



SEBS

Annual Report

2021 – 2022

Table of Contents

Events and activities	3
1. Hike to Shivapuri.	3
2. SEBS Office Re-Setup	3
3. BreakTheBias & Co-education	4
4. SEBS Meet and Greet.	5
5. Alumni Support Group	6
6. SEBS BNKS Support Group.	6
a) College Bound Session- Exploring Options for the Future	6
b) College Bound Session-- Preparing for College	6
c) UWC Application Support	7
d) Sanitary Pad vending machines:	7
e) Maker Space:	7
f) Stop Kiss:	8
g) Soft skill training:	8
h) Alumni Talk:	8
i) BNKS Club Support:	9
j) Student Support:	9
k) School's strategic assessment update	9
5. SEBS Talk Series	9
a) SEBS Talk Series- Episode One	9
b) SEBS Talk Series- Episode Two	10
c) SEBS Talk Series- Episode Three	11
6. SEBS Networking Forum	12
a) Development Sector:	12
b) Education Sector:	13
c) (Re)Connecting Women SEBSers:	14
Major Decisions	15
a) BOT member Selection:	15
b) Co-Working Space for Ujjwal Thapa Foundation:	15
BNKS Golden Jubilee Committee	16
SEBS Secretariat Formation	16
Changes in the SEBS executive committee	16

Annual Report for the year 2021/2022

The executive committee of SEBS for 2021/2023 was nominated at the 39th AGM on October 2, 2021, and the team overtook the responsibility after the handover ceremony that took place on October 4, 2021. During this yearlong tenure, SEBS conducted the following activities.

Events and activities

1. Hike to Shivapuri.

SEBSers hiked to Bagdwar, located in Shivapuri National Park on November 27, 2021.

2. SEBS Office Re-Setup

The SEBS Office space was set up in the new location in Golfutar in Poush 2078, after functioning virtually for more than a year.



3. BreakTheBias & Co-education

A panel discussion to mark International Women's Day was held at Budhanilkantha School on March 12. More than 60 alumni, students from grades 10 and above, and senior teachers participated in the event.



4. SEBS Meet and Greet.

SEBS organized a Meet and Greet event on the occasion of New Year 2079 at its office



premises on April 9th. Around 80 SEBSers across all batches came to the event.



5. Alumni Support Group

SEBS provided a grant and a loan to a total of 4 alumni.

6. SEBS BNKS Support Group.

a) College Bound Session- Exploring Options for the Future

SEBS BNKS Support group conducted a college-bound session for BNKS students from grade 8 upwards and recent graduates on October 22, 2021. The session's objective was to help our bhai and bhaijis to develop a resilient mindset toward making their further academic or career decisions after high school.

b) College Bound Session-- Preparing for College

A panel discussion was conducted at BNKS for students in grades 8 and above on July 20, 2022. Aadim 2174 -- NYUAD, Araj 1129 -- Howard, Avayendra 1145 -- Oberlin, Jigyasha 2060 -- Middlebury, Nirupama 9105 --

Harvard, Reeya 2069 -- Howard, Sauryanshu 1055 -- Grinnell, and Yaghyesh 2052 -- NYUAD, were the panelists. They shared their experiences with college applications and the process, and they also answered the questions of other students. Srijana (590B) moderated the event.



c) UWC Application Support

Information session for grades 8 to 10 in February and application and interview support was held in November and December.

d) Sanitary Pad vending machines:

Punit Sarda (975B) and Madhusudan Sarda (561B) donated two months' supply of sanitary pads and seven sets of vending machine and incinerator through their company Jasmine Hygiene Products, one for each girl's house and one for the common bathroom.

Mrs. Kamla Bisht (BOT member) started the discussion on providing easier access to sanitary pads, and Santosh Bisht (131A) connected SEBS to Punit. SEBS facilitated the whole process.



e) Maker Space:

Abhas Maskey (961C) collaborated between SEBS and BNKS to make MakerSpace possible at Budhanilkantha School. 2183E Sulav was trained by Antariksha Pratisthan Nepal to supervise and operate Budhanilkantha School's MakerSpace. Sulav received training from 01/2022-02/2022 (two months) at Space Systems Laboratory at Kathmandu University High School (KUHS). During training, he learned all the skills required to run a Makerspace Workshop including using power tools, 3D printers, laser cutters, and also learned core design skills in Printed Circuit Board (PCB), Computer Aided Design (CAD), hands-on soldering and C-programming.

Since March 2022, Sulav has been assisting in the running of the MakerSpace at Budhanilkantha School. His responsibilities are to 1) oversee projects, engage students and create products 2) keep and update workshop inventory 3) operate machinery such as 3D printers, Laser cutters and drills 4) mentor students to build, design and test their prototypes 5) improve overall hands-on skills of students involved 6) organize programs that promotes work done at MakerSpace.

f) Stop Kiss:

The play Stop Kiss was staged at Budhanilkantha School Assembly Hall on November 30, 2021, to mark Violence Against Women week (Nov 25 – Dec 4). The play by Diana Son explored the relationships between two women who moved from small town to live in New York City. Senior most students of Grades A Level, 11 and 12 learnt about the issues pertaining to LGBTQ+ and their vulnerabilities and gendered violence they endure. Post-play, the cast and crew members of the play discussed various aspects of LGBTQ+ issues and explored

solutions to ridicule, hate and attack the face. SEBS and SAHAD committee is grateful to Niranjana Kunwar (920 B) for being the focal person in making the staging of Stop Kiss possible



g) Soft skill training:

Soft skill training program for grade 9 students was conducted by by Saroj Tamrakar

h) Alumni Talk:

Om Yadav 348B conducted a photography workshop for the Photography club of BNKS on July 19, 2022. Batsal Devkota, PhD (532B) talked to BNKS students about opportunities in Bioinformatics and Bio Sciences on July 20, 2022

i) BNKS Club Support:

SEBS conducted club leadership training and financial support to various clubs and also supplied a DSLR SLR camera to the photography club.

j) Student Support :

Financial support was given to Shravya 9011 E by 000B batch

k) School's strategic planning committee

Budhanilkantha School is seeking support from SEBS to create a Strategic plan for the future of the school and its mission to be a center of excellence in high school education in Nepal. Since one of the missions of SEBS is to support the improvement of BNKS, the responsibility to lead the BNKS strategic planning committee is given to the SEBS. MOU for strategic planning process between Society of Ex-Budhanilkantha Students (SEBS) and Budhanilkantha School(BNKS) was signed. Vidhan Rana (349C) is supposed to lead the committee.

5. SEBS Talk Series

Due to the COVID-19 Epidemic, a virtual talk series was organized by SEBS where SEBSers were brought together to connect and network so that every month SEBSers could share their personal and career journey and answer the queries of the audience.

a) SEBS Talk Series- Episode One

In the first episode, SEBS presented our very own Er. Abhas Maskey (961C). He is a Space System Engineer and shared his professional journey in science and technology, his experience on satellite projects throughout his career, and how SEBSers can be connected for national-level projects.



The poster is for the SEBS Talk Series, Episode - One. It features a blue background with large, light blue circular patterns. At the top left, the text "SEBS TALK SERIES" is in large white letters, with "EPISODE - ONE" below it. A white button with the text "BE PART OF US" is centered. Below this, a paragraph describes the series: "SEBS Talk Series is where we bring SEBSers together to connect and network. Every month speakers will share their personal & career journeys." In the center, there is a circular photo of a man in a white lab coat and mask, holding a small green box. To the right of the photo, the text "Abhas Maskey" is in bold, followed by "(SPACE SYSTEM ENGINEER)" and "Speaker". At the bottom, a white bar contains three icons: a calendar icon for "January 9 Sunday", a clock icon for "06.30 PM 1 hour", and a video camera icon for "Live Webinar". The bottom of the poster features the text "SOCIETY OF EX-BUDHANILKANTHA STUDENTS" in white.

SEBS TALK SERIES
EPISODE - ONE

BE PART OF US

SEBS Talk Series is where we bring SEBSers together to connect and network. Every month speakers will share their personal & career journeys.

Abhas Maskey
(SPACE SYSTEM ENGINEER)
Speaker

 **January 9**
Sunday

 **06.30 PM**
1 hour

 **Live Webinar**

SOCIETY OF EX-BUDHANILKANTHA STUDENTS

b) SEBS Talk Series- Episode Two

In the second episode, SEBS presented Dr. Bishwa Dawadi (509B). He is a Consultant Family Physician , and he shared his knowledge on Covid-19 and answered the curiosities of the audience about Covid-19 and vaccines.



SEBS TALK SERIES
EPISODE - TWO

BE PART OF US

SEBS Talk Series is where we bring SEBSers together to connect and network. Every month speakers will share their both personal & career journeys and learnings.

 **Dr. Bishwa Raj Dawadi**
CONSULTANT FAMILY PHYSICIAN
Speaker

 **January 25**
Tuesday

 **07.30 PM**
1 hour

 **Live Webinar**

SOCIETY OF EX-BUDHANILKANTHA STUDENTS

IN ASSOCIATION WITH

 **SEBS MEDICO** 

c) SEBS Talk Series- Episode Three

In the third episode, SEBS presented Dr. Smriti Mathema (989B). She is an associate professor of pediatrics. She spoke about the trend of COVID-19 virus infection on children so far, its effect on children, and possible post-infection effects on children. She answered the queries of many participants and counseled them. Overall, the session was really warm and supportive.



6. SEBS Networking Forum

The SEBS Networking Forum's goal is to connect SEBSers from different batches and genders who work in the same or similar industries. This is an initiative to strengthen alumni networking and capitalize on the opportunity.

a) Development Sector:

A networking event for the development sector was held at Leapfrog Technology, Charkhal on May 21, 2022. More than 80 alumni from the 1st to the 2000E batch participated and networked. Speakers, 131A Santosh, 880A Sanjeeb, 228B Swarnim, 143D Ritu, and 147D Divya shared their experiences and thoughts on the development sector. 959A Bidya and 232 Saroj moderated and hosted the program.



b) Education Sector:

A networking event for the education sector was held at Leapfrog Technology, Charkhal on June 25, 2022. More than 40 alumni from the 6th to the 3000E batch participated and networked. Panelists 602A Mahendra, 991B Suvani, 604C Isha, and 9182C Surya shared their experiences and insights on the education sector. 920B Niranjana moderated and 232C hosted the event.



c) (Re)Connecting Women SEBSers:

A networking event for women alumni was held at Leapfrog Technology, Charkhal on July 23, 2022. More than 40 alumni from 500B to the 3000E batch participated and networked. Speakers from B batches— 597B Umang, 657B Anjali, 839B Bipasha, 989B Smriti, and 058B Ujma shared their life and career experiences. 7164D Aakriti and 7170D Yukta hosted the event. There was an open mic session where there were a few performances.



Major Decisions

a) BOT member Selection:

SEBS Executive Committee (2021-2022) decided to appoint Bimal Khadka (334A) to the post of SEBS representative to the BNKS Board of Trustees, agreeing with the recommendation of the Past President Committee on Feb 4, 2022.

b) Co-Working Space for Ujjwal Thapa Foundation:

The executive committee approved the request to provide co-working space for Ujjwal Thapa Foundation. Since the Ujjwal Thapa was SEBSers and the Ujjwal Thapa foundation works for the social cause. The Ex-com decided to agree to provide co-working space for the foundation as a contribution to the benefit of society, but only for three months initially. The foundation will also be donating to the SEBS.

BNKS Golden Jubilee Committee

The Golden Jubilee Committee was formed for the preparation of the Golden Jubilee celebration of Budhanilkantha School. It is led by Aakriti Ghimire (7164D), and Yukta Poudel (7170D).

SEBS Secretariat Formation

Ritu Manandhar (5114C), a fellow SEBSer, has been appointed as an HR consultant and is helping in setting up the professional SEBS Secretariat.

Changes in the SEBS executive committee

The following changes took place in the executive committee in 2021/2022 within the first year.

1. Bikram Shah (023B) left the team because of time commitments. He was a member of the executive committee.
2. Saroj Tamrakar (232C) was appointed as an executive member in place of Bikram Shah.