring musicians currently studying at BNKS regarding a career in the music industry?

***"One doesn't necessarily have to stay inside the country if they are willing to contribute something from their side."***

At first, believe in your music and your lyrics. Try to find your genre and style that defines you. In the world of powerful social media, try putting your creations out in such a platform. Once you are on hype, there is no stopping then.

### What do you want to suggest for the betterment of the country and its music industry?

I can't suggest anything. All I can do is contribute and that is what I've always been looking forward to growing personally and professionally. In addition, although living outside the country, I believe I am giving something back to my home industry. Therefore, one doesn't necessarily have to stay inside the country if they are willing to contribute something from their side.

### Views and thoughts on SEBS?

To be honest, I haven't really been associated with SEBS and their work. I don't have much idea as I am still in college and have been busy with my academics and music till now, but I know some of what's going on through my friends and the group. I believe SEBS is a family, a network for every alumni of BNKS to get connected. But, as of present, I prefer staying away from the commotion.

*Sushant KC is currently gearing up for his tour across Nepal, and set to release his new single 'Rangin'.*

*Scan the QR Code to listen, watch and subscribe to his Youtube Channel.*



### KC's Top Singles

*Descending order according to views on Youtube, upto May 2020.*

• Maya Ma	17 M
• Muskurayera	13 M
• Sathi	12 M
• Aama	11 M
• Gulabi	10 M
• Satayera	6.6 M
• Behos	5.4 M
• Timile	3.9 M
• Phone ko number? (#)	3.3 M
• Mausam	2.3 M
• I Like you	2.2 M
• Kaha Jau	1.2 M

*(#) Collaborations with Foeseal and LIL ROCK respectively*





# A Loving Caretaker



388 'C' Sangita Bataju is a nurse who runs a care home at Thasikhel. She is more than just a nurse, a social worker who believes that Knowledge is the supreme charity.

She shares her experiences at Budhanilkantha School in a short interview with 9002 D Aastha and 9020 D Pratistha.

## Could you briefly tell us more about yourself?

I'm 388 'C' Sangita Bataju and I'm professionally a nurse. So, I did my bachelor's in BSc. Nursing and completed my Masters in Public health from Bangladesh. Currently, I run a girl's hostel at Jawalakhel and also a care home for senior citizens at Thasikhel.

## How did you come up with the idea of opening a care home?

After completing my Master's in Public health,

opening a care home for senior citizens seemed like the best idea. Nowadays, people are either migrating to cities or foreign countries or are busy with their jobs so there is no one to look after their parents. It's disheartening to see Senior citizens, who need special care and attention, are left behind in their homes. Moreover, non-communicable diseases like Alzheimer's, dementia, hypertension, and diabetes are in increasing trend in Nepal. I have seen families facing difficulty in taking care of their bed-ridden parents, who demand 24/7 intensive care. Keeping all this in mind, I along with my friends came to a decision to open a care home.

## Could you describe your co-education experience at Budhanilkantha School?

In grades 4 and 5, we were small and the interaction between boys and girls also was quite intensive, I had some boys as close friends.

But gradually this interaction was going down, by grade 7 and 8 we were almost like strangers. The ratio of girls was low as compared to that to boys, in a class of 33 students there would be around 5/6 girls. The coeducation seemed like only a tag

at that time because there wasn't much interaction between the opposite sexes.

## Where do you think the problem lies?

Budhanilkantha was initially all boy's school. When girls were introduced for the first time they were quite less in number almost like 5 or 6 in each batch. Could all the 5 girls interact with the rest of the boys? Like should a boy be friends with all of them and if he does should his friends come in too? Such things could have created a lot of conflicts among boys.

Obviously, being in our teenage years, little interaction would lead to infatuation and finally the pairing. Teachers would view the people involved in pairing differently. Not only pairing but if someone spends about an hour talking with each other, then they would again be viewed differently. So, this kind of atmosphere within the school wasn't encouraging.

## How will you describe your teenage experience?

People call it the golden time and I did do a lot of fun things at that time. But, teenage for me was quite a challenge. I wasn't aware at that time but I was taking a lot more stress than I was supposed to. I wanted to be perfect in everything. Later on, I realized we should keep some room for imperfection. But what I realized after coming out of school is that it's okay to not be the topper and if you aren't one life can still be wonderful. Although theoretically we were being taught about the troubles we face, practically the problems weren't attested. So, to help young teenagers, the school could conduct some meditation classes, which can help them manage stress. Also, the school could have some motivational classes.

## What do you miss the most about school?

There are lots of things that I miss about school. I miss the environment, school events, the chicken days, agriculture practical classes. I miss spending time with my friends, seniors and juniors. I remember the loving and caring atmosphere that was set up by the teachers. I also miss playing in the P.E lesson. Although at that time changing our dress seemed a great burden to attain P.E classes. I sort of miss everything about school.

You don't realize the love that you hold for school until you are in there, but after you become a SEBSer, the love for Budhanilkantha immediately grows.

## Any memorable incident that you would like to share with our readers?

It was probably in class 8 where the whole batch had planned to finally have a conversation among boys and girls. Most of the boys showed up in the silver jubilee park on the Open day as planned. We shared mo: mo: and had chat. But again, like most plans, it too failed as we had leave weekend and on returning school every one was the same as before. It's a memory that every one of us remembers. Rest, I had a quite obedient group of friends. Even on Saturdays we would sit in the dayroom and do our woodwork. The most fun things that we did would be our, attic visit and the midnight parties.

## What could the school do to improve the status of co-education?

Maybe improving the girls to boy's ratio could help. Also, providing encouragement to the students by teachers could also be a solution. Improving co-ed is necessary but again in the name of co-ed pairing up cases shouldn't be accepted. Students should understand that pairing at such a young age isn't fruitful and it should be discouraged cause this

issue could drift the school's environment towards a different one than it's meant to be.

## What would you like to say to other social workers?

Human values are based on loving and sharing. It's our "dharma" to share whatever we have with others. Social work is selfless and more people should engage themselves to help others. But it has to be done with greater awareness. People involved in social activities should keep in mind that every program they carry out should be sustainable. Like, I would probably prefer awareness programs over health camps, because making people aware will have more and sustainable benefits. And better results are yield when the community is involved in the programs.

***'Human values are based on loving and sharing. It's our "dharma" to share whatever we have with others.'***





# MAN OF FIRE

## 338A BHUSAN

*Tara Bhusan Dahal's versatility defies the famous phrase 'Jack of all trades, master of none'. He has mastered all of them. Having directed hundreds of music videos, a feature film (Kagbeni), documentaries, anchoring in music programs, hosting political interviews, Dahal is a pioneer in the field of Media. Currently the Chief Executive AGM at Kantipur Television Network Pvt. Ltd, Dahal is currently hosting the political interview show 'Fireside with Bhusan Dahal'.*

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In this interview with Samip, Mr. Bhusan Dahal relives his days at Budhanilkantha School, shares his life stories about him entering the media, discusses the scope and possibilities of Nepali Media and his thoughts about the role of SEBS in building and protecting the school, community and the nation at large.

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### How did you get into BNKS?

I was born and brought up in Kathmandu and was a day scholar at St. Xavier's School. Somebody had told my father that "There's this new school, I think you should try it for your son". I remember going to the British Council to give my test along with some of my Xavier classmates. Somehow, I got in. It was 1975. Probably, it was the intent of my parents, especially my mom; me being the only son of the family, I had a lot of distractions. So, a hostel would have been a taming den for me.

### What are of best moments of BNKS?

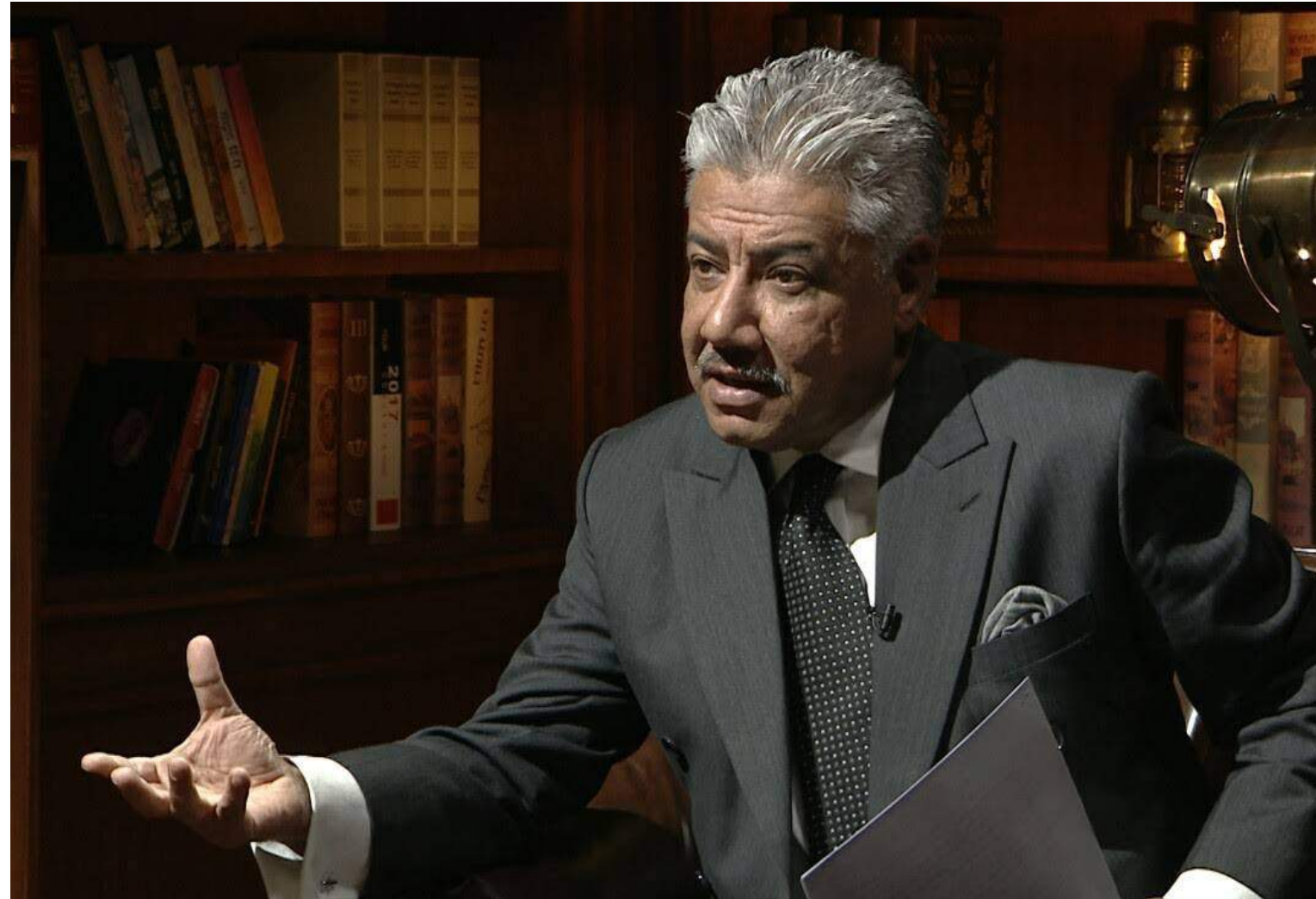
School moments while in school were never good (Laughs) because we needed to do a lot of labor. We had to study, prepare for our classes, do homework and on top of that, we had the 'Ten Past Six' system. I was not an introvert at school and anything entertaining that you were indulged into, you were thrown into the merciless ten past six peasant morning now and then.

But, if you look back at it, ten past six made us grounded. It helped us understand the ground reality of everywhere that we go in life. It prepared me to live in a 7-star hotel or if need be, to sleep on the streets.

### After graduation educational life?

When we graduated in the early '80s, there was a cliché in the society that once you graduate from a good school you had to study science. My parents and my family never took our opinion, whether I was cut for that or not. So, I was pushed into Amrit Science College where I tried to complete my intermediate 2 years. But, *padhaai bhandaa sadhaai badhi bhayo*. I didn't get through science. So, one fine day I gathered some guts and told my father that I could continue with science. Then, I switched to the Arts and Humanities at Patan College. I did my bachelor's from Tri Chandra College and then, much later, after I joined NTV, I completed my masters from TU.

It was 1988 when I first entered this business. It was sort of an accident as I wasn't prepared and didn't know what media all was about. I had a little exposure before I entered the TV business. I had gone for a year and a half to a Canadian trip which gave me an outlook of the television industry of the west. The eighties, even in the west, TV was vibrant with new concepts and ideas. Johnny Carson, Garry Shandling you name it- there were so many talk shows and musical shows.



So, when I came back, luckily, I got a show that dealt with pop music. 'Sunday Pop', it was called, in which we played the top singles of the week. The show was only of its kind back then and it was what made me a common household name. Television was just rising, and the competition was less. I guess luck favored me somehow (Laughs).

After 7 or 8 years of television, I finally realized that I could make a living out of it. So, I diversified- I learned production, the art of filming, started doing commercials and music videos. I even attempted a film called 'Kagbeni'.

And the rest is history! It's been more than 30 years and I am still moving on.

### Comparing it which the international reachability, how do you find the scope of journalism and media in Nepal?

In my experience, Nepal is a different country, probably built with a different clay when mankind was built. Some of us were absent when god was

giving us brains. Most of us were absent when god was giving us wealth. But god was fair. They didn't give us ready-made brains or wealth. But they gave us such a beautiful mass of land and the opportunities that it creates to build a life around it.

We have not yet learned how to make the best out of it. Just don't concentrate on me to explain the media. The possibilities are in abundance. But most major problems still exist. Infant mortality, hygiene, food quality, and security, etc. Why? We have everything available in our arm's length.

Take an example. I am a villager. I only complain that other villages have a trekking route while my village doesn't. I never think about how I could possibly attract tourists to my village and make them happy. We have buckwheat, millet, rice, and all the whites. We have all the greens and reds, meat and dairy. So, let's mix the greens, reds, and cheese and make two slices of bread with the whites and there you go! A perfect sandwich, which will attract that tourist in my village.

***" The School prepared me to live in a 7-star hotel or if need be, to sleep on the streets."***



*A shot from Bhusan Dahal's latest running show 'Fireside with Bhusan Dahal'. In this show, Dahal interviews top-level politicians, diplomats and relevant personalities based on burning and trending events. The show airs every Monday at 9:30 pm on Kantipur TV HD and archived in Kantipur TV HD Channel on Youtube.*

So, we need somebody to stimulate the people who were absent in the god's giving ceremony. You can be the one to do that. Hence, there is ample opportunity, work for everybody. I hope that answers your question!

### Among all the talk shows in Nepal, how do you differentiate 'Fireside with Bhusan Dahal'?

In any form of media, there is a little bit of creativity required. Creativity is like your chromosomes, neither can be stolen nor gifted. It comes to life with you and probably dies with you. An interview and interrogation are two different things. In my interviews, I take my interviewee as a guest. I believe that a guest should be welcomed, chatted well with and after we are done, he or she should have a fantastic safe passage out. My guests are not criminals. So, it's not my job to interrogate them. My job is to dig out the queries that I have and find the best possible answers. So, achieving all this requires a considerate level of diplomacy. I don't want to compare as there are so many good talk shows with their ideas and creativity. Thank





you if people like my show.

But I've met people that hate my show as well, people who want more of an argument with direct firing of questions. I take it with a pinch of salt because going back to school, there are certain elements of me that people see on camera, have a Budhanilkantha element in it. We were taught some things differently which helped me with it... or did not!

**Nowadays, Bhusan Dahal has become a brand name. From your voice to your appearance in a commercial, you have a huge influence. How do you feel? Do you also feel a sense of added responsibility?**

I started lending my voice for a long time now. Initially, there were very few voice artists in this country. There was a time I felt that my voice was being overused. In every third commercial, I had lent my voice and its impact was diminishing day by day. Hence, there was a point of time in which I made a conscious decision to not lend my voice to anyone and I completely stopped. After that, in my 6 to 7 years break, I tried modulating my voice, practiced effective deliveries and learned the technical side of recording, while constantly observing the market's demand. Once I was set to go again, I asked one of my friends for a possibility of voiceover in one of his movies. After that, nothing was stopping me.

I am lucky that people are still using my voice and I am even grateful to those people who are finding my voice important. My intention is not to make my voice sound important. But probably the life that I have given to the field of media has given me a pat at the back.

Now, I am very choosy about it. I do not do alcohol commercials or cigarette ads or related industries. Not to say that I am against these industries, but when the world is having a hue and cry around them, I believe that I should not be a spokesperson to the industries. But, once again, it's a commercial world and it's a supply and demand game. That also matters wholly when I choose ads. But I am thankful to whoever wants to use my voice or my face to endorse their products.

**Regarding the land issues of Budhanilkantha School, you were one of the first ones to react to the news that was published on the 'Kantipur' daily. With a powerful statement on twitter, you reached out to thousands of your followers and fellow SEBSers. What triggered you in doing so?**

Budhanilkantha School was built with a vision and the intent the value is still valid and noble to date. But, with time, we are trying our best to kill it and snatch away its glory. The ethos that has gone into the school and the intent of giving people good and affordable education is being retranslated,

especially politically.

So, utilizing the school's land for a public bus park was one big blow, a big attempt to amplify the degradation of our school. Hence, I was passionately touched with whoever thought of it as an idea. Our premises were and still are sacred, as we all learned life out of it. If anybody wants to build something to do with education, we should be happy to bring our heads together and bring up an institution of higher studies maybe. There could be a fantastic medical school, computer school, horticulture school or even a grand sports facility. But, commercial bus park, NO! At least, till my last breath, I would oppose it. That was the passion that I have which I disseminate to whoever feels strong for the school.

**What are your thoughts on SEBS?**

Well, SEBS is an ex-students' organization. Our fellowship, our comradery, should always contribute positively to the school. We should not be divided when it comes to school, when it comes to its sanctity. I can tell you right on everybody's face that we have spoiled the school to its ground by injecting too much politics. It has to be an academic institution guided by knowledge and not politics.

I had a friend who didn't have a proper house to live and I had a friend from the Narayanhiti Royal Palace too. But, we ate the same food and used the same dormitories. Now we have people who are talking about transformation with us. We knew transformation in the '70s and '80s. We grew up with it. There were no social differences between us.

Look at Nepal now. Budhanilkantha is a fantastic cross-section of the diversity of the country and unity among all of us, which is what strength SEBS has.

I travel the world. Whenever we bump into an ex-BNKS, maybe a senior or a junior, we talk as if we grew together and then we move on in our ways.

So, I think Budhanilkantha is such an institution that we have to keep it strong as it used to be, and we should replicate as many schools that we can replicate all around the country. I believe that the present generation should still benefit the way we benefited from the school. That should, in my opinion, be the ultimate goal of SEBS.



Scan the QR Code to Stream 'Fireside with Bhusan Dahal' through Kantipur TV HD's website.

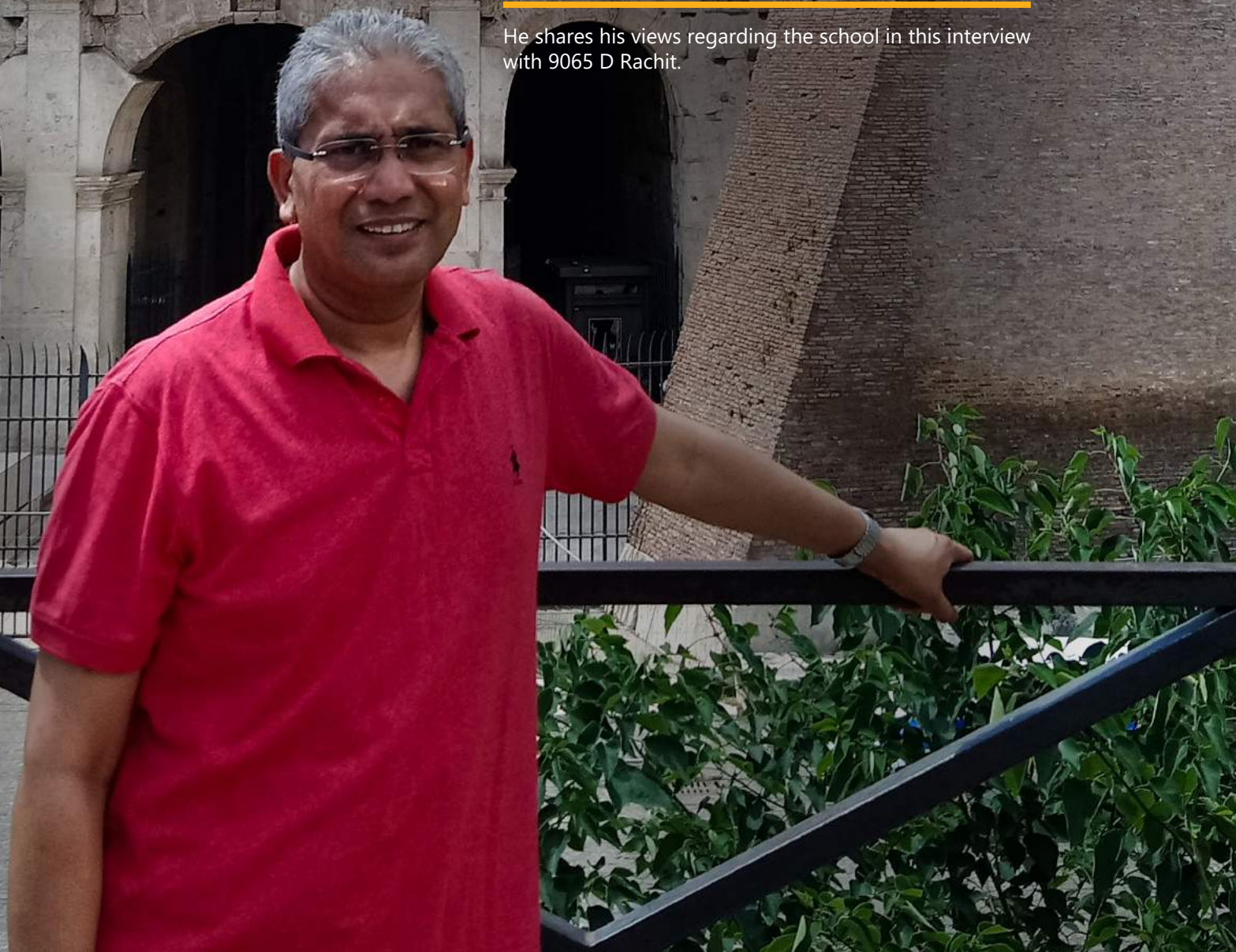




# THROUGH THE EYES OF A MEMBER OF **SEBS & FOBS**

Mangesh Thapa is the Deputy Director Technical of Buddha Air. His kids are also studying at Budhanilkantha School which has also given him an opportunity to be involved in FOBS as it's vice president. He has also been actively working in reforming club activities and funding in Budhanilkantha School.

He shares his views regarding the school in this interview with 9065 D Rachit.



## **How did you start your BNKS journey?**

Before Budhanilkantha, I was studying at Bhanubhakta Memorial School. Like everyone else, my Budhanilkantha journey started after I got selected in the entrance test. After being selected I got enrolled in grade four. I was kept in Makalu House where Mrs. Shyam Badan Shrestha was our Head of House, she made such a homely environment for us to settle down in boarding school very quickly. After the first two years in Makalu, I was kept in Annapurna House. Back then, Makalu and Dhaulagiri house were for the junior boys from 4-5. Annapurna, Kanchenjunga, Nilgiri, and Pumori house were for senior boys from grade 6-10. There were only 6 houses at that time.

## **Could you briefly tell us about your education life after BNKS?**

I preferred taking the mechanical route maybe because I had the aptitude. So, after completing class 10 I joined Ascol College where I completed my proficiency certificate level. Then I went abroad to study mechanical engineering. After completing mechanical engineering, I returned to Nepal and started working in Balaju Yantrasala, a pioneer mechanical workshop in Nepal. After working for two years I realized there was quite a lot of difference in what I had studied and the activities I did on my job. So, I thought it would be better if I joined aviation maintenance.

I started my aviation maintenance journey from Necon Air. I also attended the training classes of Oxford Air Training School and took the exam for my license which would aid my professional carrier. After obtaining the CAA UK license, I converted it into Nepali one and started my aviation maintenance journey.

## **Since you have seen aviation maintenance both in international sectors and in Nepal what differences do you find?**

There isn't any such difference between both the sectors. The work that we do here in Nepal is almost similar to what is done in other countries. We aren't supposed to keep any differences between these sectors as we have to maintain the aircraft on the same standard.

Although, the regulations are different the main theme is the same.

## **Any memorable moment that you would like to share with our readers?**

Every moment spent in school is memorable. I always feel happy seeing all those tall trees which were planted by us. The other thing which I remember is that I never got a demerit in School. So, that was something.

## **How did BNKS help you in shaping your career?**

If I wouldn't have been to Budhanilkantha, I wouldn't be what I am today. It helped me to work hard. It shaped me into an optimistic person. The discipline and sincerity that school taught me have always been helping me.

## **What kind of social works are you involving yourself into?**

If there are any projects that students of Budhanilkantha are doing then I help them in every possible way. I try to help them by teaching them not at that instant only but through ways that shall help them throughout their life. Although I have been putting a lot of effort into it, students still don't seem to realize the importance to learn things that way. We need to change short term



thinking to long term.

#### How did you get yourself so involved in SEBS?

I was already involved in its network from my Ascal years. Our senior dais were in BSc level, almost like in their final years. I remember especially three of them, Piyush Kayastha, Pushkar Karki, and Shyam dai who always wanted to do something for the SEBS. Since I was close to them, I was also included in the executive committee of SEBS at that time. We used to have our meeting on the Ascal ground. I started as an executive member, and with time I got to be the treasurer of the committee gradually the vice president and finally the president. It was during my tenure we built the first SEBS office at Putalisadak.

#### What are your major concerns regarding SEBS?

People who have been involved in SEBS always remain active, supporting it for a long time. Although this may include only a small group of people, this enthusiasm of many people has prevented our alumni from drying out like many others. Although having a lot of resources, I still think that we haven't been able to do enough for school.

#### How do you address the problems that arise within SEBS?

Everyone views a problem differently. Well, I look at it positively. The problems within SEBS has acted like a notice to every SEBSers by proving its existence. What I personally feel is that, if the committee only focuses on its main motto, helping Budhanikantha School, SEBSers, and current students it will be alright. If the concerns change then it will always result in conflict.

#### Could you briefly elaborate on your works in FOBS?

Since both of my kids studied in Budhanikantha School, I also got an opportunity to involve myself in the activities of FOBS. After the election of the FOBS committee, I was lucky enough to get into the executive committee. Currently, I am the vice president of the committee. So, being the vice president, I also am included in the School management committee. I'm currently helping school management to built SOP for every house, department, administration, etc., and also duties and responsibilities to every individual at the school. Which I think will eventually beneficial for increasing the standard and appraisal system of the school.



Mr. Thapa with his two children. Both of them are currently studying at Budhanikantha School.

***"Nowadays, there is no compulsion for getting hold of a job. You can create your own."***

#### What differences do you find in SEBS and FOBS?

SEBS is totally an association of the ex-students which is mostly centered on the members and the school. Whereas, FOBS is a parent body. Its requirements are different. The contribution made

by SEBS and FOBS is always viewed in a different manner. Moreover, the way how an ex-student views the school is quite different from that of a parent. So, they are completely two different things working with a common motto of helping Budhanikantha School to become better.

#### What are your major concerns regarding the school?

The school lacks a sense of competitive environment. When students study, they lack the ambition to become the best, when they play, they lack the ambition to win. I think a sense of good competition is essential among students or anyone if you want them to excel. So, maybe we should encourage everyone to cultivate the habit of healthy competition which was prevalent during my time in Budhanikantha.

Also, I see the school has been putting efforts to focus more on studies but it doesn't seem to

be fruitful. I say this because nowadays every Budhanikantha students fear the exam. Students should understand that fearing the exam adds more stress. This way you already lose half your battle.

Discipline has also gone down. It felt disappointing knowing that there are people who do not attend classes. Peer pressure does encourage one to study but the senior's guidance is a need to understand taught topics. Understanding this student should act accordingly. Students should make an environment such that each teacher should take liabilities to them.

#### You also monitor the ongoing club activities pretty closely, what are your views regarding it?

I do work closely with the clubs in Budhanikantha. But here again, the president themselves aren't taking the ownership of the club, and problems arise. The common problem is that students easily do their projects but they merely report the loss of profits they have made or the flaws they had. They still haven't realized that report writing is an essential part of the project so I want to make them understand it. I hope that gradually and being united SEBS will be able to achieve the goal. Another thing is that I find students spending money extravagantly on club activities. So, students should learn how they can spend less and yet achieve more. It seems a simple thing but being cost-conscious is a lesson for a lifetime.

#### Your message for fresh BNKS graduates who are looking for their career options.

One has to realize his aptitude and if he can get himself into a career matching his aptitude then one can do great in their career. People choosing a career different than their aptitude can merely do well. I think this is the prime time where SEBSers are needed to guide you by providing the necessary information regarding various career fields. The information shall show you the different options from which you can choose your career path.

While following your aptitude one should also research its condition in Nepal. Many people have a career path which isn't really flourished in Nepal and in the end they have to settle in abroad countries. So, one has to be wise and keep an open-minded view about his career. There are a lot of scopes within Nepal but no one is going to channel it to you one has to realize it himself and work for it. Nowadays, there isn't a compulsion for getting a job you can create your own. Make the most out of it.





# Launching Nepal Into Space

*Launched on 18<sup>th</sup> April 2019, from Virginia, the NepaliSat -1 was the first Nepali Satellite launched into space. Kudos to Abhas Maskey and Hariram Shrestha, the ones behind its development! Achieving a major feat in the Astronomical Sciences field of Nepal, Mr. Maskey had always an enthusiast of science since his schooling days at BNKS which led him to pursue a Ph.D. in space engineering from Kyushu Institute of Technology, Japan.*



## Abhas Maskey



In this interview with Shristi, he talks about his days at school, the shaping of his career, CANSAT and is message to the students at BNKS.

### Where did you live as a child?

I am originally from Biratnagar but I never stayed there. I grew up in Kathmandu. The first language I remember speaking was German as I lived there until I was 7.

### How would you summarize your time in BNKS?

In a way, my stay in BNKS was tough. Class 4 was difficult. I was sensitive and so I easily became a victim of bullying. I had trouble with homesickness



The NepaliSat - 1 is a cube satellite which weighs about 1.3 kg. The satellite clicks geographical pictures of Nepal.

too at the beginning of my days there. However, the later years became gradually good and then better. I have learned many things from the environment in BNKS. When I was in grade 7, I joined the journalism club. I do not know if the club is still functioning. During high school, I was the President of the Science club through which we organized a Science Exhibition, Science outreach program in Bhojpur and Seminar on Global Warming. With this, I can say that although I had

tough times in BNKS, I went through various other events that helped me grow.

### How did BNKS contribute to your growth?

The first thing that I learned from BNKS was independence and socializing. By this, I do not mean to say that I was good at socializing during my school time. I was not. Nevertheless, I learned its importance and since then I have improved myself. Besides this, BNKS gave me the continuous exposure that had a direct impact on my personal growth. The competitive environment in BNKS makes a student thrive. You are supposed to do multiple things well at once and that is what competition is. I also developed deep friendships with people in BNKS. Our bond never grows old. One thing that I cannot forget about BNKS is its network, the SEBS network. It is what makes BNKS strong and the same network is what makes the alumni like me even stronger.

### You told me that it was difficult for you to socialize while in BNKS. How did you overcome that?

Since the start of my schooling in BNKS, I was bullied. Bullies want you to react to his/her actions towards you. I later learned to stay unreactive and always was into my own business. It was not an easy way but I chose to act this way. I have to say I got lucky in many ways. I could have ended up as a novice in handling or communicating with people. I am glad that it did not happen. I am also glad that I went through that because it has made me stronger. I have never had such issues again. I learned to stand up for myself. I have learned to be diplomatic as well.

### How did your interest in aerospace begin?

It is an easy answer. Then, everybody went for standard engineering courses. I did not want to go through the competition. It is a different way of thinking. When I observed my pattern, what I found out was I was more likely to take the path where there is less crowd or competition. Even in school, while swimming everybody went for crawl creating great competition but I preferred breaststroke. In music, everybody in school used to play guitar, or at least most of them would and there were few or no drummers. That is why I started playing the drums.



My point of view is that you get more opportunities when the crowd is less. Competition is good but not necessarily good all the time. That's why I chose Aerospace.

### How did your interest in satellites begin?

In 4th year here in Korea we need to undertake a project with a professor, Prof. Jeung In-Seuck. We started working together and eventually, we worked on SNUSAT-1 – the first project of Seoul National University. We made twin satellites called CubeSats. In the process, I also got to participate in the Korea CANSAT competition. I was also involved in SNUSAT-2 for a short period of time. I had to leave in the designing stage as I had just completed my Masters. Eventually, I took the CANSAT leadership training in Japan and started Nepal's first CANSAT training at Kathmandu University.

### What is CANSAT?

CANSAT is a toy satellite. The whole system of a satellite is there and you communicate wirelessly. In our training, we teach the students to make a small satellite with wireless communication media and help them communicate. For communication,

a whole other system is to be set up. We help them build it too.

### How is the CANSAT training going?

We wanted to reach as many kids as possible through the training but it is not going as planned.

In Nepal, transportation has created a major hindrance. It is difficult to go from one point to another. Due to this, the inclusion of kids from all over the country has been a challenge.

In CANSAT, students who take the training the first year are recommended to give training to other students in their next year. Therefore, it is a complete package. We have reached university level, high school level and middle school level students until grade 7. However, it is still a small group. Another challenge that we face is the unavailability of resources. Earlier, I used to send logistics to carry out the training. Last

year, students opted for the logistics that could be bought in Nepal and carried out the training. Not all the resources that I have here can be found in Nepal.

I am not sure if CANSAT will happen this year but

***"You get more opportunities when the crowd is less. Competition is not necessarily good all the time"***



I hope the continuity remains. The plan eventually is to select the leading team from CANSAT competition to compete in BIRDS.

#### How have you contributed to society?

I don't think I have contributed much to the society. To contribute you need to be in a certain position. When you have certain resources, either you can decide to contribute to a cause or you can decide to invest in yourself. When you invest in yourself, when you think of contributing the next time you can have a greater impact. I am in the state of investing in myself. Therefore, until now I have not made significant contributions to society. However, I think I have given back in the ways possible. When we built the satellite, media coverage has encouraged the next generation of students. Young people now feel that they can even work on building satellites for Nepal. I hope that in the future we will be able to build and send more satellites of our own to space.

#### How do you see the country's situation today?

Brain drain has become a major problem in our country today. The country cannot pull back the people who have left because of the ineffective system and lack of infrastructure. Ongoing conflicts and revolutions have led to even more problems. Nepal is going through a phase of transition. If this government becomes able to set a system only then the country can develop. People need basic infrastructure to live a better life and to have a better career. When it is made available only then the people will return and only then people will stop thinking about going abroad for various purposes. In Nepal, I have to invest 80 percent of my time to be able to utilize 20 percent of my time effectively. Here in Korea, it is just the opposite. This will not solve until the system is set.

#### What are the three things that you plan to do in the future?

First, I plan to complete my studies. Only then I can focus on working on a bigger scale with more opportunities. Second, I will try to build a satellite or at least try to build a satellite. For that, human resources is a challenge. Funding and facilitating can be other challenges as well. I do not know how long it will take me to achieve this but I plan to do this. Third, I want to take CANSAT to a completely new level to reach more number of young students. However, as I am saying this, I have a question; How am I going to sustain? It's a question that always remains because in a country like Nepal, you cannot sustain by making satellites or by carrying out training programs like the CANSAT.

#### What is your message to BNKS graduates?

Nothing goes as planned. Just give your best in whatever you do. Figure out what is the next step. I still do not know what I'll be doing with my career back in Nepal. We have made this satellite for Nepal but I am unknown to what I should do next. Things like this happen all the time. Nevertheless, I think it is important that we take the next step and not miss the opportunities that come along the way. Besides this, coding has become an indispensable skill. Learning to code is the same as learning a language. It is needed everywhere. I think everybody should learn at least the basics of



*The press release for the launching of the NepaliSat-1*

coding. This might help them in the future.

Other thing that I suggest my juniors is to always have a growth mindset along with an experimental mindset. This will always help you improve.

#### What would you like to suggest to SEBS?

I really admire and appreciate the SEBS network. It is the greatest asset of a BNKS graduate. What I feel is this global network should be enhanced. This could be done by creating a database of SEBSERs – where they are, what they do. I do not know if there is such a database. If there is not one, there should be one.

In addition, one thing, if SEBS ever wants to contact me I am always there because I too have benefited a lot from the SEBS network.

Surya ko  
UJRJA





An educational entrepreneur, Surya Karki is the United World Schools' Director to Nepal. Also the co-founder and CEO of Diyalo Foundation, Karki has been working to provide child-centered education infused with environmental sustainability in Nepal. He was awarded the Prince of Wales and UNILEVER sustainable Living Entrepreneur Award and also recognized as one of the 30 under 30 International Literacy Association Leaders.

In this interview, Karki reflects on his days in BNKS, and how he has been moving towards his goal.

#### Could you please briefly tell us about your family and home place?

I was born in Sankhuwasabha district. People around me including my family members used to go to the second world countries for earning. Very few were able to get an education at that time, So, I had a determination from my childhood that I should study and give back to my society.

#### How would you like to remember your school days at Budhanilkantha School?

Budhanilkantha School is a place where people realize their strengths and weaknesses and support them. In BNKS, it's not always about me failing but also celebrating others' success which I am proud of.

#### What did you receive from BNKS? Can you name the most important three things that had influenced in molding your career?

I received a lot of things from BNKS. I got people who understood my vision and supported me. I had understanding teachers, especially Dolma ma'am and Dawadi sir, who were the greatest listener to me. Also, I got my friends Sudip Bhandari and Prajwal Shrestha who lasted forever. Their decisions were mine and mine were theirs which I think is the biggest gain for me.

#### You have contributed a lot to the community. What are your major works or achievements to this date?

I have been working in the teaching system of



unreached places. It initially started from the east but has been expanding to Western Nepal as well. I prepared a model to collaborate with the national education system to make major changes. We have been working to transform public education system. We don't inject English but we transform into English. We teach teachers, provide resources and mobilize local youths for United World Schools Nepal. Establishing 'Diyalo foundation' has become another part of achievement for me. Similarly, I have been awarded the 'Price Tales' by the prince of wales for bringing up an exceptionally wonderful design of models that transfer communities. I feel privileged about that because it was given to seven young people from all over the world. Moreover, I feel proud to be awarded the Asia foundation fellowship program. Recently, Facebook has recognized with one of the leadership community fellowships. These are some of the motivation factors for me.

#### Have you met with any difficulties in life?

#### What were those difficulties and how did you overcome these?

I went to put forward my proposal for bringing up a new model for the education system in Nepal. The representatives from the Ministry of Education didn't believe me at all because I was in casual T-shirts and Shorts. Next time I went there with formal attire and they signed the agreement. Eventually, when I started implementing the system in Mudey, people didn't believe me at all. So, gaining their trust was really difficult for me at that time. I had to take a stand where I was making bigger investments and they weren't giving any. But, when I started the first school, it went well because people got education for free. There was a time when there were more anti parties than pro parties, they even assumed that I belong to some political parties and was doing my work on behalf of it. But when our system worked with utilizing local manpower, it took another step of success.

#### In what profession would you have been today? What are the reasons for this situation?

I prefer to call myself as an educator and entrepreneur. Moreover, I would like to call myself a person who transforms communities. I call myself an educator because I have contributed to the field of education at most. I am an entrepreneur because I have established my own organizations. However, I am a person who aims for a change in society. When I look back to the point from where I started, I feel proud to be where I am today but I feel like I have more to do.

#### Your message to the fresh graduates of the BNKS regarding their career options?

It's very simple. Just listen to your inner self and do whatever makes you happy.

#### How do you see the country's situation in the education system today? What are the reasons for this situation?

The country has one greatest drawback in the education system in the kinder garden level of education which is the foundation of students' study career. In most governmental schools, students are enrolled in class Nursery and jump into the grade one. They lack basic learning already. This happens often because there is no investment in resources it's only in the infrastructure. There is not even much investment in teachers i.e. recruitment, selection and training. Therefore, the motivation level goes down as nobody wants to teach inside the classroom that is without an appropriate amount of resources.

#### What do you want to prescribe for the betterment of the country and the education system?

When I initiated kindergarten education in my schools, the nearby governmental school followed the system. This way, I see that there could be a possibility of a change in our country. I feel like there's so much to invest in this country. I came back to Nepal after I went abroad. I have upcoming plans and my projects which I hope will work best for the country and its education system.

#### What should SEBS do to make it a common platform for all BNKS alumni? Do you have a message to the SEBSers?

I think SEBS is a family where we should be able to prove that we all belong to BNKS. We should always support each other not only in our good times but even at our weakness.



# Funding for Growth

## A SEBS Report

Every year, SEBS in association with Bloom School Nepal provides scholarships to students from disadvantaged families, victims of natural calamities such as earthquakes, orphans, street children, and skilled students. Located in Ekantakuna, Bloom School works on providing financial and technical support to children of low financial status. So here we



present the journey of one of such funded students, Rukmani. This is an inspiration to all who think language can be a barrier to their learning issues.

Rukmani, a shy and quiet girl from Sindhupalchowk joined Bloom, with the help of SEBS funding, in Class 8. Currently, she is studying in Class 10. From a shy and quiet girl, Rukmani has come a long way in establishing herself as a very dedicated student, in fact, one of the top students in her class.

At the time of joining, Rukmani had serious issues with her English language which hindered her performance in most of the descriptive subjects. However, she was able to retain her performance in Mathematics. Over a few months, Rukmani

dedicated a lot of her time and effort in enhancing her English language abilities by reading lots of English Books. Some of the books she read during that period are "The Kite Runner" by Khaled Hosseini, "The Alchemist" by Paulo Coelho, and the Harry Potter Series. She now has quite an impressive standard of English as evidenced by her performance in the most recent exam.

Besides her exemplary performance in academics, Rukmani has had phenomenal achievement in the field of leadership and extra-curricular activities. During the last academic year, Rukmani participated in Nepali Speech Competition, Debate Tournament, Drama, and played Volleyball for her House. Among these, she won the first prize in Nepali Speech Competition, first prize in the debate tournament, first prize in the Drama Competition, and first position in the Volleyball Tournament.

This is a very praiseworthy and exemplary performance by a student who started with a severe language barrier and was more of a shy nature. Her efforts were lauded when she was selected as the Deputy School Captain of the School at the beginning of this academic year.

Rukmani has certainly come a long way since she joined Bloom and has established herself as a symbol of perseverance and determination among her peers to follow. Her achievement is a source of inspiration for those students at Bloom who come from different nooks and corners of the country and face various issues in the learning due to their language barrier. Rukmani in her new position as one of the student leaders at Bloom has been instrumental in helping her peers and juniors to catch up on their performance and never succumb to challenge in the pursuit of their dream.

SEBS is always looking forward to extending such support to other deserving candidates. Like Rukmani, we expect that we get to help other people and provide them with a platform to showcase their abilities.

# RELIZA SHRESTHA

Reliza Shrestha is an inspiration for today's youth. At a young age, she has worked as an associate director in the Nepali television game show 'Ko Bancha Crorepati' and as an assistant director in the youth-based reality show 'Himalaya Roadies' (season 2). She also played a lead role in the 2016 Science fiction 'Bijuli machine' and is the brand ambassador for VOTO which is a clothing brand making Nepali handmade garments.



In a conversation with 9020 Pratistha, the present day actress, writer, filmmaker and freelancer shared her experiences as a Budhanilkantha student.

#### How did you develop an interest in the field of arts?

I always loved creative activities like writing, music, dancing and theatre in school. I remember One-Act Plays. I used to write scripts and acted on them too. I also loved playing guitars. I played them during exam times as well. I even had them laid all over my bed. I also liked programs like talent shows where I could jam up with dais and learn from them. I remember that I was offered a main role in the school play but instead I got involved in set decorations and editing music for the play.

#### How did you shape your path towards this field after school?

After completing my A-levels, I went to Bangkok for further studies. I had a Russian friend who was in Versace so I got modeling assignments there. But I was not able to adjust well. So I returned, joined Apex College and completed my BBA. After that, I started doing photoshoots, short movies, feature films and music videos. I also did some acting, direction, and assistant direction in advertisements.

Being an assistant director in roadies was something both physically and emotionally challenging but as I was ready, I went for it. I was the only female among a crew of over 100 people. I've just completed shooting for another feature film releasing soon. Currently, I am working for Roadies season 3.

#### Would you like to share something about the world of arts in Nepal?

The market in Nepal is small and segmented. So working here as an artist is not an easy task. People have a perception that working in such fields means earning a great deal of money but that's not always true. There are financial challenges as well. People think we are celebrities; we have expensive cars and

luxurious lives. But we do face financial challenges. I'm not a celebrity, I'm an artist and there's a lot more to learn. And there are very less females working in this field. I do enjoy my work with all the people around with me but sometimes, I wish there could be a female colleague with whom I'd be much more comfortable sharing emotions. It's just because of my passion I'm still here.

#### What role did Budhanilkantha play in helping you become what you are today?

As I said before, all the extracurricular activities kept our minds so busy. It was not necessary to participate to get involved. We were always involved as a volunteer or as an audience. And these experiences really help me at this point in life. They help me manage my busy schedule. The scenarios during events like the swimming competition help me in the writing and direction part as well. It becomes easier as I have observed them practically.

#### What do you like about BNKS the most?

The thing I like the most about BNKS is extracurricular activities. There were activities like creativity week, swimming competition and a lot more. They kept us so busy. When I try to remember my schedule in school, from the karate

classes in the morning till the milk time before going to bed, everything was a compulsion. We actually had very little free time. But these things unknowingly taught us discipline, stress and time management. I also liked the infrastructures that BNKS had. Many schools still lack the facilities we got during our days.

#### What do you miss about school?

I do remember the meals. I loved doughnuts and watermelon for tiffin and chicken days being the favorite is something obvious. Passing chips and chicken soup table to table used to be so much fun. Fried rice days felt so special. We used to be

***"There are very few females in this line of work. If there is any female interested in writing, design, direction or acting, I'm ready to help her."***

extra punctual and happy on those days. I also enjoyed all the refreshments after club programs and cultural programs. I miss my teachers too. All teachers were equally respectable but I had a special bond with some of them. I value whatever they have given to me till now. Something I miss the most is performing on the stage.

#### What would you say about the current situation of women in the field?

As I said before, there are very few females involved in this line of work. If there is any female interested in writing, art and design, direction or acting, I'm ready to help her. Even in school, boys used to jam up and play guitars in a room but although I wanted to join, I couldn't because seeing a single girl among the boys; people would take it in the wrong way. I wish to change that perspective.

#### Do you have a message for the aspiring artists of tomorrow?

It's always important to follow your passion but never stop studying because education is the most important thing. Although there are a lot of brilliant actors in the industry, Mr. Rajesh Hamal is one of the few actors who can represent Nepal in international platforms like the Oscars. Although all of them are equally talented, only an educated actor can tackle witty questions from people, the media and handle them intellectually. Do pursue your passion but at the same time perceive knowledge and education so that you can become a presentable and respectable artist. Whatever heights you reach, always remain humble.



## Heartfelt Condolence

We are deeply saddened by the loss of the following teachers :

*Mr. P.T. Sherpa,* *Mr. Tony Wedgewood,*  
*Mrs. Vijaya Shah,* *Mr. Bishwa Prajapati,*  
*Mr. John B. Tyson,* *Mr. Ratna Bdr. Tamot,*  
*Mr. Bijuli Kayastha,* *Mr. Chitra Raj Shakya,*

We pray for the peace of their souls and for the comfort of the bereaved families.

By SEBS Family





# Ethical Lawyer

817 'C' Anjan Neupane is a corporate lawyer who heads the international business and corporate practice at the Neupane law association. He has established himself as a very competent and highly professional lawyer. The Chambers and Partners ranks him as a leading lawyer for business law in Nepal.

He shares his experience at Budhanilkantha school in a short interview with 4017 D Manusmriti and 4133 D Prabhat.

## Summary of BNKS life?

School life was all about fun, friends and memories. We all were carefree and enjoyed our childhood in every way possible. School life was basically about friendship, friends made there are forever! Besides, BNKS for me is about a lot of sports and music.

## How was your life immediately after school?

After school was a completely different life. I immediately went to Scotland (University of Aberdeen) to complete my bachelor's degree in Law. Life there was liberal in comparison to school life. I used to participate actively in sports activities, especially swimming.

But the academic life was very tough, a lot of hard work and dedication was required to do good in the law school. I also worked as a resident assistant along with the other activities.

## Any particular memory of BNKS? Did you hold any positions while in school?

I was the cultural captain of Pumori house when I was in class ten. I also got the opportunity to become the president of Focus Club and made many memories serving the tenure of a president.

Talking about the particular favorite memory in school the first thing that strikes my mind is the chicken days, roaming around Hawa Ghar after supper and return back to the house taking a lot of time!

## What does SEBS mean to you and how do you think SEBS should move forward?

For me firstly SEBS is an alumni association of my alma matter where we build a strong network of brotherhood. Talking about how SEBS should move forward, it should facilitate co-operation, move forward for a charitable purpose, contribute to the school in every possible way, work for the betterment of the school and focus on the aim and work accordingly. I think that is the real purpose of SEBS.

## What according to you and should be the impact of SEBS to BNKS and nation?

There are already a lot of contributions by the SEBSers and their organizations towards the school as well as towards the nation. What I believe is SEBS should be limited to an alumni association

and focus on giving a strategic vision to the school.

## What are the difficulties young lawyers are facing to be established in Nepal?

The first issue is the education system here in Nepal. It does not give much to the fresh graduates.

The challenges can be listed as

- Gain knowledge and skill in the practical terms
- Lack of skills lead to lack of cases and clients
- The fresh graduated rather go to professional law firms to start their career
- Everybody should practice and preserve in the sector of law

## How are you giving back to society?

Firstly, I would say that I am giving back to society by doing my job well, in an ethical manner. I am giving back to my country by facilitating foreign investors i.e. generate taxes, creating job opportunities for young and aspiring lawyers, assisting the policy makers, by discussing the problems regarding laws, educating people through articles, facilitate transactions in the sector of development and things such as these.

## How have you been contributing towards BNKS and SEBS?

I would say that I have not made any direct contribution but I have always been active in interacting with fellow SEBSers, share ideas with them, participate in SEBS activities, give opinions and most importantly collaborate with my seniors and juniors.

## Any suggestions for SEBS?

Well I would not be able to give some hardcore suggestions but I would say that we should stick to the roots and objectives i.e. protect the school, contribute towards the school, we need to conduct more events and the engagement of SEBS member should increase.

SEBS should organize activities that should interest members from all groups and also take be an effective method of disseminating the messages.

## Anything to SEBSers?

Well, I would just say follow your passion, any career is appropriate if you give your heart and soul to it and be flexible enough to go wherever your circumstances drive you.



# AN UNFORGETTABLE ROLLER COASTER

Shristi Karki works as the monitoring and evaluation manager for Mercy Corps, a global humanitarian aid organization with programs focused in a number of humanitarian sectors.

In this interview with 9020 Pratistha, she shares her experiences as a BNKS student and briefs about how the organization has been running various projects for the betterment of humanity.

She is currently involved in supporting the Education of Marginalized Girls (STEM II) project funded by DFID under the Girls Education Challenge as the monitoring and evaluation manager. Shristi and her team are currently working with 30 government schools and out of school girls in Kailali. They work with the in-school girls on their learning improvement and also reach out to school dropout girls and provide them with vocational training, business development training, financial literacy training, girls transition fund loans, and life skill classes to improve their life chances. They not just reach out to these girls for their learning improvement but also work with their parents, teachers, headteachers, SMC, PTA, and community members to improve their engagement and accountability towards the school, providing child-centric teachers training, reducing their household chore burden and increasing their study time, improving their mobility and decision making power and making the larger community aware about the importance of girl's education.

Her journey from grade four to A-levels was a wonderful experience with a lot of ups and downs but what felt good to hear is she'll never regret being a BNKS graduate. At a time with 25 girls among 90 to 95 students in a batch, she shared her experience of studying in a coed school. about studying in a coed school. "Coeducation at those times was not something that was well received by the society," she says.

She does think coeducation plays a vital role in one's personal development and teaches one to be respectful towards the people of a different gender. Sadly, there was not much interaction between boys and girls in her batch during her school days, which fortunately changed after everyone

passed out from the school. The environment was such that girls' never felt comfortable talking to boys. It was the value system during that time. There were cultural programs, sports day, poem recitations, and a lot of other activities but all of these never involved interactions with their fellow male classmates. Girls were never treated in a discriminatory way by the management. All were given equal opportunities regardless of

***"Co-education plays a vital role in one's personal development and teaches one to be respectful towards the people of different gender."***

their sex or socio-economic background. Teachers encouraged girls to be equally involved in all activities be it sports or class interactions. But only this isn't enough for the overall development of a student. When you are not interacting, sharing, and learning from the other group, you are not using



the opportunity that is just right in front of you.

But now society is more open to healthy interactions between males and females. This is a fundamental aspect of creating collective well-being and equality in society. The students in the present days are actually gaining from a coed environment which unfortunately was not the case during her days. She also hopes things have turned the same in BNKS too.

When we asked her about her best times in school, she answered, "With just 25 girls in a batch, we shared a deep bond. Girls helping each other and growing up together are things I loved. I have a lot of friends now but the core ones are the same people with whom I shared the environment of a boarding school. Everybody has a different life today but the connection we feel is extremely strong."

What she likes the most about school is its openness to diversity. Students from all over the nation from diverse locations, ethnicities, and economic situations living together is something great. Any form of discrimination didn't exist within the school. Nobody cared about their social and cultural backgrounds, everybody was just

together as one big happy family. This is what the country needs today. She is also grateful for the networking SEBS offers. She takes it as a great platform where you are connected and reaches out to fellow SEBSers for any help or support. The strength of the SEBS network is something that is realized only after leaving school. If you meet a new person and you find out that they are from BNKS, you automatically feel a connection. It has given us SEBSers a strong platform to voice our opinions on various issues and advocate for a greater cause.

While talking to her it was clear how much she loved the school and the people she met here. She believes that the boarding school concept is designed not just to develop students academically but has a more holistic approach, which builds a student's overall development. The journey builds a profound sense of leadership, compassion, and respect for diversity and inclusion. She believes every Budhanilkantha student should recognize and use this opportunity positively which will help them pursue their dreams.



3072 D Ayush Man Dangol is a Senior First Officer (A230 Pilot) at Air Arabia currently based in the United Arab Emirates. He is one of the very few Nepali nationals to fly an aeroplane crossing international boundaries.

In this interview, he reflects upon his days at BNKS and his career journey.

**How do you like to remember your school days at Budhanilkantha School? What is your best memory during your stay?**

Though I cannot present just one as my best memory, the times I spent with my friends in BNKS are among my fondest. I notice that the full experience of my nine years in Budhanilkantha School holds parallels to a complete life as an adult: I entered as a naive young kid still to figure out basic of self-care; I grew up learning from the School's traditions with my peers; I gained life-changing lessons and built my character through the ups and downs. I came out a better man with invaluable skills and relationships I will cherish for the rest of my life.

**What did you receive from BNKS? Can you name the most important three things that had influenced in molding your career?**

BNKS enabled access to uncountable opportunities that I had never foreseen at the time. I learnt to cope with circumstances and plan my way on the fly. Looking for the best even in the bad experiences was often the only course of action. I take this viewpoint even today and it has helped me deal with problems I have faced till the present.

Simply put, my career is influenced by my father's inspiration and my passion as well as the culmination of all people who have guided and motivated me through all these years.

**What made you decide this on career you have chosen?**

I had always fantasied about a career in aviation: the uniform, the lifestyle and professionalism required, all attracted to the role of a pilot. Every day can bring something new in this profession: new places to travel to, new people to meet and serve; every day at work is rather unpredictable. This idea appeals to my core of being and keeps me on the tip of my toes. I find it like getting paid to travel around the world. Why would I not oblige?

**How do you plan to give back to society? Alma mater? Alumni?**

I am aware all must bring dignity and glory to our motherland and her children. Beyond the good that I seek within me and for the people I can influence every day, I am limited by my schedule and access as I in the early stages of establishing my career and am based outside of Nepal. Frankly, I have yet to figure out my role in the grand scheme of things. I do try to constantly engage with the issues of the time and find out how I can help my fellow humans.

**Had you not been to BNKS where do you think you would have been right now? Would you believe you'd be the same person or maybe a different person?**

Without my experiences in BNKS, I am sure I would have been different, and perhaps have fewer perspectives about many things. I would not have known the cross-section of Nepali society that I met in school. Nonetheless, I guess I would have been a fairly similar person as my outlook has been shaped by many experiences outside of the paradigm of the rustic life in BNKS.

**What should SEBS do to make it a common platform for all BNKS alumni? Do you have a message to the SEBSers/SEBS?**

I believe that SEBS and its members can provide a significant effort in Nepali society because of its diverse members from all walks of life with diverse perspectives. We must avoid petty conflicts and live up to the expectation with selfless action. SEBS must be at the forefront to fight against problems plaguing our society like corruption and abuse.

**Your message to the fresh graduates of the BNKS regarding their career options?**

Dear bhais and bahinis,

Never let doubt overcome your self-respect. The way you think and feel about yourself (your beliefs and expectations about what is possible for you) determine everything that happens to you.

When you change your thinking, you change the quality of your life, often instantly.

Never let just your past determine your future, believe in yourself and work for what you wish to achieve.

# AIR MAN

AYUSH MAN DANGOL





# A Budding Contender

8161 'D' Jenny Sherpa has got great views and ambitions at such a young age. With versatile interests and passions, she is confident about the things she wants to accomplish in life.

In a conversation with Pratistha, 8161 D Jenny shared her goals and perspectives and her suggestions for improvement.

## What is modeling?

Modeling is not only about runways, fancy dresses and ramps. It's an art. Models have to give different poses, expressions and bring out different emotions for photoshoots. They have to shape themselves into different characters for different shoots. The evolution of the industry has resulted in two types of fashion models: High fashion models and commercial models. High fashion models do shoots for magazines and campaigns. Commercial models work for catalogs and commercial prints. People are the ones who build up an industry. So it depends upon the models how they establish themselves in the industry.

## What encouraged you to enter this field?

Modeling has always been my passion. A major reason I chose this industry is that the work here is never monotonous. I don't prefer 10 to 5 kinds of jobs. I like to explore versatility. I got a chance to meet a lot of photographers, producers, directors and makeup artists through modeling. All these people have their own talents and perspectives. So I was introduced to a wide group of people and such interactions developed some kind of maturity in me at a smaller age.

## What are you currently involved in?

It's been quite a while I've not done any modeling projects and assignments. Instead, I am involved in a mega project for the 'Visit Nepal 2020' campaign. I believe that youngsters are more capable of expressing their creativity. So they should do something for the country utilizing all

the skills they have. The main motto for my project is 'Discover the Undiscovered'. Places like Pokhara and Mustang are known to all but Nepal has much more beyond that. So this project is going to include travel videos all over Nepal. Documentaries will be aired episode wise on news 24. I've also had a meeting with the tourism minister Mr. Yogesh Bhattarai.

## What are your plans for your further studies and your carrier?

Modeling is my passion but I haven't thought much about pursuing it as my career. I aim to become a successful female entrepreneur. Our society being male dominant, we have not seen many female entrepreneurs come up. So I want to do something for my country as a female entrepreneur. My mom and dad both are involved in business so I've witnessed their business talks and meetings and I also developed an interest in it. Talking about studies, I have decided to put them on hold now because I don't want to lose this once in a lifetime opportunity of being a part of such an important campaign for the country. But I'll surely continue with my studies once this project is over.

## How has the Nepali industry of fashion and modeling developed?

The industry is going quite well now. Unlike in the past, people are supportive of modeling. There are people in Nepal, who studied modeling and fashion designing from abroad so professionalism has also developed to a greater extent. Elements such as costumes, makeup and sets are going really good. Something that still needs improvement is punctuality. Even professionals lack this part most of the time.

## How was BNKS for you?

BNKS for me is my second mother. My schooling from British Gurkha Academy was also good but the exposure I got in BNKS made me a different person. I feel lucky to have received an opportunity to interact and exchange stories with so many people from diverse backgrounds. I learned a lot in those two years and I don't think I would have outside BNKS. I got many opportunities and I



took advantage as much as I could. I participated, I learned and I also won a dance competition in India. Although I was a new student, this connection with my seniors developed really well which was a help in different fields. My base of knowledge and experiences expanded here so I'll always be thankful to the institution.

## What are your views regarding SEBS?

Usually, after school and colleges are over, the only way people stay connected is through social media. But SEBS acts as a connection. No matter where you are in the world, it keeps you connected with all your seniors and juniors. In short, it provides a family ambiance. I also take SEBS as a medium through which we'll always remain connected to the school. It develops a realization of giving back to the school.

## Anything you would like to share on the basis of your experiences?

What I have learnt is that no barrier should come between you and your goal. Never take age as a barrier. I am just 18. So when I took my proposal to the tourism board, there were a lot of people questioning as I was nothing compared to the experts but I didn't lose confidence. As a result, my proposal got selected.

The next thing I've learned is to be mentally prepared. There are a lot of rejections and difficulties that come along but be ready





to experience all of that. If you are wrong about something, learn to accept that and if you face problems, learn to deal with them. This way, you will surely reach your goal.

A message to your BNKS juniors:

BNKS gives you a lot of opportunities. So, don't get lost in the world of books only. It's important to focus on studies but make sure you explore every opportunity life provides you with. If you are good at something, work on that. And yes, communicate and interact as much as you can as the school provides you with such a big circle. It is a really nice and beautiful place so go around the school, explore and observe the beauty of nature. We are amongst the few lucky ones as we got to spend a part of our life in BNKS. So learn to utilize every bit of it.



Scan the QR code to follow Jenny Sherpa on Instagram.

# Co-ed Stories

*590B Srijana works as an independent consultant in Nepal in the field of gender equality, inclusion and capacity building. After completing her A-levels from Budhanilkantha School, she went to Bryn Mawr College and pursued a Bachelor's degree in Sociology with a minor in Economics and completed her Masters in International Development from American University, DC.*

While talking to 9020 Pratistha, she shared some of her views regarding coeducation and improvement and how things change over time.

Srijana entered Budhanilkantha School as an O-level student after completing her class 10 from Brihaspati Vidya Sadan. She found things different between the two schools as her previous school Brihaspati was a co-ed school and she came to a school where coed was just introduced. Before, Budhanilkantha was all boys so the majority of the students and even teachers were not aware of how to deal with co-ed situations. "It was challenging for everyone to adjust in those situations," she said.

Although the school had turned into a coed school, there were pushbacks. There were people against the decision of turning Budhanilkantha into a co-ed school which took place mostly due to the pressure and support from the British government who supported the school. Different people had their own perceptions. They thought that the standards of the school would not remain the same after introducing coeducation. A lot of these interpretations were driven by people's mindset. She personally recommends a co-ed school as in real-world people need skills to interact with people from all genders and backgrounds. But just naming a school as a co-ed is not enough, developing policies, capacities and opportunities that support the essence of co-ed are necessary.

The best thing she regards about her stay at BNKS is the opportunity she got for studying in the US. At those times when facilities such as the internet

were not there, applying to a country like the US for higher studies was not on the horizon of her family. But since there was a history, though brief, of BNKS students applying to colleges in the US and UK she was able to go through the application process as well. Sharing her school memories, she tells us that the friends she made while at BNKS made things a lot easier.

Srijana wanted to come back and work in Nepal, especially on women's issues. Now, the topics she covers are broader. She notes that there has been much progress made on women empowerment and gender equality issues in Nepal since the 1990s but it is a slow progress. She is happy to note the progress in the girl to boy ratio in the school as well which has almost reached a 40 to 60, but cautions that that is just the first step. It is really critical that

***"Just naming a school as a co-ed was not enough"***

the school looks at how the school experience is supportive of the overall development of both male and female students, such that they are equipped with life skills to lead happy, meaningful lives wherever they are, whatever they do. Activities and competitions that segregate students by sex while continuing to support beliefs that girls and boys are not equal, also keep the students from learning social skills to interact with the opposite sex in healthy ways.

At present, she is volunteering on the committee working on the SEBS anti-harassment policy that looks at SEBS' roles and responsibilities in creating a safe and respectful environment for all alumni.



# Gregarious Pediatriation

989 'B' Smriti Mathema is a Pediatrician who is working in Kathmandu Medical College Teaching Hospital as an Assistant Professor. She belonged to the first batch of girls to be introduced in Budhanilkantha School.



## How did you end up becoming a Pediatrician?

I have always been gregarious and I wanted a profession that would deal with people but I wasn't quite sure that I wanted to become. When I was in my A levels, I chose human biology which interested me and I wanted to take up medicine, which was an unusual choice back then. In Budhanilkantha school, hardly anyone would take up medicine in those days. Everyone was more focused on applying to colleges in the US. I was probably the only one in my batch who hadn't taken the SAT or applied to any of the US colleges.

Healing children interested me only during my final year as a medical student and I am glad I chose Pediatrics. I love the personal satisfaction that comes with treating sick children and the joy of working with cute kids on a regular basis.

## What kind of difficulties did you face studying in a Co-ed school?

Before Budhanilkantha, I was in St. Mary's. So, the transition from an all-girls school to a previously all-boys school itself was life-changing. I was quite naïve and hadn't really had many instances to interact with boys my age. Talking to boys seemed like a big deal when it shouldn't have been that way.

Being only 15 girls amongst 70 boys in a class, it felt as if we were alienated and ostracized. We were treated as if we were encroaching their space. Initially, during introduction, there were girls only in Grade 7, 8 and A Levels, which made us soft targets for senior boys and were on several occasions even mentally and physically harassed. We would be bullied into doing certain things and we lived in an atmosphere of constant fear. The first two years were really tough, and eventually, there were girls in every class and the school environment gradually evolved to balance out the numbers, though we still were in minority, to be more of a co-education school in the true sense.

## How supportive was the management at that time for coeducation?

Being the best school in Nepal, it was decided that girls also should be given the same opportunity as boys, hence the decision was made. Although we were introduced, it seemed as if the school wasn't ready to have us. There weren't enough infrastructures, from washrooms to dining areas for girls. It was a learning process even for the teachers and management. Over the years, as I graduated from grade 7 to A-levels a lot of things changed. The boy-girl ratio became more favorable, we matured, our mentalities changed, boys started becoming interactive and overall, it was a healthier

environment.

## Your experiences sound tough, did you ever regret your choice of studying in Budhanilkantha School?

No, absolutely not, it's because of Budhanilkantha I am who I am today. It has taught me some life lessons and has made me very resilient. Now I am a parent of two, and my experiences have guided me even in my parenting skills. In the context of coeducation, I feel it's important to start your children early in a school with an equal number of both genders, so they learn to grow in an all-inclusive wholesome environment with equal opportunities.

## Any particular memory to share?

I have made zillions of memories in Budhanilkantha. I have made some wonderful friendships to last a lifetime. From small feats like getting away with childhood mischiefs to Chicken days to appearing for the first time in the Merit List to NT visits to awe-inspiring moments like meeting Princess Diana.

## What's the one thing that you miss about school?

I miss the place; the open spaces, trees, hills and the greenery. I miss the childhood innocence, hostel life and the heart-to-heart with friends. Getting to study there was a real privilege. In this hustle and bustle of life, I sometimes find myself wanting to time travel to those days.

## Any advice you would like to give to the current Budhanilkantha Student?

Make the most out of what the school has to offer you. You'll never get to experience the same feeling of being in a hostel, learning from your teachers, being so close to your friends. We often complain and take it for granted while we are at school and only realize this once we are gone. So, make the most of what you can have.

## So how do you find the SEBS network?

A. I am still in touch with most of my classmates and friends, but mostly through social media. All of us share a common background and that makes us one. No matter who you meet, if one is from Budhanilkantha School they already feel like family. I don't think any other school has that sense of belonging. We SEBSers aren't concerned with each other's profession, or what caste they are from or what social or economic strata they belong to and I think that makes us different. That's the thing I like the most about SEBS.



# Budhanilkantha Education Services

7017D Bijay Pun Magar is a third year Economics and Political Science student in Trichandra Campus. A young entrepreneur, Bijay is the founding chairman of Budhanilkantha Education Services (BES), a center which provides various educational services to high school students of Nepal.

In this interview with 9065 Rachit, the founding chairperson of BES talks about his visions regarding young entrepreneurship in Nepal.

## Venture

When I was in my final year of BNKS, I took a decision to pursue my higher studies in Nepal. Giving tuitions after completing A levels was something most of the A level graduates did. Following the same direction, I also started teaching. Through this process of teaching, I met a diverse group of people and interacting with them gave me a new vision. This led me to talk to my friends Tilak and Sandesh and we came up with this idea. We aimed for something that could give us an experience rather than a profit. We thought of an institute that would help students not just by providing tuition services but all the assistance required in other educational sectors as well. As a result, we came up with BES to help students not just by providing tuition services but all the assistance required in other educational sectors as well. As a result, we came up with BES.

## Trials and Tribulations

We consider ourselves fortunate in this aspect. Firstly, our families supported us in all our plans and decisions which made things easier. Secondly, our team was strong-minded and determined and this

positive attitude of the team helped us to perform tasks in the most efficient ways. Nevertheless, we had some dilemmas during the starting periods to take big decisions. But eventually, with proper discussions, we handled every dilemma with the best approaches. At present, BES is doing great in the tuition sector. Nowadays, we are focusing more on developing some other objectives of the institute.

## BES

In the current stage, BES is providing tuition services to A level students. Although we are doing well in the tuition sector, we are still in a developing phase. By starting Budhanilkantha Education Services, we had plans to cover a larger field in education services. Currently, we are just conducting tuition classes whereas our plans include leadership training and consultancy and we aim to establish BES as an education hub all over the country. Recently, we have completely set up our branch in Baneshwor. At this point in time, we have two offices running smoothly. So, we are always looking forward to expanding our services and reaching our goal of establishing BES as an education hub.



***"Staying in the school premises, 'bhais' and 'bainis' need to keep themselves updated to the outer world."***

## Multi-managing

I haven't faced problems in managing my personal and professional life. I had a deep interest in politics and used to indulge myself in learning about it. Therefore, I decided to pursue my further

education in political science. I keep myself updated about the recent happenings around the globe and study the historically important events. Because of this habit, I don't need to rely only on the knowledge provided in classrooms. Studying political science has helped me manage time for my professional duties. And for the professional part, I always contemplate before taking any decision and consulting with my seniors has helped me a lot in building experience in this field. Working with an enthusiastic team, I never had difficulty managing different aspects of life.

## Alma mater

Budhanilkantha School is the reason for all the progress I have been making. BNKS gave me an opportunity to involve in various leadership activities from a young age. As a leader, I got to work with a variety of people and realized the importance of diverse opinions in a group. I always got the support I required from my 'dais' and 'didis' during my junior years. Budhanilkantha School provided me with the environment that helped in nurturing the unique quality present in me.



# SEBS Executive Committee

**Proposition**

At present, the world is changing rapidly. Every other day, innovations are entering the market. Thus, staying inside the hostel premises, 'bhais' and 'bainis' need to keep themselves updated to the outer world. They should connect themselves beyond the hostel premises and explore new opportunities present there. Start working and focusing on the new stuff in the market. The seniors are always going to be there for suggestions and guidance. So, understand the prospects of learning and grab every opportunity provided.

**SEBS**

I consider SEBS as an emotion. It is an emotionally bound organization which is working for the betterment of both the school and the students. As an alumni organization, it has provided me with a group of like-minded and like valued people who always show me the correct direction. SEBS plays the role of a guardian for every BNKS member. Be it emotional or professional support, SEBS provides its guidance in every sector its members require. I am thankful for the existence of such an organization that has assisted me whenever I've needed support.



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Scan the QR code to follow Budhanilkantha Education Services on Instagram.



**2017 - 2019**


President	: Vidhan Rana (349 C)
Vice President	: Bikash Adhikari (354 C)
General Secretary	: Supun Dahal (4051 D)
Treasurer	: Prabhat Giri (4133 D)
Immediate Past President	: Dr. Sneedha Mainali (136 C)
Ex- Com Members	: Saugat Pakhrin Lama (617 C)
	: Vijay Raj Tandukar (6136 C)
	: Avash Pandit (816 C)
	: Devananda Yadav (002 C)
	: Kushal Darji (2091 D)
	: Rashik Bhattarai (375 D)
	: Bijay Pun Magar (7017 D)
	: Pratik Maharjan (7127 D)
	: Tilak Dhital (7005 D)


**Present**


President	: Rastra Bhusan Khadka (267 B)
Vice President	: Saugat Pakhrin Lama (617 C)
Treasurer	: Prabhat Giri (4133 D)
General Secretary	: Supun Dahal (4051 D)
Immediate Past President	: Vidhan Rana (349 C)
Ex- Com Members	: Hemendra Singh Bohra (978 A)
	: Saroj Tamrakar (232 C)
	: Barsha Dharel (685 C)
	: Manusmriti Baral (4017 D)
	: Tilak Dhital (7005 D)





## **Society of Ex - Budhanilkantha Students**

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